Do you have dry, red, itchy, flaky skin? Do you have a scalp that won't stop flaking? Has it been years since you've worn the color black because you're embarrassed by shedding skin? Do your nails peel or crumble? Have you been told you have psoriasis?

The new Elliot Dermatology at River's Edge is proud to announce the arrival of state-of-the-art treatments for your psoriasis.

Psoriasis is an inherited, chronic (long-lasting) disease. It develops when a person's immune system tells skin cells to grow too quickly. New skin cells form in days, rather than weeks. This can lead to rough, red, scaly patches on the skin that are both uncomfortable and unsightly. Psoriasis can even happen in your joints, leading to something called Psoriatic Arthritis, a serious, painful condition that your dermatologist can help you manage.

If you think that you might have psoriasis, or you already know you do, Elliot Dermatology can help. At your first visit, you and your provider will discuss your type of psoriasis and the various treatment options available. For those with severe psoriasis that has not responded to ointments and creams, we now offer light and laser therapies that are proven to be safe and effective alternatives. Our state-of-the-art Daavlin Phototherapy Booth uses light therapy to treat psoriasis and other skin conditions including eczema and vitiligo. The Daavlin Phototherapy Booth looks much like a tanning booth, although it is quite different. Using a special type of light, called narrow band UVB, this therapy slows down the skin cells that are growing too quickly. This prevents new rough, red, scaly patches from appearing, and helps reduce the number and size of the ones that are already on your skin. The treatment is painless and commonly requires a visit three times a week to our office for several weeks.

If you and your provider decide that laser treatment is more suitable, we offer the XTRAC Laser. This type of treatment is better for patients with smaller patches of psoriasis, localized psoriasis, scalp psoriasis, and nail psoriasis. The XTRAC laser focuses a beam of laser light on the itchy, flaky, patches. The treatments are fast, painless, and are done right here in our office in a matter of minutes.

If you have Psoriasis and have already tried topical creams and ointments, the Daavlin Phototherapy Booth and XTRAC Laser will likely be covered by your insurance company. As always, Elliot Dermatology will be happy to assist you in finding out more about your coverage.

Even if you don't have psoriasis, Elliot Dermatology wants to be your resource for all needs related to your skin health. From yearly skin exams, acne, moles, and other skin issues, to cosmetic enhancements such as Botox, Juvederm, Restylane, and laser resurfacing, our Dermatologist, Sarit Itenberg, D.O. and Physician's Assistant, Shari Ashton, want to welcome you to Elliot Dermatology. For more information, or to schedule an appointment please contact us at 603-314-6930.
At the Elliot Center for Wound Care and Hyperbaric Medicine, we heal wounds to save limbs and lives! This begins with protecting toes and portions of the foot. People with diabetes have a 15 to 25% lifetime risk of developing a diabetic foot wound and more than 10% of people with diabetes are suffering from diabetic foot wounds every day! Causes leading to diabetic foot ulcers include loss of feeling due to peripheral neuropathy, bony structural changes common in the diabetic foot, infection related to diabetes, reduced blood flow due to arterial disease, and the social and financial burdens commonly faced by the diabetic patient.

Providing care to the patient with a diabetic foot ulcer requires a comprehensive approach including managing infection, off-loading pressure, improved blood sugar control, and patient education in preventative foot care. We work with your referring provider along with vascular, orthopedic surgeons, and cardiologists, to use the least invasive ways to maximize healing while minimizing your risks. We use many types of dressings to promote your healing and reduce infection including orthotists who make specialty shoes for diabetics. Bone infection is an indication for a specialized treatment called hyperbaric oxygen therapy and is highly effective for preventing amputation. Hyperbaric oxygen therapy increases the oxygen to the wound and kills bacteria. Studies have shown that diabetic wounds treated with hyperbaric oxygen therapy heal more often and avoid amputation as compared to wounds not treated.

Amputation should be the last resort. One way we provide specialty care to patients is to avoid amputation in patients with diabetes. Removing a toe or toes affects balance and the way we walk. Over time this results in a change in foot structure, causing pressure on areas of the foot not intended to bear weight.

Removal of any part of the foot increases the chances for further amputation. Efforts to save toes and feet can prevent leg amputation. According to the 2011 National Diabetes Statistics, more than 60% of leg amputations, not caused by trauma, occur in diabetics. In fact, in 2006 there were approximately 65,700 amputations of diabetics’ legs. Unfortunately, rates of death following leg amputation are quite high; 4 out of 10 people at one year, and a startling 8 out of 10 people within 5 years following amputation. Additionally, more than half of patients with leg amputation will have amputation of the other leg in the following 2 to 3 years. These alarming facts create urgency for early specialized care for the diabetic foot ulcer.

At the Elliot Center for Wound Care and Hyperbaric Medicine, our goal is to heal wounds in the effort to save limbs. Our team of wound specialist’s work to heal and prevent recurrence. Our providers are experienced in caring for wound caused by diabetes, trauma, surgery, pressure, burns, radiation and difficulties with circulation in patients of all ages. Procedures performed in our comprehensive Wound Center include compression wraps & stockings, total contact casting, debridement, skin grafting, and hyperbaric medicine. Utilizing state of the art specialty wound care, we successfully avoid potential loss of toes and legs. As a healthcare team we work to improve your quality of life and heal your wounds.

For more information, call 663-3630.
Headaches are one of the most common complaints during childhood. Although most times headaches are not caused by any serious illness, they can cause great distress to both children and their parents.

Most Common Types of Headache

Tension Headache: This is the most common type headache in childhood and adolescence. These headaches can last from 30 minutes to several days. These headaches will begin gradually, and worsen throughout the day. Your child may complain of pain around the whole head. These headaches are often described as pressing or tightening. Possible triggers include stress, eye strain and poor posture. Ibuprofen and Acetaminophen are usually effective in treating tension headaches.

