Many of us seek out cool, comforting water to help beat the summer heat. Be aware, however, that pools, lakes and even the ocean can harbor infection-causing organisms. Here are some facts you should know:

**Swimming with germs**

The most frequently reported recreational water illness is diarrhea caused by swallowing contaminated water. Even though swimming pools are treated with bacteria-reducing chemicals, swallowing the water can potentially make you sick. Germ particles that wash off a person who is ill with diarrhea can contaminate the water before bacteria-killing chemicals have a chance to work. Filter systems help but it takes time for the water to be recycled properly.

Lakes and rivers can become contaminated with germs from sewage, water runoff and direct human contamination. Germs can even live for long periods of time in salt water. Avoid swimming in areas that have been identified as unsafe by health departments. You can access the Watershed Management Bureau website at www.des.state.nh.us/wmb for a list of beaches found to be unsuitable for swimming due to high levels of bacteria.

**To be safe**

- Avoid swallowing water when you swim.
- Stay out of the water if you have diarrhea. This is especially important for diaper-aged children. Diapers and swimming diapers do not prevent leakage of diarrhea.
- Take bathroom breaks frequently, especially with children.
- Always wash hands well using soap and water after using the bathroom.
- Whenever possible, shower using soap and water after swimming.

People with compromised immune systems (such as those who are recipients of organ transplants, those receiving certain types of chemotherapy or those living with AIDS) can suffer from more severe illness than healthy individuals infected with contaminated water. Pregnant women and young children are also at increased risk.

**Swimmer's itch**

Swimmer's itch appears as a skin rash caused by an allergic reaction to parasites released by infected snails into fresh and salt water. The parasite larva burrows into the swimmer's skin but soon dies, as humans are not hosts to this particular parasite. Symptoms include tingling, burning or itching of the skin, small reddish pimples or small blisters. The more often you swim or wade in contaminated water, the more likely you are to develop more serious symptoms. To relieve the rash:

- Apply cool compresses to affected areas of skin for comfort
- Add baking soda to bath water and soak
- Soak in oatmeal baths
- Use an anti-itch lotion such as calamine lotion
- Apply corticosteroid cream to itchy areas
- Don't scratch the rash as this may result in secondary bacterial infections. To prevent swimmer's itch, shower or towel dry immediately after leaving the water.

**Swimmer's ear**

Too much moisture in the ear can irritate and break down the skin in the ear canal, allowing bacteria or fungi to penetrate. This causes an infection, inflammation, or irritation of the outer ear canal.

Avoiding contaminated water will help you to avoid swimmer's ear. Symptoms include pain that is worsened with gentle pulling on the outer ear, itching of the ear or ear canal, or drainage (yellow, yellow-green, pus-like or foul-smelling) from the ear. Call your doctor if you suspect swimmer's ear. Effective medications include ear drops containing antibiotics to fight infection and corticosteroids to reduce inflammation and itching. Always dry ears thoroughly after exposure to water. Consider putting a few drops of a 1:1 mixture of alcohol and white vinegar in the ears after they get wet. Then, tip head sideways to drain extra solution from ears. Or, apply a few drops of an alcohol-based over-the-counter ear product into the ear. Ask a pharmacist at your local drug store for this product. Finally, never insert Q-tips or objects into the ear canal as this could cause injury.

For more information, contact your doctor or call Elliot On-Call at 663-4567.
While summer weather invites us to enjoy the outdoors, we’re not the only creatures who thrive in warm temperatures. Deer ticks, newly hatched and plenty hungry, are outside waiting to greet us.

Humans can become infected with Lyme disease, a potentially serious condition spread by deer ticks. These ticks are very common in New Hampshire and spread the bacteria while in the nymph (juvenile) or adult stages. The nymphs are less than 2mm and difficult to see at such a small size. These ticks are most prevalent during the late spring and summer months.

Lyme disease was named for the Connecticut town in which it was first described. The disease has spread through the United States and is now found in the Northeast, Upper Midwest, and the West Coast. The population of ticks is growing in New Hampshire, resulting in more cases of Lyme disease. In 1993, just 15 cases were reported in the state. That number increased to 265 cases in 2005.

Symptoms commonly appear 3 to 32 days after exposure, although many patients cannot recall a tick bite. Most patients will start with a rash, which often resembles a bulls-eye. It begins around the bite site but may quickly spread. Untreated, Lyme can cause a multitude of problems. Early on, patients may have fever, swollen glands, joint pains, and headaches. Later, as the bacteria spreads, it may cause facial paralysis, central nervous system infection and heart rhythm problems.

Even though Lyme disease can be treated with antibiotics, prevention of tick bites is crucial. To prevent infection:

- Wear light colored clothing.
- Wear pants instead of shorts and tuck the legs into your socks.
- Wear insect repellent. DEET containing formulas are best. Apply to exposed skin and use 30% or less concentration. Do not use on infants under 2 months of age.
- Check skin for ticks frequently, every 2 to 3 hours, if possible and again at the end of the day.
- If you find a tick attached to your skin, it should be removed right away.
- Grasp the tick with fine-nosed tweezers as close as possible to the skin.
- Gently remove the tick by pulling straight back. Try not to squeeze or crush the body of the tick as this may increase risk of infection.
- Apply rubbing alcohol or antiseptic to the bite area. Do not use oils, ointments, or heat as a method of tick removal.
- Contact your physician to discuss any concerns and treatment options.

For more information and updated data on state and national Lyme disease trends, visit the web sites of the New Hampshire Department of Health and Human Services at www.dhhs.nh.gov and the Centers for Disease Control at www.cdc.gov.

Have a safe and enjoyable summer season!

