Your Wellness Matters

NEWS TO HELP YOU LIVE BETTER!

20 Years of Expertise: Elliot’s Newborn Intensive Care Unit at your side

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Summer 2010 • www.elliothospital.org
Now that warm weather has returned, we all like to get outside to enjoy it. At Elliot pediatric offices, we get frequent questions from parents about tick bites, insect repellent and sunscreen. Here are a few tips to keep you and your family safe in the outdoors.

There are many myths about tick bites and how to remove ticks. Unfortunately, New Hampshire has one of the highest rates of Lyme disease in the country. Lyme disease is transmitted by tick bites but not every tick carries Lyme disease. In New Hampshire, Lyme disease is carried by the deer tick; however, it is believed that an infected tick must be attached to the human body for at least 36 to 48 hours in order to transmit Lyme disease. The best protection against Lyme disease is in preventing tick bites in the first place. The most effective insect repellent is DEET which also protects against mosquitoes as well.

The American Academy of Pediatrics and the Environmental Protection Agency recommend that it is safe to use products containing up to 30% DEET in children over 2 months of age. Here are some additional recommendations:

- DEET should only be applied to exposed skin, never over an open cut or over eczema
- A parent or caregiver should apply the repellent, never spray directly on the face – spray on hands first and then apply from the hands onto the face
- Do not apply to the eyes or the mouth
- Wash the repellent off young children’s hands so they don’t ingest it through hand to mouth activity
- Wash repellents off at the end of the day and check your child for ticks
- Combination insect repellents and sunscreen products are not recommended as sunscreen needs to be re-applied frequently and insect repellents should be used sparingly

If you or your child does get a tick bite, the best way to remove it is to use tweezers to grasp the tick as close to the skin as possible and pull it out. Do not try to suffocate the tick with Vaseline or gasoline/kerosene! Inevitably, small mouth parts (the “ticks head”) will frequently remain in the skin. There is no need to try to dig them out as they will eventually come out all on their own over time.

Don’t forget about protecting your pet as well, as they can bring ticks into your house. Talk to your veterinarian as they have very effective products available for your pet.

Dr. Nackman is board certified and is a member of the American Academy of Pediatrics. He received his undergraduate degree from Cornell University and his medical degree from the University of Florida. He completed his residency and chief residency at Penn State’s Hershey Medical Center. He has been practicing pediatrics in Manchester since 1996 and recently opened a new office – Elliot Pediatrics at Londonderry, 18 Orchard View Dr, Londonderry, NH 03053, 603-552-1350.
Let’s be frank! No one is enamored with the idea of undergoing surgery (surgeon excluded). Just the thought of surgery may precipitate fear and anxiety. But thanks to the ongoing dedication and pioneering work of savvy engineers, designers and marketing experts, we now have alternatives to traditional “open” surgical procedures. Over the past three decades, there has been a powerful ongoing movement toward minimally invasive surgeries that allow patients to recover in less time and to return to normal active lifestyles. This current trend is possible with evolving video based “telescopic” surgery called laparoscopy. Related to this development has been the advent of the daVinci® robotic surgical systems, allowing for advanced surgeries through small dime size surgical incisions.

Utilizing the daVinci® approach to laparoscopy can afford many surgical advantages over classic laparoscopy. Unlike “stick” type laparoscopy, the daVinci® laparoscopy set up is different. The robot actually holds the surgical instruments that are placed into the body. The surgeon sits comfortably at the surgical console alongside the patient and uses the instruments at the console to guide the robot for the surgical procedure. The surgical instruments are under the precise fingertip control of the surgeon’s hands, yet the instability of the human hand and the fatigue from standing are not present.

The advantages of the daVinci® system include:

1) Superior 3D visualization afforded by the 3 channel vision system, a high resolution 3D image and a more panoramic view of the entire surgical field.

2) The operator’s enhanced dexterity, precision and control is afforded by four robotic arms allowing for solo surgery, fingertip control of the surgical instruments, and elimination of the tremor of the surgeon’s hand.

3) The daVinci® ergonomics allow for exact alignment of the visual and the motor axes, along with high resolution stereo viewing and comfortable seated posture.

For my patients, the daVinci® system has been very useful in the field of gynecology. The most widespread usage has been for hysterectomies for benign fibroid tumors of the uterus, gynecologic cancers and surgical staging, endometriosis and pelvic prolapse surgery. In the United States, over 600,000 hysterectomies are performed annually. By the age of 65, one in three women have already undergone a hysterectomy generally for noncancerous reasons. Only 38% of these procedures were performed in a minimally invasive manner. With advancing technology and surgical expertise, this represents an enormous opportunity for women to undergo their surgery with less recovery and quicker return to normal daily activities.

So, with all this advanced technology, one may wonder as I first did, what is the advantage or benefit for the patient who is faced with idea of undergoing surgery? I was impressed that the patients, with very few exceptions, seem to have the same experience. The patient operative blood loss is often minimal and at times about that of a tablespoon or two. Also, less tissue trauma and more precise dissection result in less postoperative pain. In terms of cosmetic results, most patients have very little scarring from 4 to 6 dime size incisions on their abdomen. For some patients, they may utilize just a few days of narcotics followed by ibuprofen rather than using pain medication for weeks at a time. Many patients return to work after two weeks instead of missing the standard six weeks from work and quickly return to normal activity in a fraction of the time. More and more patients are learning that the daVinci® approach to surgery is rapidly developing into a most effective and least invasive surgical option for gynecologic patients. I am pleased as a surgeon to be able to offer women today a more palatable approach to surgery at Elliot Hospital with a shorter recovery and return to one’s daily routine. For more information on daVinci® surgery one can visit the website www.davincisurgery.com.

