Dr. Danielson specializes in family medicine. She received her medical degree at Brown University and completed her residency at Tacoma Family Medicine in Tacoma, Washington.

Dr. Gavris specializes in internal medicine and is fluent in Romanian, French and Italian. He received his medical degree from University of Medicine and Pharmacy in Craiova, Romania and completed his residency at Easton Hospital, in Easton, Pennsylvania.

Dr. Shahin specializes in family medicine. He received his medical degree at Semmelweis University of Medicine and completed his residency at Williamsport Hospital and Medical Center in Williamsport, Pennsylvania.
BRAIN TUMORS: Go home the same day with this amazing new treatment, page 4

Plus...Spine surgery available nowhere else in the world, page 5

SPRING HEALTH
Preparing your family for mosquito season pg 2

WOMEN’S HEALTH
New treatment for benign breast tumors pg 12

KID’S HEALTH
Surviving a shopping trip pg 13

GENERAL HEALTH
Bariatric Surgery pg 14
Looking for a new physician? pg 16

NUTRITION
Food and your mood High fiber bars pg 15

UROLOGY
Treatment options pg 6

www.elliothospital.org
While spring has just barely sprung here in New Hampshire, it’s not too early to start thinking about mosquitoes. Typically, our mosquito season runs from June through the end of October, but it’s a good idea to be prepared early due to the risk of mosquito-borne illnesses such as West Nile Virus and Eastern Equine Encephalitis (EEE).

Several cases of West Nile and EEE were seen in New Hampshire in 2005. These are very serious illnesses as they are not treatable and there is no cure. Physicians are only able to provide supportive care. Thirty-five percent of people infected with EEE will die. Of those that survive, 35% will suffer mild to severe brain injury.

There are many steps you can take to avoid mosquito bites. Wear long sleeves and clothing to keep skin covered. Wear dark colors. Avoid being outside from dusk to dawn when mosquito activity peaks and use insect repellent at all times.

Choose insect repellent wisely. There are many products on the market, but only products containing DEET, Picardin (KBR 3023) and oil of lemon evaluations show high efficacy in scientific studies. According to the label, oil of lemon eucalyptus products should NOT be used on children under the age of three. Products containing DEET is safe to use on children over two months of age. Children under two months of age should not be outside during heavy mosquito hours or should be protected by mosquito netting.

The amount of DEET in insect repellent varies from brand to brand. Choose a dose based on your family’s exposure risk and the length of time they’ll be outdoors.

- The maximum concentration for infants and children is 30%.
- Higher concentrations of DEET provide for longer protection, although it is not more effective than products containing less.
- Generally for 3 to 4 hours of protection, use products with more than 20% DEET.
- For short periods of time, use less than 20% DEET or the alternative 7% Picaridin.
- When using repellent on a child, apply it to your own hands and then rub them on your child.
- Avoid eyes and mouths and use it sparingly around a child’s ears.
- Do not apply repellent to children’s hands as they tend to put their hands in their mouths.
- Do not allow young children to apply insect repellent to themselves; have an adult do it for them.
- Always keep repellents out of reach of children.
- Do not apply repellent under clothing. If repellent is applied to clothing, wash before wearing again.

DEET Protection levels:
- Products containing 23.8% DEET provide an average of 5 hours of protection
- Products containing 20% DEET provide about 4 hours of protection
- Products with 6.65% DEET provide roughly 2 hours of protection
- Products with 4.75% DEET provide roughly 1 and a half hours of protection

Dr. Emmick and his colleagues specialize in Pediatrics and Internal Medicine at Riverside Primary Care in Hooksett.
Welcome to the Elliot Senior Health Center, a full service outpatient healthcare center dedicated to helping seniors achieve their maximum possible quality of life. As the nation’s first senior health center, we offer a seamless network of senior healthcare services, including preventive senior health primary care, senior health psychiatry, rehabilitation, radiology and laboratory services, health education and physical fitness programs.

Our physicians are geriatricians – specialists who have completed training in either Internal Medicine or Family Medicine with an additional 1-2 years training in the medical, social, and psychological issues that concern older adults. These geriatricians serve as primary care providers and work closely with our integrated healthcare team who also specially trained in senior health care.

Whether you’re in need of a primary care specialist, fitness programs or just a place to meet new people, the Elliot Senior Health Center is just for you!

Come See What’s Under Our Roof!

Primary Care Services  Specially trained geriatricians.
Senior Behavioral Health (Generations)  Treatment of aging, illness, mental and emotional issues.
Rehabilitation  Physical therapy services.
Laboratory Patient Service Center  Bloodwork and other tests.
Radiology Services  Mammography, bone densitometry, general diagnostic x-ray.
Fitness Center  50+ work out in a safe, non-competitive environment.
Health & Wellness  Classes, clinics and screenings. See page 8 for more information.
Café  Fresh, homemade baked goods and light meals are available throughout the day.
Education  Computer classes, tax preparation assistance and more.
Social Opportunities  Participate in any of our annual events and meet new friends.

YOUR FIRST APPOINTMENT AT THE ELLIOT SENIOR HEALTH PRIMARY CARE

This checklist will help you prepare for your first appointment with one of our geriatricians.

- Contact previous healthcare providers(s) to arrange for all medical records to be sent to the Senior Health Center.
- If possible, please also bring the patient’s immunization records.

Information needed for a patient’s first visit:

- Medical Insurance Information, especially insurance provider details.
- A list of major health problems.
- A list of medications currently prescribed.
- Dates of all prior and scheduled surgeries and hospital stays.
- A list of hospitals and physician offices with copies of any part of the patient’s medical records.

