Efforts to understand and prevent sports-related injuries have been driven by the significant impact that these injuries have on society. The medical cost for sports injuries has been estimated to exceed $282 million in the US each year. The Center for Disease Control and Prevention estimates that sports injuries account for 16% of all unintentional injuries treated in hospital-based emergency departments. The injury rate secondary to sports participation is thought to exceed the injury rate from motor vehicle accidents.

The greatest predictor of injury risk in sports and recreational injury is the nature of the activity itself, with contact sports carrying the biggest risk of injury. However, even in full-contact sports, up to 40% of injuries are the result of overuse mechanisms. It is believed that more than 50% of all sports-related injuries are due to overuse. Factors such as age, gender, level of competition, and level of fitness are felt to influence the frequency of injury. To better understand the predisposing causes of sports injuries, risk factors are frequently divided into extrinsic and intrinsic categories.

Extrinsic risk factors are characterized by the effect that environment has on injury risk. They can be modified in a variety of ways, including rule changes in sports, use of protective equipment, taping and bracing, and athletic equipment changes. The elimination of “spear tackling” in football, when tacklers use the top of their helmets to initiate contact, has reduced the incidence of paralysis or death in this sport to essentially zero. The use of helmets has been shown to decrease injury in team sports of football, hockey, and baseball. The use of mouth guards has been shown to reduce the potential for dental injury. External ankle stabilization through taping may help prevent first-time ankle injuries, but scientific literature more clearly demonstrates the success of external ankle supports for preventing re-injury. Studies indicate that rigid ankle supports provide more ankle stability than athletic tape, and the capacity for ankle taping to limit range of motion is significantly diminished after 20 minutes of moderate to vigorous exercise. Athletic equipment changes in baseball and softball, such as the use of safety (breakaway) bases, softer balls, and protective faceguards have all been shown to be very effective in reducing injury.

Intrinsic risk factors are characterized by the effect of training and individual factors on injury prevention. They are defined by the individual's history of injury, fitness level, participation in conditioning and stretching programs, and motor control. The previous injury history of an athlete is thought to be the most significant predictor of future injury. Historically, it has been felt that greater fitness and conditioning will reduce the risk of sports-related injury. However, conclusive evidence to support this idea is lacking. There is not sufficient evidence to endorse or discontinue routine stretching before or after exercise to prevent injury among competitive or recreational athletes. Motor control training programs, which include education, stretching, strengthening, plyometrics, and sports-specific agility drills designed to replace the traditional warm-up, may have a direct benefit in decreasing the number of anterior cruciate ligament injuries in female soccer players.

Future advancements in the understanding and prevention of sports-related injuries are contingent on additional well-designed randomized studies. There is a considerable amount to be learned about topics such as preseason medical screenings, warm-up activities, proprioceptive training, stretching, muscle strengthening, taping, protective equipment, rehabilitation programs and education interventions. Further knowledge in these areas will help promote a safer and more enjoyable environment for sports participation.

Jonathan Mack, MD is the Director of Sports Medicine at Elliot Orthopaedic Surgical Specialists. He joins the Elliot from Marshfield Clinic in Wisconsin where he was an Orthopaedic Sports Medicine Associate. Dr. Mack both completed his Orthopaedic Surgery residency and earned his degree as a medical doctor from Albert Einstein College of Medicine in New York City. He later completed his Fellowship in Sports Medicine at Miami Sports Medicine in Florida. Dr. Mack’s special skills include hip arthroscopy, treatment of knee dislocations/multiligament knee injuries, arthroscopic rotator cuff repair, labral repair, AC joint reconstruction, patellofemoral arthroplasty, and articular cartilage restoration.
Encouraging our kids to eat healthy should always be a priority for parents. However, due to our busy lifestyles, more kids are eating outside of the home, resulting in bigger portions, higher fat meals and meals lacking key nutrients for healthy growth and development. It is the responsibility of adults, from parents, to teachers, to coaches, to teach our kids healthy eating habits! To help educate our children, the following are some tips and guidelines to keep in mind.

**Encourage a variety of produce.**
By learning to love fruits and vegetables while they are young, kids will develop food preferences that can help lower their risk of heart disease, diabetes and some cancers later in life. Provide cut up vegetables and dip with dinner, prepare a salad with meals. Parents need to be sure to eat vegetables. Kids will see this and will be more likely to try them. Kids ages 2-3 should have 1 cup fruit and vegetables each day; kids ages 4-8 should have 1 ½ cups of fruit and vegetables; and kids 9-12 need 1 ½ cups of fruit and 2 to 2 ½ cups vegetables.

**Keep your kids moving!**
Children should get a total of 60 minutes daily of physical activity, 7 days per week. This exercise does not have to be all at once. It can be 20 minutes of recess, 20 minutes of jumping rope, and 20 minutes of playing tag in the back yard. The important point to remember is that kids NEED to be active every day and “screen time” NEEDS to be limited to no more than 2 hours each day.

**Encourage a low fat diet.**
Children under 2 need a certain amount of fat in their diets for brain and nervous system development. Fat also aids in the absorption of the fat soluble vitamins: vitamins A, D, E and K. This is why children under the age of 2 should drink whole milk, yogurt, and cheese. However, after the age of 2, children should be provided low fat dairy products made from either 1% milk or skim milk. Many kids today are eating too much fat from fast food and fried foods (chips, chicken nuggets, French fries, donuts). To keep your child’s fat intake in check, limit fried foods and encourage grilled or baked, offer appropriate portion sizes, as well as fruit, vegetables and whole grains, which are naturally low in fat.

**Keep bones strong.** Getting enough calcium at a young age is important to prevent osteoporosis later on. During childhood and adolescence, the body uses calcium to build strong bones. Girls and boys ages 9-18 need 1,300 mg of calcium per day, kids ages 4-8 need 800 mg, and toddlers aged 1-2 years need 500 mg. 1 cup of 1% milk has 300 mg of calcium, 6 oz of yogurt has approximately 250 mg, 1 oz of almonds has 75 mg, and 1 cup of soy milk has 300 mg.

By choosing foods that are rich sources of calcium as well as foods fortified with calcium, our kids can reach their needs. However, if a parent is concerned that their child may not be getting enough calcium, there are chewable calcium supplements available.

**Choose Whole Grains.** Whole grains are more satisfying, give us the needed fiber, and may reduce our long term risk of cancer, diabetes, and heart disease. On average, most school age children need 6-8 ounces of grains a day and active teens may need as many as 9-10 ounces per day. At least half of those servings should come from whole grain. One slice of bread, a ½ cup of cooked pasta, rice, or cereal are examples of one serving. Good whole grain sources are brown rice, whole wheat pasta, oatmeal, whole grain cereals and crackers.

**Limit sugar-sweetened beverages.** Sodas and other sweetened drinks such as lemonade, ice tea, fruit punch, and even fruit juices contribute significantly to total calories and should be limited. One can of soda has 10 teaspoons of sugar!

**Offer fish.** The American Heart Association recommends everyone should aim for two servings of fish each week. However, some popular seafood items contain high amounts of mercury that we should not let our children eat. Children should not eat shark, swordfish, king mackerel and tilefish. These are large predatory fish that tend to accumulate high levels of mercury. Kids can safely consume up to 12 ounces of fish and shellfish that are lower in mercury: shrimp, canned light tuna, salmon, Pollock (used in fish sticks), and catfish. However, it is recommended that no more than 6 ounces (one can) from albacore premium white tuna each week.