Dr. Montanarella, a native upstate New Yorker, is a Board Certified OB/GYN. She received her BS in chemistry summa cum laude and trained at University of Rochester School of Medicine. Her multiple areas of interests include obstetrics, gynecology, laparoscopic robotic surgery, infertility, and women’s health. She is founder and owner of her own private practice in Manchester, Dr. Montanarella & Associates, PA, 624-1638.
Welcoming a new baby into the world is an exciting time for families. Often, everything you anticipate and expect for your baby is perfect and your healthy newborn and you are discharged from the hospital with only the worries of how to best care for your baby at home. Not all pregnancies and deliveries are perfect, however, and hundreds of them, every year, require expert and unique medical care to ensure your baby will have a safe environment within the hospital. This critical service is known as a Newborn (or Neonatal) Intensive Care Unit (NICU). In Manchester, Elliot is the only hospital that has a NICU and there are many benefits of this unique unit that families have come to understand when delivering their baby.

Consider Kari Czeremin’s story. She was born at Elliot Hospital 20 years ago after her mother, Angela, was transferred from another local hospital. The transfer was made because the hospital she was about to deliver in did not have a NICU. Kari was premature and needed the technology, expertise and the skill of a Newborn Intensive Care Unit. “After 20 years, I still see some of the nurses at Elliot who were with me when Kari was born,” explains Angela. “The most important thing was being able to deliver in a hospital where I understood they could care for my baby and for me without separating us. It is an experience that has stayed with me all my life.”

At birth, Keri was one pound, 10 ounces. She was in the NICU for 107 days and being cared for by a neonatologist and nurses who are trained for caring for sick and premature babies. The atmosphere then was very different than it is today. Back then the babies and families were all in one room. Today, the NICU is spacious and offers private and semi-private rooms. There have been major advances in technology and there are four neonatologists caring for the sickest and tiniest of babies. Angela proudly states, “My daughter Keri is 20 years old, she is healthy, happy and just made the Dean's List at Rivier College where she is pursuing her dream to become a nurse.”

More recently, Zarifa Selimovic was just 24 weeks pregnant when she went into labor on a cold February afternoon. Mirza, her son, was born at Elliot Hospital. Weighing just one pound, 12 ounces, he was immediately taken to the fully renovated and state-of-the-art Newborn Intensive Care Unit.

Despite the uncertainty surrounding such a difficult time in their life, the Selimovic’s 116-days in the NICU weren’t without joy. A scrapbook made by the nurses that cared for Mirza celebrates even his smallest achievements – the day he reached two pounds, the first day he tried a bottle and a handmade hat announcing his 100th day of life. The staff in the NICU became extended family to the Selimovics. “Dr. Beale and Dr. Franzek were so nice,” says Zarifa of the neonatologists that cared for her baby. “Everybody gave me hope.”
Today, Mirza’s mother and father know that the Elliot NICU was the lifesaving service that allowed them to see their boy grow and develop into a healthy child. They were never separated from their baby after birth and today they still call him, “a miracle baby.”

The Elliot Hospital NICU has evolved over the past 20 years. All of that experience, extensive research, and staff and patient input went into ensuring that the current NICU offers the most advanced technology in the most comfortable environment. Elliot delivers more babies than any other hospital in the state – more than 2,200 per year – and the Level III NICU is the only one in the Greater Manchester area and one of only three in the state.

The private and semi-private rooms, individual temperature controls, room darkening shades, decibel meters and soundproofing are all features that provide babies an environment that more closely resembles conditions in the womb in order to help support their treatment. The family room, overnight capabilities at each bedside for parents, lactation room and reflection “quiet” area provide additional opportunities for families to stay close to their babies during care.

Beyond the celestial décor and the expansive city views, it’s difficult to miss the sophisticated technology found throughout the unit. Each patient room includes the latest advancements in infant care. The unit also houses its own blood gas lab, x-ray viewing room, consultation room and interdisciplinary clinical work room.

While every family deserves the experience of the Elliot’s Maternity Center, resembling a hotel with soothing colors contributing to the décor’s relaxing, home-like atmosphere, the fact that the NICU is in the hospital staffed by the experts who can deliver life saving care in minutes is comforting.

“Our patients are delighted with the amenities of the Maternity Center but the true comfort, they say, is feeling secure knowing that the NICU is on-site should their babies require additional care,” explains Beth Hale-Campoli, Chief Nurse Officer.

For more information about Elliot Hospital’s Maternity Center and NICU, contact ELLIOT ON-CALL at 663-4567.

The Elliot Newborn Intensive Care Unit is staffed by four Neonatologists:

- Ernest Beale, MD
- Deborah Franzek, MD
- Małgorzata Bulanowski, MD
- Kevin Petit, MD
SIGN UP BEFORE 5/31 TO RECEIVE A COMPLIMENTARY 12-MONTH MEMBERSHIP TO THE LIVE BETTER INSTITUTE AT 663-4LB I.

SOME CLASSES MAY BE JOINED WHILE ALREADY IN PROGRESS.
**GENERAL FITNESS**

### Stability Ball
**$70 (10-week session)**
EWC: Welliot Group Exercise Room Ground Floor: M/W, Jun 21 to Aug 25, 6:15 to 7:15 p.m.
Learn how to strengthen your core muscles (abdominals and 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 Walmart, Target or a sports/fitness store. Instructor: Thomas Berube, Certified ISSA Fitness Trainer.

### Medical Fitness Center
Exercise safely — receive individualized training designed for your specific fitness goals and medical health concerns. Lose weight, lower your cholesterol, blood pressure and blood sugar. If you want more than just a place to exercise, this is a great program for you. For more info, call 663-4LBI.

### MIND/BODY MEDICINE

#### Gentle Yoga
**$70**
EWC: Mon, May 3 to Jun 14 & Jun 28 to Aug 23, 9:30 to 10:30 a.m.; Wed, May 5 to Jun 16 & Jun 30 to Aug 18, 4:45 to 5:45 p.m. or 6 to 7 p.m.
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, May 4 to Jun 15 & Jun 29 to Aug 10, 6 to 7 p.m.
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.

