Dr. Gottfredsen received her medical degree from the University of New England in Biddeford, Maine. She specializes in internal medicine and is certified by the American Osteopathic Board of Internal Medicine.

Dr. Thomas specializes in family practice and is currently the only physician providing obstetrical care in Goffstown. He received his medical degree from the University of Wisconsin-Madison School of Medicine in Madison, Wisconsin. He is certified by the American Board of Family Practice. Dr. Thomas is also fluent in French.

Dr. Nackman completed his medical training at the University of Florida College of Medicine in Gainesville, Florida. He is certified by the American Board of Pediatrics.
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www.elliothospital.org
Summer gardening and landscaping can be enjoyable, but the pesticides you use to control destructive insects could affect your health as well. In fact, pesticides and herbicides may be some of the most dangerous chemicals we use. No pesticide is 100 percent safe; even commonly used products have been linked to a wide range of disorders, including an increased risk of cancer. If you must use pesticides, follow these precautions to be as safe as possible:

- Avoid overkill. Identify the pest or disease you want to eradicate, and then choose a product designed for that problem.
- Read the label carefully. It should include the manufacturer’s phone number for emergency information.
- Buy only the amount you think you’ll use in the next month or two. If you must store pesticides, put them in a locked cabinet away from food, first-aid supplies and other chemicals. Leave it in the original container. For extra protection against leakage, place the container inside another airtight plastic container. Save all instructions and warning labels.
- When transporting a pesticide home from the store, put it in the trunk of your car and make sure that it can’t be knocked over.
- For concentrated pesticides, be certain that you use the proper dilution.
- Apply pesticides on a still day to lessen the chance that the wind will carry the chemical elsewhere. Warn your neighbors before you spray.
- Remove toys, lawn furniture and barbecue grills from the area, or completely cover them with plastic.
- Cover pools or ponds, especially if they contain fish.
- Never mix products together.
- Some weed killers, such as those with sodium chlorate and potassium chlorate, are explosive, particularly in the dry state. They may explode or cause a fire if dropped or shaken violently.
- Keep children and pets indoors when pesticides are applied. Check the instructions to see when the area will be safe. Some products require only a few hours, but others are not safe until it rains.
- Close the windows of your house and car if they are near the area being treated. Avoid spraying near a water supply.
- Wear rubber utility gloves, a long-sleeved shirt, long pants, and a hat while applying pesticides. Choose rubber or vinyl shoes and wear a mask, goggles or other equipment indicated on the label.
- Remove outer clothing and shoes before entering the house and wash them separately from other laundry. Discard clothing that is doused with the chemical.
- Thoroughly rinse the tools you’ve used. Take a shower to wash the chemicals from your skin and hair.
- Use caution when disposing of pesticides, even if the container is empty. Follow label instructions or contact your local health department about proper disposal options and community hazardous waste collections.
- Leftover products should never be poured down the sink, and never burn pesticide containers.

Some information excerpted courtesy of www.makesafetyfun.com, Richard Hawke, Inc.
FREE VASCULAR SCREENINGS
Catch Cardiovascular Disease Before it Strikes

By Carl Fier, MD

More than 900,000 men and women die from cardiovascular disease every year in the United States. Nearly 4,000 die in New Hampshire.

The statistics are startling. But the Elliot Cardiac and Vascular Center’s new Dare to C.A.R.E. program is a powerful tool for diagnosing cardiovascular disease before it becomes an emergency situation. Our team of physicians takes a personal interest in the program, and donates time to educate participants. As a result, we’re proud that this free screening and education program has already made a difference in the lives of many in our community.

The nationally recognized Dare to C.A.R.E. program begins with a two hour educational program in which physicians affiliated with the Cardiac and Vascular Center lecture on various topics related to vascular health and screening. These include lipid disorders, hypertension, stroke, heart disease, sudden cardiac death, peripheral vascular and aortic disease and overall vascular health maintenance. The lectures are intended to be interactive and informal, and give participants the opportunity to discuss their specific concerns and questions with the presenting physicians and educators. This educational component is one of the strongest aspects of the Dare to C.A.R.E. program in that it provides vital information which participants can take with them, thereby empowering them to take a proactive approach to vascular health. The second portion of the program involves individually scheduled screening for carotid, abdominal aortic and peripheral vascular disease which take about 30 minutes. Results are discussed individually with a healthcare provider, giving immediate feedback as well as the ability to discuss the implications of the results and define a further plan for each screened participant. All information is then forwarded to the participant’s PCP while critical results are discussed directly with the providers.