Migraine Headache:
This type of headache involves the nerves and blood vessels of the brain. The blood vessels first constrict, or get smaller decreasing the amount of oxygen to the brain. This then causes the vessels to expand. When the blood vessels expand, they become inflamed, and cause throbbing pounding pain.

Migraine often runs in families. In the adult population, migraines are typically one sided severe headaches that can last anywhere from 4 to 24 hours. Migraines in children are usually felt in their forehead. The pain of migraine is usually moderate to severe. Migraine in children can last anywhere from 1 hour to 72 hours. Like adult migraine, Pediatric migraine is often associated with nausea, vomiting and light sensitivity.

Chronic Headache:
Chronic headaches occur more than 15 days out of the month. This headache pattern is rare in children under age 12. This type of headache evolves from tension headaches. If you give Ibuprofen or Acetaminophen more than 4 times a week, it can lead to chronic daily headache. If you give Ibuprofen or Acetaminophen more than 4 times a week, it can lead to chronic daily headache.

Any severe headache of sudden onset or progressively worsening non remitting headache requires urgent attention and should be evaluated immediately by your physician.
Causes of Headache in Children

- Infection
- Poor nutrition and food additives
- Excessive caffeine intake
- Stress
- Lack of Sleep
- Heredity: migraine, cluster headaches

Headache Treatments

Ibuprofen: is one of the most effective medications to treat headaches in children. Ibuprofen is effective even for treating migraine headaches. It should be given as soon as the headache begins, to ensure maximum benefit.

Ibuprofen and Acetaminophen should not be given more than 3 to 4 times a week for headaches. These medications can cause a rebound headache if they are given more frequently.

Warm or cold compress: Many children find a warm or cold compress effective in relieving the pain of headache.

Encourage fluids: Dehydration is a common cause of headaches. It is particularly important for a child who is prone to headaches to stay well hydrated.

Rest: Allowing the child to rest or sleep during the headache in conjunction with Ibuprofen and sleep may also be beneficial.

Headache Prevention

Headaches can often be well controlled using the following preventative measures:

Sleep: Sleep and headache have been shown to be closely linked. A regular sleep schedule is important for every child, especially for those children who are prone to headaches. Parents should establish regular bedtimes, and turn all electronic devices off at night.

Nutrition: Is another important way to prevent headaches. Your child should have a good breakfast with a protein source such as yogurt or peanut butter to start the day. Children who are prone to headaches should also eat a balanced lunch and dinner along with healthy snack choices. A multivitamin taken daily can also be helpful. Vitamin B and Magnesium have been shown to be helpful in headache prevention.

Adequate Fluids: Encouraging adequate fluids are one of the most important ways you can prevent headaches. Have your child carry a water bottle and drink at least 2 liters of fluid a day. Avoid drinks with too much sugar such as Gatorade. Water is the best choice for hydration.

Regular Exercise and Stress Reduction: Exercise improves circulation and oxygenation, as well as releasing endorphins to help with a general sense of well being. Methods of stress reduction include yoga, listening to calm quiet music and deep breathing.

When to See Your Practitioner

There are times when your child’s headache does not respond to lifestyle and diet changes. If the headache occurs more than 3 times a week, and impacts the normal daily routine of the child, a preventative medication may be indicated. There are many medications used in headache prevention. There are also herbal supplements such as Buterbur Extract that have been found to be quite effective for headache prevention. This is the time when you will need the guidance of your Pediatrician. They may decide to refer you to our clinic.

At Elliot Pediatric Neurology, we believe in the “do no harm” approach to headaches. Parents can make the decision to visit our clinic with the guidance of the Primary Care Physician. A referral may be required. We will conduct a thorough history and determine the best options to treat headaches. We have a unique integrative approach to headache treatment. Our clinicians stress the importance of rest, nutrition and sleep to help improve or prevent headache. We also choose treatments based on the child’s age, other associated symptoms, and headache pattern. Headaches can be difficult to diagnose and treat in children. However, with the right tools and interventions, a child’s headaches can be successfully managed to ensure the best quality of life possible.

Our Clinic is located at:
Elliot Pediatric Neurology
A service of the New Hampshire’s Hospital for Children
275 Mammoth Road, Suite 1
Manchester, NH 03109
603-663-3222
**Communities Wellness**

**Take time for your health**

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**General Health Education**

**American Heart Association CPR & Basic First Aid**
The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course material, do not represent income to the Association.

- **Heartsaver CPR**
  - RE: Sat, Mar 2 or May 4 or Jul 13, 8 to 11AM.
  - Cost: $38

- **CPR for New Healthcare Professionals or those with Expired Certification**
  - RE: Sat, Apr 6 or Jun 1 or Aug 3, 8AM to 12:30PM.
  - Cost: $63

- **CPR Renewal for Healthcare Professionals**
  - RE: Sat, May 2 or May 4 or Jul 13, 11:30AM to 2:30PM.
  - Cost: $48

- **Heartsaver First Aid**
  - RE: Wed, Apr 10 or Jul 10, 6 to 9PM
  - Learn techniques to give immediate care to an injured or suddenly ill person or to someone involved in a life-threatening situation; and when to alert medical personnel.

- **Women’s Health Pre-operative Patient Education Class**
  - Free
  - EH, King Unit: On-going. Physician referral required, to participate, speak with your surgeon. For women with scheduled gynecological procedures at Elliot Hospital. Learn how to prepare for surgery, what to expect following surgery, pain mgmt and more. Your questions will be answered. You are encouraged to bring a family member or support person.

- **Total Joint Replacement Pre-operative Patient Education Class**
  - Free
  - EH, King Unit: 1st & 3rd Thu, 1 to 3PM
  - Learn how to prepare for knee or hip replacement surgery, what to expect following the procedure and through the therapy process.

- **Understanding & Managing Chronic Pain**
  - RE: Th, Mar 14, May 16, 5:30 to 7:30PM, Call 663-1111 to register.
  - Learn techniques to control pain, improve function, restore hope and improve quality of life. Taught by an experienced Pain Mgt Ctr nurse.