### NUTRITION

#### Diet for Health (formerly FirstLine Therapy)
**$150**
EWC: Tue, 7:30 to 8:45 p.m. or Wed, 5 to 6:15 p.m. 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.

#### Comprehensive Weight Management Program
**Free**
EWC: Intro Class, Tue, Jul 13, 5 to 6:30 p.m. Call 663-4LBI to register.
This free intro session outlines the 8-week comprehensive weight management program focusing on total health, not just pounds on a scale.

**SUPPORT GROUPS**

#### LBI Support Group
**$25 per 4 sessions**
EWC: Every other Wed, 6:30 to 7:30 p.m. Call 663-4LBI to register or for more information.
Includes weigh-in and group session with a professional. Supports people who would like to maintain their weight loss.

#### Do you know your Numbers? (Cholesterol Tests)
**$24**
EWC: Third Thur monthly, 8 a.m. to noon
Fasting Lipid Profile with Glucose
**$20**
Non-Fasting Total/HDL
Find out if you have an increased risk of heart disease. Appointments required.

#### 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 Thur monthly, 8 a.m. to noon
Safe, quick and painless test using ultrasound technology helps assess risk of osteoporosis. Recommended for both women and men. Confidential results provided to participants.

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

#### Postpartum Emotional Support Group
**Free**
EH, Elliot Childcare Center Activity Rm, Elliot Hospital campus, 450 Masabesic St., Manchester: Tue, 10:30 a.m. to noon. Call Alison Palmer, RNC, MS, at 663-3052 for more information.

#### S.H.A.R.E. Free!
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.

#### AICD (Automatic Internal Cardiac Defibrillator) Free!
The only AICD support group in the tri-state area. Call 663-2355 for dates, 1:30 to 3 p.m.

#### Look Good, Feel Better Free!
EH, Wound Care Ctr: Call for dates.
In conjunction with the American Cancer Society. Cosmetology help is provided to those receiving cancer treatment. For info, call 663-2355.

#### Chronic Pain Support Group
**Free**
EH, Radiation Therapy Dept.: Third Wed monthly, 5:30 to 7 p.m. Call 663-2355 for more information.
This ongoing monthly support group is for people with cancer, their families and/or support people.

#### Reliable Support Group Free!
Treatment for heart failure. For info, call 663-2156.

#### Pink Ladies
**Free**
Elliot Breast Health Center, 275 Mammoth Road. Call 663-2355 for dates, 1:30 to 3 p.m.
A six-week educational/support group featuring presentations on different topics for newly diagnosed breast cancer patients.

#### Bereavement Support Group
**Free**
LON: Fourth Thur monthly, 4 to 5 p.m. Call Barbara Pines, LICSW at 552-1533 for more info.
This ongoing monthly support group is for people with cancer, their families and/or support people.

#### Caregiver Support Group
**Free**
LON: Second Wed monthly, 6 to 7 p.m. Call Barbara Pines, LICSW at 552-1533 to register.
Learn strategies for caring for yourself, identify ways to build a support system, and learn new coping strategies. Confidential.

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### SCREENINGS and CLINICS

#### Lymphedema Clinic
**Free**
EH Cancer Center, Second and fourth Thur of each month, 5 to 5:45 p.m. (2nd); 8:30 to 9:15 a.m. (4th) Education, question and answer session, and help for your specific needs.

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COMMUNITY WELLNESS

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

SENIOR HEALTH and FITNESS

Fusion
$60
SHC: T/Th, May 25 to Aug 12, 5:15 to 6:15 p.m.
This class is a dynamic mix of an all in one exercise program, beginning with cardio movements to increase cardio health, followed by strength training from head to toe to improve muscular endurance and ending with basic pilates and yoga moves to improve core strength and balance.

Strength Training
$60
SHC: T/Th, May 25 to Aug 12, 10:45 to 11:45 a.m.
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.

T'ai Chi Level 1
$60
SHC: Tue, May 25 to Aug 10, 9:30 to 10:30 a.m. or 1 to 2 p.m.
This is an exclusive trademark program called Senior Friendly T’ai Chi™ & Senior Safe Tai 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. Health Benefit: Good for developing balance & strength and helps coordination and stress management.

T'ai Chi Level 2
$60
SHC: Tue, May 25 to Aug 10, 8:15 to 9:15 a.m.
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.

Seniors in Motion
$60
SHC: T/Th, May 25 to Aug 12, noon to 12:45 p.m.
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.

Cardio Sculpt
$60
SHC: M/W, May 24 to Aug 11, 9 to 10 a.m.
A well balanced mix of cardio movements, strength training, and balance and stretching exercises. Designed to increase stamina as well as overall strength; ending with a relaxing mix of stretches to improve range of motion.

Fit & 50
SHC: M/W, May 24 to Aug 11, 5:15 to 6 p.m.
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.

Fit & Feisty
$40
EWC: T/Th, May 4 to Jun 17 & Jun 29 to Aug 19, 9:45 to 10:45 a.m.
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.

Chair Aerobics Plus!
$55
SHC: M/W, May 24 to Aug 11, 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.

Gym Membership
$65
SHC: Mon to Fri, May 24 to Aug 20, 6:30 a.m. to 7:30 p.m.
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 11 a.m. Must register. No classes in July and August.
Open discussions to help you take control of your diabetes one step at a time.

Elliot Senior Health Center Open House
Free!
SHC: Third Tue monthly, 5 to 7 p.m.
Meet the director of Senior Health and take a tour of the Health Center.

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

Senior Wellness Screenings
SHC: Third Fri monthly, 8 a.m. to noon. Must register.
Total cholesterol with HDL breakdown and cholesterol ratio. No fasting required.
Lipid profile. Includes a complete breakdown of HDL, LDL, Triglycerides, and glucose. A 12-hr fast required; no food, only water & meds.

