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Spring/Summer 2014 • www.elliothospital.org
Treat yourself to a healthier mind & body, see classes on pages 6 to 8
Sneezing constantly? How about a sore and scratchy throat, wheezing, itchy, watery eyes or a stuffy and runny nose? Do you feel like you are always clearing your throat from a nasal drip, single-handedly supporting the tissue industry, or always on the verge of another sinus or ear infection? Join the club. 60 million Americans (about 1 in 5) including 40% of children and 30% of adults suffer from allergic rhinitis (commonly called hay fever). It is the 5th leading cause of chronic disease in adults and 3rd among children. Every year allergy accounts for more than 17 million outpatient doctor’s office visits.

Allergy occurs when the body’s immune system overreacts to something in the environment that is not otherwise harmful when it is touched, eaten or inhaled. With repeated exposure to these substances, known as allergens, your body creates antibodies towards that specific substance that triggers an abnormal physical reaction upon re-exposure. This over-reaction does not happen in non-allergic people. Quite often allergy runs in families since a child with one allergic parent has a 33% chance of developing allergies while 70% of children with two allergic parents are at risk.

Allergies can occur seasonally or year-round depending on what you are allergic to. Seasonal allergies are typically caused by sensitivity to pollens from trees (spring), grasses (summer), or weeds (fall) while perennial or year-round allergies are commonly from dust mites, animal dander, cockroaches or molds.

Oftentimes a physician may choose to treat a patient with allergy medications based on the patient’s detailed history and physical examination without formal allergy testing. Other times, allergy testing may be appropriate. For example, a patient may be tested when deciding whether or not to keep a potentially allergenic pet, because of side effects from or poor response to allergy medications, or when evaluating patients with chronic or recurrent sinus problems.

Allergy testing may also be performed if the patient expresses interest in potentially curing allergies with either subcutaneous (allergy shots) or sublingual (allergy drops under the tongue) therapy. Skin prick testing is the most commonly performed, and one of the most accurate, methods of testing for allergies. This is performed in the office setting and is relatively quick and painless.

There are multiple ways to manage allergies. The best treatment is to identify the offending allergen and avoid it – this may include animal avoidance, dust mite covers for the bed and air purifiers. Over-the-counter antihistamines such as Claritin, Zyrtec and Allegra often in combination with nasal sprays like Nasonex, Flonase, or Astepro are quite effective and safe for treating allergies.

Although allergy is regarded as a chronic condition it is possible to cure allergies with immunotherapy (allergy shots or oral drops). In fact, immunotherapy either eliminates or significantly reduces the symptoms of allergies and requirement for medication use in nearly 80% of patients. Immunotherapy is considered when the patient wants to try to cure allergies or at least reduce medication use, medications are not helpful or not tolerated, or symptoms span multiple seasons or are year-round. Traditionally immunotherapy in the US has involved only allergy shots (SCIT – Subcutaneous Immunotherapy) where the patient is desensitized to their allergens by repeated in-office injections of a mixture of the substances to which the patient is allergic. By increasing the dosage of the injection the immune system builds up protection and tolerance to the allergens over time. A newer approach to immunotherapy (SLIT – Sublingual Immunotherapy) allows the patient to self-administer the same solution under the tongue at home. This method is approved by the World Health Organization and is utilized by as many as 40% of European patients receiving immunotherapy.

Drs. James Bartels, Jeffrey Zimmerman and Andrew Spector from Ear, Nose and Throat Specialists of Southern New Hampshire are pleased to offer allergy testing and treatment.
EYE HEALTH

LASER ASSISTED CATARACT SURGERY

by George Shaker, MD, FACS

Dr. George Shaker and his colleagues at the Medical Eye Center along with the Elliot Health System/Dartmouth-Hitchcock 1-Day Surgery Center have teamed up to bring exciting new technology – laser assisted cataract surgery – to our community. For years, patients have asked us if a laser can be used to perform cataract surgery. At long last, the answer is yes!

The type of laser used is called a femtosecond laser. It is the same type of laser that is used to perform part of the LASIK procedure to correct near-sightedness, far-sightedness and astigmatism. It is able to make very precise incisions and separate the cataract into small pieces. It is the precision of the laser that makes it effective, especially when we are trying to optimize the patient’s vision without glasses after surgery. We are using the Alcon LensX laser, which has been used to perform more than 95,000 cataract surgeries in the US alone.

What is cataract surgery and how does laser assisted surgery differ from conventional surgery?