In our pilot program this past March, 14.3% of the 79 people screened were identified with some form of cardiovascular disease. Screening through the Dare to C.A.R.E. program allowed these individuals to detect a health issue and to receive early treatment.

All of the time and equipment are donated by the members of the Dare to C.A.R.E. team, including physicians and nurses,techs, support staff and ancillary services. The Cardiac and Vascular Center and the Elliot Hospital feel strongly that the enormous health benefits to the community are important enough to offer free of charge and it is in this spirit of generosity that all those involved in the program offer their time and expertise.

The Cardiac and Vascular Center is a collaborative effort between physicians in Cardiology, Vascular Surgery and Radiology to provide the Elliot healthcare network with comprehensive, state of the art vascular medicine and surgical care.

Source: American Heart Association
Menopause: Beast or Beauty?

Alternatives to Hormone Replacement Therapy

By Mary Jo Montanarella, MD, FACOG

For many women in decades past, menopause was experienced as a private, poorly understood journey through “the change of life,” which brought about mysterious and often scary bodily changes. In contrast, menopause is one of the most popular topics of mature female dialogue today. Menopause is simply the cessation of one’s menstrual cycles for at least a year’s duration. Studies tell us that on average, the American woman undergoes this natural event around age 51. Factors that may alter the timing of one’s menopause may include family history, ethnicity, body mass index, surgeries, medications and smoking.

Symptoms: During the perimenopausal phase of life, a woman’s ovarian production of steroid hormones such as estrogen and progesterone, gradually declines. As a result, there has been a burst of energy and attention directed toward the quest for remedies to ease symptoms.

Traditional hormone replacement therapy (HRT) as we know it today involves either estrogen or a combination of estrogen and progesterone. These synthetic or bioidentical natural medications may be taken in the form of oral pills, transdermal patches worn on the skin, vaginal rings, intrauterine devices (IUDs) and in rare instances, intramuscular injections. In a 2002 landmark study, the Women’s Health Initiative (WHI) suggested that some of these formulations of HRT may be associated with potential health risks. While relatively small in number, these life threatening risks include heart attacks, stroke, invasive breast cancer, deep venous and pulmonary clots, and dementia. Interestingly however, the HRT users did benefit from decreased colorectal cancer and osteoporosis.

Confronted with the risks, however, many women chose to discontinue their HRT regimen “cold turkey,” causing their menopausal symptoms to immediately return with a vengeance!

As evident in the number of magazines ads and television commercials, many dietary supplements, potions and plant products soon hit the market, offering relief for menopausal symptoms (phytoestrogens). While ongoing clinical animal and human studies show promise, many of these popular products do not have FDA approval.

The more popular products available include soy, black cohosh, red clover, evening primrose oil, don quai, valerian, jatamansi and peridin C. The active ingredients in these natural agents may provide relief by binding to estrogen receptors in the body or by stabilizing the lining of peripheral blood vessels. Like all medications, these compounds may also cause negative side effects. The more common side effects include increased bruising and bleeding, nausea, increased flatulence, diarrhea, sedation, and skin sensitivity to sun exposure. There have also been drug interactions noted when these phytoestrogens are used in combination with seizure, high blood pressure and anti-inflammatory medications as well as aspirin and iron supplements. Before taking one of these over the counter menopausal agents, a woman should seek the advice of her physician or healthcare provider for safety recommendations.

Despite the symptoms, women may find menopause as an enjoyable part of their life. In addition to freedom from bothersome menstrual cycles, it’s a time in their lives when they might choose to pursue hobbies, a new career or retirement, as well as a chance to create lasting memories with family and grandchildren.