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

Medicare D Assistance
Free!
SHC: Second Mon monthly, by appointment only.
A representative from ServiceLink will offer assistance enrolling in a Medicare Part D plan. Bring your questions, list of medications and insurance cards. Please call to register.

Advance Care Directives
Free!
SHC: Third Thu monthly, 9 to 10 a.m. To schedule an appointment, call 663-4657.
LON: First Thu monthly, 9 to 11 a.m. To schedule an appointment, call 552-1533.
Receive free assistance in planning.

Elder Law Clinic
Free!
SHC: Second Wed monthly, 4 to 5 p.m.
An elder law attorney will be available to answer questions pertaining to Durable Power of Attorney, Estate Planning, Medicaid Planning, Wills, Guardianship and much more. Appts requested.

Trusts for the Average Person
Free!
SHC: Tue, Jun 22, 1 to 2:30 p.m.
Trusts are a terrific tool to help you avoid probate and estate taxes. Learn about when to fund a trust, and how to create a non-probatable estate. In addition, we will review the basic legal documents everyone should have.

Six Techniques to Protect Your Assets from Long-term Care Costs
Free!
SHC: Thur, Jul 15, 10 to 11:30 a.m.
Discuss the techniques available to protect your life savings from the catastrophic costs of long-term care. We will review the rules that govern Medicare and Medicaid, as well as private funding and insurance options.

AARP's Driver Safety Program
$14
SHC: various dates available
Must attend both sessions. Considered to be the most effective safe driving course in the country. Presented by a trained AARP volunteer. Discount available for AARP members. All ages welcome!

Downsizing Dilemma’s – Solved!
$20
SHC: Wed, Jun 30, 9 to 10:30 a.m.
You're at a time of your life when you are ready to simplify and downsize – whether you are moving or not. But you've been in your home for 25-40 years, so where do you start? Hear practical ideas for: where to begin, how to decide what to keep and what to say goodbye to ("no regrets" decisions), where to give away what's no longer wanted or needed, and how to find the time in already busy days to keep at it! Cost includes workbook.

Give Your Life A Makeover – What's Next?
$120
SHC: Wed, Aug 4, 11, 18 & 25, 10 to 11:30 a.m.
A class for people who have reached that stage in their lives where they are seeking a new purpose,
goal or focus that better fits who they are becoming. It is designed for people who have experienced any kind of life change that may make it difficult to take their lives in a new direction. Examples are “empty nesters,” pre-retirees, retirees, people who are widowed or divorced, and people contemplating moving to a smaller dwelling or to a new town. Identify and learn how to clear away the internal and external clutter that makes it difficult to envision the next chapter of your life and to move on. Co-hosted by Kathryn May, MSW, life coach and Sue West, Certified Professional Organizer®.

Mind Aerobics $20
SHC: Thurs, Jun 3 to Jul 8, 10 to 11 a.m.
This is a 6-week educational program that is designed to stimulate the brain and improve cognitive functioning in seniors. The class uses a variety of fun and challenging exercises that sharpen mental proficiency in memory skills, flexible thinking, perception, and reasoning activities.

Just In Case Program – Registration Free!
SHC: Wed, Jun 9, 10 a.m. to 12 noon
The Just In Case Program is a comprehensive city-wide registry of patients diagnosed with Alzheimer’s disease and other dementia-related disorders. This program functions as an emergency tool in the event that an individual wanders and becomes lost or disoriented. Manchester Police officials may then refer to the database for easy identification to provide a quick and safe return of that individual. This is a Manchester Police database and remains confidential. Registrations accepted from residents of Auburn, Bedford, Goffstown, Hooksett, Litchfield, Londonderry and Manchester.

CHILDBIRTH and FAMILY EDUCATION

Prenatal Yoga $90 for 8 week session
SHC: On-going
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
SHC: On-going
CBE: On-going
This class prepares the expectant mother and her partner for aspects of labor and birth. This class will include knowledge of the natural labor process, as well as a variety of coping measures, ranging from relaxation and breathing, to available medical options. A tour of the Maternity Center is included.

Moms’ Group Free!
SHC: Wed, Call for times (age specific)
CBE: W ed, Call for times (age specific)
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
Breastfeeding
Infant/Child CPR & Safety
Introduction to Underwater Birth
Labor Series
Maternity Tour
Mom’s Group
Parenting Your Newborn
Postnatal Yoga
Prenatal Yoga
Safe Sitter
Sibling Class

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

TO BENEFIT
Elliot Health System
Thursday, August 12
6:20 p.m.
Veteran’s Park
Manchester, NH

To sign-up and/or make a donation go to:
www.elliothospital.org

SIGN-UP for Eli-NEWS
Elliot Health System is going green! Help us decrease paper use by signing up for the email version of Your Wellness Matters. You’ll receive four information-packed issues a year, plus useful health alerts when needed. If you would like to participate, visit www.elliothospital.org and click on the link for Your Wellness Matters. Or email us at elliothealthnews@elliothospital.org with your current mailing address so we can remove it from our mailing list. Elliot does not share its email list with anyone.
CONGRATULATIONS to ELLIOT’S TOP DOCTORS!

Each year, New Hampshire Magazine surveys physicians across the state about who they feel are New Hampshire’s top doctors. Once again, Elliot physicians were selected for being highly regarded by their peers.