Broadly speaking, cataract surgery involves removing the cloudy lens of the eye (the cataract) and placement of an artificial intraocular lens (the implant) into the eye. The procedure includes the following steps that are done differently between conventional and laser assisted surgery:

- Creation of incisions to gain access to the cataract
- Opening the front of the capsule around the lens
- Creation of incisions to treat astigmatism
- Division of the cataract into small pieces that can be more easily removed from the eye

In conventional surgery, these steps are done manually, while in laser assisted surgery they are done by the laser. In the case of laser assisted surgery, the surgeon plans the procedure ahead of time based on measurements taken in the office, and that plan is programmed into the laser prior to surgery. Both procedures include the use of an ultrasound/vacuum device (phacoemulsification) to remove the pieces of cataract. Also, in both cases, the implant is placed into the eye after the cataract is removed.

What are the potential benefits of laser assisted cataract surgery?

- Precise incisions and astigmatism treatment may improve our ability to achieve vision without glasses.
- Better positioning and stability of the implant may lead to better quality of vision over time.

When is laser-assisted surgery considered?

You can think about the goals of cataract surgery as falling into two categories: in the first case, the individual wants clearer vision, but reducing dependence on glasses is not a concern; in the second case, the individual would like to become more eyeglass independent. It is in this second situation when we consider laser assisted cataract surgery. Very importantly, a thorough examination is performed at the office including special testing when appropriate.

Laser assisted surgery can be combined with different type of implants depending on the goals of the patient, such as:
1. Mr. “A” may want to be able to see at distance without glasses, but he has astigmatism for which he has always worn glasses. He may choose laser assisted surgery combined with either an astigmatism correcting implant or with laser created incisions to treat the astigmatism.
2. Ms. “B” would like to be able to see both distance and near without glasses. She may choose laser assisted cataract surgery combined with a multifocal implant, which is designed to provide both distance and near vision.

So you have a cataract, what next?

- “When should I have cataract surgery?” For almost all patients, there is a very simple answer: when the cataract is causing visual symptoms that are interfering with the things you need or like to do.
- “What type of surgery or implant should I choose?” The key point here is that every individual is different and has different goals and preferences. Our job is to understand what you want and to provide you with the best and safest solutions for you.

George Shaker, MD, FACS has been practicing ophthalmology at the Bellows, Goodman, Shaker and Siegal Medical Eye Center since 1993. The Medical Eye Center is located at 250 River Rd, Manchester, NH. Tel: 603-668-2020.
Memory loss is not a normal part of aging.

It is often difficult to recognize that someone you care about is suffering from memory issues. At times these may be accompanied by undiagnosed depression and anxiety. Now, there is a special team of professionals prepared to help.

Dementia is not a formal diagnosis, but rather a term used to describe a range of conditions causing problems with memory, problem solving, or other skills that can impact daily life. The most common form of dementia is Alzheimer’s disease. One in eight older adults suffers from it.

DIAGNOSING MEMORY LOSS

A memory screening usually involves an interview and evaluation with a psychiatrist, neurologist, or primary care physician to determine if the patient is having difficulties outside of what would be considered normal for his or her age. If the results are normal, a rescreening is typically recommended in one year. If results are abnormal, further memory evaluation may be suggested to help the patient and develop a treatment plan.

The Elliot Memory and Mobility Center at Londonderry is a new innovative community-based program focusing on memory and mobility problems in adults. According to Juergen Bludau, Executive Director of Geriatric Services and the geriatrician with the Center, “Our clinic provides a level of expert care not currently available in the community supporting local primary care physicians, hospitals, assisted living facilities and families. The clinic addresses the need for accurate and timely diagnosis of the memory problem, provides the primary care physician and the families with state-of-the-art therapy recommendations and helps reduce the functional decline by aggressively treating gait and balance through the use of physical and occupational therapy.”

In addition to Dr. Bludau, patients spend time with Dr. Ross Gourvitz, a clinical neuropsychologist who previously directed a memory program in Brooklyn, NY. “I conduct a series of paper and pencil tests to help identify the cause of the memory problem,” says Dr. Gourvitz, “These tests can be useful in differentiating between reversible and non-reversible causes of dementia.” Dr. Gourvitz continues, “the Center was designed with some flexibility, although the primary memory concern of the aging population may be dementia, we also have the expertise to diagnose and treat cognitive problems secondary to stroke, traumatic brain injury, and other non age-related impairments.”

ALZHEIMER’S DISEASE WARNING SIGNS

The Alzheimer’s Association identifies 10 warning signs:
1. memory loss which disrupts daily life
2. challenges in planning and problem solving
3. difficulty with completing familiar tasks
4. confusion with time and place
5. trouble understanding visual/spatial relationships
6. new problems with speaking or writing
7. misplacing things and losing the ability to retrace steps
8. decreased or poor judgment
9. withdrawal from social activities
10. changes in mood and personality

If you or someone you know has some of these symptoms, you may be concerned about whether they have dementia. Confusion, forgetfulness, and inattention do not always mean there’s a neurological problem. Sometimes symptoms may be related to other medical issues, which is why it is important to get an evaluation. Other problems, such as vitamin deficiencies, thyroid disease, and even certain medications can cause problems similar to dementia. Further, psychological symptoms such as anxiety and depression can often mimic certain cognitive disorders.
Dr. Samtharam Yadati, a psychiatrist, devises a treatment plan if behavioral issues or mental health concerns are present. The Center also works closely with a neurologist who will help diagnose underlying neurological problems. Rounding out the team is the social worker who works closely with the family and patient to provide education and help connect families to community resources and the physical and occupational therapists who plan a rehabilitation program to help patients with gait and balance problems.