**Bottom Line:** It is the adult’s responsibility to offer and provide healthy foods that our children can choose from and learn to enjoy. Parents should keep the above guidelines in mind when making the grocery shopping list and preparing meals and snacks.

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**Guidelines to Keep Our Children Healthy**

By: Michelle Olsen, RD, LD
The Elliot Regional Cancer Center is expanding! With the ribbon-cutting event on Thursday evening February 10, 2011, we will have opened our new radiation oncology facility in Londonderry. The Elliot has a long history of fighting cancer. In 1966, The Elliot Hospital opened the first cancer center in New Hampshire. As an accredited Comprehensive Cancer Program, we provide more radiation treatment services to New Hampshire residents than any other provider.

With this new 15,000 square foot facility we have utilized the latest facility design concepts in combination with state-of-the-art technology and equipment. We have installed a Trilogy System Linear Accelerator from Varian Medical Systems, the world’s leading manufacturer of medical devices and software for treating cancer. This specialized system allows precision delivery of radiation treatment with the capability of daily imaging of the tumor and adjacent tissues. The technology allows our clinicians to develop customized highly controlled radiation treatment plans designed to kill the cancer cells. In addition to the radiation treatment, with input from patients, family members, and other healthcare providers, we will also provide symptom management, patient and family education, nutritional recommendations, counseling and support groups, massage therapy, Reiki, yoga classes, and access to local and national oncology resources.

Radiation therapy is one of the clinical disciplines that comprise comprehensive cancer care. In conjunction with Medical Oncologists, Surgeons, Pathologists, Radiologists and Primary Care physicians, the Radiation Oncologists and the staff of the Elliot Regional Cancer Center care for patients in a coordinated and comprehensive manner – the most effective way to combat cancer. The layout of the new facility and its location in Londonderry allows for an enhanced ability for all the disciplines to interact and coordinate care.

In the new facility in the Elliot Medical Center at Londonderry, 40 Buttrick Road, we are located adjacent to the Dana-Farber Cancer Institute and New Hampshire Oncology-Hematology. We are physicists map and pin-point tumors so that radiation is delivered to the cancer cells, sparing healthy tissue.
also down the hall, across the street and down the street from numerous primary care offices, surgeons offices, laboratory and radiology services, the Elliot Breast Health Center, and the Lahey Clinic medical oncology offices in Derry.

The Elliot Regional Cancer Center in Londonderry is staffed by a dedicated team of individuals who have chosen to live in the area and work at a community-based facility where our focus is helping individual patients. Dr. Brian Knab, Medical Director, was trained at Duke University and the University of Chicago and now lives in Stratham. The other radiation oncologists include Dr. Ping Zhou who trained at Harvard Medical School and the Dana-Farber Cancer Institute and now works in Manchester, Londonderry and Nashua, and Dr. Matthew Katz who trained at the University of Massachusetts and

with specialized training who will deliver the radiation treatments.

Steven Paradis, Jo-Ann Sullivan, Tara Croteau, and Stefanie Iannalfo, are registered nurses with specialized training in oncology services. Christine Howard and Polly Bernard are social workers dedicated to making the patient’s journey through cancer survival as smooth as possible. Staff members, Deborah Smart and Jessica Lefebvre schedule your appointments, make sure that all of the necessary paperwork is in place and will greet you with a smile as you enter the department.

All of these individuals are dedicated to providing a safe, comfortable and professional environment for you and your family members. It is this dedication that is behind the design of the facility and the atmosphere we hope to have created. It is what the Elliot Regional Cancer Center is about – providing the best available technology and expertise in a comfortable community setting. We have chosen to live and work in this area in order to help our families, friends, neighbors and fellow community members fight cancer. The fight can take place here without having to travel to Boston or New York. With The Elliot Regional Cancer Center in Manchester and now in Londonderry, New Hampshire – Hope is Here!

For appointments or to arrange a tour of the facility please contact us at 603-552-1600.

“\nThe American Cancer Society and the Elliot have a long history of partnering to best support patients through their cancer journey. We are confident that Elliot’s addition of radiation therapy to the services in Londonderry will improve access and further help patients with their fight against cancer.”

– Peter T. Ames, MPH
American Cancer Society,
State Vice President of Health Initiatives

Memorial Sloan Kettering and now works in Manchester, Londonderry and Lowell.

Brennan MacDonald, Luc Sirois, Jennifer Tucker, Kathy Gagne, John Matte, and Brian Eddy are the physics team that works in conjunction with the radiation oncologists to develop customized treatment plans for each patient and the detailed instructions for the Trilogy System. Patri Harvey, Cindy Ouellette, Christine Morin, and Cathy Coulombe are the radiation therapists
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 instructoral 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
EWC: Sat, Mar 5 or May 7, 8 to 11AM

CPR for New Healthcare Professionals or those with Expired Certification
EWC: Sat, Apr 2, 8AM to 12:30PM

CPR Renewal for Healthcare Professionals
EWC: Sat, Mar 5 or May 7, 11:30AM to 2:30PM

Healthy Infant & Child First Aid & CPR for all ages
EWC: Wed, May 11 & 18, 6 to 9PM

HeartSaver First Aid
EWC: Wed, Mar 9, 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.

Foot Clinic
LON: Every 4th Mon from 9AM to noon
Marie Cole, RN will be in Londonderry, with one patient every 30 minutes to address your foot care needs from a clinical perspective.

Total Joint Replacement 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 management and more. Your questions answered. Patients are encouraged to bring a family member or support person.

Solving the Caregiver Puzzle
Free!
SHC: By appx., call 603-663-7051
LON: By appx., call 603-552-1533
The Elliot Senior Health Primary Care Social Workers are here to help. Caregivers can schedule a private appointment to address questions, concerns, and information about caring for an older adult. This opportunity is free and open to all caregivers.

LBI Health Management Assessment
$29
Receive an individual health evaluation to identify your health goals and establish a comprehensive treatment plan to reduce your risk for disease or manage your condition. Call the Live Better Institute at 663-4LBI.

1-Day Surgery Ctr Tour for Children
Free!
EH, 1-Day Surgery Center: First & Third Wed monthly, 3PM, registration required.
Parents, children ages 12 and younger, and their siblings are invited to attend our special pediatric tours. Meet with staff, review the surgical process and tour the facility.

Medication Management
Free!
EH: Classes are ongoing. Call 663-2767 for dates.
For patients taking narcotic medication to relieve pain. Learn the risks and benefits of prescribed opioids.

Elliot Center for Tobacco Treatment
By appx., call 663-2201 for more info. Sessions reimbursed by Anthem.
• Four 1-hour private sessions $125
• One, half-hour private sessions $45
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.

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 management and more. Your questions answered. Patients are encouraged to bring a family member or support person.

Interested in Writing? How to Start and Where to Go From Here
Free!
LON: Fri, Apr 1, 1:30 to 2:30PM. Call Barbara Pines, LICSW at 552-1533 to register.
Are you interested in writing? Have you wanted to start writing but didn’t know where to begin? Whether you’re looking for a new hobby, interest or passion, this one day class will help you to learn how to begin writing, developing content, editing and sharing your work with others! Presented by local published author, Joe Smiga.

Book Club
Free!
LON: Wed starting on April 6 (7 sessions), 1:30 to 2:30PM. Call Barbara Pines, LICSW at 552-1533 to register.
Do you love to read? Starting in April the Book Club will share in weekly discussions of Tova, A Very Special Dog by local author Joe Smiga. Joe will facilitate discussions for the group.