To make an appointment with a physician, call Senior Health Primary Care at 663-7030.
Imagine being diagnosed with a brain tumor. Chances are, you would want only the best medical care that science can offer. In fact, sophisticated technology has already transformed the way brain tumors are treated. It’s technology you’ll find nowhere else in Southern New Hampshire, other than The Elliot Regional Cancer Center.

Using a process called Stereotactic Radio Surgery (SRS), physicians are now able to treat both benign and malignant brain tumors, AV malformations, meningiomas and trigeminal neuralgia, without making an incision. The minimally-invasive treatment is so precise that most patients avoid hospitalization and return home the same day. The SRS process uses special technology to concentrate radiation on tumors, leaving healthy tissue unharmed. Patients are left with no incisions, stitches or scars.

Treatment usually consists of one or a few visits, unlike conventional radiation therapy. Upon arriving at the Elliot Regional Cancer Center, patients are fitted with a device to stabilize the head before undergoing a cat scan, which pinpoints the exact location of the tumor. Physicians then map out a treatment plan for the SRS procedure with the help of a computer. Finally, the patient lies awake on a table in the treatment room while the radiation goes to work on the tumor. Afterwards, the patient is closely monitored for complications for about an hour following treatment and then sent home.

The SRS procedure offers many advantages over traditional open-brain surgery. Physicians are able to treat areas of the brain that they normally couldn’t reach without damage to healthy tissue. Patients are also spared a long recovery. While Elliot will initially use SRS to treat abnormalities of the brain and spine, the technology has the potential to treat non-neurologically based tumors in the future.

Founded in 1966, the Elliot Regional Cancer Center was one of the first radiation oncology centers in the country. Since then, it has continued to be a leader in community-based oncology treatment. The addition of SRS technology offers patients comprehensive care not found anywhere else in Southern New Hampshire. Elliot’s Neurosurgeons and Radiation Oncologists have received special hands-on training and are credentialed in the use of SRS.

For more information about Stereotactic Radio Surgery, contact the Elliot Regional Cancer Center at 663-5785.
Step into the Operating Room at Elliot Hospital and you’ll see the latest advancement in spinal surgery that currently exists no where else in the world. A special machine, called the OEC® 9900 Elite (General Electric) enables surgeons to view the smallest of anatomical structures with never before seen clarity, providing an unprecedented view into the body and unmatched surgical precision.

Thomas Kleeman, MD of the NH Spine Institute recently became the first in the world to perform spinal surgery using the Elite and its state of the art imaging and navigation technology. Given the accuracy of the machine, procedures are often less-invasive, allowing Dr. Kleeman’s 30-year-old patient to return home one day after undergoing spinal fusion surgery.

Using x-ray and computer technology, Dr. Kleeman is able to refer to stored and real-time images of the operation site during the procedure. Special guidance capabilities predetermine the angle and depth before hardware, such as a pin, is actually inserted into the spine. The Elite enables surgeons to perform delicate and demanding surgery with greater precision and with minimal radiation to the patient or Elliot’s surgical team, setting the standard for hospitals across the country.

While currently used only for spinal surgery at Elliot, the Elite technology has the potential to be used for vascular, neurovascular, orthopedic, pain management and general surgical procedures.

Dr. Kleeman has also been involved in the research and development of other spinal surgical advancements. For example, he utilizes techniques to replace large incisions with ones that are less than 1 inch. This is done laparoscopically through the abdomen or the back. Dr. Kleeman also pioneered the use of a genetic material called Infuse that was tested at the Elliot for the Federal Drug Administration. The use of this material replaces bone grafts and expedites the healing process.

What your doctor needs to know BEFORE your surgery

MEDICATION SAFETY AT THE ELLIOT

Prior to any surgery, it’s important that your doctor is informed about all of your medications and allergies to avoid drug interactions and negative side effects. Be sure to provide a complete list, including the following information:

- What prescription and over-the-counter medications do you take?
- Do you take vitamins, herbs or dietary supplements?
- What dose or amount do you take?
- How often do you take the medication?
- Are you allergic to any medication?
- How do you normally react to your prescriptions and do you experience any side effects?

Remember, medication management is a partnership between you, your doctor and your pharmacist!
Laser procedure helps treat urinary strictures

Laser technology that has traditionally been used for skin resurfacing is now giving hope to those suffering from urethral strictures. People with this condition often have trouble urinating because of small urethras, sometimes caused by scar tissue.

To remedy the problem, patients usually undergo surgery or a process called dilations to increase the opening of the urethra. The dilations process is not a permanent solution, requiring patients to undergo multiple treatments.

The Davison Laser Center, in collaboration with John Munoz, MD, The Max K. Willscher Urology Center and John Hopkins University, has embarked on a research project involving the use of the Erbium Laser. The first-of-its-kind study provides a minimally invasive treatment for urethral strictures. The laser not only opens the stricture, but it also evaporates the scar tissue with less damage to healthy tissue than in traditional procedures. Researchers believe that Erbium laser treatment will decrease the rate of stricture recurrence.

Enlarged prostate sufferers find relief with laser treatment

The Max K. Willscher Urology Center is now providing Non-Contact Laser Ablation of the Prostate, utilizing the state-of-the-art Holmium laser. The minimally invasive technique is used to treat benign prostatic hyperplasia (BPH), also known as enlargement of the prostate.

The development of this procedure is an important milestone in the treatment of BPH, a disease that affects more than 14 million men in the United States. Approximately 50% of men over the age of 50 experience symptoms from an enlarged prostate. Non-Contact Laser Ablation of the Prostate offers patients dramatic symptom relief and improved quality of life, with minimal risk or side effects. In addition, patients can discontinue oral medications that they have been taking to control their symptoms.

The technique is performed with a specially designed laser that delivers energy with a very high degree of precision, allowing excess prostate tissue to be effectively vaporized and removed. Best suited for patients with mild to moderate prostate enlargement, the procedure creates a wide-open urinary channel to re-establish a free flow of urine and is usually completed under anesthesia in one hour or less.