Brenda Lawrence, MD and Jack Alexander, MD are accepting new patients at Elliot Primary Care at Londonderry, 552-1400.
IN 2006, THE ELLIOT REGIONAL CANCER CENTER INTRODUCED STEREOTACTIC RADIOSURGERY (SRS), an amazing technology that treats inoperable brain tumors using a minimally invasive procedure. There are no incisions, no scars and patients often go home the same day of treatment.

Now, the SRS technology has expanded and physicians are able to treat tumors in other locations of the body. Stereotactic Body Radiation Therapy (SBRT) allows cancer of the spine, lung, pancreas, pelvis and other areas of the body to be treated without the risk and inconvenience of major surgery.

Initially developed in Europe and then thoroughly tested in major metropolitan hospitals in the U.S., stereotactic body radiation therapy is part of the Elliot’s Wave of Technology™.

Simply put, patients who might have cancer or other abnormalities of the brain and body that were inoperable for a variety of reasons, now have a chance that SBRT can provide promising results.

Stereotactic Body Radiation Therapy (SBRT) is a very precise method of providing radiation treatment. SBRT delivers exceptionally high doses of radiation therapy to small cancerous areas within the body. Unlike SRS, which is usually provided in one treatment session, SBRT is quite commonly provided in three to five treatment sessions.

SBRT is used when conventional radiation doses cannot be fully effective. This is because the total amount of radiation given to a particular area must be limited to protect the normal tissue that surrounds the cancerous cells. SBRT allows the radiation to be given precisely to the cancer cells and only includes a tiny amount of healthy tissue, making treatment possible by protecting the surrounding normal tissue. SBRT is sometimes used to help people who need ongoing treatment to the same area as their situation changes over time. SBRT is a wonderful treatment option and has the advantage of being entirely noninvasive.

SBRT is provided by a team of specialists which includes radiation oncologists, neurosurgeons, radiologists and other physicians as well as physicists, nurses, and radiation therapists who meet weekly to review every case.

For more information on what Stereotactic Body RadioTherapy (SBRT) might do for you, please contact the Elliot Regional Cancer Center.

SBRT program coordinator: 663-1800
CAncer REsource line: 663-5787
We're Open! See What's New in Hometown Healthcare!

The Elliot Medical Center at Londonderry opened its doors to several services in early spring, offering Primary Care, Internal Medicine, Family Medicine, Pediatrics, Senior Healthcare and Behavioral Healthcare to this growing community.

ELLIOT PRIMARY CARE AT LONDONDERRY
552-1400

We have enjoyed being a part of the Londonderry community for more than eight years and are excited to expand our practice with the addition of Brenda Lawrence, MD and Jack Alexander, MD.

From Pediatrics, to Internal Medicine, our staff is specially trained to meet the specific healthcare needs of your entire family.

Utilizing our state-of-the-art Electronic Medical Record System, each physician has comprehensive information about your care right at their fingertips, including immunizations, allergies, lab results and medications. If you call after hours, our physicians have access to this same information, thus providing excellent, all-inclusive care for our patients 24-hours a day, 7-days a week. This versatile Medical Record System also enables our office to electronically transmit prescriptions and refills directly to the pharmacy of your choice.

In addition, our office also has the facilities to take and process X-Rays and to draw most lab work right on site, offering our patients convenient and efficient healthcare.

ELLIOT BEHAVIORAL HEALTH AT LONDONDERRY
552-1699

We know it’s not always easy to manage all of life’s daily challenges. No matter what you’re dealing with, our staff will listen and offer help. Our services in Londonderry include individual therapy for adults dealing with depression, anxiety, grief, stress, life issues and more, as well as individual therapy for children and adolescents. The staff at Elliot Behavioral Health Services believes in offering respectful, individualized evaluation, care and treatment to help you achieve your goals.

ELLIOT SENIOR HEALTH PRIMARY CARE
552-1530

Healthy aging is important to the staff at Elliot Senior Health Primary Care. Our fellowship-trained geriatrician, Dr. M. Sarwar Pasha, is a physician with expertise in the medical, emotional and physical needs of seniors. He and Kristen Khanna, ARNP focus on the multiple medical problems and chronic illnesses that seniors often face and strive to optimize quality of life and functional ability for their patients.

If you find yourself facing numerous medical issues, taking multiple medications and juggling specialists and tests, a geriatrician can help. Our staff strongly believe in a multidisciplinary approach to health by working closely with other healthcare professionals and organizations, including other physicians, therapists, home care agencies and support groups. Both the patient and their family are key members of this healthcare team.

In addition to providing comprehensive primary care services to senior patients in the Londonderry community, Dr. Pasha also addresses:
- Dementia & Alzheimer’s Disease
- Chronic heart disease & lung diseases
- Diabetes
- Incontinence
- Parkinson’s Disease
- Hearing and vision problems
- Recurrent falls
- Medication Management
- Arthritis
- Congestive heart failure
- Functional decline
- Osteoporosis
- Stroke
- Depression
- Frequent hospitalizations
- Failure to thrive

Our staff also provides comprehensive information and support with Advance Directive planning, diet, education, exercise, home safety, immunization and health screenings.
Tread yourself to a healthier mind and body, and encourage a friend to join you!

**Community Wellness**

**Take time for your health**

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**General Health Education**

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.

**American Heart Association CPR & Basic First Aid**

Basic First Aid

Wed, Jun 20 or Aug 15, 6 to 9 p.m.

Learn techniques to give immediate care to an injured or suddenly ill person. Basic first aid, how to take care of people involved in life-threatening situations, and when to alert medical personnel.

CPR for All Ages

Sat, Jul 7, 8 to 11 a.m.

CPR for New or Expired Healthcare Professionals

Sat, Jun 9 and Aug 4, 8 a.m. to 1:30 p.m.