Girl Talk: A Positive Self-Esteem Group for girls 12 to 16 years old
$60 per session
EBHS: Wed, Mar 9 to Apr 20, 5:30 to 6:30PM
Referral encouraged but not necessary. To register or for more information, call Melissa Alder at 663-8632.
This group will focus on strengthening self-esteem and self-perception as well as addressing bullying, negative self-image, anger, fear and healthy relationships. Open to all Elliot Physician Network patients. Most insurances accepted. If self-pay, 20% discount is applied if paid at time of service.

LOCATION OF CLASSES ARE DENOTED IN EACH DESCRIPTION.

To register, call Elliot On-Call at 603-663-4567, 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
• CBE: Childbirth Education, 33 South Commercial Street, Manchester

TOTAL BODY STRENGTH & CONDITIONING

EWC: TTh: Mar 8 to Apr 21, May 3 to Jun 16; Jul 12 to Aug 25, or Sept 6 to Oct 20, 6 to 7AM
This total body workout incorporates interval training and sports conditioning moves to enhance overall strength and aerobic conditioning. Combines aerobic and strength class, for a maximum fitness challenge.

Medical Fitness Center
Our team of nurses and exercise specialists are here to help you integrate physical activity into your life! As a member, you’ll receive individualized training designed for your specific fitness goals and medical health concerns. If you want more than just a place to exercise, this is the program for you. For more info, call 663-4LBI.
Stability Ball $70 (10-week session)
EH, Welliot Group Exercise Room Ground Floor: M/W, Apr 11 to Jun 15, 6 to 7PM (beginners) & 7 to 8PM (intermediate)
Learn how to strength your core muscles (abdominals/back) plus legs, glutes, arms and chest using a Resist-a-Ball, giving you a total body workout! 20-30 min. of aerobic activity will be included in the class. Free weights are also incorporated into this workout, which can be adapted for the beginner as well as the advanced participant. You must bring your own 65cm Stability Ball; these can be purchased at Wal-Mart, Target or a sports store. Instructor: Thomas Berube, Certified ISSA Fitness Trainer.

MIND/BODY MEDICINE

Gentle Yoga $70
EWC: Mon, Feb 28 to Apr 11 & May 2 to Jun 13, Jul 11 to Aug 29, 9:30 to 10:30AM or 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 the beginner level participant.

Intro to Pilates $70
EWC: Tue, Mar 8 to Apr 19 & May 3 to Jun 14, 4:45 to 5:45PM
Focus on core muscles (abdominals, obliques, back), pelvic stabilization, spinal flexibility while strengthening and stretching the whole body to attain balance. Some basic yoga moves and stretches are added, all with a focus on body awareness, flexibility and strength. For beginners.

Intermediate Pilates $70
EWC: Tue, Mar 8 to Apr 19 or May 3 to Jun 14, 6 to 7PM
Intermediate Pilates is for those who have had previous experience in Pilates. Pilates focuses on core (abdominals, obliques, back muscles) and pelvic stabilization, spinal flexibility and stabilization as well as strengthening and stretching the whole body to attain balance. Pilates is a great way to achieve core strength and stability and at the same time improve balance and muscle strength.

Diet for Health $150
EWC: Tue, 7:30 to 8:45PM or Wed, 5 to 6:15PM. Call 663-4LBI to register or for more information.
This 10-week lifestyle change program will help you reduce cardiovascular risk factors, promote fat loss, and support healthy insulin and blood sugar.

SCREENINGS and CLINICS

Do you know your Numbers? (Cholesterol Tests) EWC: Third Thurs monthly, 8AM to noon. 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
EWC: Third Thurs monthly, 8AM to noon
Safe, quick and painless test using ultrasound technology to assess risk of osteoporosis. Recommended for both women and men. Confidential results provided to participants.

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.

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

Lyme and ME Support Group Free
EWC: Intro Class, Thu, Apr 21, 6 to 7:30PM. Tue, Mar 29, 5 to 6:30PM. Call 663-4LBI to register.
This free intro class outlines the 10-week comprehensive weight management program focusing on total health, not just pounds on a scale.

LBI Support Group $25 per 4 sessions
EWC: Every other Wed, 6:30 to 7:30PM. Call 663-4LBI to register or for more information.
This class is for group with a professional. Supports people who would like to maintain their weight loss.

Meal Planning for Busy People $20
EWC: Wed, Apr 13, 5:30PM.
This class is designed for those preparing meals for families and busy individuals.

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.

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.

Postpartum Emotional Support Group Free
EH, Elliot Childcare Center Activity Rm, Elliot Hospital campus, 450 Massabesic St., Manchester: Mon, 10:30AM to noon. Call Alison Palmer, RNC, MS, at 663-3052 for more information.
This support group is intended to help support women experiencing mood, anxiety, and thought disorders during pregnancy and the first year after the birth of their baby. We will discuss issues and coping strategies related to the adjustment period and challenges of new motherhood.

Lymphedema Education Free!
EH, Radiation Therapy Waiting Rm: Second Wed monthly, 3 to 4:15PM & Fourth Thurs monthly, 8:30 to 9:15PM. Call 663-2355 for more information.
Education, question and answer session, and help for your specific needs.

Chronic Pain Support Group Free!
EH, Wound Ctr Conf Rm: Second & Fourth Tue monthly, 5 to 6:30PM. Call 663-2767 to register.
Peer support group focused on education; bringing new thinking to what chronic pain patients can do to more fully engage in life. Guest speakers.

Spouses Group – For Spouses of Chronic Pain Patients Free!
EH, Nursing Center: Wed, Apr 20 & May 4th (2-part series), 7 to 8:30PM. Call 663-2767 to register.
Learn the strategies to improve your coping skills, better understand your spouse's needs and limitations, and thereby improve the quality of your life.

Pink Ladies Free!
Elliot Breast Health Center, 275 Mammoth Road: Tue, Mar 15 to April 19 & May 10 to Jun 14, 1:30 to 3PM or 4 to 5:30PM.
A 6-week educational/support group featuring presentations on different topics for newly diagnosed breast cancer patients.

Living Beyond Breast Cancer Free!
EH, Radiation Therapy Waiting Rm: Second Wed monthly, 6 to 7:30PM. Call 663-1804 to register.
Provides mutual support and sharing for any woman who has experienced breast cancer.

Living with Cancer Free!
EH, Radiation Therapy Waiting Rm: Third Wed monthly, 5:30 to 7PM. Call 663-2355 for more information.
This ongoing monthly support group is for people with cancer, their families and/or support people.

Finding Hope & Meaning in Your Cancer Journey Free!
EH, Radiation Therapy Waiting Rm: Wed, Feb 2 & May 25, 5:30 to 7PM.
A time to explore your spirituality and feelings surrounding your cancer journey.

Coping with Cancer Related Fatigue Free!
EH, Radiation Therapy Waiting Rm: Thur, Feb 17 & May 16, 11 to 12:30PM.
An American Cancer Society I Can Cope Program. Support and strategies for managing cancer related fatigue. A light lunch is provided.

Look Good, Feel Better Free!
EH, Conf Rm CDEF: Fri, Mar 18, 9 to 11AM. EH, Conf Rm CRA: Tue, Apr 12, 5 to 7PM or Sat, May 21, 9 to 11AM
In conjunction with the American Cancer Society. Cosmetology help is provided to those receiving cancer treatment. For more info, call 663-2355.

Register online at www.elliothospital.org or call Elliot On-Call at 603-663-4567

CALL TO ACTION

Protected. EWC: T hu, Apr 21, 7 to 8PM.
EWC, Rocklands, CAC: Thu, Apr 28, 7 to 8PM.
EWC, N ursing Center: Thu, May 5, 7 to 8PM.
EWC, N ursing Center: Thu, May 12, 7 to 8PM.
EWC, N ursing Center: Thu, May 19, 7 to 8PM.