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** Elliot Center for Tobacco Treatment**

RE: By appointment, call 663-2201 for more information. Sessions may be reimbursed by Anthem or other insurance companies.

- **One, 1-hour private sessions**
  - Cost: $125

- **One, 1-hour private sessions**
  - Cost: $45

- **One, hypnosis private session**
  - Cost: $90

Studies show that intense support and counseling with a trained tobacco treatment specialist increase the chances you can quit smoking for good. Our certified counselor works with you privately to formulate a quit plan based on current clinical guidelines.

**1-Day Surgery Ctr Tour for Children**

Free!

- RE: By appointment, call 663-2201 for more information.

**Role Reversal: Caring for Aging Parents**

Free!

- EH Conf Rm CDEF: Th, Apr 18, Jun 18 & Aug 15, 5:30 to 7PM. Call 622-3781 to register.

**LON: Elliot Medical Center at Londonderry, 40 Buttrick Road, Londonderry**

**EBHS: Elliot Behavioral Health Services, 445 Cypress Street, #8, Manchester**

**EH: Elliot Hospital, One Elliot Way, Manchester**

**SHC: Senior Health Center, 138 Webster Street, Manchester**

**EH Conf Rm CDEF: Th, Apr 18, Jun 18 & Aug 15, 5:30 to 7PM. Call 622-3781 to register.**

Provided by the VNA of Manchester and Southern NH. Planning for the future is important. Come and learn about options for care including home health, hospice care, nursing home and rehabilitation care, who pays for it, which level of care is appropriate at what time, and how to access care. Coping tips and information about transitional care and advanced directives will be provided. Participants receive a take home resource kit.

**Strategies for the Caregiver: Caring for Those with Illness**

Free!

- Lon, Dana Farber Ctr: Tu, Mar 12, 1 to 2PM

The ultimate goal of caregivers is the overall mental, physical and spiritual wellness of their patients. Clinicians will offer practical strategies for common and not-so-common issues confronting caregivers. Speakers will cover solutions for communication, equipment use, insurance and more.

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**General Fitness**

**Strength and Tone**

- RE: W/F, Apr 17 to Jun 7 & Jun 19 to Aug 9, 5:45 to 6:45AM.

Start your day right with this total body workout. Strength train all the major muscle groups and abs using a variety of exercise equipment. This class is ideal for beginners to advanced exercisers. Instructor: Ann Suls.

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**Register online at www.elliothospital.org or call Elliot Direct 603-663-1111**
COMMUNITY WELLNESS

Slow Flow Vinyasa Yoga $80
RE, Welliot: Mon, Apr 15 to Jun 3, 4:45 to 5:45PM.
A gentle but active class linking breath and movement in a flowing format that will help you develop core strength, balance, flexibility and stamina. This class is appropriate for all fitness levels, even new students; modifications will be made so every student can experience the benefits of the postures. Instructor: Cheryl Jones.

Zumba $80
RE: T/Th, Apr 16 to Jun 6 and Jun 18 to Aug 8, 4:30 to 5:30PM.
Zumba Fitness is the Latin-inspired dance-fitness program that blends hot international music, and contagious steps to form a “fitness-party”. Easy to do, effective and totally exhilarating! Instructor: Mary-Margaret Sullivan.

Gentle Yoga $80/8 week session
RE, Welliot: Mon, Apr 15 to Jun 3, 6 to 7PM.
Gentle Yoga is designed to promote total health and well being through stretching, strengthening and relaxing. This class uses breath and movement to feel the release of physical and mental tension and to increase body/mind awareness. Good for beginner level participant. Instructor: Renee Nichols.

Fit & Feisty $50
RE: T/Th, Apr 16 to Jun 6, & Jun 18 to Aug 8, 10 to 11AM.
This is a 60-minute low-impact aerobics class to music. Easy-to-follow moves, strength training, floor exercises, chair exercises and toning work. Ages 50+. Instructor: Cecily Danver.

Full Body Fusion $80
RE: T/Th, Apr 16 to Jun 6 & Jun 18 to Aug 8, 6 to 7PM.
A fusion of strength training exercise using body weights, hand-weights, cardiovascular intervals, plyometrics, yoga, pilates, core work and stretching. Keeps your body guessing! Instructor: Cheryl Jones.

 Massage Therapy $60
EWC: Call for an appointment, 663-5730.
Massage Therapy is the manipulation of the soft tissues of the body, including muscles, connective tissue, and tendons. It can help to alleviate the soft tissue discomfort associated with everyday home and occupational stresses, muscular overuse as well as many chronic conditions.

Gym Membership $35 monthly
Welliot at River’s Edge: M-F, ongoing, 6:30AM to 4PM. Call 663-4200 to get started.
The Welliot at River’s Edge fitness center consists of cardiovascular equipment, Nautilus strength training equipment, and a free weight area. Our fitness specialists will design a program specific to your needs and limitations. We offer one-on-one orientations and a safe, non-competitive environment to help you reach your goals, whether you are just starting out or have been exercising for years. May join at any time.

Are You at Risk for Osteoporosis? $22
RE: Third Th, monthly, 8AM to 10AM
Safe, quick and painless test using ultrasound technology to assess risk of osteoporosis. Recommended for both women and men. Confidential results provided to participants.

SUPPORT GROUPS

Postpartum Emotional Support Group Free!
EH, Elliot Childcare Center Activity Rm, Elliot Hospital campus, 450 Massabesic St.: Mon, 10 to 11AM. Call Alison Palmer, RNC, MS, at 663-3052 for more information.
This group helps support women experiencing mood, anxiety, and thought disorders during pregnancy and the first year after their baby’s birth. We discuss issues and coping strategies related to the adjustment period and challenges of new motherhood.

NICU Parent Support Group Free!
EH, NICU Family Rm, 5th Floor: Tue, noon. For more info, contact Littlemiraclegroup@yahoo.com or call 663-4360.

S.H.A.R.E. Free!
Third Wed monthly, 7 to 9PM. Call 663-3396 for more information.
For parents who have experienced a miscarriage, stillbirth or neonatal death.