CPR Renewal for Healthcare Professionals

Sat, Jul 7, 11:30 a.m. to 2:30 p.m.

Healthy Infant & Child First Aid & CPR for all ages

Wed, Jul 11 and Jul 18, 6 to 9 p.m.

Safe Sitter Program

Sat, Jun 15, Jul 13 or Aug 17, 8:45 a.m. to 4 p.m.

For children ages 11 to 13 to learn basic babysitting skills. Includes manual and duffle bag.

Understanding & Managing Chronic Pain

Thur, Sep 13 to Nov 15, 5:30 to 7:30 p.m., Call 663-2767 to register.

Techniques to control pain, improve function, restore hope & improve quality of life.

Shortness of Breath Seminar

Thur, May 31 or Tues, Jul 31, 3:30 to 4:30 p.m., Elliot Hospital, Wound Ctr Conference Rm, 1st Floor, Call 663-2366.

Learn about the causes of shortness of breath, possible treatment and rehabilitation options. People suffering from a diagnosed respiratory disease or whose daily lives are affected by shortness of breath are invited to attend.

**Just Stop Smoking with Hypnosis**

Mon, Jun 4 and Jun 11, 6:30 to 8 p.m.

This program will help you quit smoking through the use of self-hypnosis and relaxation. Greg Cheevers, author of Relaxation 101, and certified hypnotherapist and meditation instructor, will motivate you to start believing in yourself to help you kick the habit through exercises at home and the use of an audio CD.

**Advance Directives**

Tues, Jun 12 or Aug 14, 3 to 4 p.m., Elliot Hospital Conference Center, ground floor

Discuss living wills and durable powers of attorney. This will help you make important medical decisions should you become unable to do so because of health issues.

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

Wed, 6:30 p.m., 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.

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**Mind/Body Medicine**

**Hatha Yoga for Middle Age & Beyond**

Mon, Jul 16 to Aug 27

Tues, Jul 10 to Aug 28

6:30 to 7:45 p.m.

Good for the beginner level participant who would like a gentler type of yoga.

**Kripalu Yoga**

Mon, Jul 9 to Aug 27, 7:15 to 8:30 p.m.

Postures, breathwork, deep relaxation and meditation to heighten body awareness, develop mental clarity, increase flexibility, and create a deep sense of inner peace. Beginners to experienced.

**NIA (Neuromuscular Integrative Action)**

$50/session

Thurs, Jul 12 to Aug 16, 6 to 7 p.m., Welliot Group Exercise Rm, Elliot Hospital, ground floor

“East meets West” method tones your mind, body and spirit, using the expressiveness of dance, the power and strength of martial arts, and the grace and wisdom of the healing arts. NIA is user-friendly and can fit the needs of any age. Must register for demo class.

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**Nutrition**

**FirstLine Therapy**

$150

12 week program, first time participants may join the first Wed of any month, 6:30 to 7:30 p.m. Call 663-2521 to register.

Learn how to improve your cardiovascular risk factors, promote fat loss, support healthy insulin & blood sugar balance.

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

**Elliot’s Choosing the Right Weigh** Free!
Introductory Classes, Jun 11 or 18, 6:30 to 8 p.m.
This free introductory session outlines the 8-week comprehensive weight mgmt program focusing on total health, not just pounds on a scale. Reimbursed by Anthem, Cigna and HealthTrust.

**AICD (Automatic Internal Cardiac Defibrillator)** Free!
First Friday monthly, 11 a.m. to noon
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. For info, call 663-2959.

**Parkinson’s** Free!
Third Wednesday monthly, 3 to 4:30 p.m.
For people with Parkinson’s, family members, friends, or anyone who has an interest in learning more about this disease. For info, call 663-2156.

**S.H.A.R.E.** Free!
Third Wednesday monthly, 7 to 8:30 p.m.
For parents who have experienced a miscarriage, stillbirth or neonatal death. For info, call 663-3396.

**Anonymous Obsessive Compulsive** Free!
Wed, 7 to 8 p.m. Register at 401-3898, ask for Val. 12-step support group. Held at Elliot Behavioral Health, 445 Cypress St, Suite 8, Manchester.

**Elliot’s Choosing the Right Weigh** Free!
Introductory Classes, Jun 11 or 18, 6:30 to 8 p.m.
In conjunction with the American Cancer Society. Cosmetology help is provided to those receiving cancer treatment. Call 471-4150 for more info.

**Functional Fitness Testing** $40
Assesses balance, risk of falling, lower and upper body strength, aerobic endurance, flexibility, motor ability and dynamic balance. Medical release and appt. required, call 663-7012.

**Chir Aerosics Plus!** $55
Mon & Wed, Jun 4 to Aug 15, 10:30 to 11:15 a.m.
Light aerobic exercises using arm and leg movements and stretching are done in a chair. Participants will also perform balance exercises using the chair as support.

**Fit and 50** $55
Mon and Wed, Jun 4 to Aug 15, 5:30 to 6:15 p.m.
An advanced beginner strength and core training program. Incorporates hand weights and functional core training.

**Pilates for Seniors** $55
Tue, Jun 5 to Aug 14, 5:15 to 6:15 p.m.
Perfect class for beginners. Mat pilates is a mind-body fitness program that improves muscle strength, flexibility, balance and posture.

**Mind Aerobics** $20
Mon, May 7 to Jun 18, 11 a.m. to noon, Londonderry Senior Center, 268B Mammoth Road, Londonderry
Designed to stimulate the brain and improve cognitive functioning. Fun and challenging exercises help sharpen proficiency in memory skills, flexible thinking, perception, and reasoning.

**Senior Health and Fitness**

- **Functional Fitness Testing** $40
  Test for balance, strength, flexibility, muscle, and stamina.