“What makes this program truly unique, and unlike anything that I have seen in New York, or elsewhere, is the interface between such diverse but interconnected disciplines. Geriatric medicine, rehabilitation medicine, psychiatry, neurology, neuropsychology, social services, and even radiology. Patients in Southern New Hampshire are quite fortunate that a program like this now exists,” says Gourvitz.

For more information on the Elliot Memory & Mobility Center or to schedule an appointment, please call 552-1670.

**OUR TEAM**

Our team is a highly trained team of doctors, nurses, physical therapists, social workers, neuropsychologists, and other medical professionals.

**J. Bludau, M.D.**

Dr. Juergen H. 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 US. He is a board-certified, Harvard fellowship-trained geriatrician, and the Executive Medical Director of Geriatrics and Home Care of the 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. He is board member of the Massachusetts/NH Chapter of the Alzheimer’s Association and the current Co-chair of the Medical Scientific advisory board.

Dr. Bludau is also the chair of the Diagnosis, Treatment and Care Work Group of the Massachusetts Alzheimer’s Disease and Related Disorders State Plan.

In the past Dr. Bludau was on the governor’s appointed, Florida Statewide Alzheimer’s Disease Advisory Council.

He is the author of “Aging, but never old” and the co-author of “Alzheimer’s Disease” in the series Biographies of Disease.

**Ross Gourvitz, Ph.D.**

Dr. Ross Gourvitz worked for nearly two decades in hospitals and health systems in Chicago and New York City before coming to New Hampshire. He completed his predoctoral internship in Rehabilitation Psychology and Clinical Neuropsychology in the Department of Rehabilitation Medicine at Mount Sinai Medical Center in New York. His fellowship training was in Clinical Neuropsychology at Loyola University Medical Center in Chicago. He previously also worked with the University of Chicago Hospitals, Bellevue Hospital Center, and New York University Medical Center. Prior to coming to Elliot, he was Director of Neuropsychology at Lutheran Medical Center in Brooklyn, New York, where he co-founded their Memory Center. In addition to memory disorders, Dr. Gourvitz has extensive experience working with individuals with traumatic brain injury, stroke, multiple sclerosis and seizure disorders.

**Ram Yadati, M.D.**

Santharam Yadati, MD brings 35 years of experience in psychiatric medicine to Elliot Behavioral Health. Dr. Yadati has extensive experience in both clinical and emergency psychiatry, counseling, electroconvulsive therapy, special program development, research, lecturing and teaching. He will provide general psychiatric services. Dr. Yadati offers assistance with depression, bi-polar disorders, schizophrenia, end of life issue, developmental disabilities, drug and alcohol abuse and psychopharmacology. He is passionate in working with families and caregivers.

Dr. Yadati was named Top Psychiatrist of New Hampshire by his peers in New Hampshire Magazine in 2005 and 2006. He obtained his Medical degree (M.B.B.S.) in India, is certified by the American Medical Association and has completed his Psychiatry training at University of Kansas at Wichita. Dr. Yadati successfully completed course work and has experience in Geriatric Psychiatry, Clinical Psychopharmacology and ECT. He has been a practicing psychiatrist in NH since 1982.
Community Wellness
Take time for your health

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 1, May 3 or Jul 12, 8 to 11AM
S$38

CPR for New Healthcare Professionals or those with Expired Certification
RE: Sat, Apr 5, Jun 7 or Aug 2, 8AM to 2:30PM
S$63

CPR Renewal for Healthcare Professionals
RE: Sat, Mar 1, May 3 or Jul 12, 11:30AM to 2:30PM
S$48

Heartsaver First Aid
RE: Wed, Apr 9 or Jul 9, 6 to 9PM
Learn techniques to give immediate care to an injured, suddenly ill person, or someone involved in a life threatening situation, and when to alert medical personnel.
S$38

Women’s Health Pre-operative Patient Education Class
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.
Free

1-Day Surgery Ctr Tour for Children
RE, Welliot: Mon, Early Spring – Mar 17 to May 5; Spring/Summer – May 19 to Jul 7; Late Summer – Jul 25 to Sep 12, 5:45 to 6:45PM.
Free

Gentle Yoga
RE, Welliot: Mon, Early Spring – Mar 17 to May 5; Spring/Summer – May 19 to Jul 7; Late Summer – Jul 25 to Sep 12, 5:45 to 6:45PM.
S$80/8 week session