Allergy/Immunology
John Kalliel, MD

Breast Surgery
Edward Dalton, MD, FACS

General/Family Practice
James F. Fitzgerald, MD

Cardiac Thoracic Surgery
Benjamin Westbrook, MD

Geriatrics
Samuel Goldman, DO

Colon Rectal Surgery
Jeffrey Harnsberger, MD

Gynecology
Gary Wasserman, MD

Ear, Nose & Throat Surgery
James Bartels, MD

Gynecology/Oncology
Gary Wasserman, MD

General Surgery
Lawrence Hoepp, MD

Hematology/Oncology
Gautami Rao, MD

Gynecological Surgery
Marc F. Ledair, MD
Gary Wasserman, MD

Infectious Diseases
Michael Strampfer, MD, FACP

Hand Surgery
Robert Heaps, MD
Jinsong Wang, MD, PhD

Internal Medicine
Kenneth D. Thomas, MD

Neurosurgery
N. Ross Jenkins, MD

Obstetrics
Kenneth R. Herr, MD

Oral & Maxillofacial Surgery
Robert F. Provencer, DDS

Otolaryngology
James Bartels, MD

Orthopedic Surgery
Eric Benson, MD
Douglas Joseph, MD

Pathology
J. Samuel Smoot, MD

Plastic/Reconstructive Surgery
Wayne Stadelmann, MD, FACS
Bruce Topol, MD

Radiology
Peter van der Meer, MD

Vascular Surgery
Lawrence Hoepp, MD

Rheumatology
Christopher J. Lynch, MD

Sports Medicine
James Vailas, MD

Elliot General Surgical Specialists offers FREE Prehabilitation visits!

Many of us have heard of rehabilitation, or rehab – the practice of restoring your skills after an injury or illness. In fact, if you haven’t participated in rehab yourself, you likely know someone who has. What about prehabilitation? Why not optimize your health and medical status prior to an injury or illness?

Elliot General Surgical Specialists is now offering a FREE Prehabilitation visit to any of their surgical patients who have scheduled an elective surgery. Patients who choose to participate in this program will be scheduled for an individualized office visit with one of our Surgical Physician Assistants prior to their surgery. This visit will take place after patients have met with their surgeon but prior to their scheduled surgery. In addition to addressing our patient’s questions or concerns, we will strive to meet the following goals during this visit:

• Review your diagnosis and surgical procedure in detail
• Describe realistic expectations for your recovery
• Review the risks associated with your surgery
• Discuss your medical history and your personal risk factors which may be associated with your medical history, and make recommendations on how to minimize these risks
• Answer any additional questions that you may have, and allow a family member or a friend to also ask questions about your surgical care

By working closely with your surgical team preoperatively, as well as postoperatively, we hope to help you improve your surgical outcome and overall hospital experience. We encourage you to bring a friend, family member, or caregiver who would like to learn more about your surgery to this appointment. Call 627-1102 to schedule your Prehabilitation appointment or to get more information about this great new program!
The Elliot Breast Health Center is the first breast center in New Hampshire to receive a three-year/full accreditation designation by the National Accreditation Program for Breast Centers (NAPBC), a program administered by the American College of Surgeons. Accreditation by the NAPBC is only given to those centers that have voluntarily committed to provide the highest level of quality breast care and that undergo a rigorous evaluation process and review of their performance.

“This accomplishment is a very high honor. We know we are delivering the highest standard of breast healthcare and this distinction comes after a rigorous evaluation of our services. This validates the expertise, dedication, and commitment we extend to the community to deliver comprehensive breast healthcare,” said Edward Dalton, MD, Elliot Breast Surgeon. Dr. Teresa Ponn adds, “An independent survey such as this, confirms that we are delivering the best possible breast healthcare to our patients, is a very rewarding feeling.”

During the survey process, the center must demonstrate compliance with standards established by the NAPBC for treating women who are diagnosed with the full spectrum of breast disease. The standards include proficiency in the areas of: center leadership, clinical management, research, community outreach, professional education, and quality improvement. A breast center that achieves NAPBC accreditation has demonstrated a firm commitment to offer its patients every significant advantage in their battle against breast disease.

Receiving care at a NAPBC-accredited center ensures that a patient will have access to:

- Comprehensive care, including a full range of state-of-the-art services
- A multidisciplinary team approach to coordinate the best treatment options
- Information about ongoing clinical trials and new treatment options

And, most importantly,
- Quality breast care close to home.

For more information, call 668-3067. Elliot Breast Health Center is now located in Manchester and Londonderry.
Kathy Proulx was diagnosed with Type 1 diabetes in 1957 when she was just 10 years old. Type 1 diabetes is a condition where the beta cells in the pancreas no longer produce insulin, a hormone necessary for carbohydrate metabolism. When the hospital near her home was unsuccessful in controlling her diabetes, she was sent to the Joslin Clinic in Boston for treatment. It was there that her education about living with Type 1 diabetes began. She grew up, met and married Paul, her husband of 40 years. They went on to have two healthy children who are now grown and have children of their own. Kathy feels that she may not have been as successful without the support of members of her family and her diabetes healthcare team.

That team has evolved over the years and currently consists of her Elliot primary care provider for more than 20 years – Steven B. Schwartz, MD, FACP. Dr Schwartz is one of the many primary care providers in the Elliot Physician Network, practicing at Derryfield Medical Group on Mammoth Road in Manchester. Fortunately, Kathy no longer needs to travel to Boston for specialty care for her diabetes. Elliot Endocrinology Associates on Cypress Street in Manchester is where her endocrinologist – John Poremba, MD, is located. Kathy has been seeing her Certified Diabetes Educators BJ Anz, RN, BSN, CDE and Vipra Rai, MS, RD, LD, CDE from Elliot Center for Diabetes Management for more than 10 years as well. Elliot offers all the services Kathy requires here in the Southern New Hampshire area.

Kathy has seen many changes over the years in how she manages her diabetes on a daily basis as well as the types of insulin used in her treatment. Beef and pork insulin were used in the past and today those have been replaced by human insulin and human insulin analogs. Healthy food choices and regular physical activity continue to play a very important role, as does delivering insulin throughout the day. Kathy has not had to take multiple daily injections for several years now since she has been using an insulin pump for her insulin delivery. Insulin pumps are miniature medication pumps that are able to deliver continuous small amounts of insulin throughout the day as programmed and can deliver a ‘bolus’ or larger amount of insulin just prior to a meal or snack, much in the same way our pancreas would if working properly. A site is inserted just under the skin every 2 to 3 days and typically a small length of tubing connects the pump to this site. Kathy reports that the insulin pump has made a world of difference in helping her care for her diabetes. While she still may occasionally have low or high readings, she feels that she is able to manage her blood glucose level much better with the pump.