- **AICD (Automatic Internal Cardiac Defibrillator)** Free!
  First Friday monthly, 11 a.m. to noon
  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. For info, call 663-2959.

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  In conjunction with the American Cancer Society. Cosmetology help is provided to those receiving cancer treatment. Call 471-4150 for more info.

- **Political Health and Fitness**
  **Online Banking & Online Bill Pay** Free!
  Tue, Jun 26, 10 to 11:30 a.m. and 1 to 2:30 p.m.
  Would you like to learn more about banking online? The experts from St. Mary’s Bank will be available to answer all your questions, and present this valuable informational program.

- **Reverse Mortgages** Free!
  Tue, Jun 12, 3 to 4:30 p.m.
  Reverse mortgage, a FHA/HUD program, is a special type of home loan that allows homeowners, 62 years or older, to tap a portion of their home equity into cash.

- **A Matter of Balance** $10
  Start Fri to Jul 30, 1 to 3 p.m.
  This evidence-based program is designed to manage falls, reduce the fear of falling, and increase activity levels. Elliot is the first in New Hampshire to offer this award-winning program.

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# COMMUNITY WELLNESS

## Medicare Advantage Plus Seminars
**Free!**
**Tue, Jun 19, 10 to 11 am.**
Learn about the new Medicare C and Medicare Advantage Plans being offered in NH.

## Senior Health Center Resource Library
**Free!**
Open daily
Our library offers information about all local and statewide services available to seniors.

## Advance Care Directives
**Free!**
**Third Thurs monthly, 9 to 10 a.m. By appointment.**
Receive free assistance in planning.

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

## Medicare D Assistance
**Free!**
**Thurs, 1 to 4 p.m. By appt.**
Basic information to help you select prescription drug coverage and assistance with applications.

## Men’s Breakfast
**Free!**
**Fourth Friday monthly, 9 to 10 a.m.**
Open to men rebuilding their lives after a spouse’s death. Continental breakfast, social time & speaker.

## All About Food
**Free!**
**Wed, Jul 18, 10 a.m. to 1 p.m.**
This cooking and nutrition class is the one day version of our Fun with Food class. Great recipes and healthy tips from Chef Joe and Clinical Dietitian Marilyn Mills. Bon appetit!

## Senior Wellness Screenings
**Third Friday monthly, 8 a.m. to 12 p.m.**
**Registration required.**
- **Total cholesterol** with HDL breakdown and cholesterol ratio. No fasting required. **$19**
- **Lipid profile.** Includes a complete breakdown of HDL, LDL, Triglycerides, and glucose. A 12-hr fast required; no food, only water & meds. **$23**
- **Body Composition** **$21**
- **Osteoporosis** **$21**

## VNA Blood Pressure Screenings
**Free!**
**Mondays (except holidays), 12:30 to 1:30 p.m.**
Screening & counseling on techniques to manage or improve blood pressure. Walk-ins welcome.

## VNA Foot Care Clinic
**Registration required.**
- **VNA Foot Care Clinic** **$20**
- **Registration required.**
- Foot inspection and assessment, toenail trimming by an RN. Diabetics, people taking Coumadin or other blood thinners, or persons with peripheral vascular disease require a written physician order.

## AARP’s “55 Alive” Safe Driving Course
**$15**
**Mon, Aug 6 and Tues, Aug 7, 9 a.m. to 1 p.m.**
Considered to be the most effective safe driving course in the country. Presented by Marvin Nepris, a trained AARP volunteer.

## Everyone’s An Artist
**$15**
**Wed, Jun 20, 10 a.m. to noon**
Reduce stress in your life by learning to paint. Learn a fun and simple manner of tapping into your inner creativity. No drawing or painting experience required. You’ll be amazed at how time flies when you’re painting and having fun.

## Shortness of Breath Seminar
**Free!**
**Thu, May 31 or Jul 31, 3:30 to 4:30 p.m., Elliot Hospital, Wound Ctr Conference Rm, 1st Floor**
Learn about the causes of shortness of breath and possible treatment and rehabilitation options. People suffering from a diagnosed respiratory disease or whose daily lives are affected by shortness of breath are invited to attend this seminar. For more info, call 663-2366.

## Computer Classes
**$20**
**Class size limited to 4 students each. For more info or to register, call Diane O’Neil at 663-7064.**
- **Very, Very, Very Basic Computer**
- **Very Basic Techie: Show Your Computer Who’s Boss**
- **Very Basic Word Processing**
- **Very Basic Excel**
- **Introduction to E-mail and Internet**
- **Advanced E-mail and Internet**

## Childbirth and Family Education

### C-Section Class
**$25**
**Thur, Jul 12 and Sep 13, 6:30 to 8:30 p.m.**
Designed specifically for parents who are expecting to have a cesarean birth. This class will cover the entire process of a c-section from the time you come into the hospital, the actual procedure and recovery.

## Prenatal Yoga
**$90**
**Thur, Aug 9 to Sep 27, 5:30 p.m. or 7 p.m.**
Physically, mentally and emotionally prepare for the changes that happen during the childbearing year. Learn to trust your body so the techniques flow into your consciousness when you enter labor.

## Dare to C.A.R.E.
**FREE**
**CARDIOVASCULAR SCREENING INFORMATION SESSION**
**AUGUST 28 4 TO 6:30 P.M.**
**AT ELLIOT HOSPITAL CALL 663-4567 TO REGISTER**

## Postnatal Yoga
**$90**
**Thur, Aug 7 to Sep 25, 9:45 a.m.**
Helps new moms in their recovery from childbirth and to strengthen the parent/baby bond. Enhance flexibility, tone/strengthen muscles, and achieve greater harmony, ease, security and serenity.