Taking Control of Arthritis
RE, Conf Rn 1,2,3,4: Sat, Apr 26, 9 to 11AM.
Call 1-800-639-2113 to register.
In partnership with the Arthritis Foundation, this class is for individuals who want to better understand osteoarthritis, rheumatoid arthritis and common medical treatment options. Participants will learn the role of the Rheumatologist as well as the physical therapist who is focused on physical activity, joint protection/energy conservation and adaptive devices. This class also offers a Tai Chi demonstration.
S$90/8 week session

Elliot Center for Tobacco Treatment
RE: By appointment, call 663-2201 for more information. Sessions may be reimbursed by Anthem or other insurance companies.
• Four, 1-hour private sessions
$125
• One, 1-hour private sessions
$45
• One, hypnosis private session
$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 counselors works with you privately to formulate a quit plan based on current clinical guidelines.

I Lost my Keys…Do I have Alzheimer’s?
EH Conference Rm C, D, E, F; Wed, 5:30 to 7PM. Apr 9, Jun 11 or Aug 6. Registration required, call 622-3781.
Are you worried about a loved one who is experiencing memory changes? Join healthcare professionals from VNA of Manchester and Southern NH for an informative discussion about Alzheimer’s. Learn the signs and symptoms, current treatment options, as well as tips on care giving and how to take care of yourself. Become familiar with the resources and support available in the area.

GENRAL FITNESS

All General Fitness classes require registration, please call 663-4567. For more information on classes, please call 663-4200.

Strength and Tone
RE: W/F: Early Spring – Mar 19 to May 9; Spring/Summer – May 21 to Jul 11; Late Summer – Jul 25 to Sep 12, 5:45 to 6:45AM.
S$90/8 week session

Yoga Works for Backs
RE, Welliot: Wed, Early Spring – Mar 19 to May 7; Spring/Summer – May 21 to Jul 9; Late Summer – Jul 23 to Sep 10, 1:30 to 2:30PM. 8 wk sessions. Please contact YogaCaps at 670-0302 or info@yogacaps.org to register.
Designed especially for those with the experience of cancer, this class will help to relieve tension and anxiety, rebuild strength and restore range of motion, and manage the side effects of treatment and medications naturally which may include hot flashes, lymphedema, neuropathy, pain, depression, and insomnia. You may bring a family member or friend. Instructors: Jay Gupta, RPh and Terry Gupta, MSW.
S$80/8 week session

LOCATION OF CLASSES ARE DENOTED IN EACH DESCRIPTION

To register, call Elliot Direct 603-663-1111, unless otherwise noted. For additional program details, visit www.elliothospital.org.

• EH: Elliot Hospital, One Elliot Way, Manchester
• EBHS: Elliot Behavioral Health Services, 445 Cypress Street, #8, Manchester
• LON: Elliot Medical Center at Londonderry, 40 Buttrick Road, Londonderry
• EWC: Elliot Wellness Center, 1070 Holt Avenue, Manchester
• SHC: Senior Health Center, 138 Webster Street, Manchester
• RE: The Elliot at River’s Edge, 185 Queen City Avenue, Manchester

SOME CLASSES MAY BE JOINED WHILE ALREADY IN PROGRESS.

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

Fit & Feisty  $50/8 week session
RE: T/Th, Early Spring – Mar 18 to May 8; Spring/Summer – May 20 to Jul 10; Late Summer – Jul 22 to Sep 11, 10 to 11AM.
A low-impact aerobic & strength class with easy-to-follow moves. Also includes strength training, floor exercises, chair exercises, toning and core work. For ages 50+. Instructor: Cecily Danver.

Full Body Fusion  $80/8 week session
RE: T/Th, Early Spring – Mar 18 to May 8; Spring/Summer – May 20 to Jul 10; Late Summer – Jul 22 to Sep 11, Tue 6 to 7pM & Th 6:15 to 7:15pM.
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: Jacinta Jones.

Gym Membership  $35 monthly
RE: Welliot: 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.

Zumba® Fitness  $112/8 week session
RE: Welliot: Tu/Th, Early Spring – Mar 18 to May 8; Spring/Summer – May 20 to Jul 10; Late Summer – Jul 22 to Sep 11, 5 to 5:50pM.
EH: M/W, Early Spring – Mar 17 to May 7; Spring/Summer – May 19 to Jul 9; Late Summer – July 21 to Sep 10, 5:15 to 6:15pM.
Zumba® Fitness is the Latin-inspired dance-fitness program that blends red-hot international music and contagious steps to form a fitness-party. Easy to do, effective and totally exhilarating! Instructor: Cecily Danver.

For any Nutrition Class, call 663-4524 to register or for more information.