The type of pump she wears allows her to ‘upload’ the information stored in her pump such as how much insulin she is receiving, how many carbohydrates she eats at meals and snacks, and what her blood glucose readings are throughout the day. This ability enables her diabetes care team at the Elliot to access this information online, download the reports and evaluate that information to help Kathy make adjustments to her pump settings as needed to improve blood glucose control.

As Kathy will tell you, the key to managing your diabetes well is education, regular visits with your doctors and Certified Diabetes Educators, healthy food choices, and daily activity. Those people help you, but only you can manage the disease on a daily basis. The world of diabetes and how it is managed changes rapidly and making sure that you have the most up to date information is critical to good health. Kathy stands as an example of being able to live for more than 50 years with Type 1 diabetes in good control without any complications. Recently, she was awarded a Diabetes Journey Award, Silver Medal, by Eli Lilly for living a healthy life with diabetes for over 50 years.

Eli Lilly has presented more than 2,000 Diabetes Journey awards since 1974. The Diabetes Journey Award Program recognizes people with diabetes who have successfully managed their disease with the help in insulin for 25, 50, or 75 years or more. The people who receive these awards are an inspiration to people who live with diabetes, for learning how to manage their disease and adapting to the ever-changing technology of diabetes care throughout their journey living with diabetes. This award signifies successful management of diabetes over the years by learning to administer insulin multiple times daily, developing healthy eating habits, checking blood glucose levels multiple times throughout the day and getting regular exercise.

Congratulations to Kathy Proulx for this outstanding achievement!
Low back pain remains the second most common symptom-related reason for seeing a physician in the United States. Approximately 85% of Americans will experience an episode of mechanical low back pain at some point during their lifetime. Fortunately, for the vast majority of these people, the low back pain goes away within two to four weeks. For some, low back pain becomes a chronic problem.

The causes of mechanical low back pain can be complicated. The multiple structures and elements of the lumbar spine (eg, bones, ligaments, tendons, disks, muscle) are all suspected to have a role. In most chronic low back pain cases, causes are likely to include nerve involvement.

A significant portion of low back pain patients have pain that is generated by the lumbar facet joints. The diagnosis of facet-mediated pain is made by patient history, imaging studies, physical examination, and diagnostic injections. Patients with chronic low back pain who have 75 to 100% relief with diagnostic injections are typically the best candidates for facet arthrodesis (fusion).

A new minimally invasive arthrodesis technique has been devised and is currently marketed under the moniker TruFUSE™. The procedure is specifically designed for those patients who are not candidates for a traditional fusion procedure, but have failed conservative therapies.

The technique utilizes an allograft bone dowel, and can be performed in less than 30 minutes. Fluoroscopy is used to localize the affected facet joint, and the remainder of the procedure is performed through small stab incisions. The provided allograft dowels perform several functions. First, they separate the arthritic joint surfaces to reduce inflammation. Second, they stretch the anterior joint capsule and create a press fit to enhance stability. Finally, they provide an optimized environment for facet joint fusion.

The TruFUSE™ technique offers several advantages. The procedure is short and, due to the small incision, results in little tissue disruption and trauma. There is very little blood loss, a low risk for infection and neurologic injury, and shorter hospitalization. These advantages combine and translate into very high patient satisfaction.

In summary, the TruFUSE™ technique for facet joint fusion is an ideal form of therapy for those patients with chronic facet mediated back pain. Ideal patients are those who are not candidates for more invasive fusion surgery, but have failed conservative measures.

Brian Klagges, M.D., DABA, Pain Management Center at Elliot Hospital. Dr. Klagges is Board Certified in Anesthesiology and Interventional Pain Management and a member of the American Society of Interventional Pain Physicians. He completed his Residency and Fellowship Training at Tufts University's Flagship teaching Hospitals.
Low-Fat Dijon Potato Salad

Total Servings: 6 • Serving Size: ½ Cup
Reduced-fat buttermilk and Dijon mustard give this salad a great flavor; but with much less fat!

Salad:
1 lb red potatoes, unpeeled and cubed
½ cup diagonally sliced celery
¼ cup sliced shallots

Dressing:
½ cup reduced-fat buttermilk
2 Tbsp reduced-fat mayonnaise
1 Tbsp Dijon Mustard
1 Tbsp tarragon vinegar

Directions:
1. In a medium-sized pot, cover the cubed potatoes with water. Bring to a boil, lower the heat, and cook on medium heat until potatoes are tender, yet firm (about 15 minutes).
2. Toss cooked potatoes with celery, scallions, and shallots.
3. In a small bowl, combine all dressing ingredients. Add to the potato salad and mix well. Refrigerate until ready to serve.

Exchanges
1 starch
½ fat
Calories 97
Calories from fat 17
Total fat 2 g
Saturated fat 0 g

Cholesterol 3 mg
Sodium 103 mg
Total Carbohydrate 18 g
Dietary Fiber 2 g
Sugars 3 g
Protein 2 g

References
Recently, *The Atlantic* magazine featured an article entitled “Surviving A Father’s Decline” in which the writer chronicles the degeneration of his aging father’s health. In the article, he describes his own somewhat sudden realization of how the eclipse of his father’s independence could turn both of their lives into chaos.

“His elderly father insisted that he could manage by himself. But he couldn’t. The author found himself utterly unprepared for one of life’s near certainties – the decline of a parent. Millions of middle-aged Americans, he discovered, are silently struggling to cope with a crisis that needs to be plucked from the realm of the personal and brought into full public view” reads the subheading to the article.

Clearly, we all expect to experience changes in ourselves as we age. We expect to need a different prescription for our glasses, we realize it’s not so easy to remember a phone number, we are less inclined to so quickly reach for a dropped nickel; we aren’t shocked when a doctor mentions weight gain, increased cholesterol levels, or higher blood pressure.

