Peripheral Arterial Disease
Page 2

Treatment for Low Back Pain
Page 13

Are you Having Difficulty Breathing?
Page 15

Senior Health
Pages 17 to 19
Peripheral Vascular Disease, or PAD, is a medical condition in which the arteries leading to the arms and legs narrow, obstructing blood flow and causing nerve damage. PAD is most commonly caused by atherosclerosis (hardening of the arteries) of vessels supplying the lower legs. It is often associated with aging, afflicting more than 15 percent of people over 70, and affects an estimated 10 million Americans.

Fact: you may not know you have PAD.

Symptoms vary, and range from no physical symptoms to mild or severe and chronic issues that could result in amputation. Pain in the legs with walking is the most common. Patients describe an aching or burning pain, numbness, or cramping in the calves, thighs or buttocks following exercise, which normally subsides with rest. Sores, ulcers, slow-healing wounds or rest pain in the lower legs and feet are more serious signs of PAD. Skin changes, including pale or blue tinge, cool temperature, and loss of hair may affect the extremity. PAD is more prevalent in males and risk factors include age, race, smoking, diabetes, high lipids, and chronic kidney failure.

Myth: If I have PAD my biggest risk is to my legs.

Patients with significant PAD may experience no symptoms, depending on their level of physical activity. Those patients experiencing chronic leg cramps may continue experiencing a familiar pattern of pain for years. The vast majority of patients with cramping maintain reasonable stability in terms of health, despite significant functional disability. Only a small percentage of patients will progress to develop rest pain, tissue loss or amputation.

Fact: There is an effective method to screen and treat PAD.

The first step in evaluation of the patient with possible PAD is an accurate history for risk factor identification and physical examination focusing on the limb, coexisting heart or carotid artery disease. Simple blood pressure measurement comparing the lower extremities to the arms, called ankle/brachial index (ABI), will accurately identify the patient with PAD and estimate the degree of severity. Normally, the pressure in the lower leg is higher than the arms, and significant blockage to flow will cause a lower pressure in the leg. Once identified by ABI, treatments are focused on reducing risk factors, and controlling cardiac or cerebrovascular disease. Leg cramping is treated with medication and an organized exercise program designed to increase walking distance. Limb-threatening lesions or chronic leg cramping that limits quality of life or interrupts the ability to work are aggressively treated with minimally invasive methods or open surgery, as needed. The latest imaging techniques using CT scan, MRI and treatments using catheter-based interventions have revolutionized the care of patients with PAD.

If you suspect you may be at risk for PAD speak to your physician or attend the Dare to C.A.R.E. program at Elliot Hospital. The Elliot Health System includes a number of experts specialized in the care and treatment of PAD, including cardiology, radiology, and vascular surgery.
When I arrived at the office on a Monday morning, I met a new patient who was understandably upset because she had been having problems seeing out of her left eye for more than a week. On examination, she was not even able to read the letter E on the top of the eye chart. When I looked inside her eye, I found she had a detachment of her retina, the delicate nerve tissue in the back of our eye that is responsible for fine detail and peripheral vision. She had undergone previous treatment for a detached retina in her other eye years earlier, which included several treatments that were done locally. Unfortunately, the retina was still detached, and she was told that she would need to go to Boston for a “vitrectomy” because the other treatments failed. A vitrectomy involves removing the clear gel inside the eye, and is part of the surgery used at times to fix a detached retina.

When I explained her condition and asked her if she would like to have her vitrectomy done at Elliot Hospital, she replied, “You can do that type of surgery here? I thought you were going to send me to Boston.” She underwent successful surgery, including vitrectomy, for her detached retina the following day.

The scope of therapy in the treatment of eye disease has expanded significantly over the last several years, providing newer, safer alternatives with less patient discomfort resulting in better vision. Unfortunately, this expansion has also placed increasing burden on patients due to the frequent follow-up that is often needed to monitor treatment response. In patients with wet macular degeneration, for example, new injections of medicine given inside the eyeball have provided a well-tolerated treatment with better outcomes than traditional laser therapy. Monthly follow-up is critical in the initial stages, which ultimately may require 12 visits to the eye doctor in the first year alone.

Fortunately, many medical and surgical treatments for various eye diseases once deemed experimental or investigational and only available at large teaching institutions, are now offered at the Elliot. Patients need not travel to Boston for monthly treatment of macular degeneration or to surgically repair a detached retina. Having services performed locally reduces the time burden patients would otherwise face, while providing easier access to their eye doctor should questions or concerns arise during treatment. It also may protect patients from unexpected out-of-pocket expenses that they might otherwise incur when seeing a physician outside their current insurance network.

When my patient returned to the office several weeks after her surgery, she had a significant improvement in her vision and her retina remained attached. She commented on the overall positive experience she had during her day at Elliot Hospital. “The staff was friendly and the overall environment was calm.” The best part, she told me, “After my surgery, I could go right home and sleep in my own bed.”

Dr. Correnti is an eye surgeon specializing in the treatment of diseases of the retina, including macular degeneration and diabetes. He is currently accepting new patients. To schedule an appointment, please call NH Eye Associates, PA. at 669-3925.
Keeping up with pediatric surgeon Dr. Brian Gilchrist requires a quick step – he is in forward motion, even when sitting back in his office chair. The wheels are always turning, as Gilchrist talks about where he’s been and where he’s going.

“I just came up from Tufts Floating Hospital – had been coming up to the Elliot from Boston every Wednesday for the last three years as part of an outreach program. Coming here full time was a great opportunity,” says Gilchrist, who announced his official arrival as Chief of Pediatric Surgery in September. “When (Elliot’s President and CEO) Doug Dean decided he wanted to build a children’s hospital here, and asked me to lead the initiative, I couldn’t say no. I saw it as a great way to fill a niche.”

It is a partnership that will deliver full-time, world-class pediatric services to families in need here in Southern New Hampshire – families that, previously, had no option but to drive 90 miles north or 50 miles south, Gilchrist said.

“Southern New Hampshire has had to suffer. If you look at these families – having to travel with their children so far from home, not only with a sick child, but so often bringing siblings along as well – it’s misery for them,” Gilchrist said. “And besides that, the population here has grown so greatly that there is a tremendous need for these services. New Hampshire is ready for this, and I’m ready for this.”

His notable path to becoming one of the leading pediatric surgeons in the field was not as straight as one might think, for a third-generation surgeon. Born and raised in Springfield, Mass., Gilchrist left Tufts University after four years with an undergraduate degree. While medical school could have easily come next, Gilchrist was looking to find his own way. His natural curiosity writing skills led him instead to a career as a journalist, working for a daily newspaper. He eventually traveled overseas to the home of his forefathers in Ireland, where he witnessed the carnage of civil war.