Nutrition

Comprehensive Weight Mgt Program  Free!
EH Pavilion: Free Intro Class, Wed, May 7, 6:30 to 8pM or Tues, Jul 15, 5:30 to 7pM.
This introductory session outlines the 10-week comprehensive weight mgt program focusing on total health, not just pounds on a scale.

LBI Support Group  $25 per 3 sessions
EH Pavilion: Second Wed of each month, 5 to 6pM.
Includes weigh-in and group session with a professional. Supports people who would like to maintain their weight loss.

Jump Start Your Health  $125
EH Pavilion: Wed, May 14 to Jun 18, 6:30 to 7:30pM.
This 6-week series will teach the basics of healthy eating, how to plan and cook quick and easy meals along with a focus on exercise.

Screenings and Clinics

Breast & Cervical Cancer Screenings  Free!
FREE breast and cervical cancer screening tests to eligible women. For more info, call 668-3067.

Support Groups

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

Postpartum Emotional Support Group  Free!
EH, Elliot Childcare Center Activity Rm, Elliot Hospital campus, 450 Massabesic St.: Mon, 10:30AM to noon. 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 baby’s birth. We discuss issues and coping strategies related to the adjustment period and challenges of new motherhood.

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!
RE: Rehab Conf Rm, 3rd floor: 2nd & 4th Tue, Jan 14 through June 10 (No group on Feb 25), 5 to 6:30pM. Call 663-2767 to register. Guest speakers.
Peer support group focused on education; bringing new thinking to what chronic pain patients can do to more fully engage in life.

Surviving Oral, Head & Neck Cancers  Free!
EBHS: Mon, Mar 31 thru Jun 23 (12 wks – no group May 26), 3 to 4pM. Call 663-8617 or 663-8618 to register. Max 12 participants.
This group is for survivors of trauma. The discussion of personal trauma will be extremely limited as the focus on the group is learning new and effective coping skills for regulation of emotions, impulses, self-care, grounding techniques, acknowledging and celebrating resiliency. This group will include take home sheets, hands-on, creative and expressive activities in a safe and nurturing environment.

Jump Start Your Health  $125
EH Pavilion: Wed, May 14 to Jun 18, 6:30 to 7:30pM.
This 6-week series will teach the basics of healthy eating, how to plan and cook quick and easy meals along with a focus on exercise.

Nutrition

For any Nutrition Class, call 663-4524 to register or for more information.

Comprehensive Weight Mgt Program  Free!
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This introductory session outlines the 10-week comprehensive weight mgt program focusing on total health, not just pounds on a scale.

LBI Support Group  $25 per 3 sessions
EH Pavilion: Second Wed of each month, 5 to 6pM.
Includes weigh-in and group session with a professional. Supports people who would like to maintain their weight loss.

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

For information, please call 663-1804.
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.

Irritable Bowel Syndrome (IBS) Support Group $60 per session
EBHS: Wed, Mar 12 thru Apr 16 (6 wks) & Apr 23 thru May 28, 10 to 11:30AM. Call 663-8621 to register.
Stress often co-exists with Irritable Bowel Syndrome (IBS). This group will offer support to those who have an IBS diagnosis. Learn relaxation and stress reduction skills to help reduce the symptoms of IBS. Group is limited to 8 participants. Wear comfortable, loose fitting clothes and bring a bath size or larger towel.

Living with Depression: A Women’s Group $60 per session
EBHS: Th, Apr 24 thru May 29 (6 wks), 10AM. For more information or to register call 663-8617.
Living with depression can be isolating, discouraging and lonely. Come and learn about ways to cope with the symptoms, get support from other women who have experienced the same thing. You are not alone. There is help!

Self Care Support Group $60 per session
EBHS: Tue, Mar 18 thru Apr 22 (6 wks), 10 to 11AM. To register or for more info, call 663-8617.
Do you find it difficult to find time in your day to take care of yourself? Feel guilty about saying no? Can’t unwind? Join us for six weeks to learn how to take better care of yourself. We will talk about stress and the toll it can take on your body and how to reduce anxiety, learn relaxation skills with hands on practice and much more! Participants will leave relaxed and hopeful about practicing at home. Self care starts with you! Most insurances accepted including Medicaid.

SENIOR HEALTH and FITNESS

In addition to the gym membership the fitness center offers many different levels of group exercise programs, for an updated listing on these ongoing programs please call 663-7016.

Gym Membership $25 per month
SHC: Mon to Fri, ongoing, 6:30AM to 4PM. Call 663-7016 to get started.
The Elliot Senior Fitness Center is designed specifically for those 50 and older. The center consists of a variety of cardiovascular equipment and a full body strength training circuit. Our team of exercise specialists are here to help integrate physical activity safely into your life, offering one-on-one orientations and exercise programs to fit individual needs. Free group exercise classes are also offered to our members. A large variety of additional paid group exercise classes are also available. Come work out in a safe, supervised, fun, non-competitive environment. Membership is on-going and members may join at any time.