Chronic Pain Support Group Free!
EH, NICU Family Rm, 5th Floor: Tue, noon. For more info, contact Littlemiraclegroup@yahoo.com or call 663-4360.

Living Beyond Breast Cancer Free!
RE, Breast Health Ctr: Tue, Jun 4, 11, 18 and 25, 4:30 to 6PM.
Support and education for survivors and their families.

Breast Cancer Basics Free!
RE, Breast Health Ctr: Tue, Jun 4, 11, 18 and 25, 4:30 to 6PM.
A 4-week support and educational group for women newly diagnosed or in treatment.

SCREENINGS and CLINICS

Do you know your Numbers? (Cholesterol Tests)
RE: Third Thu monthly, 8 to 10AM. By appt.
Fasting Lipid Profile with Glucose $25
Non-Fasting Total/HDL $21
Find out if you have an increased risk of heart disease.
Breast & Cervical Cancer Screenings Free!
FREE breast and cervical cancer screening tests to eligible women. For more info, call 668-3067.

Are You at Risk for Osteoporosis? $22
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Safe, quick and painless test using ultrasound technology to assess risk of osteoporosis. Recommended for both women and men. Confidential results provided to participants.

NUTRITION

Comprehensive Weight Mgt Program Free!
EHS Pavilion: Free Intro Class, Tue, Apr 2 or Jun 25, 5:30 to 7PM. Call 663-4524 to register or for more information.
This introductory session outlines a 10-week comprehensive weight management program focusing on total health, not just pounds on a scale.

LBI Support Group $25 per 4 sessions
EH Pavilion: Every other Wed, 5 to 6PM. Call 663-4524 to register or for more information.
Includes weigh-in and group session with a professional. Supports people who would like to maintain their weight loss.

Jump Start Your Health $125
EHS Pavilion: Wed, Apr 10 to May 15 or Jul 3 to Aug 7, 6:30 to 7:30PM. Call 663-4524 to register or for more information.
This 16-week series will teach the basics of healthy eating, how to plan and cook quick and easy meals along with a focus on exercise.

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Support and education for survivors and their families.

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RE, Breast Health Ctr: Tue, Jun 4, 11, 18 and 25, 4:30 to 6PM.
A 4-week support and educational group for women newly diagnosed or in treatment.

Registration required, call 603-670-0302 or
COMMUNITY WELLNESS

Living with Cancer Free!
EH, Elliot Regional Cancer Ctr: Third Wed monthly, 5:30 to 7PM. Call 663-1804 for more info.
A support group for people living with cancer, including family and caregivers.

Look Good, Feel Better Free!
EH, Conference Rm: Fri, Apr 12, 9 to 11AM, Sat, May 11, 9 to 11AM, Tues, Jun 11, 5 to 7PM, or Fri, Jul 12, 9 to 11AM. Call 663-1804 for more info.
In conjunction with the American Cancer Society. Cosmetology help is provided to those receiving cancer treatment.

Changing Families Free!
RE:Conference Center. Date and time TBD.Call 663-1804 for information.
For cancer patients and their adult family members/caregivers. Resources, tips and tricks to help deal with changing roles during a health crisis.

Prostate Cancer Free!
EH, Radiation Therapy Waiting Rm: Fourth Mon monthly, 6 to 7:30PM. Call 663-4170 for more information.
Support and education for men with prostate cancer, their families and/or support person.

Support Group for Caregivers of Those with Dementia Free!
SHC: First & Third Tue monthly, 10AM. Call Barbara MacPhee, MSW, LICSW at 663-7051 for more information.
Learn strategies for caring for yourself, identify ways to build a support system, and learn new coping strategies. Confidential.

AICD (Automatic Internal Cardiac Defibrillator) Free!
First Fri monthly, 11AM to noon. Call 663-2959 for more information.
The only AICD support group in the tri-state area. Designed to help patients with internal cardioverter defibrillators and their families deal with unique issues.

Parkinson’s Free!
SHC: Third Wed monthly, 3 to 4:30PM. Call 663-7063 for more information.
For people with Parkinson’s, family members, friends, or anyone who has an interest in learning more about this disease.

CHILDBIRTH and FAMILY EDUCATION

Labor Series $125 per couple
EH, Elliot Childcare Ctr Activity Rm: On-going
This class prepares the expectant mother and her partner for aspects of labor and birth. Includes knowledge of the natural labor process, as well as a variety of coping measures, ranging from relaxation and breathing, to available medical options. Includes a tour of the Maternity Ctr.

Breastfeeding $50 per couple
EH: On-going
Certified Lactation Consultants introduce expectant Mothers and their partners to the advantages of breastfeeding, proper techniques, and what to expect in the first few weeks at home. Further discussion includes choosing a breast pump, and collection and storage of breast milk.

Mom’s Group Free!
Elliot Childcare Ctr Activity Rm: Wed. Call for times.
Offered to mothers and their babies as an opportunity to share and network. Weekly topics include: feeding, crying, sleep, caring for health, followed with strength training from head to toe to improve muscular endurance and ending with basic Pilates & yoga moves to improve core strength and balance.

Senior Health and Fitness

Chair Aerobics $55 for 8 weeks
SHC: M/W, Mar 18 to May 8, May 20 to July 10 and July 22 to Sept 11, 10:30 to 11:15AM.
Simply put chair aerobics is doing exercises in a chair. The class will consist of light aerobic conditioning using arm and leg movement, muscle conditioning and light stretching. A great beginner program to improve stamina.

Seniors in Motion $55 for 8 weeks
SHC: T/Th, Mar 19 to May 9, May 21 to July 11 and July 23 to Sept 12, noon to 12:45PM.
Cardiovascular exercises and strength training beginning in a chair and progressing to standing while utilizing the chair for balance. Applying cardio and strength training for endurance and ending with gentle flow movements to improve range of motion and mobility; a great beginner program designed for seniors.