There he watched surgeons deftly repairing the broken young men left wounded on battlefields. He had seen enough to know that he wanted more than to chronicle the success stories of surgeons in the operating room; he wanted to be part of the healing.

He took that perspective back with him to medical school, certain now that it was a mix of destiny and DNA that he should add his name to the family legacy of medicine. It was 1991, during his residency at St. Jude’s Children’s Hospital in Tennessee, that Gilchrist’s journey took another detour – this time he was called by the U.S. government to the front lines of the Gulf War, where his surgical skills were desperately needed.

“They took all the guys who were single and had never married or had kids and put us in an evacuation hospital,” said Gilchrist. Like his father and grandfather before him, his surgical skill set and personal tenacity, compounded by his unyielding human compassion, made him an invaluable asset during war time.

“Both my father and his father had been called to serve as surgeons in the wars of their respective generations,” said Gilchrist, without stating the obvious pull his pedigree has had on his professional trajectory.

Not only would he be saving the lives of US servicemen, Gilchrist provided compassionate care to Saudi children caught in the crossfire, and foreign prisoners of war, those
whose culture and faith were far afield from his own Irish-Catholic upbringing.

“It was the humanity I experienced there, the common thread of life that taught me something important, something that I carry with me to this day,” Gilchrist said.

He left the Middle East theater, landing for the next six years in a different kind of war zone – inner city Brooklyn. His time at SUNY Downstate Medical Center is where his innate ability to connect with young patients and their families was nurtured.

“That was a wonderful, challenging time – I loved every minute of it, and really felt I was on a mission, serving families in desperate need, families otherwise forgotten. Through it all I’ve seen evil, horrible things. Suffering you would never expect, or want to see. One thing I’ve come to understand is that, every day, you need to light a candle and disperse the darkness, and do your best to alleviate the darkness, no matter where you are. That is what keeps me doing what I do. I want to be that light for families in need,” Gilchrist said. He is looking forward to taking all that he has learned and witnessed so far in his career and focusing it on creating a unique children’s hospital within Elliot Health System. Although he continues to see patients and perform surgeries, his main goal is to build a pediatric program second to none, assembling a staff that will treat the region’s youngest, most vulnerable population with an unmatched level of care and expertise.

To that end, Gilchrist is joined by six pediatric hospitalists, a unique team of staff physicians who are available around the clock to provide care and answer questions or concerns as they arise.

“When a mother gives you their child, it’s a gift – this is truly how I feel about it. They are trusting you with the most precious thing in their life. I have learned that the absolute greatest sorrow in this world is the loss of a child to a parent. It’s a grief so profound, it’s beyond comprehension. As a physician, if you can alleviate that, or somehow make it better, that’s a magnificent feeling,” Gilchrist said. “It is what brings you back, every day, ready for whatever new challenge is waiting for you.”

As the delivery of healthcare changes, so has the way hospitals manage a patient’s care during hospital stays. Here at Elliot Health System, our team of Hospitalists work in tandem with your primary care physician to provide a bridge of much needed care – between you and your physician or surgeon, no matter when a question or concern arises.

A relatively new concept over the past decade or so, the role of the Hospitalist has become more visible within hospitals around the country. By definition, they are physicians who do not have a private practice outside the hospital. Their area of expertise is you – providing continuity of care for patients being treated within a hospital while communicating directly with physicians, specialists or surgeons as required, case by case.

An Elliot Hospitalist also can be the best resource for family members who may have questions about a family member’s care during times when the attending physician or surgeon is unavailable. Elliot Hospitalists are available 24/7 in times of emergency, and are fully qualified to monitor test results, medication or ongoing treatments, as well.

Another advancement in patient care is Elliot Health System’s state-of-the-art Electronic Medical Record System. Each provider associated with your care can access your complete medical record as needed, day or night. This means your healthcare needs are monitored closely and accurately, providing the highest level of care possible – including trips to Elliot Hospital Emergency Department, should you ever require immediate care.

Changes in how your healthcare is managed shouldn’t make your life more complicated. Hospitalists improve the quality of care for all of our patients, not only in terms of elevated safety and medication management, but overall communication between you, your doctor and your family. It is peace of mind that extends throughout your hospital stay, and beyond.

Elliot On-Call 603-663-4567 | www.elliothospital.org | Winter 2009/2010
"SOME CLASSES MAY BE JOINED WHILE ALREADY IN PROGRESS."

LOCATION OF CLASSES ARE DENOTED IN EACH DESCRIPTION
To register, call Elliot On-Call at 603-663-4567, unless otherwise noted. For additional program details, visit www.elliothospital.org.

- EH: Elliot Hospital, One Elliot Way, Manchester
- EBHS: Elliot Behavioral Health Services, 445 Cypress Street, #8, Manchester
- LON: Elliot Medical Center at Londonderry, 40 Buttrick Road, Londonderry
- EWC: Elliot Wellness Center, 1070 Holt Avenue, Manchester
- SHC: Senior Health Center, 138 Webster Street, Manchester
- CBE: Childbirth Education, 33 South Commercial Street, Manchester

GENERAL HEALTH EDUCATION

**Dare to C.A.R.E. Cardiovascular Health Seminar**

EH: Wed, Dec 9, 4-6:45 p.m. Must register.

Educational series presented by 4 cardiologists and a vascular and thoracic surgeon. FREE cardiovascular screenings will be made available to qualified participants at a later date.

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

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

**Heartsaver First Aid**

EWC: Wed, Dec 9 or Feb 10, 6 to 9 p.m.

Learn techniques to give immediate care to an injured or suddenly ill person or to someone involved in a life-threatening situation; and when to alert medical personnel.

**Heartsaver CPR**

EWC: Sat, Jan 9, 8 to 11 a.m.

**CPR for New Healthcare Professionals or those with expired certification**

EWC: Sat, Dec 5 or Feb 6, 8 a.m. to 1:30 p.m.

**CPR Renewal for Healthcare Professionals**

EWC: Sat, Jan 9, 11:30 a.m. to 2:30 p.m.

**Healthy Infant & Child First Aid & CPR for all ages**

EWC: Wed, Jan 13 & Jan 20, 6 to 9 p.m.

**Shortness of Breath Seminar**

EH: Tue, Feb 23, 3:30 to 4:30 pm

SHC: Wed, Mar 24, 1:30 to 2:30 pm

Call 663-2366 to register.

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.

**Elliot Center for Tobacco Treatment**

By appt., call 663-2201 for more information. Sessions reimbursed by Anthem.