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.

CHILDBIRTH and FAMILY EDUCATION

Women’s Stress and Self Care Support Group $60 per session
EBHS: Tue, Mar 18 thru Apr 22 (6 wks), 10 to 11AM. To register or for more info, call 663-8617.
Do you find it difficult to find time in your day to take care of yourself? Feel guilty about saying no? Can’t unwind? Join us for six weeks to learn how to take better care of yourself. We will talk about stress and the toll it can take on your body and how to reduce anxiety, learn relaxation skills with hands on practice and much more! Participants will leave relaxed and hopeful about practicing at home. Self care starts with you! Most insurances accepted including Medicaid.

Other Classes

Hospice Services of VNA of Manchester & Southern NH invites you to attend the Annual Memories of Mother Tea and Luncheon Saturday, May 10, 2014, Noon to 4PM Elliot Wellness Center, 1070 Holt Ave.
A suggested donation of $10 would be appreciated. The program offers opportunities to learn about the Gifts of Memory and Life Legacy. All participants will take home a keepsake honoring mother and an opportunity to win raffle prizes. To register and obtain a detailed event program, contact Linda Krisch at 663-4008 or email lkrisch@elliot-hs.org

Hospice Services of VNA of Manchester & Southern New Hampshire, Inc. is accepting registrations for the SPRING 2014 HOSPICE VOLUNTEER TRAINING COURSE. The free training will take place at Villa Crest Nursing and Retirement Center, 1276 Hanover St, Manchester on Thursday, May 1, 2014 and continue every Thursday from 1 to 3:30PM through June 19.

Register online at www.elliothospital.org or call Elliot Direct 603-663-1111
VNA Hospice Bereavement Services. 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, one night mid-week at the Easter Seals NH Child and Family Development Center, 435 S. Main St. Applicants will be notified by the facilitators prior to the start of the session.

Men’s or Women’s Drop In Support Groups. Participants are given the opportunity to grieve the loss of a spouse or loved one. Members help each other answer the question: “What Now?” Participants will better understand the grief process, dealing with their emotions, and how to honor and celebrate their loved ones who have died. No registration required.

Men’s Drop In Support Group. The Men’s Group meets twice a month, fourth Friday of each month, 9 to 11AM and the second Wednesday of each month, 6 to 8PM, at 200 South Jewett Street, Southside Bible Fellowship Church.

Women’s Drop In Support Group. The Women’s Group meets weekly on Fridays, 9:30 to 11AM, at Elliot at River’s Edge, 185 Queen City Ave. Please call the office at the numbers listed below to verify the room location.

Support Group Suicide Bereavement. This group meets Thursdays, 6 to 8PM. This is an ongoing group that works through a rotating 10 week schedule. This group is for those who have lost a family member or friend to suicide. For group location and more detailed information, call.

Hospice Services. 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.
Elliot Health System Welcomes New Vice President of Human Resources

Elliot Health System is pleased to announce the addition of Catherine Bardier to their Senior Leadership team as Vice President, Human Resources. Catherine will be responsible for over 4,000 Elliot staff and physicians in her role.

Catherine Bardier joins Elliot from New London Hospital Association where she was Vice President, Human Resources, Organizational Development, Childcare Center, Dietary, and Wellness. She managed the overall operations of the Human Resources department and participated as a senior leader in the strategic development of the hospital’s plans and programs. She provided support to the leadership team and management on matters of staffing, coaching and counseling, training needs assessment, policy development and strategic planning.

Catherine holds a Masters of Science and Bachelors of Science degree from Rivier College in Nashua. She has more than 23 years experience in human resource management.

Elliot is pleased to have Catherine join the Senior Leadership team.

Do you have questions on your Medications?

Our pharmacists at the Elliot Pharmacy at River’s Edge are here to answer them for you!

Now open to the general public the Elliot Pharmacy at River’s Edge is a full service pharmacy with everything you would expect to find in a pharmacy and more. The pharmacy is open Monday through Friday 7AM to 7PM and Saturday and Sunday 8AM until 5PM. We pride ourselves on providing the level of care and service that Greater Manchester residents have come to expect from the Elliot. Our pharmacists would love to go over your medications with you. Bring in all your medications, including supplements and natural products, and we will review it all with you for free. Just call the appointment line at 603-314-6782 to schedule a private meeting with one of our pharmacists today. Plus, be sure to bring in the coupon....

Congratulations...