What catch so many of us by surprise are the changes in our parents and their seemingly sudden need for help. The usual situation is ultimately a frantic scramble to come to terms with reality, to figure out a plan, to find the needed resources; to persuade a parent what is needed.

So few people realize how a geriatric care manager can help, partly because so few are willing to think about the inevitability of a parent’s demise, never mind talk about it. Such a care manager recently described how an adult child explained his situation: “I am 50 years old and I manage a national company. I spend my day making decisions about other people’s lives and telling them what to do. Now it comes to my parents and I don’t have a clue.” The case manager made a list and told him to come back in one week. When he came back, he was a different person: his parents had living wills in place and a durable power of attorney, he had evaluated their finances and seen an elder care attorney. He had made appointments with each of his parent’s doctors, and at the care manager’s suggestion, he had contacted a local agency to spend a few hours each morning getting his parents set for the day. He felt less overwhelmed, was comfortable with the steps he had taken and was ready to move on to the next phase of completing a care plan.

The National Association of Professional Geriatric Care Managers defines geriatric care managers as “[specialists who help families care for older relatives, trained and experienced in several fields related to care management, such as nursing, gerontology, social work, or psychology, with a specialized focus on issues related to aging and elder care and assisting older adults and persons with disabilities in attaining their maximum functional potential.]” More information about Geriatric Care Managers can be found by visiting www.caremanager.org.

Geriatric Care Management at the VNA of Manchester and Southern NH focuses on Senior Life Planning which can help prevent a crisis and can provide the kind of confidence to adult children which helps them realize how well they can care for their parents without sacrificing their jobs, family time, or their own health.

Choose a geriatric case manager who wants to involve parents while they are still able to make their wishes clear and take part in the decision-making process. It is the best possible way to begin the planning: creative, collaborative problem-solving is more promising; expectations are more realistic, and the decisions are more easily understood and embraced.

If you are having trouble caring for someone you love, perhaps now is the time to contact the Visiting Nurse Association of Manchester and Southern New Hampshire. Building a relationship with a geriatric care manager is one of the best investments you can make in your loved ones’ futures, your family’s, and your own.


More information about caregiving can also be found at www.caregiver.org and www.caregiving.org or visit the VNA Caregiver blog at www.vnamanchesternh.com.

Leah Chandler, RN, BSN, CCM has been working with the elderly in the Manchester area for over 28 years. Leah is a certified case manager and is a member of the National Association of Geriatric Care Managers. Leah manages the Senior Life Planning Program at the VNA of Manchester. Her admiration of older adults is seen everyday as she works with them to remain safely in the least restrictive setting as possible.
Although more commonly associated with women, osteoporosis, or low bone density, should be a concern for men as well. Bones are in a constant state of remodeling in response to the demands placed upon them. This means that processes that break down and build bone are constantly at work. In youth, the process favors building. Certain medicines, diseases, an inactive lifestyle, and poor nutrition can cause the destructive process to outperform the building as we age. This can lead to weak bones and fractures. Although the fractures often occur later in life, bone loss can begin much earlier. Physical activity is known to help stimulate bone and decrease the rate of bone loss.

Researchers from Curtin University examined if a particular type of activity was more beneficial in increasing bone density in men. The study, published in International Osteoporosis, found that a basic activity like walking may be as effective as strength training in increasing bone density in men.

ABOUT the STUDY
The randomized trial included 143 men, aged 55-80 years. The men were assigned to either one hour of resistance training (weight lifting) or 30 minutes of walking three times per week. The hip bone mineral density was tested on the men at the beginning of the trial and after 12 months of training. Researchers also measured other fitness elements, such as lean body mass (level of muscle tissue), fitness levels, and lower limb strength. After 12 months, both groups had increases in hip bone mineral density. There was no significant difference in bone density gains between the groups. However, resistance training was also associated with increases in:

- Lean body mass
- Fitness level
- Lower limb strength

How DOES this AFFECT YOU?
In men, strength training appears to have a wider range of benefits than basic activities, such as walking, but both activities appear to be beneficial for maintaining healthy bone density. Doing regular physical activity appears to be the most important factor, rather than the specific activity you are doing.

The Center for Disease Control (CDC) activity guidelines for health benefits recommend 150-300 minutes of cardiovascular activity (like walking) per week and resistance training at least two days per week. For bone density benefits, the cardiovascular activity should be weight-bearing, such as walking or jogging. If you are just becoming active, adding a daily walk can be a safe and effective way to start. As you progress, think about adding strength training to increase the health benefits and to keep your routine fresh.

RESOURCES:
- The National Institutes of Health Osteoporosis and Related Bone Diseases, http://www.niams.nih.gov/

SOURCES:
It’s an uncomfortable topic, one in which many older adults find extremely embarrassing to discuss, even with their doctor. Many just simply try to manage the condition by staying close to home, limiting physical activity and wearing disposable undergarments. However, there are medical treatments for urinary incontinence available that are highly effective to help older adults regain their freedom and allow them the flexibility to get back to living their lives.

It’s important to understand that urinary incontinence is not a normal part of the aging process. The three major types of urinary incontinence most prevalent in older adults include: Stress, Urge and Overflow. Excessive use of alcohol, drinking large amounts of coffee or cola, as well as diuretics contribute to the condition. Medications to control high blood pressure, sedatives and decongestants also may affect bladder function.

Sometimes urinary incontinence is related to a condition known as Pelvic Floor Disorder, or PFD. The pelvic floor consists of muscles, ligaments and connective tissue that help support and control the bladder, vaginal, uterus and rectum. Damage to the pelvic floor can be caused by chronic diseases, birthing, obesity or some surgical procedures. Whatever the cause, when these muscles become weak or damaged, incontinence may occur.