## Boot Camp for New Dads
**$25**
**Sat, Jul 21, 9 a.m. to noon**
For new dads and dads-to-be. Discuss the joys and responsibilities of fatherhood, including caring for your newborn, communicating with your partner, and preparing for your new family.

## Parenting Your Newborn
**$50 per couple**
**On-going, 6:30 to 8:30 p.m.**
Prepare for your new baby and the transition into parenthood. Learn about normal newborn appearance and behaviors, procedures after birth, basic care and more.

## Back to Work and Breastfeeding
**$15**
**Thurs, Jun 7, Jul 5 or Aug 2, 1:30 to 3:30 p.m.**
A Certified Lactation Consultant will address: preparing baby for transition, maintaining breast milk supply, types of pumps, techniques, use of supplements, and workplace issues. For moms and their babies 2 weeks and older.

## Ongoing Childbirth and Parenting Classes

- **Breastfeeding**
- **Labor Series**
- **Grandparents Update**
- **Maternity Tour**
- **Great Expectations**
- **Mom’s Group**
- **How to Talk so Kids will Listen**
- **Refresher Labor**
- **Infant/Child CPR & Safety**
- **Sibling Class**
- **Infant Massage**
- **Siblings Without Rivalry**
- **Infant Growth & Development**
- **Testing Toddler VBAC**
- **Prepare for Your New Baby**
- **Underwater Birth**

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

Shawne D. Diaz, MA, LCMHC

Anger is a natural emotion. Everyone gets angry at sometime, whether they show it or not. It is when the anger starts to interfere with your life that it becomes a problem. Here are some questions to ask yourself:

- Is your anger interfering with your family life?
  - Has your partner threatened to leave if “You don’t get help with your anger?”
  - Have you noticed that your children are afraid of you?
  - Is your anger interfering with your job?
  - Have you been “spoken to” by your boss because of your anger?
  - Are your co-workers starting to stay away from you?
  - Are you known as a “hot head?”
  - Has your anger gotten you in trouble with the law?

If these tips don’t work, you may need to seek professional help for group or individual counseling. Counseling can help you to develop an awareness as your anger just begins to start, when it is easier to defuse. It can help you to develop an awareness of what triggers your anger, so you can avoid those situations or develop a plan to deal with them before they arise. You can also learn effective communication skills through counseling, which may help prevent a situation from arising in the first place. The goal of counseling is not to eliminate anger from your life, but to help you to manage your anger effectively.

Whether you decide to try some of these tips or seek professional help remember, anger is a natural emotion, it is how you manage the anger that makes the difference.

Helpful tips for managing your anger

- Take a time-out. Cool off, then come back and deal with the issue.
- Lower your voice instead of yelling. This will change the mood of the situation and is particularly effective with children, especially if they are used to hearing you yell.
- Change your posture. If standing, sit down and lean back. Not only will you appear less threatening you will feel more relaxed.
- Use “I feel” statements instead of “You” statements, which often sound critical and can cause the other person to become defensive.
- Take a deep breath and count to 10 before speaking.
- Use coping thoughts such as “I can stay calm and relaxed” or “I can’t expect people to act the way I want them to” to remind yourself that you are in control, not your anger.

Shawne D. Diaz, MA, LCMHC is a licensed counselor at Elliot Behavioral Health Services, in Manchester and Londonderry, 668-4079.
Elliot Primary Care at Raymond offers comprehensive pediatric care and internal medicine for infants, children and adults.

In addition, this primary care office offers the unique services of the Elliot Imaging Center at Raymond, including mammography, bone density and x-ray.

Our mammography services are available to anyone who is a patient of Elliot Primary Care at Raymond as well as to women outside our practice who have a physician’s order for a mammogram. We proudly offer soft mammo-pads for comfort and quality during the exam.

For more information or to make an appointment Monday through Friday, 8 a.m. to 5 p.m., please call 895-8000.

CIGNA/Elliot Corporate 5K Road Race

Thursday | August 9 | 6:20 p.m.
Veterans Park | Elm Street | Manchester

The 15th Annual CIGNA/Elliot Corporate Road Race is a 5K (3.1 mile) race open to corporate teams, individual runners, walkers and wheelchair entrants. Companies of all sizes are encouraged to field teams to represent their organizations. Proceeds from the race will support Child Health Services and Easter Seals New Hampshire, Inc.

For more information, visit coolrunning.com and click or races/results.

Manchester City Marathon

Presented by Elliot Health System | Sunday | November 4
Veterans Park | Elm Street | Manchester

Marathon running returns to Manchester for the first time since the 1930s! Organizers are planning a full and half marathon to start at the same time and expect a large, competitive field of runners. Children can also participate in a special race just for them at the Fisher Cats ballpark. Festivities will also include live music and family entertainment during the pre- and post-race festivities at Athletes Village. Area restaurants will take part in a Soup Taste Test Challenge and the post celebration will include a variety of food and beverage items.

Substantial prize money will be offered in various categories. Portions of the proceeds will benefit Cystic Fibrosis and the Mental Health Center of Greater Manchester.

For more information, visit www.cityofmanchestermarathon.com.

Elliot Services Moving to NEW and LARGER LOCATION

Later this summer, several Elliot programs and services will move to 1070 Holt Avenue in Manchester.

- Elliot Adult Day Program
- Elliot Pediatric Rehabilitation
- Elliot Wellness Center and all its programs and classes

Each program will notify its patients and clients about their official moving date when available.
**An Update on the Pension Protection Act**

Last year Congress passed the Pension Protection Act 2006 (PPA) which allows people, aged 70 1/2 or older, to make tax-free charitable gifts up to $100,000 from their traditional IRA or Roth IRA. If the donor’s spouse is 70 1/2 plus and also has an IRA, the couple can transfer up to $200,000. It’s important to know that the PPA expires December 31, 2007.