The pharmacy is proud to recognize one of its pharmacists April Kvetkosky, PharmD, BCACP, on her accomplishment of becoming the first and only Board Certified Ambulatory Care Pharmacist in the State of New Hampshire. Board Certified Ambulatory Care Pharmacists (BCACP) demonstrate advanced knowledge and skills in their profession by passing the rigorous specialty certification exam. April received her Doctor of Pharmacy degree from the University of Rhode Island in 2003. She also serves as a preceptor for MCPHS University for IPPE and APPE rotations. Her areas of interest include: disease state management and compounding.
Elliot Hospital has been named Best Hospital by New Hampshire Business Review in the 2014 BOB (Best of Business) Awards. “We are always honored to be selected by the community and business leaders as among the best locally because we strive to deliver excellence in healthcare in everything that we do,” explains Rick Phelps, MD, President & COO, Elliot Hospital. “This is an honor and again, reinforces to us the fact that the patients we serve appreciate the care being offered by our talented and dedicated team of professionals.”
Important Dates to Save

Reserve your seat for the 2nd Annual Korks for Kids wine pairing dinner that will take place at Manchester Country Club in Bedford, NH on Tuesday, May 13, 2014. Proceeds from this event will go to benefit New Hampshire’s Hospital for Children.

The 15th Annual Elliot Hospital Golf Classic benefitting New Hampshire’s Hospital for Children will take place on Thursday, June 12, 2014 at Passaconaway Country Club in Litchfield, NH. Our goal is to raise $90,000.

Mark your calendars, the 13th Annual Elliot Hospital Gala will be held at the Radisson Hotel Manchester on Friday, September 19, 2014. Come dine and dance the night away in support of New Hampshire’s Hospital for Children.

For sponsorship information, to purchase tickets or more details on any of these events, please call the Foundation Office at 603-663-8934.

Stinger Medical Mobile Computer Carts

The Bean Foundation and Speedway Children’s Charities each awarded the Mary & John Elliot Charitable Foundation $8,808 to purchase new Stinger Medical Mobile Computer Carts. A third cart was funded by the Mary & John Elliot Charitable Foundation through various fundraising events. These new carts will replace three of the current outdated ones and will greatly improve care provided to our patients on the Pediatric Unit.

Annual iGive Campaign

As a result from our generous community members and employees at Elliot Health System, the Mary & John Elliot Charitable Foundation has raised more than $190,000 for the annual iGive campaign. We truly thank those who have participated and contributed.

For those who have not yet contributed, there is still time until June 30, 2014 to help us reach our goal of raising $250,000!

To make a gift, you can either log-on to https://elliothospital.org/website/donate_sj.asp or call the Foundation Office at 603-663-8934 and a representative will provide you with further donation information.

Our greatest fund in need is New Hampshire’s Hospital for Children (NHHC). Each and every gift designated to NHHC will help us provide the very best healthcare to the youngest members of our community.

Robert & Lucille Davison Award for Philanthropy

Selma Naccach-Hoff received the Robert & Lucille Davison Award for Philanthropy at the Elliot Health System annual meeting on January 22, 2014. As a past Chair of Elliot Health System and Mary & John Elliot Charitable Foundation, as well as current Board member and past Chair of the Visiting Nurses Association Foundation, Selma is a steadfast, loyal and most generous supporter of the Elliot.
When I speak to a classroom of elementary school students I ask them to calculate the number of times their hearts will beat in a day, and then in a lifetime. It’s an amazingly high number – in the billions! I then review with them the importance of incorporating heart healthy habits into their daily lives to maximize the likelihood of long, healthy life spans. Fortunately, scientific knowledge and medical treatments have improved dramatically over the past few decades, allowing the life expectancy of babies born today to near 100 years! Despite these advances, cardiovascular disease remains the leading cause of death worldwide today, so it behooves us all to know the essentials of preventing heart disease.

Most of us have heard the important risk factors for heart disease including modifiable risks such as obesity, hypertension (high blood pressure), diabetes, tobacco use, high cholesterol and sedentary lifestyle, and our genetics or family history that we cannot do much to affect. Perhaps surprisingly, most forms of alcohol appear to be heart healthy in small quantities, although higher amounts can be deleterious to the heart muscle causing it to weaken and enlarge. Because the process of atherosclerosis or hardening of the arteries can actually start before adulthood, developing healthy habits early is vitally important.

Elevated cholesterol levels have been proven to correlate with and cause higher likelihood of suffering a cardiac event. Medical researchers have also proven that lowering total and bad (LDL) cholesterol levels lowers the cardiovascular risk. Diets high in cholesterol laden, fatty foods, especially trans fats found frequently in “fast foods,” or saturated fats, appear to increase lipid levels most dangerously, while other types such as mono unsaturated or omega 3 fatty acids seem to be much healthier. To decide to eat healthier (fish, poultry, lean meats, vegetables, high fiber, fruits and most nuts). Many will still have high cholesterol levels despite a healthy lifestyle, but fortunately effective medications are available that can lower cholesterol by 50% and even more.