Chair Aerobics Plus! $55
SHC: M/W, Mar 8 to May 8, 11:30AM to 12:15PM.
Cardiovascular exercises and strength training that begins in the chair and progress to standing exercises while utilizing the chair for balance. Applying cardio and strength training for endurance and ending with gentle flow movements to improve range of motion and mobility; designed for seniors.

A Matter of Balance $20
SHC: T/Th, Mar 26 to Apr 18, 1 to 3PM.
This award winning 4-wk program is designed to reduce the fear of falling and increase the activity levels of older adults who are concerned about falls. For the community-dwelling older adult who is ambulatory (with or without assistive devices) and able to problem solve.

Cardio Sculpt $55
SHC: M/W, Mar 18 to May 8 & May 20 to Jul 10 & Jul 22 to Sep 11, 9 to 10AM.
A balanced mix of cardio movements, strength training, balance and stretching. It is a perfect combination to improve muscular and cardio endurance, along with gentle stretching, to enhance overall well-being. Participants will increase their balance, as well as flexibility, while working out in a senior friendly environment.

Fusion $55
SHC: T/Th, Mar 19 to Jun 9 or Mar 21 to Jun 11 and Jul 23 to Sep 12, 5:15 to 6:15PM.
A dynamic mix of exercises, beginning with cardio movements to increase cardiovascular

Register online at www.elliothospital.org or call Elliot Direct 603-663-1111.

info@yogacaps.org
In partnership with YogaCaps, Inc., offered for cancer survivors and caregivers.

Elder Law Education Free!
SHC: Fourth Wed Monthly, 4 to 5PM. No cost, but registration is necessary by calling 663-7041.
Round Table discussion with and Elder Law Attorney. Issues include: how to pay for current and long term health care needs, how to protect your home and other hard earned assets, and advice on estate planning.

Look Good, Feel Better Free!
EH, Elliot Regional Cancer Ctr: First & Third Tue monthly, 5:30 to 7PM. Call 663-1804 for more info.
A support group for people living with cancer, including family and caregivers.

Prostate Cancer Free!
EH, Elliot Regional Cancer Ctr: First & Third Tue monthly, 10AM. Call 663-1804 for more info.
A support group for people living with cancer, including family and caregivers.
Death can be a painful and permanent loss experience, and one of the hardest from which to recover. Death takes away, but facing it and grieving can result in peace, new strengths and purpose.

**Adult Bereavement Support Groups**
These groups will help participants explore and understand better the grief process and how to celebrate and honor the loved ones we have lost. The groups meet weekly for 8 weeks and are held several times throughout the year. If you are interested in attending our next group, please register and you will be notified for our next session.

**Stepping Stones through Grief**
A bereavement group for children and adolescents ages 5-18. The groups will help explore and better understand such topics as the meaning of death, the feelings generated around loss and how to celebrate and honor the loved ones we have lost. Parents are required to stay and support their children by attending their own adult support group. The groups meet weekly for 8 weeks. Stepping-Stones is held twice a year in the spring and fall. The group meets from 6 to 7:30PM at the Easter Seals NH Child and Family Development Center, 435 S Main Street. Applicants will be notified by the facilitators prior to the start of the session.

For more information, please contact the Bereavement Coordinator, Chuck Johnson, at 603-663-4005 or the Bereavement Assistant, Rita Stanton, at 603-663-4021. You may also obtain information online at www.manchestervna.org. Unless noted, all classes require pre-registration.
Congratulations
Lawrence M. Hoepp, MD, FACF
Dr. Hoepp has been elected President of the Elliot Medical Staff and will serve a two year term.

Elliot Pharmacy
AT RIVER’S EDGE
This spring, the Elliot will open a new Retail Pharmacy at River’s Edge providing convenient access to all of your pharmaceutical needs. The Elliot Pharmacy will offer:
- Private Pharmacy Consulting
- On-line Prescription Refill
- Phone-in Prescription Refill
- Mail order Prescription Refill
- Drive thru Prescription Pick-Up
- Over the Counter Health Aids
- Crutches, Ace Bandages, Splints
- Medical devices (blood pressure monitors, Glucometers)
- Beauty Aids
- Greeting Cards
- Beverages (Milk, Soda – no alcohol)
- Food will include most “staple” items
- ATM
- NH Lottery
- Seasonal Flu Clinics

Elliot Cardiovascular Services
Elliot Cardiology Services opened its new Cardiac Catheterization Lab. This state-of-the art combination angiographic suite allows for both cardiac and peripheral angiography and intervention and now brings the complement of combination rooms at the Elliot to three.

Welcome!
Juergen H.A. Bludau, MD, Executive Medical Director, Geriatrics & Home Health
Dr. Bludau was born in Germany and educated in England. He received his medical degree from the Royal College of Surgeons in Ireland and completed his postgraduate studies in the USA. He is a board-certified, Harvard fellowship-trained geriatrician, and the Executive Medical Director of Geriatrics and Home Care of Elliot Health System. Prior to his current position he was the Clinical Chief and Director of the clinical geriatric services at the Brigham and Women’s Hospital, Division of Aging. Dr. Bludau is a member of the Scientific Advisory Board of the Gerontological Economic Research Organization in Kreuzlingen, Switzerland.
Gout is a form of inflammatory arthritis caused by the body's response to urate deposition in joints. This disease has been with mankind since the earliest recordings. The first good description came from Hippocrates, although early descriptions exist from the time of Babylon. Also, some of the most primitive human skeletal remains have shown evidence of gout. Despite this disease's long history, the first effective therapies were not discovered until the mid-20th century.

Gout arises when uric acid, a waste product of metabolism excreted by the kidneys, accumulates in excessive amounts in the body. When the concentration becomes high enough, either through too much dietary intake of the precursors of uric acid (purines) or kidney insufficiency, needle-shaped urate crystals form which can deposit in joints. The body views these crystals as foreign, and it's response is to activate the immune system. This causes inflammation at the involved sites.