- Four 1-hour private sessions $125
- Two private sessions $100
- One, half-hour private session $30

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

**Safe Sitter Program**

EWC: Sat, Feb 6, 8:45 a.m. to 4 p.m.

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

**Solving the Caregiver Puzzle**

Free!

SHC: 4th Tue 4 to 5 p.m.

LON: 2nd Thu 4 to 5 p.m.

Caring for an older adult? Sign up to attend a free information session with a social worker from Elliot Senior Health Primary Care. Strategize in this small group setting with a social worker to find answers to your questions and concerns.

**Foot Clinic**

LON: Every 4th Mon from 9 am to noon, beginning Sep 28.

Marie Cole, RN will be in Londonderry, with one patient every 30 minutes to address your foot care needs from a clinical perspective.

**Total Joint Replacement Pre-operative Patient Education Class**

Free!

EH, King Unit: 2nd & 4th Mon, 6 to 7:30 p.m.

Learn how to prepare for your knee or hip replacement surgery, plus what to expect following the procedure and through the therapy process. To participate, please speak with your surgeon.

**Women’s Health Pre-operative Patient Education Class**

Free!

EH, King Unit: On-going.

For women with scheduled gynecological procedures at Elliot Hospital. Learn how to prepare for surgery, what to expect following surgery, pain management and more. Your questions answered. Patients are encouraged to bring a family member or support person to this meeting. To participate, please speak with your surgeon.

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

Free!

EH, 1-Day Surgery Center: First & Third Wed monthly, 3 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.

LBI Health Management Assessment

$29

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

Understanding & Managing Chronic Pain

$35

Thu Jan 7, thru March 18, 5:30 to 7:30 p.m. Call 663-2767 to register.

Learn techniques to control pain, improve function, restore hope and improve quality of life. Taught by Lorry Roy, RN. Lorry has 20+ years of experience working with chronic pain patients.

GENERAL FITNESS

**Stability Ball**

$70 (10-week session)

EH, Wellig Group Exercise Room, Ground Floor of Elliot Hospital: Jan 4 to Mar 10, 6 to 7 p.m. & 7 to 8 p.m.

Learn how to strengthen your core muscles (abs 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 Wal-Mart, Target or any sports/fitness store. Instructor: Thomas Berube, Certified ISSA Fitness Trainer

**Intermediate Yoga**

$70

EH, 1-Day Surgery Center: First & Third Wed monthly, 3 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.

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

Care Strength and Conditioning $28
EWC: Fri, Jan 18 to Feb 19, Mar 5 to Apr 16, 6 to 7 a.m.
This class focuses on core (abdominals, obliques, back muscles) and pelvic stabilization. Also, incorporates sports conditioning moves to enhance overall strength and cardiovascular.

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, Jan 4 to Feb 15; Mar 1 to Apr 12, 9:30 to 10:30 a.m.; Thurs, Jan 7 to Feb 18; Mar 4 to Apr 15, 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, Jan 5 to Feb 16; Mar 2 to Apr 13, 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 $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.

Screenings and Clinics

Do you know your Numbers? (Cholesterol Tests) Free
EWC: 3rd Thur monthly, 8 a.m. to noon
Fasting Lipid Profile with Glucose $24
Non-Fasting Total/HDL $20
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 668-3007.

Are You at Risk for Osteoporosis? $22
EWC: 3rd 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.

Support Groups

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

S.H.A.R.E. $15
Third Wed monthly, 7 to 9 p.m.
For parents who have experienced a miscarriage, stillbirth or neonatal death. For info, call 663-3396.

Postpartum Emotional Support Group Free
EH, Elliot Childcare Center Activity Rm, Elliot Hospital campus, 450 Massabesic St., Manchester: Tue, 10:30 a.m. to noon. Call Alison Palmer, RNC, MS, at 663-3052 for more information.
This support group is designed to help support women experiencing mood, anxiety, and thought disorders during pregnancy and the 1st year after their baby's birth. We will discuss issues and coping strategies related to the adjustment period and challenges of new motherhood.

Living Beyond Breast Cancer Free
EH, Cancer Ctr: 2nd Wed monthly, 6 to 7:30 p.m. Call 663-1804 to register.
Provides mutual support and sharing for any woman who has experienced breast cancer.

Living with Cancer Free
EH, Radiation Therapy Dept.: 3rd 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.

Pink Ladies $24
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.

Lymphedema Clinic Free
EH Cancer Ctr: 2nd & 4th 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.

Bereavement Support Group Free
LON: 4th Thur monthly, 4 to 5 p.m. Call Barbara Pines, LICSW at 552-1533 to register or for more information.

SHC: 2nd Tue monthly, 11 a.m. to noon. Call Barbara MacPhee, MSW at 663-7051 for more information.
Coping with grief can be overwhelming. This group offers individuals a safe place to express their feelings and learn coping skills and gain a sense of value and purpose.

Caregiver Support Group Free
LON: 2nd Wed monthly, 6 to 7 p.m. Call Barbara Pines, LICSW at 552-1533 to register.
SHC: 1st & 3rd Tue monthly, 10 a.m. Call Barbara MacPhee, MSW at 663-7051 for more information.
Learn strategies for caring for yourself, identify ways to build a support system, and learn new coping strategies. Confidential.

Prostate Cancer Free
EH, Conference Center: 4th Mon monthly, 6:30 to 8:30 p.m. Call 663-4170 for more information.
Support and education for men with prostate cancer, their families and/or support person.

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

AICD (Automatic Internal Cardiac Defibrillator) Free
1st Fri 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
3rd Wed 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.

Chronic Pain Free
EH, Wound Center: 2nd & 4th Tue monthly, 5 to 6:30 p.m. Call 663-2767.
Peer support group focused on education; bringing new thinking to what chronic pain patients can do to more fully engage in life. Guest speakers.

Men’s Breakfast Free
SHC: 4th 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

Heart Health $24
EH, Wed, Jan 27, 1:30 to 2:30 p.m.
This interactive presentation explores the inner workings of the heart and how pacemakers have evolved over time! Presented by Dr. Alan Kaplan.

Register online at www.elliotthospital.org or call Elliot On-Call at 603-663-4567
**COMMITMENT TO WELLNESS**

**Osteoporosis**  Free!  
SHC: Tue, Dec 15, 1:30 to 2:30 p.m.  
Learn about osteoporosis: screening tools, treatment and prevention for the older adult, presented by geriatrician, Dr. Manish Chopra.

**Purposeful Living**  Free!  
SHC: Thur, Feb 11, 11 a.m. to 12 p.m.  
Learn ways to enrich your life, rediscover resources within yourself as well as opportunities in the community. Presenter: Barbara MacPhee, MSW.