Individuals may not take a charitable deduction for the gift, however income taxes do not have to be paid on the withdrawal. This provision may be advantageous for the donor who is required to take the mandatory maximum withdrawal from their IRA but does not need the income.

This law applies only to outright IRA gifts that are transferred directly from the IRA account to a public charity, like the Mary & John Elliot Charitable Foundation. The plan administrator must make the transfer of funds to the charity. Please contact your financial advisor to determine whether or not this is right for you and your future plans.

There are also benefits for younger aged groups who wish to donate funds from their IRA without the 10% penalty for early withdrawal. For more detailed information go to: www.irs.gov. For information about making a gift to the Mary & John Elliot Charitable Foundation to benefit Elliot Hospital, please call Donna Nicholaides, Director at 663-2834 or e-mail dnicholaides@elliot-hs.org.

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**You’re Invited!**

Join us for the 6th Annual Elliot Associates “Under the Stars” Dinner Dance to benefit Women’s & Children’s Services of Elliot Hospital.

This year’s Dinner Dance will be held at the Fisher Cats Ballpark (MerchantsAuto.com Stadium), Friday, September 14, 6 to 11:30 p.m. Tickets are available at $125 per person or reserve a table of 10 for $1,250.

For tickets, please contact the Mary & John Elliot Charitable Foundation at 663-8934. Sponsorship opportunities are also available. Hope to see you there!
Kathleen Merson was in a desperate situation. Her 79-year-old father, Albert, had been healthy and independent before a large aneurysm caught everyone by surprise. After nine hours of major surgery, his memory impairment had worsened. The father she knew was no longer the same person and she needed help.

In her heart, Kathleen knew that Assisted Living wasn’t the solution he needed or one that they could afford, so she began to research Adult Day programs. The first place she tried never returned her calls, something she considered a blessing after talking with Lydia Allen, the nurse coordinator at the Elliot Adult Day Program. “I liked her right away,” says Kathleen, “I was very comfortable.”

On the day of their trial visit, her father went “kicking and screaming” but Kathleen knew she had made the right decision the minute she walked through the door. In addition to the warm and inviting environment, the friendly staff immediately put her at ease. “They do what they do because they love it,” says Kathleen. “You can hear it in their voice. They’re all amazing.”

As with each client of the program, the Adult Day staff pay special attention to Albert’s specific needs. They make sure he gets a good meal, manages his medication, provides grooming services when needed and much more. The staff deals with difficult situations each day, but still keep the atmosphere positive. As a result, Kathleen says she leaves each day for work knowing she doesn’t have to worry about him.

“But you get a lot more than just great care,” says Kathleen. “They don’t just take care of the patients. They take care of the family too.” When Kathleen needs advice about her father’s care, or when the emotional weight becomes too much to bear, the staff is there for her.

Lydia has helped Kathleen find a physician that Albert is happy with to manage to his Alzheimer’s. She’s provided advice about family situations and others share educational information they learn from conferences and literature.

“I’m getting as much out of this as he is,” she says, touched by the staff’s sincere desire to make time for her.

Even Albert has come to love the program. He looks forward to seeing the friends he has made and often tells Kathleen about walks they take and enjoys showing off his bingo prizes.

Everyone is treated with great dignity, which has not gone unnoticed by the clients themselves. Recently, Albert became close friends with a woman new to the program and suffering from terminal cancer. Each day, he told Kathleen how happy he was that the staff was so good to her.

Albert was even named “King” at a special “Senior Prom” organized by the staff last year. Kathleen joined her father on the dance floor even as she grieved for the man he used to be. “I went because I knew it meant so much to him,” she says. “I was happy that he was happy.”

As his memory impairment progresses, Kathleen is aware that her father will probably need additional care strategies and support. For now, she is grateful for the Elliot Adult Day Program and hopes that all families will have access to such a program and such caring staff when they need it.

“It’s the best decision I ever made,” she says as she thinks back on the experience. “It’s my saving grace.”

What a difference a Day makes!

The Elliot Adult Day Program is moving to a new location this summer!

Our new 4,000 sq. ft. space at 1070 Holt Avenue in Manchester will offer an outdoor garden and seating area, large program rooms, a beauty salon/barber shop, and a multisensory treatment room.

For more information, call 624-9588 or 663-2405.
The media attention that accompanied FDA approval of the Gardasil® Vaccine in July 2006 contributed significantly to increasing the general public’s knowledge and awareness about Human Papilloma Virus (HPV). But understanding the complex relationship between an abnormal pap smear result, HPV and cancer has been elusive and the cause of unnecessary anxiety.

Approximately 50 types of genital HPV exist that can be transmitted through simple skin to skin contact. Only two (Types 16 and 18) out of these 50 types are responsible for over 70% of eventual cervical cancer and another two (Types 6 and 11) are responsible for over 90% of external genital warts. Most people (estimated to be approximately one out of every three) do not have any signs, symptoms or evidence of infection. The virus is transmissable when it is actively replicating, but activation may occur at any time, even many many years later. Most people acquire a mixture of various types of HPV, but usually only one or two types activate at a time. There is not any cross-over protection from one type to another type. Currently, available testing only identifies actively replicating HPV DNA types. Therefore, a negative HPV DNA test or normal pap smear result does not mean HPV viral types are not “in residence” and available to become active.

HPV becomes detectable when it begins to reproduce within your cells. For the majority of healthy women, their immune systems will succeed in making the HPV DNA stop reproducing. Once it is suppressed, the cells can repair themselves and become normal again. This can take approximately six to 18 months. In rare circumstances, an immune system does not succeed in suppressing the virus, which proceeds to destroy the cells where it lives. This is how an infection can end up creating cancerous cells.