The symptoms of gout are extreme pain, swelling, redness, and warmth of one or multiple joints. Gout can occur in any part of the body but is commonly in the foot as crystals are more likely to form in colder parts of the body. The pain from gout flares can be severe, and patients classically describe that even a bed sheet resting lightly on an inflamed toe can be excruciating. If untreated, flares typically become more frequent over time and can lead to chronic pain, destruction of bone and joints, and formation of subcutaneous nodules formed by uric acid crystals.

In ancient times gout was often called "The Disease of Kings," since it was more often seen in nobles who dined on richer foods and had higher rates of obesity. Currently, gout afflicts more than 3 millions people in the United States. It is more common in men, postmenopausal women, and in patient's with kidney impairment. Risk factors for gout include obesity and high alcohol intake.

The diagnosis of gout is at times difficult. The disease is first suspected when patients develop flares of intensely painful and swollen joints with asymptomatic periods. Gout patients also have high uric acid levels. Confirming the diagnosis requires verification of the presence of the appropriate crystals. This is done by taking fluid from an actively symptomatic joint. The fluid is then analyzed.

Management of gout should be directed by an experienced physician who can tailor therapy to meet the needs of each individual patient. Lifestyle modification by avoiding certain foods (such as high-fructose drinks, meats, shellfish) and alcohol (particularly beer), staying well hydrated, and keeping body weight in ideal range is important. There are many strategies to treating an acute gout flare, including nonsteroidal anti-inflammatory drugs (NSAIDs), colchicine, and corticosteroids (either oral, intramuscular, or injected into the involved joint). There are newer agents available for severe flares, including anakinra (Kineret), a medication that blocks an important particle in the inflammation caused by gout. Long-term management of patients with recurrent gout flares or other complications from the disease requires medications to lower uric acid. For patient's with severe gout not responsive to other treatments, a newly introduced IV medication can be very effective. However, all of these medications have potential serious side effects and should not be used in patients with particular medical conditions or while taking certain medications. Therefore, your doctor must take a through medical history, know all of the medications and supplements you are taking, and with some of these medications will need to monitor lab values over time to make sure that adverse effects from these medications are not occurring.

In summary, gout is an ancient disease that can be disabling if not treated early in it's course with the appropriate therapies. However, this disease can be brought under control in most patients with today's modern therapy. If you are having symptoms concerning for gout you should be evaluated by your primary care doctor, who may refer you to a rheumatologist who is the specialist trained to manage this condition.

For more information, call 625-1655.
The Mary & John Elliot Charitable Foundation, on behalf of New Hampshire’s Hospital for Children (NHHC), recently received a $20,000 grant from the Finlay Foundation to support the establishment of a Level 1 Audiology Center.

A level 1 facility is equipped to provide comprehensive diagnostic audiology evaluation for newborns and young children to determine hearing status and identify infants and children with hearing loss needing further treatment or intervention.

The Audiology Center will also provide appropriate feedback to the child’s primary care physician to help coordinate the management of those infants needing hearing amplification or other appropriate interventions and provide for more effective long-term follow-up.

“Our mission is to improve the quality of life for Granite State residents by assisting children and families in need and promoting an array of forward-thinking cultural and educational initiatives,” said Karin Finlay, President of the Finlay Foundation.

The Mary & John Elliot Charitable Foundation raised an additional $20,000 to help fund the Audiology Center through a variety of fundraising events.

Many thanks to:
• The Boston Bruins, Hoerdtoderfer Dentistry
• Arcadya Salon & Spa with their cut-a-thon
• NH Fisher Cats & Millennium Running held a 5K road race on Thanksgiving Day; and
• The sponsors of the inaugural NHHC Breakfast including New Hampshire Higher Education Assistance Foundation, Southern New Hampshire University, Manchester Community College, Stonyfield Farm, Hollowa Motor Cars of Manchester Mercedes-Benz and Northeast Delta Dental.

Annual iGive Campaign

Generous community members and employees from Elliot Health System have raised $180,000 as part of the annual iGive campaign. We sincerely thank everyone for their thoughtful contribution.

For those who have not yet contributed, and wish to do so, please make your check out to the MJE Charitable Foundation and send it to: MJE Charitable Foundation, 4 Elliot Way, Suite 301, Manchester, NH 03103. You can donate by using a credit card by calling 603-663-8934.

Eva Martel honored with the Robert & Lucille Davison Award for Philanthropy

L to R: Selma Naccach-Hoff, Eva Martel, Scott Bacon
My patients often ask, “How can I add protein to my summer meals, and please don’t say chicken again.”

**Why protein?**
- **Boosts your immune system:** adequate protein helps to build cells to fight illness; 55g (minimum) to 100g (maximum) recommended daily for adults.
- **Keeps you lean and full:** studies show that eating protein throughout the day speeds your metabolism and helps curb your appetite.
- **Feel the strength:** eating protein helps you build lean muscle tissue.
- **Can be a heart healthy choice:** keep it lean – shop for tenderloin, top round cuts of pork or beef, skinless turkey and chicken and firm flesh fish or large size shrimp.

**Show me the Nutrition Facts:**

### Grilling Proteins with Flavor:
Options for heart healthy, lower carb and almost Paleo lifestyle:

<table>
<thead>
<tr>
<th>QUICK AND EASY SKEWERS</th>
<th>PROTEIN</th>
<th>VEGETABLE/FRUIT COMBO</th>
<th>FLAVOR OPTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 lb. salmon filet or halibut steak chunks (great source of omega-3 fatty acids)</td>
<td>1 cup each red pepper, zucchini and peach chunks</td>
<td>Bright &amp; Tangy Ginger Teriyaki (1 tbsp less sodium soy sauce, 1 tbsp brown sugar and 1 tsp ginger paste and ¼ cup orange juice)</td>
<td></td>
</tr>
<tr>
<td>1 lb. boneless beef sirloin steak</td>
<td>1 cup each, broccoli florets and partially cooked cubed Yukon Gold potatoes</td>
<td>1 tbsp McCormick’s Perfect Pinch (salt free) Garlic and Herb seasoning with ½ cup Hellmann's Olive Oil Mayo</td>
<td></td>
</tr>
<tr>
<td>1 lb. boneless skinless chicken breast</td>
<td>1 cup each cut-up asparagus, yellow peppers and nectarine</td>
<td>½ cup Wishbone Lite French Dressing</td>
<td></td>
</tr>
</tbody>
</table>