**Fusion**  $55  
SHC: TTh, Dec 1 to Feb 11, 5:15 to 6:15 p.m.  
This class is a dynamic mix of exercises all in one program, beginning with cardio movements to increase cardiovascular health, followed with strength training from head to toe to improve muscular endurance and ending with basic pilate and yoga moves to improve core strength and balance.

**Strength Training**  $55  
SHC: TTh, Dec 1 to Feb 11, 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.

**Matter of Balance**  $20  
SHC: TTh, Mar 23 to Apr 15, 1 to 3 p.m.  
This award winning 4-week program is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. Designed for the community-dwelling older adult who is ambulatory (with or without assistive devices) and able to problem-solve.

**T’ai Chi Level 1**  $55  
SHC: Tue, Dec 1 to Feb 9, 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 T’ai Chi™. It is based on the Yang Style, the most popular in the world today, but modified just for seniors. It incorporates Qigong warm-up and then a form of slow, continuous and graceful movements to increase strength, range of motion, balance and relaxation. It also refers to T’ai Chi’s history as an art of self defense. Taught by the Oriental Healing Arts Association instructors.

**T’ai Chi Level 2**  $55  
SHC: Tue, Dec 1 to Feb 9, 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 or four Level 1 sessions before moving to Level 2.

**Seniors in Motion**  $55  
SHC: TTh, Dec 1 to Feb 11, 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.

**Gym Membership**  $65  
SHC: Mon to Fri, Nov 23 to Feb 19, 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+.

**Cardio Sculpt**  $55  
SHC: M/W, Nov 30 to Feb 10, 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.

**Talk ‘n Diabetes**  Free!  
SHC: 2nd Tue month, 10 to 11 a.m.  Must register.  
Open discussions to help you take control of your diabetes one step at a time plus holiday eating tips.

**Fit & 50**  $55  
SHC: Mon/Wed, Nov 30 to Feb 10; 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: TTh, Jan 5 to Feb 18; Mar 4 to Apr 15; 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.

**Fit & Feisty II**  $40  
EWC: Tu/Th, Jan 5 to Feb 18 & Mar 4 to Apr 15, 11 a.m. to noon  
This class is for anyone 50+ who would like a more challenging class. Incorporates low impact aerobics, strength (using bands, balls and hand weights) and stretching to follow. Instructors: Jill Pelletier & Chris Guthro.

**Lo-Impact Chair Aerobics**  $55  
SHC: M/W, Nov 30 to Feb 10, 11:30 a.m. to 12:15 p.m.  
Simply put chair aerobics is doing exercises in a chair. It is ideal for seniors who want the benefits of group exercise but who do not have the stamina or balance to perform exercise while standing. The class will consist of light aerobic conditioning using arm and leg movement, muscle conditioning and light stretching.

**Elliot Senior Health Center Open House**  Free!  
SHC: 3rd Tue Monthly, 5 to 7 p.m.  
Meet the director of Senior Health and take a tour of the Health Center.

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

**Chair Aerobics Plus!**  $55  
SHC: M/W, Nov 30 to Feb 10, 10:30 to 11:15 a.m.  
Simply put chair aerobics is doing exercises in a chair. The class will consist of light aerobic conditioning using arm and leg movement, muscle conditioning and light stretching. During the class participants will perform balance exercises using the chair as support.

**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.  
$20  

**Lipid profile**. Includes a complete breakdown of HDL, LDL, Triglycerides, and glucose. A 12-hr fast required; no food, only water & meds.  
$24  

**Osteoporosis**  
$22  

**Medicare Part D Assistance**  Free!  
SHC: Mon and Wed by appt. 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 Thur month, 9 to 10 a.m.  
To schedule an appointment, call 663-4567.  
LON: First Thur monthy, 9 to 11 a.m. To schedule an appointment, call 552-1533.  
Receive free assistance in planning.

**Elder Law Clinic**  
SHC: 2nd Wed Monthly, 4 to 5 p.m.  
Elder Law Attorney Paul Thornhill, Esq. will be available to answer questions pertaining to Durable Power of Attorney, Estate Planning, Medicaid Planning, Wills, Guardianship and much more. Appointments are requested.

**AARP’s Driver Safety Program**  
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!

**Drawing and Painting**  
SHC: Wed, Feb 3, 2 to 3:30 p.m.  
Inspire your creative side through mixed media art. Call to sign up, space is limited.

**Senior Health Center Resource Library**  Free!  
SHC: Open daily.

Our library offers information about all local and statewide services available to seniors.

**Computer Classes**  $20  
SHC: Ongoing. Class size limited to 4 students ea.  
Very Basic Computer, Basic Word, Basic Excel, Introduction to E-mail & Internet. Includes workbook.
Breastfeeding $50 per couple
CBE: On-going
Certified Lactation Consultants introduce expectant mothers and their partners to the advantages of breastfeeding, proper techniques, and what to expect in the first few weeks at home. Further discussion includes choosing a breast pump, and collection and storage of breast milk.

Labor Series — 1 Day Intensive Class $125 per couple
CBE: Sat, Dec 12, Jan 3 or Feb 27, 9 a.m. to 4 p.m.
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.

Parenting Your Newborn $50 per couple
CBE: On-going
Prepare for your new baby and the transition into parenthood. Learn about normal newborn appearance and behaviors, procedures after birth, basic care and more.

Mom’s Group Free!
CBE: Wed, 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
- Prenatal Yoga
- Safe Sitter
- Sibling Class

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

Elliot Lab Services now Available in Atkinson

Elliot Health System is making managing your own health even more convenient with the opening of a new patient care center, Elliot Laboratory Services at Atkinson, located at 58 Island Pond Road in the Rockingham Family Healthcare building, just off of Rte. 111 in Atkinson, NH. Easy access to lab services such as blood drawing and specimen collection are now available near your home or where you work. These services are available to both Elliot patients and those of other community providers. The patient care center is staffed by a qualified and experienced phlebotomist committed to your comfort and to meeting all of your testing needs.

The lab is open Monday through Friday, 7:30 a.m. to noon with expanded hours to follow. In addition to this location, Elliot Laboratory Services offers convenient hours at seven other locations in Bedford, Hooksett, Londonderry and Manchester.

For more information call Elliot Laboratory Client Services Department at 663-3555.

Elliot Laboratory Services

Elliot On-Call 603-663-4567 | www.elliothospital.org | Winter 2009/2010
Elliot Health System Receives Full Accreditation from the Joint Commission

Six Surveyors recently gathered in the Elliot Hospital Boardroom to begin their meticulous review and accreditation process of Elliot Health System. Elliot leaders set a fantastic first impression for the week-long survey and the staff welcomed the opportunity to showcase their excellent work.