Wellness Wednesday Free!
Registration required.
EWC, Penthouse Rm : T hr, May 5-19, 12 to 1PM.

For parents who have experienced a miscarriage, stillbirth or neonatal death.
Tips & Tricks on How to Quit Smoking  
**Free!**  
EH: Thur, Apr 28, 11 AM to 12:30PM. Call 663-2355 to register.  
An informational program for cancer survivors to gather information on the best way for them to quit smoking tobacco. A light lunch is provided.

Bereavement Support Group  
**Free!**  
LON: Second & Fourth Thur, 4 to 5PM. Call Barbara Pines, LICSW at 552-1533 for more information.  
Coping with grief can be overwhelming. This group offers individuals a safe place to express their feelings and learn coping skills and gain a sense of value and purpose.

Caregiver Support Group  
**Free!**  
LON: Second Wed monthly, 10 to 11AM. Call Barbara Pines, LICSW at 552-1533 to register.  
This collaborative program teams up specially trained Elliot breast cancer survivors with newly diagnosed patients offering support, knowledge, and hope.

Going Stronger  
**Free!**  
SHC: First & Third Tue monthly, 10AM. Call Barbara MacPhee, MSW 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.

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.

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 663-2156 for more information.  
For people with Parkinson’s, family members, friends, or anyone who has an interest in learning more about this disease.

Men’s Breakfast  
**Free!**  
SHC: Fourth Fri monthly, 9 to 10AM. Call 663-4005 for more information.  
For men rebuilding their lives after a spouse’s death. Light breakfast, social time & speaker.

Women’s Breakfast Group  
**Free!**  
SHC: Second Fri monthly, 9:30 to 11AM  
For women rebuilding their lives after a spouse’s death. Light breakfast, social time & speaker.

Teen Pizza and Pop  
**Free!**  
EH, Nursing Center; Wed, Mar 30, 3 to 4:30PM.  
Please register with Polly at 663-2355.  
For teens whose parents, family members, or loved ones have been diagnosed with cancer.

Reach to Recovery  
**Free!**  
EH: To discuss your individual needs, contact Polly at 663-2355.  
This collaborative program teams up specially trained Elliot breast cancer survivors with newly diagnosed patients offering support, knowledge, and hope.

Thriving with Yoga  
**Free!**  
EH, Radiation Therapy Waiting Rm: Tue, 6 to 7:30PM. Call YogaCaps at 670-0302 to register.  
In partnership with YogaCaps, Inc., free yoga classes are offered for cancer survivors. Get more information at YogaCaps.org.

Senior Health and Fitness

**Fusion**  
**$60**  
SHC: T/Th, Feb 22 to May 12, 5:15 to 6:15PM  
This class is a dynamic mix of an all in one exercise program, beginning with cardio movements to increase cardio health, followed with strength training from head to toe to improve muscular endurance and ending with basic pilate and yoga moves to improve core strength and balance.

**Strength Training**  
**$60**  
SHC: T/Th, Feb 22 to May 12, 10:45 to 11:30AM  
Improving strength and stamina with a 10 minute, low impact warm-up followed with a weight routine structured to improve mobility, strength and posture. Utilizing hand weights, balancing movements and floor mat exercises.

**Fit & & 50**  
**$60**  
SHC: M/W, Feb 21 to May 11, 5:15 to 6PM  
A more advanced resistance exercise program using light to moderate weights with frequent repetitions to increase stamina as well as increase muscle strength and endurance; this class tests core stability as well as improve muscular balance by using free weights and floor mat exercises.

**Cardio Sculpt**  
**$60**  
SHC: M/W, Feb 21 to May 11, 9 to 10AM  
A well balanced mix of cardio movements, strength training, balance and stretching exercises. Designed to increase stamina as well as overall strength; ends with relaxing stretches to improve range of motion.

**Seniors in Motion**  
**$60**  
SHC: T/Th, Feb 22 to May 12, noon to 12:45PM  
The class consists of cardiovascular exercises that begin in the chair as well as standing while utilizing the chair for balance. Applying strength training for endurance and gentle flow movements to improve range of motion and mobility.

**Fit & Feisty**  
**$40**  
EWC: T/Th, Mar 8 to Apr 21 & May 3 to Jun 16, 9:45 to 10:15AM  
Combination strength training and low-impact aerobics class. Uses easy-to-follow moves that will help burn fat and revitalize you. Incorporates toning exercises. Good for beginners.

**Fit & Feisty II**  
**$40**  
EWC: T/Th, Mar 8 to Apr 21 & May 8 to Jun 16, 11AM to noon  
This class is the next level after Fit & Feisty. It is recommended that you are currently exercising or have taken at least 1 session of the beginners’ class.

**Chair Aerobics Plus!**  
**$60**  
SHC: M/W, Feb 21 to May 11, 10:30 to 11:15AM  
Light aerobic exercises using arm and leg movements and stretching are done in a chair. Also balance exercises using the chair as support.

**T’ai Chi Level 1**  
**$60**  
SHC: Tue, Feb 22 to May 10, 9:30 to 10:30AM  
This is an exclusive trademark program called Senior Friendly T’ai Chi™ & Senior Safe T’ai Chi™. It is based on the Yang Style, the most popular in the world today, but modified just for seniors. It incorporates Qigong warm-up and then a form of slow, continuous and graceful movements to increase strength, range of motion, balance and relaxation. It also refers to T’ai Chi’s history as an art of self defense. Taught by the Oriental Healing Arts Association. instructors. Helps coordination and stress management.

**T’ai Chi Level 2**  
**$60**  
SHC: Tue, Feb 22 to May 10, 8:15 to 9:15AM  
This program builds on the Level 1 fundamentals and add more linear motion. It usually requires the completion of three of four Level 1 sessions before moving to Level 2.

**Gym Membership**  
**$65**  
SHC: Mon to Fri, Feb 21 to May 20, 6:30AM to 7:30PM  
The fitness center consists of treadmills, bicycles, elliptical trainers and a full body strength training circuit. One-on-one orientations as well as personalized exercise programs to fit individual needs. The program also offers a large amount of free group exercises to incorporate into your program. Come work out in a safe, supervised and non-competitive environment. For people 50+.

**Talk’n Diabetes**  
**Free!**  
SHC: Second Tue monthly, 10 to 11AM. Must register.  
Open discussions to help you take control of your diabetes one step at a time.

**VNA Blood Pressure Screenings**  
**Free!**  
SHC: Mon (except holidays), 1:30 to 2:30PM  
Screening & counseling on techniques to manage or improve blood pressure. Walk-ins welcome.

**Senior Wellness Screenings**  
**SHC: Third Fri monthly, 8 to 10AM. Must register.**  
Total cholesterol with HDL breakdown and cholesterol ratio. No fasting required.  
**$21**  
**Lipid profile.**  
Includes a complete breakdown of HDL, LDL, Triglycerides, and glucose. A 12-hour fast is required; no food, only water and medications.  
**$25**
COMMUNITY WELLNESS

Advance Care Directives Free!
SHC: To schedule an appointment, call 663-7051.
LON: First Thurs monthly, 9 to 11AM. To schedule an appointment, call 552-1533.
Receive free assistance in planning.