Exercise has been proven to not only lower bad cholesterol levels but also raise good cholesterol (HDL) as well, providing cardio-protection. These are just two of the many ways exercise benefits us. Exercise also can lower levels of inflammation in our bodies, lower heart rates and blood pressure, and increase elasticity of our blood vessels. At least moderate intensity exercise at least 4-5 days a week for 20-30 minutes or more appears to maximize benefit, and aerobic type exercise appears most heart healthy. This includes walking briskly, jogging, swimming, biking or hiking just to mention a few of the most common types. Resistance training, such as with weights, may provide less but still significant cardiac benefits.

High blood pressure (hypertension) also raises the cardiovascular risk. Both the systolic and diastolic readings are important and need to be kept under control. As people age the blood pressure naturally rises such that one third to one half of all adults may have hypertension. Because most people with hypertension will not have any symptoms, it’s vitally important that all adults have it checked periodically as they age. Because sodium (salt) intake can cause significant elevations in blood pressure, sodium levels should be monitored in people prone to hypertension. Many processed foods and canned foods as well as snack foods are high in salt, as is most restaurant food and thus one should look at food labels and ask for low sodium dishes when dining out. 2500 mg daily or less is considered a safe level, and for maximum benefit 1500 mg or less should help minimize blood pressure levels. Of note, those few patients with extremely low blood pressure levels may actually benefit from a salty diet.

Weighing more than ideal levels can also raise blood pressure, and so losing weight is another way to effectively lower blood pressure. Recent studies suggest that the average American weighs 20 lbs. more now than in the 1980’s. This is a troubling trend when realizing that obesity is a significant risk factor for cardiovascular disease, as well as contributing to hypertension, diabetes and high cholesterol and other medical problems. Lifestyle changes have definitely contributed to our increasing girth. Fortunately, through exercising more and eating healthier as described above, we have the means to reverse these gains thus resetting our cardiovascular risk to a lower level.
Type 2 Diabetes is a chronic condition characterized by high blood sugar in the blood. Prediabetes is a condition when blood sugars are higher than the normal but lower than in the diabetes range. Both these conditions occur when the body is unable to make enough insulin from the pancreas or not able to use it effectively resulting in abnormal range blood sugar. People with prediabetes are at higher risk for developing diabetes.

Both prediabetes and diabetes can occur without any symptoms or signs and it is important to be tested for the same.

Who are at risk for diabetes and prediabetes and who should be screened for diabetes?

- If you are older than 45 years of age
- If you belong to a high risk group who have higher rates of diabetes – African American, Latino/Hispanic/Asian and American Indian
- If you had diabetes during pregnancy or had large babies greater than 9 pounds
- Have a parent, sibling or a family history of diabetes
- High blood pressure, or abnormal cholesterol levels – Low HDL or High Triglycerides
- If you are Overweight/Obese
- Not physically active

Tests that your doctor can do to screen for diabetes

- Fasting blood sugar test – test is drawn after not eating food for at least 8 hours past midnight.
- Oral glucose tolerance test; this test also is done in the morning after fasting at least for 8 hours. A sugary drink is given and blood is drawn for 2 hours.
- Hemoglobin A1C or A1C test: This blood test does not require fasting and you can eat food. This test shows the past 2-3 month blood sugar average in your blood.

Can we prevent type 2 Diabetes?

Studies done in USA, China and Finland have all clearly shown that we can prevent diabetes by lifestyle changes and modest weight loss of 5-7%. Over 23 million people have diabetes and over 55 million people have prediabetes. We can prevent diabetes if we all take a little time in our lives to exercise, eat healthy and be screened for diabetes and prediabetes regularly.

Annaswamy Raji MD, M.M.Sc, FACE is an Endocrinologist at Elliot Endocrinology Associates, 1 Elliot Way, Manchester, NH. She can be reached at 603-663-3740. Dr. Raji has extensive training in both endocrinology and internal medicine specialties and also special training from Harvard Medical School in endocrinology.
GREEN SIDES
FOR SPRING AND SUMMER

BROCCOLI SALAD

1 bunch broccoli, cut in tiny flowers 1/4 c. bacon bits
1 c. raisins 1 c. mayonnaise
1/4 c. red onion 1/2 c. sugar
1/4 c. pecans (or walnuts, or sunflower seeds) 1/4 c. vinegar

Directions:
Mix mayonnaise, sugar and vinegar. Add bacon bits and other ingredients and mix. Chill for a few hours and serve.

PEA SALAD

2 bags frozen peas 1 bunch green onions
1 block cheddar cheese (cubed or shredded) 1 pkg. bacon cut into small pieces and fried
1/2 cup mayonnaise

Directions:
Keep peas frozen until ready to use. Combine all ingredients in a large bowl. Chill and serve.
YOUR WELLNESS MATTERS is published as a community service for the friends and patrons of Elliot Hospital, One Elliot Way, Manchester, NH 03103, 603-669-5300, www.elliothospital.org.

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