Following the opening conference, the surveyors worked throughout the organization talking with patients and staff to evaluate the care and services being provided. The end result was an overwhelmingly flattering experience. The Surveyors met with Senior Leaders and Board Members and expressed how much they enjoyed this visit both because of the wonderful staff who welcomed them into their patient care areas, but more importantly because of the excellent care and services they witnessed.

Top Hospitals in New England

The Elliot Hospital has been ranked as one of the top four hospitals in New England by RN readers of ADVANCE for Nurses Magazine. Elliot ranked 4.75 or higher (out of 5) in the following categories: quality of care, organizational culture, communication, professional development, and retention efforts.

Congratulations Elliot Laboratory Services

Elliot Laboratory Services at Hooksett and Londonderry successfully completed onsite inspection by the College of American Pathologists, (CAP). The College of American Pathologists is an approved accrediting organization with requirements equivalent or more stringent than those approved by the Centers for Medicare and Medicaid Services, (CMS). Elliot Laboratory Services at Hooksett and Londonderry were awarded CAP accreditation and join an exclusive group of more than 6,000 laboratories worldwide that have met these standards of excellence.

Consumer Choice Award Winner 2005, 2006 & 2009

Elliot Hospital has been named a 2009 Consumer Choice Award winner by National Research Corporation (NRC) for being the most preferred hospital for overall quality and image in the Manchester and Nashua service area. This marks the third year (previously awarded in 2006 and 2007) that consumers have chosen Elliot as their top hospital of choice. The Consumer Choice Awards are based on four Healthcare Market Guide Quality/Image indicators: Best Overall Quality, Best Doctors, Best Nurses, and Best Image/Reputation. Residents were asked to rate their local hospitals as part of a national survey conducted by NRC each year.

“We at Elliot are proud to have once again, been named a top hospital by the people we treat,” said Doug Dean, President and CEO. “Our mission is to provide quality healthcare to the community and we are honored that our patients have placed their trust in Elliot and value our services.”

NRC honored Elliot, along with other top hospitals in the nation, in the October 12th issue of Modern Healthcare.

“Healthcare has become an increasingly important issue across the country and empowered customers are making decisions for themselves and their families when selecting healthcare facilities and services,” said Ginny Martin, President of NRC’s Ticker Division. “As care options multiply and financial challenges remain strong, consumer perception of quality continues to grow in importance. Dedication to providing high quality healthcare has become essential for all hospitals. In the face of adversity, these Consumer Choice award winners exemplify the dedication it takes to provide quality healthcare to their communities, and we are pleased to honor them through the eyes of their patients.”

Press Ganey Recognition Certificate for Increasing Patient Satisfaction

Press Ganey recognition certificate for increasing patient satisfaction survey scores from April to June 2009 in the following areas: • Elliot Surgical Day Care • Fitch Unit • Fuller Unit • King Unit • Cardiac Intermediate Care Unit (CICU) • Pediatrics and the Maternity Center
If you think of the Press Ganey Summit Award as a sort of “people’s choice” award, then you'd understand why Elliot 1-Day Surgery Center’s William DiFederico is pinching himself.

It’s an industry-wide medal of honor when it comes to excellence and customer satisfaction.

“I really am pinching myself. I’ve come from several organizations where, if we could have just gotten Press Ganey baseline scores, we’d have been happy. Organizations receiving the Summit Award have actually maintained extraordinary performance – in the 95th percentile or above – for at least three years,” said DiFederico, who has been Administrative Director of the surgical center since June.

This is the fourth consecutive year Elliot 1-Day has earned the prestigious award.

DiFederico gives credit where it’s due, to the dedicated and experienced staff whose daily mission is making sure clients are not only well informed but handled with care. It’s a dedication that comes from the top down, and was apparent from his first days on the job.

“Orientation in any new job can be a painful experience, and in a hospital setting you have to go through all the standard issues. Here at the Elliot, they spent a good two hours going over patient satisfaction, customer service and excellence. In all my years in the industry, that was something different for me,” DiFederico said. “When that is part of the overall vision and culture of an organization, you know it has to have an effect. For all of us within the Elliot Health System, it’s our constancy of purpose that drives us.”

Each year Press Ganey surveys patients from more than 7,000 hospitals and medical centers around the country on various aspects of their overall experience, from initial contact through post-operative care. The process is extensive and done anonymously, resulting in a fair assessment of services and customer satisfaction.

DiFederico said Elliot Health Systems works hard at maintaining a level of consistency through staff training and positive reinforcement, something that pays off with every positive patient interaction.

“The simplest way I can explain it is that we want to make sure we treat the whole patient, from their feelings and interpersonal needs, to the physical. When you are anticipating surgery, you come in with certain anxieties; that’s natural. We here at the Elliot 1-Day try to take a more holistic approach. Even before you step foot on the unit, we’ll talk about your surgery, answer questions, alleviate whatever fears you may have, so when you finally do come in for surgery, you are coming in feeling more at ease.”

With mounting apprehension over the future of health care, and constant changes to clients’ existing policies, DiFederico acknowledges that a growing number of patients are seeking payment options for surgical procedures, a phenomenon he predicts will continue to accelerate.

“We’ve really tried to be sensitive to the needs of our patients on this – it’s something we saw coming and tried to get in front of. So if a patient calls and needs a procedure, but has no insurance, we can work out arrangements, over a period of a few months up to 36 months. Part of that process includes educating patients about the cost of their surgery from the beginning – knowledge truly is power, and so it allows them to consider their options,” DiFederico said. “It’s been a win-win situation, and we fully expect to see more patients opting for payment plans, at least until there are some tangible changes in health insurance.”

Patients coming for surgery, no matter where they are treated, have to deal with pre-op anxieties, post-operative care and finances. Being the surgical center of choice means finding ways to make sure every patient gets the one-on-one attention they need to be prepared.

“I’ve seen it time and again, watching our staff interacting with patients and their families on the day of surgery,” DiFederico said. “I’m not trying to put us on a pedestal. I’m just saying that we are very focused on making sure we deliver excellent care, from start to finish. Patient perception is their reality, so we don’t want to minimize their experience. It may sound cliché, but you really don’t get a second chance to make a first impression.”
On Friday, September 25, 2009, the Gala theme of “Take Me to the River” came alive as many Elliot supporters attended a dinner, dance and silent auction to help benefit the future Elliot at River’s Edge. With the help of 380 attendees and major sponsors, the Elliot Hospital Associates raised over $80,000 to support Urgent Care, a signature service that will be located at Elliot’s new River’s Edge facility.