Tax Assistance Free!
SHC: Mon, Feb 7 to Apr 11, 8:30 to 11:30AM. By appointment only.
Need assistance completing your simple IRS forms? Both the IRS & AARP have trained well-informed, friendly representatives from AARP’s Tax Counseling for the Elderly (TCE) Program.

Elder Law Education Free!
SHC: Fourth Wed Monthly, 4 to 5PM
Attorney Judith Jones of Butenhof & Bomster, PC will be presenting Select Topics in Elder Law. These sessions will provide useful information about legal issues commonly faced by seniors and attendees are encouraged to come with questions.

AARP’s Driver Safety Program $14
SHC or LON: Various dates available, 1 to 5PM
2 sessions, must attend both. Considered to be the most effective safe driving course in the country. Presented by a trained AARP volunteer. Discount available for AARP members.

Your Physician’s Perspective – New Technologies for Cancer Treatment Positively Impact Seniors Free!
SHC: Wed, Mar 16, 1:30 to 2:30PM
This presentation will include discussions about partial breast irradiation for early stage breast cancer and stereotactic body radiotherapy for early stage lung cancer. Presented by Dr. Brian Knab, Elliot Regional Cancer Center.

Your Physician’s Perspective – Is joint replacement surgery right for me? Free!
SHC: Wed, Apr 20, 1:30 to 2:30PM
The pain and disability caused by osteoarthritis on knees and hips can often be relieved through surgery. Join Mary-Lee Sole, MD, Director of Orthopaedics at Elliot Health System for an informal discussion on joint health and the benefits some seniors realize after joint replacement surgery.

Your Physician’s Perspective – Common Myths and Misconceptions about Diabetes Free!
SHC: Wed, May 18, 1:30 to 2:30PM
At this session Vipra Rai, Certified Diabetes Educator will debunk common myths about diabetes and give you helpful tools and techniques to help you better manage or prevent diabetes. She will also share tips on healthy eating!

Matter of Balance $20
SHC: TThs, Mar 29 to Apr 21, 1 to 3PM
EWC: M/W, May 2 to May 25, 1 to 3PM
This award winning 4-week program is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. Designed for the community-dwelling older adult who is ambulatory (with or without assistive devices) and able to problem-solve.

Arts in April 2011 FREE!
SHC: Wed, Apr 6, 5 to 7PM
Arts in April 2011 will showcase artwork by seniors in our community. This annual exhibit is free and open to the public. For more information about how to submit your artwork please stop by the Elliot Senior Health Center or call 663-7060.

Introduction to Photography Free!
SHC: Wed, Mar 9, 10 to 11:30AM
Are you interested in learning more about photography? Retired professional photographer Jerry Kennelly introduces participants to the many facets of photography. This class is perfect for beginners and those who are more skilled with a camera, but would like to learn more.

A Life in Context $65
SHC: Fri, Mar 18, noon to 3PM
What do your personal items tell about you and why does what you save matter to you and to the people around you? The things we save give shape to our lives and reflect who we are – our interests, our values, our activities, our relationships – to our families, our community and to future generations. Your personal papers, memorabilia, and artifacts are part of a unique individual history. This workshop will help you think about your items in a broader context and help you relate and preserve your story. Presented by Sue West, Certified Professional Organizer and Melissa Mannon, Archives and Preservation Consultant.

Medicare Assistance Free!
SHC: Second Mon monthly, 1 to 4PM. By appointment only.
Do you have questions or need assistance understanding your Medicare, Medicare Prescription Drug Plan or Medicare Advantage Plan? Private appointments are available with a trained Medicare specialist from ServiceLink at the Elliot Senior Health Center.

CHILDBIRTH and FAMILY EDUCATION

Prenatal Yoga $90 for 8 week session
CBE: On-going
This program is designed to provide breath work, postures, and relaxation to help ease the physical and emotional changes during the childbearing year. Learn to listen to your body, enhance flexibility and gently tone the body with a safe and effective practice. Every class ends with a wonderful opportunity for mother and baby to bond in the tranquility of meditation.

Breastfeeding $50 per couple
CBE: 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.

Labor Series $125 per couple
CBE: On-going
This class prepares the expectant mother and her partner for aspects of labor and birth. Class 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 Center.

Mom’s Group Free!
CBE: 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 yourself, growth and development, dealing with relationships, nutrition, managing and preventing illness and more.

Ongoing Classes
Boot Camp for New Dads
Infant/Child CPR & Safety
Introduction to Underwater Birth
Labor Series
Maternity Tour
Mom’s Group
Parenting Your Newborn
Prenatal Yoga
Safe Sitter
Sibling Class

If you would like to participate, visit www.elliothospital.org and click on the link for Your Wellness Matters. You’ll receive four information-packed issues a year, plus useful health alerts when needed.

Register online at www.elliothospital.org or call Elliot On-Call at 603-663-4567
**Cook’s Corner**

Doug Dean, President & CEO was featured on WMUR’s Cook’s Corner making a festive Pork Tenderloin with Cranberry Chutney.

*L to R: Sean McDonald, Kevin Skarupa, and Doug Dean*

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**Elliot Cardiovascular Consultants**

**Specialists Where and When You Need Them!**

NH Cardiology Consultants joined the Elliot in January 2011 and are now Elliot Cardiovascular Consultants! We are very pleased to welcome Drs. Robert Lavery, Alan Garstka, Carl Fier, Patrick Hickle, Tong Zhu and Nurse Practitioners Andrea Weilbrenner and Jennifer Thompson!

Elliot Cardiovascular Consultants will be providing comprehensive cardiovascular care including:
- Consultative Cardiology
- Invasive and Non Invasive Cardiology
- Interventional Cardiology
- Peripheral Vascular Disease Testing and Treatment
- Pacemaker Implantation and Follow Up
- Electrophysiology Studies and Ablations
- Defibrillator Implantation and Follow Up
- Nuclear Cardiology
- In-Office Lipid Testing and Management
- In-Office Finger Stick Coumadin Testing

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**Elliot Pediatric Neurology**

**Elliot Introduces a new Pediatric Practice**

Elliot Pediatric Neurology is now located on the third floor of Elliot Hospital and is being led by Surya N. Gupta, MD and Rebeca Alvarez-Altalef, MD.

**Dr. Surya Gupta** completed his fellowship training in child neurology at the Alfred I. DuPont Hospital for Children in Wilmington, DE. He also completed a fellowship in Developmental & Metabolic Neurology at the National Institute of Health in Bethesda, MD. Prior to his fellowship training, he completed his residency in general pediatrics at Lincoln Medical Center in Bronx, NY. He is a Doctor of Medicine and certified by the American Board of Psychiatry and Neurology with Special Qualification in Child Neurology.

**Dr. Rebeca Alvarez-Altalef** joins Elliot from Floating Hospital for Children Tufts University where she was a Pediatric Neurology Attending as well as an Assistant Professor in pediatrics. She completed both her fellowship training in Pediatric Emergency Neurology and her residency in Pediatric Neurology at Children’s Hospital in Boston. She also completed her pediatric residency training at Beth Israel Medical Center in New York. She is a Doctor of Medicine and certified by the American Board of Psychiatry and Neurology with special Qualification in Child Neurology. Dr. Alvarez is fluent in Spanish and Portuguese.

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**Elliot Neurology Associates Welcomes**

**John R. Pettinato, D.O.**

Dr. John Pettinato joins the Elliot from Neurology Associates of Concord Hospital where he worked for 10 years. He obtained his Doctor of Osteopathy from Chicago College of Osteopathic Medicine and later completed his residency at Walter Reed Army Hospital in Washington, DC. Dr. Pettinato’s specialty in treating headaches will be of great benefit to our patients and the community and Elliot is thrilled he joined us!
Elliot Orthopaedic Surgery Specialists Continue to Grow!