The procedure offers immediate relief from symptoms of BPH that include frequent urination, urinary urgency, weak or interrupted urinary stream, difficulty initiating urinary stream, straining to urinate, and the sensation of incomplete bladder emptying. The procedure has proven to be effective on a long-term basis.

Non-surgical treatment for Prostate Cancer

Each year in New Hampshire, approximately 1,000 men are diagnosed with prostate cancer. If caught early enough, patients may be eligible for Radioactive Seed Implant, a minimally-invasive procedure that allows patients to avoid surgery.

The highly trained staff at the Max K. Willscher Urology Center has been treating prostate cancer with Radioactive Seed Implant for 10 years. The procedure is performed under anesthesia as the seeds are implanted into the prostate via an ultrasound-guided needle. Patients return home the same day with nominal pain. The tiny seeds gradually deliver radiation to the prostate to kill the cancer cells. Radioactivity levels steadily drop and disappear after several months.

Men with early stage prostate tumors are the best candidates for seed implantation. Patients are now being diagnosed at earlier stages due to the develop of testing options.

For more information about these and other urologic services, please call The Max K. Willscher Urology Center at 663-4170.
Community Wellness
Take time for your health

Treat yourself to a healthier mind and body, and encourage a friend to join you!

GENERAL HEALTH EDUCATION

American Heart Ass'n CPR & First Aid

- Adult First Aid: $37
  - Wednesday, April 19 or June 21
  - 6 to 9 p.m.
  - Learn techniques to give immediate care to an injured or suddenly ill person. Learn basic first aid, how to take care of people involved in life-threatening situations, and when to alert medical personnel.

- CPR for All Ages: $37
  - Saturday, May 6
  - 8 to 11 a.m.

- CPR for New Healthcare Professionals: $62
  - Saturday, April 1 or June 3
  - 8 a.m. to 2:30 p.m.

- CPR Renewal for Healthcare Professionals: $47
  - Saturday, May 6
  - 11:30 a.m. to 2:30 p.m.

- Healthy Infant & Child First Aid & CPR: $52
  - Wednesday, May 17 and May 24
  - 6 to 9 p.m.

- Shortness of Breath Seminar: Free!
  - Tuesday, April 4, 3:30 to 4:30 p.m.
  - Elliot Wellness Center
  - Learn about the causes of shortness of breath and possible treatment and rehabilitation options. People suffering from a diagnosed respiratory disease or whose daily lives are affected by shortness of breath are invited to attend this seminar. Call 663-2366.

- Safe Sitter Program: $50
  - Saturday, April 15 or May 20 or Friday, June 23
  - 8:45 a.m. to 4 p.m.
  - One-day training for children ages 11 to 13 to learn basic baby-sitting skills. Includes manual and duffel bag.

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.

GENERAL HEALTH FITNESS

- Fitness Evaluation: $40
  - Call 663-8280 for an appointment
  - Welliot Office at Elliot Hospital
  - Clients will be assessed in all five areas of fitness (muscular strength, muscular endurance, cardiovascular endurance, flexibility, body composition, resting pulse, and resting blood pressure). Each client will receive a personal report including an exercise prescription. All results will be reviewed during a one-on-one, private consultation.

- Beginner Level Line Dancing: $40
  - Thursdays, May 4 through June 15
  - 7 to 8 p.m.
  - Learn the basic steps and a number of popular line dances. Not just country western!

- Cardio Salsa: $40
  - Mondays, May 1 through June 19
  - 6:30 to 7:30 p.m.
  - The Royal Dance Studio of Manchester combines fitness, fun and dance! Wear sneakers, be ready to raise your heart rate, build endurance and break a sweat, while learning new steps.

- Kickbox Circuit Training: $50
  - Tuesdays, May 9 through June 20
  - 5 to 6 p.m.
  - Fun muscular and cardiovascular workout. All fitness levels.

- Yoga
  - Hatha Yoga for Middle Age & Beyond: $70
    - Mondays, May 15 to June 26
    - 6:30 to 7:45 p.m.
    - Good for the beginner level participant who would like a gentler type of yoga.

  - Kripalu Yoga: $80
    - Mondays, May 8 to June 26
    - 7:15 to 8:30 p.m.
    - Good for beginners and advanced participants of any age who would like a gentler type of yoga.

- Stability Ball: $82
  - Monday and Wednesdays, April 17 to July 10
  - 6:45 to 7:45 p.m.
  - Achieve core strength and stability while improving balance and coordination. Learn how to use the stability ball safely and effectively so that you can perform these exercises at home. ($10 discount if you bring a ball.)

- Qi Gong: $100
  - Tuesdays, March 14 to April 25 and Tuesdays, May 9 to June 20
  - 6:15 to 7:15 p.m.
  - Based on Chinese medicine, slow-moving postures can help the healing process and ease anxiety. Breathing techniques help you gain more energy and a better outlook on life.

- Reiki Clinic: $10 donation
  - Third Wednesday of each month
  - 7 to 7:30 p.m. or 7:30 to 8 p.m.
  - Gentle, noninvasive, hands-on-healing that balances the flow of energy in your body and reduces stress, pain and anxiety. Appointment required.

MIND/BODY MEDICINE

- Qi Gong
  - Saturdays, May 6, 13, 20
  - 5:30 pm to 7:30 pm
  - Elliot Hospital Conference Center
  - Understood your pain while learning the skills necessary to control it, increase your function, restore hope, and improve quality of life. To register, call 663-2799.

- Reiki Clinic: $10 donation
  - Third Wednesday of each month
  - 7 to 7:30 p.m. or 7:30 to 8 p.m.
  - Gentle, noninvasive, hands-on-healing that balances the flow of energy in your body and reduces stress, pain and anxiety. Appointment required.