The Elliot Hospital Associates have proudly dedicated their time and energy with events to help raise money for new initiatives at the Elliot. “On behalf of the Elliot Associates, I would like to thank our many sponsors and supporters for the success of tonight’s celebration,” stated Linda Molloy, Co-President of the Elliot Hospital Associates. The Elliot at River’s Edge will bring the first ever Urgent Care Center to Manchester and improve access to care for the community. “For over 100 years, the Elliot Hospital Associates have dedicated themselves to the needs of Elliot. Tonight’s celebration is just another example of their unwavering commitment to us and to this community,” said Doug Dean, President and CEO.

The success of this event could not have been possible without the support of our Premiere Sponsor, Cube 3 Studio, LLC and our other corporate sponsors including: Anagnost Companies • Suffolk/Eckman Joint Venture • Martini Northern • Epic Systems Corporation • In Memory of “Monty” • AKF Group, LLC • Shaheen & Gordon, PA • TD Bank • Baker Newman & Noyes • Triangle Credit Union • Hayes Management Consulting • Morgan Stanley • Northeast Delta Dental • WMUR-TV 9 • Amoskeag Anesthesia, PLLC • Brophy Wealth Management • FocalCastMedia, LLC • Haggerty’s Cleaning Service, Inc. • Moore Center Services • Principal Financial Group • Telephone & Network Technologies • Winbrook • Central Paper Products • CGI Employment Benefits • CIGNA HealthCare • LaBelle Strategic Resources • Lindner Dental Associates • McLean Communications • Wadleigh, Starr & Peters, PLLC.
PAIN MANAGEMENT

LOW BACK PAIN

Dr. Syed A. Razvi, MD, Pain Management Center

Lower back issues are one of the leading causes of pain and disability in America. A majority of adults will suffer from low back pain at some point in their lives with increasing frequency as they age. Although there are many causes of low back pain, this article will focus on the joints of the lower back (facet joints) as a cause of lower back pain.

The area surrounding facet joints has a large number of nerve endings that, when triggered, can cause low back pain. In rare instances, this pain can be traced to a specific trigger event. In general, however, the overwhelming majority of cases are the result of low-grade trauma or repetitive strain. Simply stated, as aging occurs, the joints become worn and weaker.

It is not always simple to diagnose facet joint disease. Sometimes symptoms include localized pain that is often worse when standing or sitting in one position for a long time, or it occurs on one side of the back or the other.

The treatment of facet joint pain begins with an anti-inflammatory medication. Often, a back support is also recommended initially to help reduce the strain on the facet joints. Appropriate exercise programs and yoga can also help reduce pain and prevent relapse in patients with chronic low back pain and specifically low back pain caused by facet disease. Patients with longstanding lower back pain issues can often benefit from behavioral therapy as well. (The Pain Management Center offers a beneficial 10-week class for patients who live with chronic pain.)

Sometimes, interventional treatments are prescribed. There are two primary interventional treatments for facet pain:

- Steroid Injection: The injection of a minute amount of local anesthetic is all that is needed to anesthetize the facet joint and determine if it is the cause of the low back pain. If so, a small dose of steroid may also be injected to block the nerve. This can help reduce inflammation, which is often a strong contributor to the pain.
- Radiofrequency lesioning (RF): Electrical impulses are transmitted into affected tissue using coated electrodes. If pain is temporarily relieved by the steroid injection, longer-term benefits may be gained with radiofrequency lesioning to block the nerve.

Clinical studies have shown relief in 50 to 80 percent of patients without history of previous back surgery and 35 to 50 percent of patients with history of back surgery after radiofrequency denervation, a process that involves inserting a needle through the skin and introducing heat to the nerves causing pain.

When pain returns after radiofrequency denervation – typically between six months to a year – the procedure can be repeated with expectations of receiving the same positive results.

Procedures on facet joints are now the second most common pain procedure performed in the U.S. At the Elliot Hospital’s Pain Management Center, we do over 900 facet procedures per year.

Dr Razvi joined the Pain Management Center in 1999 after completing his residency at Brigham and Women’s Hospital in Boston. He holds undergraduate and graduate degrees from the University of Massachusetts, Amherst, and University of Massachusetts Medical School, Worcester. Dr Razvi’s internship in Internal Medicine was completed at Faulkner Hospital in Boston and his interest in pain management led to a Fellowship in Pain Medicine at Brigham and Women’s Hospital. He is Board Certified in Anesthesia and has added qualifications in Pain Management by the American Board of Anesthesiology.
CRANBERRIES: Fact or Folklore?
Linda Tate, MS RD LD, Clinical Dietitian, Elliot Center for Advanced Nutrition Therapy, Live Better Institute

Does the cranberry associated with chicken, turkey and holiday meals really have any health benefits? Several years ago, I got that answer wrong on a nutrition exam. The question asked, “What juice would be recommended for a patient in the hospital on strict bed rest to prevent a urinary tract infection?” It must have been a fact that I overlooked in my preparation for the exam. Why would any juice or fluid make a difference, as long as the patient received adequate fluids? Answer: there is a difference and scientific proof as to the benefit of cranberry juice.

Cranberries are considered a functional food, with phytonutrients and antioxidants that have been proven in several studies to not only prevent urinary tract infections, but decrease heart diseases and some forms of cancer. Functional foods are foods that have health benefits beyond basic nutrition. Scientists have determined that substances in cranberries may prevent disease-causing bacteria from sticking to the walls of the urinary tract. Other studies have shown that cranberries have similar protective effects in gum disease and stomach ulcers. Phytonutrients, sometimes referred to as phytochemicals are naturally occurring chemicals in fruits and vegetables that scientists say improve health and prevent disease. Antioxidants are disease-fighting compounds present in plant-based foods.

The first settlers in the New World learned about the cranberry from the Native Americans who had used the fruit for a variety of food and medicinal purposes for many years. Cranberries were used to treat a variety of ailments, including stomach, liver, gall bladder and kidney disease. These uses led to the modern folklore that touted the health benefits of cranberries. The fact that it was a locally grown fruit, easily stored and available for a variety of baking uses led to its popularity in New England and elsewhere.

The American Dietetic Association and other health organizations recommend that individuals consume a minimum of five servings of fruits and vegetables daily. A 6-ounce serving daily of cranberry juice is recommended by researchers for good health. While one study had participants consume pure cranberry juice, the beneficial health effects can be obtained with the more readily available cranberry juice beverages. Most cranberry drinks are fortified with vitamin C enhancing its functional health benefits.