Elliot Orthopaedic Surgery Specialists has expanded and will soon be moving to The Elliot at River’s Edge. The practice has grown from two to six physicians and will soon have a total of eight doctors in the coming months. The skill and expertise of this group gives Elliot the ability to treat patients with all types of Orthopaedic ailments.

Our services will include both specialists and generalists to manage most Orthopaedic conditions with specialty care available in Orthopaedic Trauma, Sports Medicine and Total Joints. These Fellowship trained specialists will support a robust group of General Orthopaedic Surgeons who will continue to provide care (as we do currently) for almost all Orthopaedic conditions.

Joining the Team!

Please welcome three new talented individuals who have joined the Elliot's Senior Leadership Team:

Alexander Petron, D.O. has accepted the position of Chief Medical Information Officer (CMIO). Dr. Petron was a practicing Pediatrician with Physician Family Health Center in Morristown, NJ where he served in the role of CMIO for Atlantic Health. In his role as CMIO, he oversaw the design and implementation of Computer Physician Order Entry and was the Chair of the Clinical Excellence Committee. He also successfully led the implementation of an ambulatory Electronic Medical Record in a hospital-owned 150 physician multispecialty practice.

Kevin Coughlin has accepted the position of St. Vice President, Elliot Physician Network. Kevin joins us from Boston Medical Center Faculty Practice Foundation where he was the Chief Operating Officer and had oversight for all business and ambulatory operations including physician billing and revenue cycle management; financial management and accounting; physician recruiting and productivity; and quality. Kevin has 22 years of experience in healthcare management and operations. Kevin is responsible for the strategy and operation of Elliot Physician Network and Elliot Professional Services.

Carla Braveman, RN has accepted the position of Vice President, Home Health, Hospice and Community Services. Carla comes to Elliot with many years of experience within home health and hospice. Most recently, Carla was the CEO and President of Big Bend Hospice, Inc., in Tallahassee, FL. Prior to this, she was the Executive Director of VNA & Hospice of Cooley Dickinson. Carla also has vast experience in varied home care operations including private duty, hospice, community case management, high tech nursing, visiting physician services and palliative care consultation teams.

Elliot’s Patient Health Record is Fully Electronic!

In the third quarter of 2010, less than 4% of hospitals nationwide had completed the implementation of Computerized Physician Order Entry (CPOE), physician documentation, closed loop medication administration and full integration of their EMR within their inpatient, outpatient, ambulatory and emergency department services.

Elliot has become a national leader, among the top 4% of healthcare providers, having created a paperless patient record and becoming fully electronic.

Congratulations Physicians, Nurses, and Staff!
This Year’s Annual Appeal Raises $180,000 in 60 Days!

It was a record-breaking year for the Mary & John Elliot Charitable Foundation’s Annual Appeal. Employees of the Elliot Health System joined forces with members of our community for the 2010/2011 campaign raising $180,513, a figure that far eclipsed the foundation’s fundraising goal of $75,000.

“The members of the community and the employees of the Elliot have spoken loud and clear,” said Doug Dean, President & CEO. “The results of this year’s campaign tells me that we all believe in the mission of the Elliot Health System and we all believe in the work that we are doing, together, to change the lives of so many.”

For over 110 years, Elliot has been embedded in the community to care for the people of New Hampshire. What this has meant over so many years is staying ahead of the needs of the community and providing the health services that you want...close to home.

With the opening of River’s Edge right around the corner, the Elliot is planning for a whole new set of needs within Southern NH. We are anticipating the need for better access to quality out-patient care services like lab work, x-rays, MRI’s, and centers of excellence such as breast healthcare, pain and wound management that do not require a visit to the hospital.

The Employees within the Elliot Health System took on a challenge for this year’s campaign. Each employee was assigned to a team and each team then competed in two areas; raising the most amount of money and having the most participation. Each employee is able to decide which area they are impacting with their contribution.

“One of the nicest things that I have found with the Mary & John Elliot Charitable Foundation is that you can allocate your money to any program or services within the Elliot,” said Jason Hoffman, an EHS Employee.

For more information how you could get involved with the Mary & John Elliot Charitable Foundation, feel free to contact Timothy Boynton, Development Specialist at 603-663-2980 or tboynton@elliot-hs.org.

What is Planned Giving?

Planned giving, sometimes referred to as gift planning, may be defined as a method of supporting non-profits and charities that enables philanthropic individuals or donors to make larger gifts than they could make from their income. While some planned gifts provide a life-long income to the donor, others use estate and tax planning techniques to provide for charity and other heirs in ways that maximize the gift and/or minimize its impact on the donor’s estate. Thus, by definition, a planned gift is any major gift, made in lifetime or at death as part of a donor’s overall financial and/or estate planning.

By contrast, gifts to the annual fund are made from a donor’s discretionary income, and while they may be budgeted for, they are not planned.

Whether a donor uses cash, appreciated securities/stock, real estate, artwork, partnership interests, personal property, life insurance, a retirement plan, etc., the benefits of funding a planned gift can make this type of charitable giving very attractive to both donor and charity.

If you would like to meet with someone in the foundation, or for more information on planned giving, please contact Michael DeBlasi of the Mary & John Elliot Charitable Foundation at 603-663-2834.
On July 6, 2010, the FDA approved the use of a miniature telescope in patients with ‘end stage’ age-related macular degeneration (AMD). Presently, there are approximately 2 million Americans with advanced AMD and another 7 million at risk for developing significant vision loss in their lifetime. While various hand-held telescopes and other low vision devices have been used in the management of AMD for a number of years, the use of a surgically implantable, permanent device represents a major advancement for patients who previously had limited treatment options.

What is the Implantable Miniature Telescope?
The Implantable Miniature Telescope (IMT) is small telescopic device that magnifies images entering your eye. The IMT is roughly the size of a pea (3.6 mm) and it replaces the lens of your eye.

How does the IMT work?
People with advanced macular degeneration have very good peripheral vision despite loss of central vision. The IMT works by refocusing the incoming images onto the healthy peripheral portion of the eye that is not damaged.

Who are the best candidates for the procedure?
Ideal patients have to be motivated to undergo the required visual rehabilitation. Potential candidates for the procedure must be able to demonstrate improvement in vision with a handheld telescope before they undergo surgery. This telescope does require considerable effort and practice in order to become familiar with it.

What else makes me a candidate for the IMT?
Potential candidates are eligible if they meet several criteria including:
• Loss of central vision due to irreversible AMD in both eyes with good peripheral vision
• No recent drug treatments for AMD
• A cataract in the eye undergoing the procedure

Will Medicare cover the cost of the IMT?
The company that makes the IMT (VisionCare Ophthalmic Technologies) anticipates that the device and procedure will receive Medicare coverage in the first quarter of 2011.

What gains can I expect after I have the procedure?
In the original FDA trials, two-thirds of patients gained three lines or more of vision on a standard eye chart after the procedure. Patients also noted a significant improvement in quality of life after one year including social functioning, overall mental health, dependency, and general vision.


Drs. Pender and Correnti are eye surgeons at NH Eye Associates, PA. Their office is located at 1415 Elm Street in Manchester, NH. They can be reached at 669-3925.
**DID YOU KNOW** that staying hydrated improves athletic performance? Your body actually works better when you are drinking enough fluids. Your heart and muscles work more efficiently when you are replacing all the fluids that you lose when you exercise. Even if you don’t feel you are sweating a lot, or are involved with cold weather sports or swimming, your muscles are still generating a lot of heat that leads to fluid loss. It is very important for you to give your body what it needs before, during and after exercise, so that you are safe, and will be able to perform to your maximal potential.