Because there are many causes of urinary incontinence it’s important to get a medical examination to diagnosis the problem and determine the best course for treatment. Treatment options can include minimally invasive surgical procedures, as well as non-surgical procedures. Non-surgical treatment of urinary incontinence may involve one or more of the following recommendations from your primary care doctor:

• Your doctor may refer you to a physical therapist to help you to establish an exercise program that involves strengthening the muscles at the base of the pelvis, called Kegel exercises. The therapist can also help you to re-train your bladder to function normally.
• Insertion of a rubber or plastic device, called a vaginal pessary, by a physician to support the pelvic floor and the prolapsed organ.
• Certain types of medications which help block the signals from the nervous system that cause the urgency to urinate frequently.

For more information and to discuss your symptoms, schedule an appointment to see your primary care physician today.

Don’t let this treatable condition remain untreated.
While pets certainly are known for bringing joy and companionship to many seniors, scientists confirm that animals also bring good health to their owners. One study published in the Journal of Clinical Nursing found that in the elderly, owning a pet has an impact on their lifestyles that in effect makes them significantly healthier than non-pet owners. A growing body of evidence suggests that senior pet owners have lower blood pressure, experience less stress, get more exercise and generally are healthier than older people without furry felines.

Most people report feeling better both psychologically and emotionally being around animals, which in turn helps the body function more effectively. Pets are sort of like emotional vitamins. They help with the “get-up-and-go” of daily life for elderly people. People who are older than age 65 and live alone and experience some stress related chronic diseases would benefit enormously from having a pet to care for and love. Here are just some of the ways seniors can benefit from pet ownership:

- Seniors who own pets cope better with changes in their health conditions and other stressful life events.
- Senior pet owners are more likely to keep up with daily activities and take walks, or other physical-type exercises.
- In several studies, pet owners have shown to have lower blood pressure, lower cholesterol levels and lower triglyceride levels than those living without pets.

As much affection and apparent positive health impact that our four-legged friends have on us, pets may not be a good idea for every senior. In particular, dogs may not be advisable to have around elderly people that may be a little unsteady on their feet. Also, those with allergies or compromised immune systems should certainly check with their doctors before confiscating a canine. For most people however, the benefits of pet ownership outweigh any disadvantages. So, do yourself and your heart a favor, adopt a pet today and start living a healthier life tomorrow.
As we age, some older adults are affected by illnesses that are not physical. Psychiatric disorders in the elderly can be devastating to a patient, a spouse and the entire family trying to cope with the changes happening to a loved one. The Geropsychiatric Unit, or GPU, at the Elliot Hospital is specifically designed to treat older adults experiencing mental status changes and psychiatric disorders in an environment that is respectful and compassionate.

The GPU is led by a Geriatric Psychiatrist, Dr. Jwalant Vadalia, and a team of caring and committed nurses, social workers, licensed nurse assistants and other support personnel. Working in collaboration with a medical physician, like a geriatrician, geriatric psychiatry benefits seniors because it addresses issues and concerns that are unique to them, paying close attention to not only the psychiatric disorders, but also to the physical, emotional and social needs of older adults. A correct diagnosing of the illness, and eliminating possible medical causes for the disturbance, allows for proper treatment and clear recommendations for follow-up care. This collaborative, between geriatric psychiatry and geriatric medicine, is considered best-practice and exemplifies clinical excellence in the care and treatment of psychiatric disorders for seniors.

Additionally, the GPU incorporates a comprehensive, interdisciplinary team approach to the treatment and care of these patients. Many care disciplines work together with a shared goal to keep patients safe, as independent as possible and to decrease the risk of further functional decline. The family members of patients are important members of this team as well. “We believe in the team approach to patient care”, said Dr. Vadalia. “The family is part of the team and their input is critical in determining an accurate diagnosis and plan of care”.

The mission of the GPU is to return the patient to an environment where they can enjoy the highest level of independence as possible while remaining safe and secure and to bring some peace and hope to the families of these patients.

For more information about the Elliot Geropsychiatric Unit, call Bryan Fisher at 663-5611. There is help when you or a loved one needs it most.
Our DOCTORS are in! At the Elliot!

**JASON EMMIK, MD**
Elliot Pediatrics and Primary Care at Raymond
Raymond Shopping Center | I-5 Freetown Rd
Raymond | 895-8000
www.elliotdocraymond.com

Dr. Emmick earned his Doctorate of Medicine from the University of Pittsburgh School of Medicine in 1997. He later completed his residency at the University of Rochester Strong Memorial Hospital in Rochester, NY. He has served as the Chief of Pediatrics for Elliot from Nov 2003 to March 2010 and Pediatric Director from Nov 2005 to March 2010, and has been instrumental in bringing enhanced pediatric services to Southern NH. Dr. Emmick is Board Certified by the American Board of Pediatrics and the American Board of Internal Medicine.

**NANCY HUSARIK, MD**
Elliot Pediatrics and Primary Care at Raymond
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www.elliotdocraymond.com

Dr. Nancy Husarik is a graduate of the University of Nebraska College of Medicine, Omaha, NE, where she earned her Doctorate of Medicine. She attended the MetroHealth Medical Center-Cleveland where she completed her residency training and internship. She joined the Elliot practicing pediatrics and internal medicine in 2002. She is Board Certified by the American Board of Pediatrics and the American Board of Internal Medicine.

**PAUL S. COLLINS, MD**
Paul S. Collins Family Medicine
190 Tarrytown Road
Manchester | 626-5113
www.elliothospital.org

Dr. Paul Collins is a graduate of The Medical College of Pennsylvania where he earned his Doctorate of Medicine. After medical school, he completed his internship at the University of Massachusetts Medical Center in Worcester, MA. He then completed his residency in Family Medicine at Burbank Hospital in Fitchburg, MA. Dr. Collins has recently joined the Elliot and is practicing family medicine.

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

**Your Wellness Matters**

**Our Doctors are accepting new patients.**

**Elliot CARES ABOUT PATIENT SAFETY**

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