CRANBERRY CHUTNEY (adapted from allrecipes.com)

Ingredients:
• 1 cup water
• 3/4 cup white sugar
• 1 (12 oz) package fresh cranberries
• 1 cup apples - peeled, cored & diced
• 1/2 cup cider vinegar
• 1/2 cup raisins
• 1/2 teaspoon ground cinnamon
• 1/4 teaspoon ground ginger
• 1/4 cup ground cloves

Procedures:
1. In a medium saucepan combine water and sugar. Bring mixture to a boil over medium heat. Add cranberries, apples, cider vinegar, raisins and spices. Bring to a boil, then simmer gently for 10 minutes stirring often.
2. Pour mixture into a mixing bowl. Cool to room temperature and serve or cover and refrigerate.

Nutritional Information
Servings Per Recipe: 20
Amount Per Serving
Calories: 52
• Total Fat: 0.1g
• Cholesterol: 0mg
• Sodium: 2mg
• Total Carbs: 13.4g
• Dietary Fiber: 1.1g
• Protein: 0.2g
Are You Having Difficulty BREATHING?

Ask yourself these important questions:
- Do you experience shortness of breath when climbing stairs, walking or exercising? Yes ☐ No ☐
- Has your Doctor told you that you have a chronic respiratory disease? Yes ☐ No ☐
- Does shortness of breath stop you from keeping up with people your own age, traveling or socializing? Yes ☐ No ☐
- Were you a smoker? Yes ☐ No ☐
- Do you find it difficult to do regular daily activities such as bathing, dressing, housework or shopping because of shortness of breath? Yes ☐ No ☐
- Do you take numerous respiratory medications, inhalers or nebulizers? Yes ☐ No ☐
- Do you use oxygen? Yes ☐ No ☐

If you answered yes to one or more of these questions you may benefit from a Pulmonary Rehabilitation Program. The Elliot Hospital offers a 6-week outpatient Pulmonary Rehabilitation program designed to control and alleviate the symptoms and complications of respiratory disease. The goal of the program is to improve your quality of life. Through exercise and education you will increase your strength and endurance, which will enable you to complete your regular daily activities with less effort and shortness of breath.

The Elliot Hospital’s Pulmonary Rehabilitation department has been serving the community for over 10 years. Through a team of healthcare professionals consisting of a nurse practitioner, respiratory therapists and physical therapists, the program offers an individualized exercise care plan tailored specifically for you. A referral from your physician is required. Your physician is made aware of your progress. Upon completion of the 6-week program, pulmonary rehabilitation maintenance classes are offered for those who are interested.

If you or someone you know would like more information please contact: Lisa Eckhardt, 663-2366, LEckhardt@Elliot-hs.org
For many individuals and families, the realization a family member needs extended healthcare brings uncertainty and questions: “What if we choose the wrong person?” “What if mom/dad don’t like the provider?” “How do we know she’s getting the best care possible?”

Some people hear about experiences colleagues or friends have had with home healthcare providers. Others read articles in the paper, and many of us don’t know where to begin. There are simple guidelines you can follow when selecting a home healthcare provider. When you find a provider with whom your family member feels comfortable, you feel less anxiety and concern.

Four Factors for Quality Home Healthcare

No two home healthcare providers are alike, but there are four factors that create excellent client and provider experiences. They are:

1. the expertise that the provider offers;
2. the ability of the provider to communicate with the individual, family, social workers, and colleagues;
3. the personal relationships that develop between the client and provider; and
4. attention to detail, such as schedules and treatments.

A provider that demonstrates that these four factors are consistently and thoughtfully delivered to clients increases the likelihood of a high-quality home healthcare experience.

Explore Your Options Carefully

Selecting the right home healthcare provider can provide peace of mind. Unfortunately, finding the right provider can get complicated or downright frustrating. Few people are trained - or even expect - to be placed in the position of finding a home healthcare provider. It’s not an intuitive process, and many providers introduce themselves in a blaze of glory only to follow with enormous failure in delivery. Avoid such disappointment by taking some time to think about what you and your family need, and learn all you can about the organization that wants to provide you with home healthcare services.

Objective Assessment of Needs

The person who requires care and the caregiver may have different perceptions of the person’s requirements. An elder care nurse or social worker can play an important role by providing an objective assessment of needs; facilitating communication between the caregiver, the person requiring care, and the family; and resolving issues that surround independence and concern about loved ones.

Take a Long-term View

Elder family members may require greater medical attention as they grow older; a home healthcare provider may be part of their lives for a long time if they remain at home. Therefore, you should consider two key questions: Does the agency offer continuity of care and nurse supervision? Does the agency have strong roots in the community that ensure sustainability?

By selecting a home healthcare provider with a strong reputation and the ability to provide multiple levels of care, your family member or loved one will receive continuity of quality care, see a familiar face at the door, and experience depth of caring that will provide you with peace of mind and confidence in the choices you make.


VNA Personal Services provides long-term care and planning designed to help seniors age in place safely, comfortably, and with as much independence as possible. Our team of Nurses, Licensed Nursing Assistants and Homemakers can help with personal care, housekeeping, laundry, meal preparation, errands, transportation to appointments/ lab and/or recreational activities, medication management, supervision, and companionship. By securing services through the VNA Personal Service Department you are investing in high quality care found throughout the Elliot system of care. We can be reached at 663-HOME (4663).
Q: *What is Osteoporosis?*
A: Osteoporosis is a condition that weakens the bones of your skeleton. Bones, like other tissue in your body, are living structures that constantly are changing. New bone is made and old bone is taken away. Osteoporosis develops when the pace of new bone formation cannot keep up with the loss of bone.

Q: *That seems like a natural condition of getting older. Why should this concern me?*
A: The patient with osteoporosis will have weaker bones making them much more susceptible to fractures and disability.

Q: *What are the risk factors and how do you diagnosis a person as having osteoporosis?*
A: A history of osteoporosis in the family, being thin or having a small body frame, as well as cigarette smoking and excessive alcohol intake are all risk factors. Another risk factor is for postmenopausal women who have been on hormone replacement therapy (HRT/ERT) for prolonged periods. A bone density test, called a DXA Scan, is often used to screen for and detect the early stages of osteoporosis.

Q: *What is a DXA Scan and is it accurate?*
A: DXA stands for “dual-energy X-ray absorptiometry,” and is considered the most accurate test for bone density. While standard x-rays show changes in bone density after about 40% of bone loss, a DXA scan can detect changes after about a 1% change. A DXA scan lasts about 10 minutes, and exposes the patient to less radiation than a standard chest X-ray (about the same amount of radiation exposure as taking a trans-continental flight).