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

Music for Healing and Transition $375
Saturday and Sunday, May 6 – 8 a.m. to 6 p.m.
May 7 – 8 a.m. to 3 p.m.
This nationally recognized program certifies music practitioners to provide live music to create a healing environment for patients, families and hospital staff. Call 485-8171 or visit www.mhtp.org.

Feng Shui: Three Part Series $10/class $25/series
Mondays, April 3, 10, and 17 6:30 to 8 p.m.
Ancient Chinese art of using placement and energy flow to enhance your living and work environment.
Part 1: Introduction to Feng Shui
Part 2: Environmental Assessment
Part 3: Space clearing

NUTRITION

First Line Therapy $150
Wednesdays, April 5 through June 21; May 3 through July 19; June 7 through August 23 6:30 to 7:30 p.m.
Learn how to improve your cardiovascular risk factors, promote fat loss and support healthy insulin and blood sugar balance.

Elliot’s Choosing the Right Weigh Free!
Introductory Classes, June 29 or July 6 6:30 to 8 p.m.
This free introductory session outlines the 16-week comprehensive weight management program focusing on total health, not pounds on a scale. Reimbursed by Anthem, Cigna and HealthTrust.

Healing Foods Update $10/$15 couple
Tuesday, March 26 7 to 8:30 p.m.
Learn about common food choices that can promote health, reduce pain and inflammation and add pleasure to your life.

SCREENINGS and CLINICS

Breast & Cervical Cancer Screenings Free!
FREE breast and cervical cancer screening tests to eligible women. For more information, call the Cancer Resource line at 663-5787.

Body Composition $21
Third Thursday of each month 8 a.m. to 3:30 p.m.
Have your body fat percentage calculated by an exercise physiologist and learn methods to reduce total body fat. Great for personal awareness as well as a baseline when starting or continuing an exercise program.

Full Lipid/Cholesterol Profile
Third Thursday of each month 8 a.m. to 3:30 p.m.
Total cholesterol with HDL breakdown and cholesterol ratio. No fasting required. $19
Lipid profile. A complete breakdown of HDL, LDL, triglycerides, and glucose. A 12-hour fast is required; no food except water and medications. $23

Osteoporosis $21
Third Thursday of each month 8 a.m. to 3:30 p.m.
Accurate and painless Osteoporosis screening for men and women. Printed report and counseling provided.

SUPPORT GROUPS

Parent’s Bereavement Group Free!
Registration is required. Please contact Chan Newton at 663-4489.

Suicide Survivors Group Free!
Registration is required. Please contact Chan Newton at 663-4489.

VNA Hospice Bereavement Drop-In Center Free!
Mondays (except holidays) 10 to 11:30 a.m.
Senior Health Center, 138 Webster Street
For more information, call 663-4005.

Cancer Caregivers Support Group Free!
Third Tuesday of each month, 6 to 8 p.m.
Elliot Regional Cancer Center at Elliot Hospital
To register, call 663-2602 or 663-4489.

Living with Cancer Free!
Tuesdays, April 25 to June 13 6 to 7:30 p.m.
Elliot Regional Cancer Center at Elliot Hospital
A support group for people with cancer, their families and/or support persons. To register, call the Cancer Resource line at 663-5787.

Prostate Cancer Free!
Fourth Monday of each month, 6:30 to 8:30 p.m.
Urology Center
A support and education group for men with prostate cancer, their families and/or support

PERSONAL HEALTH MANAGEMENT

Look Good, Feel Better Free!
Fourth Monday of each month 2:30 p.m.
In conjunction with the American Cancer Society. Cosmetology help is provided to those receiving cancer treatment. Call 471-4150.

I Can Cope: Mobilizing Resources & Support Free!
Tuesday, March 7 12 to 1:30 p.m.
Elliot Regional Cancer Center at Elliot Hospital
This continuing program focuses on maintaining wellness throughout the Cancer experience. Held in conjunction with the American Cancer Society. Topics change monthly.

SENIOR HEALTH AND FITNESS

All classes held at the Senior Health Center, 138 Webster St, unless otherwise noted.

VNA Foot Care Clinic $20
First four Mondays each month (except holidays) 8:30 to 11:30 a.m.
Half-hour appointments
Senior Health Center, 138 Webster Street
For more information, call 663-4005.

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

Fitness Yoga for Seniors $55
Thursdays, March 9 to May 18, and June 15 to August 24, 6 to 7 p.m.
Fridays, March 10 to May 19, and June 16 to August 25, 9 to 10 a.m.
Beginner class, perfect for seniors of all abilities. Physician release required.

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

**Reach and Balance** $55  
Mondays & Wednesdays, March 6 to May 17, and June 12 to August 23, 8:45 a.m. to 9:45 a.m.  
Tuesdays & Thursdays, March 7 to May 18, and June 13 to August 24, 4 to 5 p.m.  
Participants will stretch all the major muscle groups, increase their flexibility and balance.

**Low Impact Chair Aerobics** $55  
Mondays & Wednesdays, March 6 to May 17, Noon to 12:45 p.m.  
Benefit from group exercise even if you don’t have stamina or balance to perform exercise while standing. Light aerobic and muscle conditioning, and stretching helps increase cardiovascular and pulmonary function.

**New! Mind Aerobics** $5  
Mondays, April 17 to May 22  
1 to 1:45 p.m.  
Designed to stimulate the brain and improve cognitive functioning in seniors. A variety of fun and challenging exercises help sharpen proficiency in memory skills, flexible thinking, perception, and reasoning activities.