For many years, women have been told that a pap smear is a screen for cervical cancer. While true, it is misleading because it implies that an abnormal result means cancer. In fact, most abnormal pap smears reflect evidence of infection, not cancer. The goal of annual pap smear screening, testing and treatment of abnormal results is really to identify women with persistent HPV so there is no opportunity for progression to cancer.

HOW DOES THE NEW GARDASIL® VACCINE FIT INTO THIS PICTURE?

Gardasil® contains four types of “virus-like particles (VLP)” that do not contain any DNA but are identical on the outside to HPV types 16, 18, 6 and 11. When a woman is vaccinated, the VLPs stimulate the immune system to produce antibodies. If the woman is later exposed to HPV types 6, 11, 16 and/or 18, they cannot get into any cells and are eliminated by the immune system. The vaccine works best when there has never been any exposure to HPV because all four VLP types are able to block infection. Based on research, even women with a prior history of HPV, have probably not acquired HPV types 6, 11, 16 and 18, therefore “catch up” vaccination is recommended. Vaccination, however, does not eliminate the need for regular pap smear testing and pelvic examinations because other HPV types may cause cellular abnormalities and potentially cancer.

Once researchers discovered HPV was responsible for cervical cancer, they began to look at other cancers and other viruses. HPV types have been identified as present in some rectal, throat and neck cancers in both sexes. High-risk HPV also appears to be stimulated by the carcinogens associated with tobacco use. Studies are now focused on documenting the efficacy of preventing high-risk HPV type infection in males and women older than 26 years through vaccination. Review by the FDA for expanded vaccination may occur as soon as 2010.

Elizabeth Hirsh, PA-C, MS is a clinical researcher for HPV vaccine and treatment studies. She has over 25 years of experience in OB/GYN practice. She is accepting new OB/GYN patients at Montanarella and Associates, PA in Manchester, 624-1638.
News media have recently reported an astonishing increase in the number of cases of Autism Spectrum Disorders (ASD). A study commissioned by the Centers for Disease Control and Prevention looked at cases of autism reported in eight-year-olds across the country. Rates varied, with New Jersey reporting 9.9 out of 1,000 children had been diagnosed with an ASD by the age of eight. This translates into nearly one percent (1 in 100) of all eight year-olds in New Jersey having been given a diagnosis of some form of autism in that year. The prevalence rates estimated by this study are more than 10 times higher than pre-1990 studies.

Many parents have been alarmed by the results of this study and wonder if their children may be at risk. To help make sense of the media reports, it helps to look at what we know about autism and other related conditions.

What are Autism Spectrum Disorders (ASD)?

People with ASD face a range of challenges in three areas:

1. delayed development and use of language
2. delayed development of social relationships and interactions
3. repetitive behaviors, restricted interests and activities, and a desire for “sameness” in environment and schedule.

Some people with an ASD also have mental retardation (those with “classic autism,” “pervasive developmental disorder,” or “disintegrative disorder.”) Others may have average or above average intelligence and verbal ability (“Asperger’s disorder”). So the spectrum extends from children who never learn to speak and try to injure themselves, to adults who may be academically and professionally successful, but lack basic social skills.

Broader diagnostic criteria, combined with improvement in early intervention and education for people with ASD, may have contributed to the increase in numbers of cases identified.

What Causes ASD?

Currently, there is no simple answer to that question. About 10% of cases result directly from known single-gene conditions. For example, people with Fragile X syndrome, Rett syndrome, or tuberous sclerosis often have autistic behaviors. The majority of cases, however, appear to be multifactorial, with a complex basis in genetics and environment. Boys outnumber girls by about 4 to 1.

Parents have sometimes reported that their children start to show autistic behaviors after receiving immunizations, particularly the MMR vaccine. However, large studies in Denmark, Japan and other nations have failed to find a connection between rates of autism and immunization. In Yokohama, Japan, rates of ASD rose sharply in children born after 1993, the year in which MMR vaccinations were totally eliminated. Of course, this does not prove that no case of ASD was ever caused by immunization, but it does provide strong evidence that MMR vaccination is probably not a main cause of ASD.

The connection between immunization and ASD may be a coincidence of timing, rather than evidence of cause. MRI studies have found differences in brain growth for children with ASD starting in infancy. The resulting symptoms may not be apparent until the time a child would normally start talking, around 18-24 months.

The evidence for a genetic component is strong. If one of a set of identical twins (who share 100% of their DNA) has an ASD, the other twin has a 60%-90% chance. Compare this with the 5%-10% chance for fraternal twins (who share 50% of their DNA). Genome-wide screens suggest interactions between 10 or more genes linked to neurological development. At this time, there is no genetic testing available for most people with ASD, but research is progressing.

The Good News

Remember that early intervention and specialized education are very important, and can significantly improve life for children with ASD.

Where can I learn more?

If you have concerns about your child, consult your pediatrician. He or she will be able to perform a preliminary evaluation, and refer your child to other providers as appropriate.

For more information, contact Ann Jeffers-Brown at 663-8611, or consult these online resources:

- www.autism-society-nh.org/ess12-06.pdf
- www.nimh.nih.gov/publicat/autism.cfm

These sites provide information, plus message boards and support groups for parents.
Straight from the Experts!