Q: *Does Medicare pay for DXA Scans?*
A: Current Medicare guidelines allow reimbursement in the following cases: If you’re postmenopausal and at risk for osteoporosis; to assess your response to osteoporosis medications; if you have a condition called primary hyperparathyroidism; if you have certain spinal abnormalities that might indicate a fracture; or if you’re on long-term corticosteroid therapy, such as prednisone.

*For more information about DXA Scan and whether it’s something you should consider, ask your doctor.*
Falls are the leading cause of injury and accidental death in the U.S. among older adults. While most falls do not result in serious injury, the odds of falling after age 65 are about 1 in 3. The risk increases among seniors due to a combination of common age-related physical changes, medical conditions and medications commonly used to treat these conditions.

Although it may be tempting to live more cautiously as you age, allowing a fear of falling to alter your life or limit activities is not the answer. Many falls and related injuries are preventable just by following these eight steps:

1. During your next office visit, be sure to tell your doctor about any falls you’ve had in the past. Some related topics also worth discussing with include:
   - Strength and balance
   - Sight and hearing
   - Cardiovascular status
   - Current exercise and/or activities
   - Fear of falling
   - Medications – including over-the-counter products

2. Ask your doctor if you would benefit from a bone density scan, also referred to as a DXA scan (for Dual energy X-ray absorptiometry.) This is a pain-free screening of your bones to check for osteoporosis. As we age our bones can become brittle and more prone to fractures. Your healthcare provider might want to prescribe a medication to help strengthen your bones or recommend an over-the-counter supplement, such as calcium with vitamin D. Strong bones can help reduce injury at the time of a fall.

3. Keep moving. Physical activities, such as walking, water aerobics or Tai Chi, improve your strength, balance, coordination and flexibility. If you do not regularly exercise because of a fear of falling, there are options: Try a monitored exercise program, such as Matter of Balance, or ask for a referral to a physical therapist who can design a specific exercise program for you.

4. Take care of your feet. Notify your healthcare provider immediately if you notice any changes in your feet, including sores, discoloration in your skin or nails, or pain and swelling.

5. Make your home as safe as possible by removing clutter, maintaining your home in good repair, securing loose rugs/mats, using non-skid floor wax and bright lighting.

6. Avoid unnecessary risks. Use assistive devices, such as grab bars, when needed.

7. Afer lying down, take your time as you try to stand up. Sit on the side of the bed or couch for a few minutes before standing. Getting up too fast can cause dizziness or loss of balance.

8. Get an emergency response system or alert button for use in your home. For those rare occasions when accidental falls happen, an emergency call system can provide peace of mind and help you avoid an unnecessary fear of falling.
Dr. Vasyl Kasiyan MD, a geriatrician at Elliot Senior Health Primary Care practice, provides recommendations to his patients about how much calcium is needed and what is the best source of calcium.

Good nutrition is important at any age to maintain proper health and strong bones. Including calcium in your diet helps to reduce bone loss and also decreases the risk of fracturing the vertebrae – the bones that surround the spinal cord. We often hear about the importance of children drinking milk to build strong bones. Consuming calcium early in life leads to higher bone mass in adulthood. This increase in bone density can reduce the risk of fractures later in life. As we age, absorption of calcium becomes more difficult. To absorb calcium efficiently your healthcare provider might recommend adding a calcium plus vitamin D supplement – which allows your body to absorb the calcium.

So how much calcium is enough? Men and premenopausal women should consume at least 1,000 mg of calcium, while postmenopausal women who do not take estrogen should consume 1,500 mg. You should not consume more than 2,000 mg of calcium per day due to the risk of side effects.

The current recommendation is that all adults should consume at least 800 international units of vitamin D per day. Lower levels of vitamin D are not as effective while high doses can be toxic, especially if taken for long periods of time. Vitamin supplements are now available which include calcium plus vitamin D.

Diet can be a main source of calcium intake. One method of estimating dietary calcium is to multiply the number of dairy servings consumed per day by 300 mg. One serving is 8 ounces (240 ml) of milk or yogurt or 1 ounce of hard cheese. Cottage cheese and ice cream contain approximately 150 mg of calcium per 4 ounces (120 ml). Other foods in a well-balanced diet (dark green vegetables, some nuts, bread, and cereals) supply an average of 100 mg of calcium daily. Some cereals, soy products, and fruit juices are fortified with up to 1,000 mg of calcium.

Proper calcium intake is important at any age. Because no two people are exactly alike and recommendations can vary from one person to another, it is important to seek guidance from a provider who is familiar with your individual situation. Your healthcare provider is an excellent source of information for questions and concerns related to your health.
Our **DOCTORS** are in!

**Marcio Jablonka, DO**
Elliot Bay Medical Associates
4 Elliot Way | Suite 102
Manchester | 626-5900
www.elliotbaymedical.com

Dr. Jablonka attended the Universidade Federal do Rio Janeiro in Brazil and earned his Medical Doctorate in 2002. Thereafter, he completed his residency in Internal Medicine at Framingham Union Hospital and MetroWest Medical Center in Framingham, MA. Before joining Elliot, he worked in the Department of Internal Medicine at Hospital D’or in Rio de Janeiro, Brazil. Dr. Jablonka is fluent in Spanish.

**Randall Fenton, MD**
Elliot Family Medicine at Windham
58 Range Road | Suite R03-04
Windham | 894-0063
www.elliothospital.org

Dr. Fenton attended St. Louis University School of Medicine in Missouri and earned his medical degree as a Doctor of Medicine in 1991. He completed his residency in Family Medicine at Portsmouth Family Medicine in Portsmouth, VA before opening a private family medicine practice in Windham, NH. After eight years of successful practice, Dr. Fenton has joined Elliot and is expanding his practice.

**Elizabeth Saich, MD**
Elliot Primary Care at Londonderry
40 Buttrick Road
Londonderry | 552-1400
www.elliotdoclondonderry.com

Dr. Saich is a graduate of the University of Massachusetts Medical School where she earned her Doctor of Medicine in 2000. She completed her internship in Family Practice, obtained her Masters in Public Health and completed her residency in preventative medicine at the University of Massachusetts Medical School. She joined the Dartmouth Family Medicine Residency program in Concord, NH, where she became Chief Resident in 2008.

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

**ELLIO T 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.

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**Your Wellness Matters**

Your Wellness Matters is published as a community service for the friends and patrons of Elliot Hospital, One Elliot Way, Manchester, NH 03103, 603-669-5300, www.elliothospital.org.

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Timothy Boynton  Development Specialist, Elliot Charitable Foundation

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