**Fit and 50** $55  
Monday and Wednesdays, March 6 to May 17, and June 12 to August 23, 5:30 to 6:15 p.m.  
An advanced or beginner strength-training program with more variety. Incorporates ankle weights, hand bands, and floor work.

**L.I.V.E. (Low Impact for Vitality & Energy)** $40  
Tuesdays and Thursdays, April 25 to June 8  
11 to 11:45 a.m.  
Low-impact aerobics class with easy-to-follow moves, floor exercises and toning work.

**Strong and Active for Life** $50  
Monday and Wednesdays, April 18 to July 12  
10:15 to 11:15 a.m.  
Basic strength-training program for individuals 50+ who have never strength-trained before. Good for improving balance and flexibility.

**Strength Training Maintenance** $40  
Tuesdays and Thursdays, April 25 to June 8  
10 to 10:45 a.m.  
For individuals who have completed the Strong and Active for Life class. Incorporates free weights, bands and floor exercises.

**Gym Membership** $65  
Monday through Saturday, February 27 to May 27 and Monday to Friday, 6:30 a.m. to 7:30 p.m. Saturday, 8 a.m. to 1 p.m.  
Stay fit with treadmills, bicycles, elliptical trainers and full body strength training circuit. One-on-one orientations and personalized exercise programs are offered. Work out in a safe and supervised non-competitive environment.

**Senior Wellness Screenings**  
Third Friday of each month, 8 a.m. to 12 p.m.  
**Total cholesterol** with HDL breakdown and cholesterol ratio. No fasting required. $19  
**Lipid profile.** Includes a complete breakdown of HDL, LDL, Triglycerides, and glucose. A 12-hour fast is required; no food except water and medications. $23  
**Body Composition** $21  
**Osteoporosis** $21

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

**Childbirth and Family Education**

**How to Talk so Kids Will Listen** $70 per person  
Tuesdays, March 7 to April 18, 6:30 to 8:30 p.m.  
Learn to communicate more effectively with your children by using proven techniques. Parents will also learn to cope with their child’s negative feelings, discipline without hurting or alienating, develop a positive and realistic self-image and foster a family atmosphere of love and respect.

**Prenatal Yoga** $90  
March 23 to May 11, 5:30 p.m. or 7 p.m.  
Provides movement, breathwork, relaxation methods and meditation to physically, mentally and emotionally prepare women for the changes that happen during the childbearing year. Learn to trust your body so the techniques flow naturally into your consciousness when you enter labor, creating the opportunity for a positive and empowering birth experience.

**Postnatal Yoga** $90  
March 21 to May 9, 9:45 a.m.  
Designed to assist new Moms in their recovery from childbirth and to strengthen the parent-baby bond. Enhance flexibility, tone and strengthen muscles, and achieve greater harmony, ease, security, and serenity. For mothers and their babies six weeks to nine months of age.

**Parent/Child Creative Yoga & Movement** $15/couple  
Saturday, May 20, 11 a.m. to noon  
For kids 5 to 7 and a parent. Helps improve self-esteem, body awareness, flexibility, strength and appreciation of others. Dress comfortably and bring a bottle of water.

**Back to Work and Breastfeeding** $15  
March 2; April 6; May 4, 1:30 to 3:30 p.m.  
A Certified Lactation Consultant will address: preparing baby for transition, maintaining breast milk supply, types of pumps and techniques, use of supplements, and workplace issues. Designed for mothers and their babies 2 weeks and older.

**Fit & Healthy Kid Style** $99 per family  
Tuesdays, March 14 to May 23  
6:30 to 8 p.m.  
For parents with children 8 to 12 facing weight issues. Learn how food choices and physical activity impact health, plus healthy meal planning ideas. Parents meet with specialists while children exercise with an exercise technician. Reimbursable through Anthem BCBS, Cigna and HealthTrust. Call 232-8616 to register.

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

**Boot Camp for New Dads**  
Introduction to Underwater Birth  
Labor Series  
Maternity Tour  
Mom’s Group  
Parent Connection  
Refresher Labor  
Sibling Class  
Siblings Without Rivaly  
Testing Toddler  
VBAC

**On-going Childbirth and Parenting Classes**

**Infant Massage**  
**Infant/Child CPR and Safety**  
**Infant Growth and Development**  
**Infant Massage**  

**How to Talk so Kids Will Listen** $70 per person  
Tuesdays, March 7 to April 18, 6:30 to 8:30 p.m.  
Learn to communicate more effectively with your children by using proven techniques. Parents will also learn to cope with their child’s negative feelings, discipline without hurting or alienating, develop a positive and realistic self-image and foster a family atmosphere of love and respect.

**Prenatal Yoga** $90  
March 23 to May 11, 5:30 p.m. or 7 p.m.  
Provides movement, breathwork, relaxation methods and meditation to physically, mentally and emotionally prepare women for the changes that happen during the childbearing year. Learn to trust your body so the techniques flow naturally into your consciousness when you enter labor, creating the opportunity for a positive and empowering birth experience.

**Postnatal Yoga** $90  
March 21 to May 9, 9:45 a.m.  
Designed to assist new Moms in their recovery from childbirth and to strengthen the parent-baby bond. Enhance flexibility, tone and strengthen muscles, and achieve greater harmony, ease, security, and serenity. For mothers and their babies six weeks to nine months of age.

**Parent/Child Creative Yoga & Movement** $15/couple  
Saturday, May 20, 11 a.m. to noon  
For kids 5 to 7 and a parent. Helps improve self-esteem, body awareness, flexibility, strength and appreciation of others. Dress comfortably and bring a bottle of water.

**Back to Work and Breastfeeding** $15  
March 2; April 6; May 4, 1:30 to 3:30 p.m.  
A Certified Lactation Consultant will address: preparing baby for transition, maintaining breast milk supply, types of pumps and techniques, use of supplements, and workplace issues. Designed for mothers and their babies 2 weeks and older.