**Internal Cooking Temps for:**
- **Fish:** 145° degrees
- **Steak:** 145° degrees
- **Hamburgers:** 165° degrees
- **Pork:** 160° degrees
- **Chicken:** 170° degrees

### NUTRITIONAL COMPARISONS
Per 100 Gram (3.5 oz.) Serving – Cooked Meat – Updated March 2007

<table>
<thead>
<tr>
<th>SPECIES</th>
<th>FAT g</th>
<th>PROTEIN g</th>
<th>CALORIES kcal</th>
<th>CHOLESTEROL mg</th>
<th>IRON mg</th>
<th>VITAMIN B-12 mcg</th>
</tr>
</thead>
<tbody>
<tr>
<td>BISON (Choice)</td>
<td>2.42</td>
<td>28.44</td>
<td>141</td>
<td>82</td>
<td>1.42</td>
<td>2.86</td>
</tr>
<tr>
<td>BEEF (Select)</td>
<td>18.54</td>
<td>27.21</td>
<td>283</td>
<td>87</td>
<td>2.72</td>
<td>2.50</td>
</tr>
<tr>
<td>PORK</td>
<td>9.66</td>
<td>29.89</td>
<td>201</td>
<td>86</td>
<td>2.99</td>
<td>2.64</td>
</tr>
<tr>
<td>CHICKEN (Skinless)</td>
<td>7.41</td>
<td>28.93</td>
<td>190</td>
<td>89</td>
<td>1.21</td>
<td>0.33</td>
</tr>
<tr>
<td>SOCKEYE SALMON</td>
<td>10.97</td>
<td>27.31</td>
<td>216</td>
<td>87</td>
<td>0.55</td>
<td>5.80</td>
</tr>
</tbody>
</table>

Beef, composites of trimmed retail cuts, separable lean only trimmed to 0.25" fat, choice, cooked USDA NDB No. 13362

Beef, composites of trimmed retail cuts, separable lean only trimmed to 0.25” fat, select, cooked USDA NDB No. 13366

Pork, fresh, composites of trimmed retail cuts (loin, loin and shoulder), separable lean only, cooked USDA NDB No. 10093

Chicken, broilers or fryers, meat only, roasted USDA NDB No. 20513

Salmon, sockeye, cooked, dry heat, USDA NDB No. 15066

**Follow these 3 simple steps:**
1. **PREHEAT** grill to medium heat. Cut protein into 1-inch cubes. Thread onto 8 skewers (pre-soak wooden skewers in water) alternate with fruit and vegetables. Place in shallow dish; set aside.
2. **POUR** 1/2 cup marinade or dressing over kabobs; refrigerate 10 minutes to marinate. Drain; discard marinade.
3. **GRILL** kabobs until meat is cooked throughly, turning occasionally. Serve over fresh spring greens, baby spinach or chopped romaine leaves.

**For Vegetarian Lifestyle:**
You can use extra firm tofu in place of the above proteins in any of the recipes, 2.5” x 2.25” x 1” chunk = 10g protein

*Plant Proteins do not contain the B-12 and heme iron of animal proteins so Vegans may wish to add a B-12 supplement.*

*Adapted from Hannaford Supermarket, Kraft Healthy Living*
What most Americans know about hospice care is often full of inaccuracy and misconception. Hospice has become, truly, the best kept secret. In the following, the VNA of Manchester and Southern New Hampshire Hospice Team offers answers to some common questions that might help us better understand this highly specialized service.

What is hospice? What is palliative care? Are they the same?

According to the World Health Organization, palliative care is an approach to health that improves the quality of the lives of individuals (and their families) facing life-threatening illness. It does this through the prevention and relief of suffering by early identification and treatment of pain and other distressing problems including physical symptoms and practical issues, as well as loss and grief. Palliative care can be combined with curative interventions or be the sole focus.

Hospice care is a specific program of enhanced palliative care that is appropriate when curative treatments are no longer working or desired. It focuses on the quality of an individual’s life during the last months of an illness and the bereavement period that follows for the family.

Can I have hospice and still keep my own doctor?

YES. Through hospice, individuals and their families are supported by a team of clinicians (doctors, nurses, hospice aides, social workers, volunteers, spiritual care and bereavement counselors), who work closely with the individual’s primary physician to control symptoms so that patients feel physically comfortable and safe, and can continue to experience the love of family and friends, maintain their self-esteem and dignity, and find meaning and value in their lives.

Can I have hospice and stay in my own home?

YES. According to a recent survey by The National Hospice and Palliative Care Organization, given the option, more than 90% of Americans prefer to spend the end of their life at the place they call “home.” Whether their own home, a loved one’s home, assisted living or a skilled nursing facility, visiting hospice staff provide care for individuals in their place of residence.

Can I have hospice before I am in the final stages of dying?

YES. In fact, those who benefit most from hospice services choose it early enough to enjoy excellent symptom management and improved quality of living as their illness progresses. Research has shown that palliative care/hospice achieves far better clinical outcomes than standard care alone. There is growing evidence that hospice helps extend life beyond that of standard care.

Does Medicare or insurance cover the cost of hospice care?

YES. The Medicare/Medicaid Hospice Benefit pays for hospice services, medications, and home equipment related to the individual’s terminal illness. For those ineligible for Medicare/Medicaid, most insurance plans, HMOs and managed care plans cover hospice services.

I have more questions about hospice. Is there someone I can talk with?