Before you even start your exercise or event, you should prepare your body. It is important to drink at least 8 to 12 ounces of water 1 to 2 hours before exercise, and eat a healthy snack to provide your body with the healthy sugars and salts that your body will need. During exercise, you should be drinking every 15 to 20 minutes. It is important to drink water to replace all of the fluids that you are losing. Do not wait until you are thirsty! If you are thirsty, it means your body is already behind in its fluids. If you are exercising for a prolonged period of time (over 45 minutes), you need to remember to replace some of the salts that your body is losing with a sports drink. Sports drinks are better than soft drinks as they have the correct balance of salts, without too much sugar. It is a good idea to alternate between water and sports drinks if you will be exercising for a long period of time.

After exercise, you need to replenish your fuel. A healthy snack with some water replaces the energy stores you have used, as well as giving your body the fluids, salts and minerals that it needs.

A good way to tell if you have given your body enough fluids is to look at the color of your urine. If your urine is a pale yellow color, you have done a good job. If your urine looks very dark, it means that it is very concentrated, and your body is trying to keep in all the fluids it needs. This means you need to drink more, and try to increase the fluids you are taking in next time.

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_Holly Neefe, MD_

Dr. Neefe practices at Pediatric Health Associates at Bedford, part of the Elliot Physician Network. To schedule an appointment, call 472-5860.
When an adolescent son or daughter comes home and announces that they want to play competitive sports at the school or community level, the parents often have mixed feelings of pride and apprehension. “Will my child get hurt or could he or she even die from the rigors of training and competition?” often goes through the mind of at least one of the parents. Every year we are faced with news of young competitive athletes that have been victims of sudden cardiac death. This is especially shocking because we assume that these athletes are among the healthiest and best trained individuals in our society. As a cardiologist and a parent of a son who has become a highly competitive Ironman Triathlete, I share the same concerns as lay parents who watch their children train and compete.

Most of these cardiac problems are congenital (present from birth) and a small number are acquired usually as the result of viral or other inflammatory conditions that attack heart muscle. It is important to keep in mind that the congenital abnormalities we are attempting to detect occur in only about 2-3 out of every 1,000 athletes. The most common cause of sudden death is Hypertrophic Cardiomyopathy (also known as IHSS) where part of the heart muscle is abnormally thickened and can actually obstruct blood flow out of the heart during exertion, especially in the setting of dehydration. Abnormalities of the coronary artery circulation and electrical disorders of the heart make up most of the other congenital abnormalities.

While it is not possible or practical to easily screen for every cardiac abnormality in the 4 million high school and 500,000 collegiate athletes, there are some guidelines that parents, coaches and physicians should be aware of. Three areas of screening for every athlete in the USA should involve taking a thorough family history, questioning the athlete for symptoms and performing a focused physical exam. In Europe the guidelines also include performance of an electrocardiogram (EKG).

Important family history would be sudden death or cardiac disability due to heart disease in a close blood relative before age 50, or knowledge of a family history of conditions such as Hypertrophic Cardiomyopathy, Long QT Syndrome or Marfan Syndrome.

A history of a heart murmur or elevated blood pressure in a young athlete should prompt further evaluation. Symptoms of pain or discomfort in the chest or excessive shortness of breath with exercise or a history of blackout or near blackout spells especially with exercise should raise a red flag and be investigated before allowing an athlete to train or compete.

The physical examiner should be looking for features of Marfan Syndrome (tall stature, long wing span and excessive joint flexibility), should check blood pressure ideally in both arms, listen carefully for a heart murmur and check for pulses in the legs to exclude Coarctation (narrowing) of the Aorta.

When one of these screening tools detects an abnormality, the young athlete should be evaluated by a cardiologist with expertise in these areas. Most of these evaluations can be done simply and noninvasively with a thorough cardiac examination and EKG. At times a cardiac ultrasound (echocardiogram) and other rhythm monitoring tools and stress testing may be necessary. Our goal at Elliot is to evaluate quickly and thoroughly, recognizing the anxiety on the part of the parents and the eagerness of the young athlete to return to training and competition.

It is impossible to prevent all catastrophic cardiovascular events in our young athletes but a greater awareness of appropriate screening tools and attention to safe training guidelines will help make competitive sports safer for these individuals.

Dr. Lavery is a member of Elliot Cardiovascular Consultants, formerly New Hampshire Cardiology Consultants. He has been working in the community and with Elliot for over 28 years. He has been named Top Cardiologist several times by NH Magazine.
Dr. Atul Gawande, a well-known Boston surgeon and a frequent contributor to the New Yorker, wrote a stirring article last August (“Letting Go”) about the difficulties doctors have talking with their terminally ill patients about death and their options.

As a doctor himself, he admits that until he shadowed a hospice nurse, he thought hospice meant sending a patient home with a morphine drip. Instead of rushing death, hospice care, he realized, often lengthens a person’s life without sacrificing the quality of life.

“I aim to tell the truth and assure patients I will be there to take care of their pain and listen carefully to what it is they want,” says Dr. Gerald Gehr, the VNA Hospice Medical Director. “I even give them my cell phone number. I’ve found that many times, with the help of our hospice team, people die better than they’ve lived.”

Echoing Dr. Gehr’s words, VNA Hospice Social Worker Kristin Rickert says, “Even if they can’t talk about death, 99% of people know exactly what’s going on. It’s my job to respect their needs and make them comfortable with death on their own terms.”

Indeed, as the National Coping with Cancer center found in 2008, without hospice care, two-thirds of patients and caregivers have a much harder time facing this final chapter of life.

What exactly is the focus of a hospice care? It is to honor the wishes of the dying. When asked what they want, most people ask for ease of suffering, being with family, having contact with others, being mentally alert, and staying independent for as long as possible.

These physical, emotional, and psychological issues are exactly what the VNA’s hospice care team of nurses, social workers, spiritual team, aides, and volunteers addresses.

Mary Kazanowski, a Nurse Practitioner with the VNA, holds true to the philosophy that a hospice nurse can always do something to improve the quality of a person’s life. As she says, nurses “Even though the disease (patients have) may not be curable, the symptoms that cause distress can usually be treated in such a way as to relieve suffering for patients and their families. Hospice nurses are educated on pharmaceutical and non-pharmaceutical interventions that are safe and effective in relieving suffering. Hospice also has a system in place that symptoms of distress are addressed promptly, alleviating the added distress that comes with waiting and worrying while a person is in pain, having difficulty breathing, anxious, or uncomfortable in any other way. Something can always be done, even if it is reassurance that the medication being given is safe.”

In Mary’s 30 years of experience, she confirms that once patients come home from the hospital, they get better. They smile more. Their family members become kinder. With the hospice team, they are surrounded by a supportive and compassionate community. Not only is their pain eased, but their fears surrounding death are, too.

To address a patient’s final wishes, a nurse also offers patients the means to make their quality of life better. Such means might include a pain pump, ordering electric beds to address better sleep positions, and making sure a patient is taking and receiving other important medications. Patients and caregivers also have the comfort of knowing they can call 24/7 and a hospice nurse will be there for them.

From the hospice team, caregivers also learn that their final gift to a loved one in this once in a lifetime event might be these simple, but powerful words: “It’s OK to let go now. You’ve fought long enough. Let’s not say good bye, but I’ll see you soon.”