**Fit & Healthy Kid Style** $99 per family  
Tuesdays, March 14 to May 23  
6:30 to 8 p.m.  
For parents with children 8 to 12 facing weight issues. Learn how food choices and physical activity impact health, plus healthy meal planning ideas. Parents meet with specialists while children exercise with an exercise technician. Reimbursable through Anthem BCBS, Cigna and HealthTrust. Call 232-8616 to register.

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

**Boot Camp for New Dads**  
Introduction to Underwater Birth  
Labor Series  
Maternity Tour  
Mom’s Group  
Parent Connection  
Refresher Labor  
Sibling Class  
Siblings Without Rivaly  
Testing Toddler  
VBAC

**On-going Childbirth and Parenting Classes**

**Infant Massage**  
**Infant/Child CPR and Safety**  
**Infant Growth and Development**  
**Infant Massage**  

**1-Day Surgery Center Tour for Children** Free!  
Wednesdays, April 5 or 12, May 3 or 17  
6:30 p.m., Registration required.  
Parents and 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.
NH Business Review has named Beth Hughes, Elliot Executive Vice President and Chief Operating Officer, as one of the state’s Outstanding Women in Business for her achievements in the workplace and contributions to the community. Beth received the honor for her many accomplishments at Elliot which include the creation of the Senior Health Center and collaborative efforts with other hospitals. On a community level, Beth recently completed EMT training and is now volunteering as a Nationally Registered Emergency Medical Technician in her community. She also sits on the board of Child Health Services. All of us at Elliot congratulate Beth on being a role model for women across New Hampshire.

Dr. Provencher will provide surgical expertise in the areas of diagnosis, surgical and related management of diseases, injuries and defects that affect the functional and aesthetic aspects of the oral and maxillofacial regions. This includes the preventative, reconstructive or emergency care for the teeth, mouth, jaws and associated facial structures. For more information, call the Elliot OMS Center at 625-8462 or contact Elliot On-Call at 663-4567.

Southern NH’s first Oral Maxillofacial Surgery Center comes to Elliot

Patients seen in the Elliot Regional Trauma Center for injuries to their teeth, mouth, jaw or face from accidents, birth defects or childhood injuries now have the benefit of the area’s first Oral Maxillofacial Surgery Center (OMS) on-site at Elliot Hospital. The center opened January 16 as a partnership between the Elliot Health System and Robert F. Provencher, DDS, a well-respected oral and maxillofacial surgeon, who has practiced privately in the community for over 30 years.

Each year, the William S. Green Award recognizes the special efforts and lasting impact of someone within the Elliot Health System.

This year’s winner, Dr. James F. Conway is considered a great inspiration and friend by his peers. As a partner at Manchester Urology Associates and a founder and current Medical Director of the Max K. Willscher Urology Center at the Elliot, he has shown unparalleled dedication to his patients and the community. In his role as the first and only physician elected as Chairman of the Board of the Elliot Health System, he proved to be an important figure in the shaping of our organization. His loyalty, dedication, passion and commitment of time have rightfully earned him this year’s William S. Green Award.

Those who receive this prestigious honor are as highly regarded as the award’s namesake, William S. Green. As former Chairman of Elliot Hospital’s Board of Trustees, he was always quick to find and celebrate the outstanding efforts of others. He continues to inspire excellence and leadership within the organization.

All of us within Elliot Health System, including Mr. Green, are proud to congratulate Dr. Conway.

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 on Hospital Accreditation (JCAHO) at 1-800-994-6610 or the State of New Hampshire at 1-800-852-3345.
To date, the Mary & John Elliot Charitable Foundation has received over $90,700… yes, over $90,700 … in charitable donations for the 2005 Annual Appeal Campaign. The Elliot Health System is proud to acknowledge the financial support of local businesses and individuals whose generous contributions improve the health and well being of the community by assisting to provide state-of-the-art equipment and innovative healthcare solutions.

There’s still time to make a charitable donation! Call the Foundation at 663-2834 or go to www.elliothospital.org and click on the Mary & John Elliot Charitable Foundation, or simply mail your tax-deductible gift to the Mary & John Elliot Charitable Foundation, 4 Elliot Way, Suite 301, Manchester, NH 03103.

Together we can, and do, make a difference!

Looking Great, and Good Taste

What more could you ask for at the Patron Tequila Hair Competition and Martini Revue on Monday May 22, 2006? Picture an Eiffel Tower made of mesh and hair extensions attached to a model’s head with a light on top! Visualize birds of paradise, the Fountain of Youth or even a seven foot tall basket filled with bunnies made entirely of hair. You’ll vote for the best design, all while sampling Patron Tequila Martini.

This show will be set to the hottest music, complete with exciting choreography — it’s the must see event of the season. All monies raised go to The Elliot Breast Health Center, and Manchester Sports Council.

Call the Verizon Wireless Arena Box Office, any Ticketmaster outlet, charge by phone 603-868-3000 or on-line at ticketmaster.com.

Tickets are $60.00 for floor seats and $50.00 for arena seats.

For a taste of what’s to come, view the previous hair competition by visiting https://media.martingaye.com/events/hair.wmv

You won’t want to miss it!

CORRECTION: In the EHS 2005 Annual Report, Mr. & Mrs. Gerard Montembeault should have been listed as a Benefactor ($25,000 - $49,999). We apologize for the error and thank Mr. & Mrs. Montembeault for their generous support.

PM 0806 13.jpg

SAVE THE DATE!