45 TIPS FOR WEIGHT LOSS AND HEALTHY EATING

Compiled by Elliot Hospital Dietitians

1. Brush your teeth right after eating. You’ll be less likely to snack.
2. Plan your day: Where will you be at mealtime? Take healthy snacks along to avoid unhealthy choices when you become hungry.
3. Avoid foods that have high-fructose corn syrup, enriched, unbleached, or refined flour, simple sugars, or hydrogenated oils listed as one of the first five ingredients.
4. Eat a few nuts (6 walnuts, 12 almonds, or 20 peanuts) or protein 20 minutes before a meal to stimulate the “I’m full” signal sooner.
5. Slow down! It takes about 20 minutes after you start eating for your body to start feeling full. People who eat fast tend to overeat and get that stuffed feeling. Eat slowly, chew each bite well, and put your fork down between bites.
6. For a snack that travels well, measure an ounce of nuts (15-20 nuts) and place them in a baggie. Nuts are high in calories (around 170 calories for 1 ounce), but they are also a good source of protein and nutrients.
7. Drink water! Start the day with a 6-8 ounce glass of water. Drink at least 4 ounces of water before each meal or snack, and choose water as your preferred beverage throughout the day.
8. Choose unprocessed or minimally processed foods instead of convenience foods. Fresh fruits and vegetables require very little preparation.
9. Make large batches of healthy meals. Freeze some in small containers that you can defrost and use quickly.
10. When food is offered in a social situation, make a habit of checking with yourself: Am I hungry? Is this what I would like to eat? Thank the person who offered, but don’t make eating automatic.
11. Stop part way through a meal or snack. Take a few deep breaths. Check in with yourself: Am I still hungry? Is this what I want? If the answer is yes, eat with enjoyment.
12. Choose a high fiber cereal for breakfast. Foods that are high in fiber take longer to digest and can give you a feeling of fullness.
13. Enjoy a cup of low fat yogurt for an afternoon snack.
14. Sprinkle ground flaxseed into your morning oatmeal.
15. Make a fruit smoothie using 1/2 cup plain yogurt and 1 cup of frozen berries.
16. Include a source of lean protein with all your meals and snacks.
17. When eating out, eat half of your meal and save the other half for the next day.
18. Try a meatless burger instead of ground hamburger for dinner.
19. Choose brown rice instead of white rice.
20. Have carrots, celery sticks and pepper strips in your refrigerator for snacks.
21. Have a bowl of fresh fruit on your counter.
22. Eat regular meals. Do not skip meals or planned snacks.
23. Shop Smart: Make a list and buy only the foods on your list. Do not shop when you are hungry.
24. Use non-stick pans for cooking.
25. Fresh herbs will make lighter foods taste richer.
26. Yogurt or fat free sour cream can be substituted for regular sour cream in many recipes, including dips and dressings.
27. Skip or limit the appetizer, bread and alcohol when eating out.
29. When making a sandwich, use bread that is whole grain with 3g of fiber or more. The sandwich will likely stay with you longer and give you a feeling of fullness you don’t splurge later in the day.
30. Use snack bags to portion food and limit your intake.
31. When baking, substitute 2 egg whites for 1 egg.
32. Use a butter spray on popcorn, vegetables, and baked potatoes.
33. Plan meals ahead to limit unnecessary, impulsive trips to fast food restaurants.
34. Use a non-caloric sweetener in tea or coffee to limit sugar intake and decrease calories.
35. Adding frozen vegetables to your pasta when it is almost finished cooking will help to bulk up your pasta serving, decrease your portion of carbohydrate, and add vitamins and minerals to your meal. Hold the garlic bread.
36. Eat breakfast! You will feel less hungry during the day. It doesn’t have to be traditional fare: Low fat, low sugar yogurt layered with whole grain cereal, and fresh, canned or frozen no sugar added fruits, makes a healthy parfait with protein and carbohydrate. Meal leftovers or a sandwich are better choices than pastries.
37. Eat something nutritious like cheese, fruit, or nuts mid afternoon, if there will be more than 4 hours between lunch and dinner. It will help you to not feel so hungry while waiting for dinner.
38. Drink plenty of water or no-sugar flavored waters during the day. Many people think they feel hungry, when they are actually thirsty.
39. Avoid high sugar, high calorie power drinks when exercising. Water is the beverage of choice to replenish fluids.
40. Reducing fat from dairy foods reduces calories: 8 ounces of whole milk=150 calories, 8 ounces of skim milk=80 calories.
41. Eat at regular intervals during the day. Take the time to enjoy your food and don’t use lunch to check e-mail or return phone calls. Eat only when seated at the table, not while watching TV or reading. If you eat while paying attention to something else, you will feel less satisfied.
42. Don’t eat while driving. Drink water if you need something in the car.
43. Walk or exercise daily for at least 30 minutes. Research has shown that active people tend to eat less at meals.
44. Research studies show many health benefits of eating lots of fruits and vegetables. Try for 8-10 servings per day. They fill you up, taste great, and can help prevent disease.
45. Don’t be fooled by foods that are labeled “low fat” or “sugar free.” Check the label! These foods may still have plenty of calories, and may be full of unhealthy ingredients.

For more information, contact Elliot Nutrition Services at 663-DIET.
Dr. Alexander is Board Certified in Pediatrics and Internal Medicine and joins us from Strong Health Center in Rochester, NY. A graduate of Upstate Medical University in Syracuse, NY, he did his residency at Albany Medical Center in Albany, NY. Dr. Alexander also has a Master's of Science in Ecology from SUNY Albany.

Dr. Lawrence brings exceptional academic credentials from the University of Rochester/Strong Memorial Hospital, Tufts University/Baystate Medical Center and the Rochester School of Medicine and Dentistry. She is Board Eligible in Internal Medicine and Pediatrics. Her research background in biochemistry, microbiology, immunology, and infectious diseases balances her clinical experience in Internal Medicine and Pediatrics.

Dr. Elgert brings a lengthy career in medical research and academic achievement. He has been an Assistant Professor in Family Practice at Dartmouth Medical School and the University of Michigan Medical School, and was most recently affiliated with Dartmouth Family Practice in Concord, NH. Dr. Elgert is a graduate of Rutgers Medical School, and holds a Master of Science degree in Quality Improvement.