In the end, we only have one chance to die. As with birth, our other singular life event, hospice care helps people die with support, honor, and love.
As the population ages, we anticipate seeing a growing number of elderly patients with cancer. Seniors are able to reduce the risk of cancers just by maintaining good health. The suggestions below provides seniors with some health tips on achieving a healthier lifestyle and reducing the risk of cancer.

Obtain routine medical care and avoid smoking, limit alcohol consumption and excessive exposure to the sun. Smoking cessation is the single most important step an individual can take to reduce the risk of cancer and many other diseases as well.

Detecting cancer early provides the best chance of controlling the disease. Discuss cancer screening with your primary care doctor. Screening tests are available for cervical, colorectal, breast, prostate, and skin cancers. Your doctor can discuss which tests are most appropriate for you and how often these tests should be performed.

A healthy diet is known to prevent the development of many types of cancer. Individuals should have a diet that is rich in vegetables, fruits, and fiber and low in saturated fats. Avoid excessive consumption of red meat and concentrated sugars.

Regular exercise and maintaining a healthy weight are known to reduce the risk of many types of cancers. Aim for 30 minutes of physical activity a day. Discuss an exercise program with your doctor before getting started.

Brian Knab, MD is the Medical Director of the Elliot Regional Cancer Center. He was trained at Duke University and the University of Chicago. He is particularly excited about the breadth of cancer care services the Elliot has located in both Manchester and Londonderry.
The concept of a controlled multisensory stimulation environment was first introduced to the Elliot Adult Day Program’s Manager during her employment as a camp nurse for multiply challenged children and adults in the 1980’s. Since then that concept has remained with her in the hopes that someday this approach to care could be utilized for the participants of the Elliot Adult Day Program.

Snoezelen, originally developed in the Netherlands in the 1970’s, is a non-directive therapy and can be staged to provide a multi-sensory experience or single sensory focus, simply by adapting the lighting, atmosphere, sounds, and textures to the specific needs of the individual at the time of use. The intent is to provide people who have sensory and learning disabilities with the appropriate relaxation and leisure. Snoezelen can be used for people with autism and other developmental disabilities, dementia and brain injury. Elderly confused individuals who have difficulty relating to existing environments or to demands made upon them also appear to benefit from the basic and primary sensory stimulation that this offers. The caregiver (friend, staff or family) can also enjoy this environment.

Fashioned after the Netherlands’ Snoezelen concept, the Elliot Adult Day Program is the first Adult Day Program to offer this approach to care. Although numerous study outcomes vary, this approach has been found to be very effective in promoting relaxation and a calming effect.

This multi-sensory room has been beneficial in assisting clients who are experiencing anxiety, agitation, restlessness and even chronic pain.

The room has low lighting, calming sounds, scents and visuals effects. This room is designed to deliver gentle stimulation to the various senses using special lighting effects, color, sounds, music, scents and textures. Although formal documentation is maintained for trending and statistical purposes, the primary focus is to offer an environment for relaxation through gentle stimulation.

To date the use of this specialized room has resulted in optimal outcomes.

Program participant P.J. was a 60 year-old gentleman with advanced Alzheimer’s disease. As the disease progressed, P.J. became increasingly agitated, would pace and attempt to exit at any opportunity. He was introduced to our multi-sensory room. With gentle encouragement, P.J. entered the room and was able to sit back in the recliner and actually relax. With the gentle stimulation and soothing staff approach, P.J.’s agitation diminished. He was able to close his eyes and listen to the gentle sounds in the room. P.J. remained in the room for 30 minutes. When he returned to the program area he was calm and able to engage in the program activities.

For more information, contact the Elliot Adult Day Program at 663-2405. Tours may be arranged by appointment only. http://en.wikipedia.org/wiki/Snoezelen
Hutchinson,R., Kewin, J., Sensations & Disability,1994, ROMPA.
Assisted Living level of care, Nursing Home Care, skilled nursing care, non-skilled care, and respite care. Are you overwhelmed yet?

If you are a caregiver for an elderly parent or spouse, don’t wait until the crisis to begin to explore your options. Familiarize yourself with the resources that are available in your community.

Begin by researching if your loved one has a long term care insurance policy. Does it cover a certain amount per day for nursing home care? Homecare? Inquire as to which agencies the policy has contracts with.

Skilled care, (a task that requires a nurse to perform), whether in a nursing home, or through a homecare agency in the home, is only covered on a short term basis, it is time limited, under the Medicare guidelines.

A homemaker, is able to do the following, clean the house, prepare meals, do the laundry, this service is not covered by Medicare. There are programs based on a sliding fee for those that meet the income criteria. There are many private agencies that can provide homemaker services, personal care, bathing, as well as escort services; driving to the doctor appointments and grocery shopping.

Assisted Living level of care is typically for seniors who need some verbal cueing (reminders) to perform activities of daily living, bathing and dressing. Three meals per day are provided as well as medication supervision. The community offers programs for socialization, as well as transportation to doctor appointments and shopping. Of key importance, a resident needs to be able to self evacuate – get out of the building on their own by walking or to be able to transfer into a wheelchair. The majority of Assisted Living Facilities do not have contracts with the state welfare system – Medicaid. Therefore a person can only live there as long as they have private funds. Some do have nursing homes that they are affiliated with, that a person can transition into.

Nursing Home level of care, ICF (Intermediate Care Facility) provides nursing care, medical monitoring, medication administration, and assistance with all activities of daily living. This medical monitoring and hands-on care is what differentiates a nursing home from assisted living level of care. Nursing homes do have contracts with the state Medicaid system. Therefore when a person’s financial funds are depleted, the person can continue to reside there. Nursing home level of care is about twice the cost of assisted living.

Respite care is short term care provided in a nursing home, or assisted living, so that the caregiver has the opportunity to have some time away from the role of care giving, knowing that their loved one is safely being cared for.

The social workers at the Elliot Senior Primary Care in Manchester and Londonderry are also available to assist you and your loved one, with long term care planning.

Barbara MacPhee, MSW is a social worker at Elliot Senior Health Primary Care in Manchester. Barbara is the facilitator for the caregiver and bereavement support groups at the Elliot Senior Health Center located in Manchester. In addition, Barbara assists patients, family members and caregivers with psychosocial assessment, completing Advanced Care Directives, and obtaining community resources.
Our DOCTORS are in!

**Jennifer Holzinger, DO**
Elliot Family Medicine at Windham  
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Dr. Holzinger is a graduate of University of New England College of Osteopathic Medicine in Biddeford, ME where she earned her degree as a Doctor of Osteopathic Medicine. After medical school, she completed her residency in Concord, NH at New Hampshire Dartmouth Family Medicine. Dr. Holzinger's interests are in Women’s Health & Obstetrics, Breastfeeding Medicine, and Pediatrics.

**Jennifer Hendricks, DO**
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Dr. Hendricks obtained her Doctor of Osteopathy from NY College of Osteopathic Medicine in Old Westbury, NY. She then completed her residency at NH Dartmouth Family Medicine in Concord, NH. Dr. Hendricks has an interest in holistic, community-based healthcare, pediatrics, and women’s health.

**Mahendra Panesar, MD**
Pediatric Health Associates at Manchester  
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Dr. Panesar is Board Certified in Pediatrics. He received his education at Government College, Ajmer, Rajasthan, India and completed his Pediatric Residency at Interfaith Medical Center, Brooklyn, NY. He has been practicing in the U.S. for nearly 15 years. Dr. Panesar is fluent in English, Hindi and Punjabi.

Our DOCTORS are accepting new patients.

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