2006 SPECIAL EVENTS

April 7: Adventures in Paradise Dance  To benefit VNA Parent Baby Adventure

May 14: Fisher Cats Game  To benefit the Elliot Breast Health Center

May 22: Patron Tequila Hair Competition & Martini Revue  Verizon Wireless Arena

June 4: Cancer Survivor’s Day  Wayfarer Inn

June 15: Elliot Associates Golf Tournament  Stonebridge Country Club

August 12: NICU Reunion  Elliot Campus

August 26: New Hampshire’s Ride for the Ribbon

October 14: Elliot Associates Dinner Dance  CR Sparks

For more information about these Elliot events, call 603.663.2834.
NEW TREATMENT FOR BENIGN BREAST TUMORS

Edward P. Dalton, MD, Elliot Breast Health Center

Women with benign breast tumors now have a new treatment option, called Visica, at the Elliot Breast Health Center. While some women choose to do nothing about benign tumors, known as fibroadenomas, others may wish to remove them for a variety of reasons. This safe, non-surgical treatment uses ultrasound to guide a specialized needle into the middle of the tumor which is then frozen and eventually causes the tumor to be absorbed by the body. The original shape of the breast is preserved with no visible scarring. Women return to their normal lifestyle the next day with minimal discomfort and bruising. For more information about Visica and other breast diagnostic and treatment options, contact the Elliot Breast Health Center at 668-3067.

The Elliot Breast Health Center will also be involved with a new clinical trial to see if this treatment is effective in treating small breast cancers. The trial will be controlled by the American College of Surgeons Oncology Group and will be available in 2006.

Is it time for your MAMMOGRAM?

Carol Elfring, RN, OCN Cancer Resource line

Having a yearly mammogram may not be something most of us look forward to, but it remains vitally important as we age. It is well known that age and health history can affect the risk of developing breast cancer. Comfort is a word not usually associated with a mammogram, but at Elliot, each patient is given a mammopad which greatly decreases the discomfort some women feel during the screening.

What are the risks for breast cancer?

- Being female
- Growing older
- Older age at first birth or never having given birth
- A personal history of breast cancer or benign (non-cancer) breast disease
- A mother or sister with breast cancer
- Breast tissue that is dense on a mammogram (difficult to see through)
- Hormone use (such as estrogen and progesterone)

What can you do if you have any of these risks?

- Breast self exam (done once a month)
- See your doctor for a clinical breast exam at least yearly
- Ask your doctor to help you schedule a yearly mammogram

In addition, it’s important to eat a balanced diet and to exercise as regularly as possible. These last two suggestions will be helpful for your general health as well as your breast health. For more information, please call the Cancer Resource line at 663-5785 or 1-800-235-5468.
No one is immune. All kids lose it in the supermarket or toy store at least once. Shopping is tiring, kids get hungry, and all of those terrific cookies, candies, and trinkets right at their eye level makes children feel like we often do… overwhelmed.

The best way to handle supermarket meltdowns is prevention. Don’t go to the store when your child is super hungry. If your child is really tired or coming down with a cold, choose another time to go shopping. Of course, sometimes we can’t plan when we go to the supermarket. Lots of things disrupt our plans and we end up in the middle of the store with a grouchy, wailing child because we’ve said he can’t have a candy bar.

**STICK TO IT** If you set a limit in a store, don’t give in. This is much easier said than done. Let’s face it, the embarrassment factor is undeniable. Our cute child is in distress and other customers look warily at us. But, if we give in to the child, we reinforce all the negative behavior that went before and the child learns that whining and crying are the keys to getting what he wants.

**DISTRACTION OFTEN WORKS** Don’t try to talk your child out of his disappointment at not getting the desired treat. Parents often say, “You know you can’t have that.” or “You don’t really want that, do you?” Well, yes, the child does really want it. We shouldn’t expect them to agree with all of our parental decisions. Sometimes you just need to talk about something else. Point out the pretty flowers. Try to guess his favorite vegetable. Count the number of steps you take down an aisle.

**LEARNING ABOUT MONEY** Try allowing your child a limited treat based on a certain amount of money. You can limit the treat to exclude sweets. Let your child know, before you arrive at the store, that she has a small amount of money, ($1-$2 based on age). If your child asks for a fancy toy or large bag of candy, show them the price. Figure out the difference together, commend their math skills and challenge them to keep looking for something within their limit. Kids learn that money only goes so far and they like figuring out how much their money will buy.

**SUPERMARKET AS CLASSROOM** Children really enjoy learning new facts and ideas. They are often so taken with the prices that they will engage in a lively conversation of guessing how much items cost. Customize this technique to their age. Toddlers can look for colors while older kids might enjoy adding prices on a small calculator. Make your list simple with kid friendly printing and they’ll enjoy reading it aloud to you.

**BRING A SNACK OR ACTIVITY** Every parent knows the importance of a little bag of Cheerios of crackers for these stressful times. Save a special food for these outings only.

Otherwise, it may lose its calming powers. A pad of paper to scribble or draw on can be very helpful, too.

**IF ALL ELSE FAILS…** If you try everything and the wailing escalates, your child may be dealing with an oncoming illness or stress. It’s easy to become frustrated, but remember: Don’t yell at your child, keep your voice even. If we are trying to calm a child, we need to be calm and confident ourselves. The goal is behavior change, not punishment! Deep breathing can be very helpful for kids when they are stressed and they can understand this soothing technique at a young age. Tell your child to take a few deep breaths while you do the same. You’ll stay calm and remain a good role model for your child. Practice this at home when your child is not upset so they are familiar with the strategy.

Sometimes, the shopping trip just has to be cut short. Tell your child that you know he can do better. Before the next outing, go over what your expectations are. Ask your child for ideas as to how to make the trip more fun for both of you. Kids often have great suggestions and if possible, use one of their ideas. Once, a child asked for a feather during a long outing. Low and behold, the feather was very calming and gave the child something to move back and forth quietly in her hand. Specific praise at the end of a good shopping trip such as, “I liked it when you spoke to me in a regular voice instead of a loud voice in the store,” can be very powerful. Positive comments build and shape behaviors by letting kids know that we can “catch them being good.”