YES. If you or a loved one are considering hospice and would like more information or support, contact VNA Hospice at the Visiting Nurse Association of Manchester and Southern New Hampshire at 603-622-3781 or kpascetta@elliot-hs.org.
What is geriatric medicine? Why is there a need for this specialty? These are common questions among patients and physicians alike. Many internists and family practitioners argue, not unjustifiably, that they have experience in treating and caring for older patients, especially since older adults make up almost half of all doctors visits. So do we really need another type of physician to care for older adults? It is true that geriatricians may not necessarily treat older patients differently per se. But there is a very important difference in the focus of the treatment. In order to appreciate how significant this is, we need to look at what makes an older adult different from a younger patient.

What Makes Older Patients Different?

Older patients differ from younger ones in five major ways: heterogeneity, homeostenosis, comorbidities, different disease presentations, and the difference between acute and chronic diseases. As a result of these differences, older patients cannot simply be treated like their younger counterparts. This is where geriatricians can help. Let’s explain each of the five differences in more detail.

1. Heterogeneity: As people age, they become more heterogeneous, meaning that they become more and more different, sometimes strikingly so, with respect to their health and medical needs. Compare 10 patients who are 80 years old. Most likely, you will find an amazingly fit and active gentleman who may not be taking any prescription medications. On the other end of the spectrum, you may find a frail, memory-impaired, and wheelchair-bound man who lives in a nursing home. In between these two extremes, there will be those with gait problems, others suffering from advanced heart and chronic lung diseases. Some will take five prescription medications, others up to 15 or even more. Some need daily help, while others can manage with only occasional support from family members.

2. Homeostenosis: This tongue twister refers to a narrowing or stenosis of our internal body reserves to withstand stress. This means that as we grow older, our bodies are increasingly more susceptible to any stressor, such as an infection, trauma, and the effects of medications. For example, let’s consider the effects the common cold. A younger person may feel run down and achy, have little appetite, and sleep poorly. Most over-the-counter cold remedies can help a younger person get through the day. The same viral illness and these same effects can cause far more havoc in an older person. A poor appetite can result in significant dehydration and cause dizziness or even a fall, especially if the person is taking medications for high blood pressure. Just a day or two lying in bed and not walking much will make an older person noticeably weaker, again increasing the risk of falls. Many over-the-counter cold medications can cause confusion in addition to constipation.

3. Comorbidities: The third important difference in older people is the number of comorbidities, or other medical conditions that are present at the same time. Older patients typically don’t arrive at the doctor’s office with one medical problem. Instead, they usually have a variety of concerns and illnesses, many (if not all) of which need some type of treatment. The importance of this is that sometimes treatments interfere with one another, or the treatment for one problem might even make another condition worse. This is an excellent example of how the expertise of a geriatrician can help prevent bad interactions among multiple medical conditions.

4. Different Disease Presentation: The fourth difference is that diseases may show up in older adults in very unusual ways. The crushing chest pain and feeling of impending doom so commonly thought of as the symptoms of a heart attack are rarely present in an older patient. Instead, an older person may have a stomach ache and feel nauseous or simply feel extremely tired. The cough, breathlessness, and fever that are hallmarks of pneumonia in younger people may instead be replaced by confusion, poor appetite, and even a propensity to fall in older adults. Therefore, the medical history of older patients often needs to be much more thorough than that of younger patients.

5. Chronic versus Acute Diseases: Finally, the types of diseases of older patients are often very different from those of younger patients. Older patients often visit their physician for a worsening of a chronic condition. This can pose challenges in diagnosis and require careful consideration of treatment options because usually these patients are already on some kind of treatment regimen for their chronic condition.

So how do geriatricians do it? Geriatricians monitor patients’ chronic conditions by watching for any changes in function and treating these conditions keeping in mind the goal of improving function. By following these principles, geriatricians are able to improve the quality of life of older patients even though we cannot cure many chronic diseases.
Elliot Orthopaedic Surgical Specialists | The Elliot at River’s Edge | 185 Queen City Ave | Manchester | 603-625-1655

ACCEPTING NEW PATIENTS.

Our DOCTORS are in!

Jonathan Mack, MD

Dr. Mack is the Director of Sports Medicine at Elliot Orthopaedic Surgical Specialists. He is a Harvard graduate, and is double board certified in Orthopaedic Surgery and Sports Medicine by the American Board of Orthopaedic Surgery. Dr. Mack worked as an assistant team physician for the NBA’s Miami Heat, and he serves locally as the team physician for Alvirne and Souhegan High Schools. Dr. Mack is a specialist in arthroscopy of not only the knee and shoulder, but the elbow, hip, and ankle as well.

Bryan Lawless, MD

Bryan Lawless is an adult joint reconstructive surgeon, trained at the Massachusetts General Hospital. He specializes in all knee and hip replacements. He is a graduate of Tufts University School of Medicine. He completed his residency training in the Boston University Department of Orthopaedics at Boston Medical Center where he served as Chief Resident in 2010. Dr. Lawless brings expertise in the field of joint replacement including computer navigation, patient specific implants of the hip and knee, and treating patients with severe post traumatic and congenital deformities.

Paul Sabetta, Jr., DO

Dr. Sabetta began his career in orthopaedic surgery as a solo practitioner in Plymouth, NH at Tenney Mountain Orthopaedics. After five years of private practice, he joined Speare Memorial Hospital, in Plymouth, NH, where he worked for seven years before moving to Beckley, WV where he worked for three years at the Raleigh Orthopaedic Center. Dr. Sabetta is board certified by the American Osteopathic Board of Orthopaedic Surgeons and is fully qualified and competent in all aspects of general orthopaedic practice, including fracture care and arthroscopy, with a particular interest in hand surgery.

Elliot Health System is a non-profit organization serving your healthcare needs since 1890.

ELLiot CAres about patient safety

If you have a concern regarding the safety or quality of care given to our patients, we want to hear from you! We encourage you to contact our Patient Relations/Safety line at 603-663-2666, or contact the Joint Commission at 1-800-994-6610 or the State of New Hampshire at 1-800-852-3345.

Elliot Hospital

Your wellness matters

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