Karen McMahon, LICSW, of Manchester Counseling Services, is an experienced child/adolescent therapist and consultant to teachers and school administrators.
Since the Fall of 2003, Dartmouth-Hitchcock Manchester and Elliot Hospital have joined forces to support people in Southern New Hampshire through the struggles of weight loss. For many, a normal effort that may include an appropriate diet and exercise regimen, is simply not enough. In some instances, under the consultation of a physician, surgical options may be considered to help control obesity, which can be linked to many other medical problems.

Under the direction of Bariatric Surgeon, Dr. David Gould, Dartmouth-Hitchcock’s Bariatric Surgery Program (also known as weight loss surgery or gastric bypass surgery) can offer an alternative means to weight loss. Since its inception, over 120 gastric bypass surgeries have been performed by Dr. Gould at Elliot Hospital. Currently, Roux-en-Y gastric bypass surgery is performed – one of the safest surgical weight loss methods available.

Considered the “gold standard” in gastric bypass surgery, long-term studies demonstrate substantial, sustained weight loss after surgery. Gastric bypass involves changing the size and shape of the stomach. The surgeon divides the stomach to create a “pouch” about the size of a golf ball at the top of the stomach to receive food. A segment of the small intestine is attached to the pouch, so that food “bypasses” the rest of the stomach and first part of the intestine. Often this can be done laporoscopically, limiting scarring and easing recovery.

There are minimal criteria and steps that must be met prior to recommending bypass surgery. Dartmouth-Hitchcock’s Bariatric Surgery program ensures comprehensive evaluation, support before and after surgery and the greatest chance of weight loss success. For more information and to learn more about your weight loss options, attend an Informational/Support Group Meeting. These meetings are held the 2nd Friday of each month from 2 to 3:30 p.m. in the Founder’s Room (2nd floor) at Dartmouth-Hitchcock Manchester. Or call the Department of General Surgery at Dartmouth-Hitchcock Manchester at 695-2840.

Are you overweight? If so, you could be at risk for:

- Hypertension
- High cholesterol or high levels of triglycerides
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis (deterioration of cartilage in joints, especially the knees)
- Sleep apnea and respiratory problems
- Some cancers (endometrial, breast, and colon)

Source: Center for Disease Control

Need help managing your weight?

Elliot’s Choosing the Right Weigh designed to help people discover the cause of their weight problem and then develop a plan of action. Weight loss is easier to achieve with a healthy body, so the focuses on improving health by building a supportive lifestyle. Since “dieting” is counter-productive for the long term, we build a balanced diet of whole foods based on each individual’s metabolism. Exercise guidelines help build muscle while burning fat and stress management techniques reconnect mind and body.

Learn more! Join Elliot’s Choosing the Right Weigh today! For more information, call Elliot On-Call at 663-4567.
Have you ever found yourself craving certain foods during times of stress or when you are dieting? We are beginning to learn more about the reasons why intelligent, well-meaning people find themselves consuming foods they hadn’t planned on eating. Here are a few of the neurotransmitters, or brain chemicals, that come into play:

- **Serotonin** – This neurotransmitter boosts mood, curbs food cravings, increases tolerance to pain, and helps with sleep. If you have low levels of serotonin, you may experience insomnia, depression, and cravings for carbohydrates.

  The foods you eat can affect your serotonin levels: sweets, pasta and breads may increase serotonin levels, but may cause highs and lows in blood sugar. Whole grains such as brown rice lead to a gradual increase in serotonin without the negative effect on blood sugar. Some research shows that Omega-3 fatty acids in fish oil may raise serotonin levels.

- **Neuropeptide Y (NPY)** – Feeling stressed? Following a restrictive diet? Have a tendency to skip meals? Stress and dieting cause the adrenal glands to release the stress hormone cortisol, which in turn leads the hypothalamus to release NPY. NPY turns on your desire for sweets and other carbohydrate-rich foods, leading to some of the food cravings experienced by dieters and people who are under chronic stress. NPY levels tend to be highest in the morning.

- **Galanin** – This is a nerve chemical from the hypothalamus which increases your desire to eat fatty foods. Galanin may be released in response to stress hormones or during dieting when body fat is breaking down or when several hours have passed between meals. In addition to increasing cravings for fat, galanin can affect how much of the fat eaten is stored as body fat. Galanin levels begin to rise by early afternoon, and peak in the evening, so they may influence the food choices of those who eat the majority of their calories late in the day.

  How can you work around these brain chemicals so that they don’t sabotage your healthy eating efforts? It’s best to avoid crash dieting and skipping meals. Eat 3 to 5 small meals and snacks spaced throughout the day. Make sure each meal includes good sources of nutrients: small amounts of lean protein and whole grains, lots of fruits and vegetables (5-10 servings per day), and a variety of nuts and legumes. Unprocessed foods are best if you are trying to limit sugars, sodium, and processed fats. Look for non-food related ways to manage stress, such as yoga, exercise, talking to a friend or writing in a journal.

---

**BARBARA’S HIGH FIBER BARS**

From the kitchen of... Elliot Nutrition Services

Preheat oven to 350 degrees.

- Mix together the skim milk, eggs and peanut butter. In a separate bowl, mix 2-1/2 cups oatmeal and 2-1/2 cups oat bran (Or substitute 1/2 cup ground flax for 1/2 cup of the oat bran if desired).

  Spread in greased 9x11 pan and bake for 30 minutes.

  Enjoy!

---

**LEARN MORE about managing your weight and how your diet can help you heal.**

Call Elliot Nutrition Services at 663-2521.