Mary Jo Montanarella, MD, FACOG, founder of Dr. Montanarella and Associates, has practiced full time ob-gyn in the greater Manchester area for 16 years. Her practice is dedicated to comprehensive care for women of all ages, 624-1638.
Choosing a Child Care Provider

IMPORTANT QUESTIONS YOU SHOULD ASK

By Mariana Creighton, Director, Elliot Employee Child Care Center

Any working parent will tell you that child care is a top priority. But, do you know what to look for? Often decisions are made based on availability, cost, location, hours of operation, and reputation. While these are all important, there are some additional issues you may want to ask about before choosing a provider. Here are some questions to get you started.

How many children can the provider care for?
The NH Bureau of Child Care Licensing mandates caregiver to child ratios that must be met in order to maintain a license to operate.

For center-based care the ratios are as follows:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Caregiver to Child Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infants (up to 1 yr)</td>
<td>1 caregiver: 4 children</td>
</tr>
<tr>
<td>1 Year Olds</td>
<td>1 caregiver: 5 children</td>
</tr>
<tr>
<td>2 Year Olds</td>
<td>1 caregiver: 6 children</td>
</tr>
<tr>
<td>3 Year Olds</td>
<td>1 caregiver: 8 children</td>
</tr>
<tr>
<td>4 Year Olds</td>
<td>1 caregiver: 12 children</td>
</tr>
<tr>
<td>5 Year Olds and up</td>
<td>1 caregiver: 15 children</td>
</tr>
</tbody>
</table>

Within these guidelines you may find a provider that is Licensed-Exempt (cares for no more than three children that are not their own), Licensed Family Child Care providers, or center-based providers that practice mixed age grouping. There are different requirements for these groups, so check with the provider about ratios they follow.

What qualifications do the caregivers have?
The education and experience of those working in the early childhood profession can differ a great deal, even in one location. It is not uncommon to find caregivers with years of experience working alongside those with only a few months; caregivers with on-the-job training and those with college degrees; and caregivers just starting out to those nearing retirement.

The Bureau of Child Care Licensing mandates minimum requirements for all child care personnel working in a licensed program (including age, education, and experience), but it is not always obvious what qualifications your provider may have. Go ahead and ask! What kind of education and/or experience do they have? Do they participate in continuing education opportunities? What is it they enjoy about working with young children?

How will I know my child is safe?
The fear of putting your child with strangers is a daunting one. Ask providers what kind of security policies and procedures are in place (locked doors, visitor check-in and ID). Observe how adults supervise children and evaluate the environment for potential areas of concern. Also, touch base about how you would be notified if anything happened (security issue or everyday accident).

What will your child experience while they are in care?

This is another area that can differ a great deal from one provider to the next; from hands-on learning to direct instruction, from free play to facilitated experiences. Ask the provider to share with you their philosophy about what is important for young children in care, and then visit the environment and watch the adults and children in action. Is this a place you picture for your child?

As you can see, there are a lot of factors to consider in choosing a child care provider. Visit each program you are considering, talk with each provider, and evaluate which program is the best fit for you and your child.

Additional Resources:

- Easter Seals Resource and Referral 621-3501 or www.nhccrr.org
- NH Bureau of Child Care Licensing 1-800-852-3345, ext. 4624 www.dhhs.state.nh.us/DHHS/BCCL

VNA CHILD CARE AND FAMILY RESOURCE CENTER

Providing high quality, affordable care to working families that could otherwise not afford it; to families receiving state scholarships for child care; and to families in foster care. For more information, call 666-5982, ext. 11.
American Heart Ass’n CPR & First Aid

**Adult First Aid** $37
Wednesday, June 21 or August 16
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, July 8
8 to 11 a.m.

**CPR for New Healthcare Professionals** $62
Saturday, June 3 or August 5
8 a.m. to 1:30 p.m.

**CPR Renewal for Healthcare Professionals** $62
Saturday, July 8
11:30 a.m. to 2:30 p.m.

**Healthy Infant & Child First Aid & CPR** $52
Wednesday, July 12 and July 19
6 to 9 p.m.

**Safe Sitter Program** $50
Friday, June 23, July 21 or August 25
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.

**Fitness Evaluation** $40
Call 663-8280 for an appointment
8:30 a.m. to 3:30 p.m.
Welliot Office at Elliot Hospital or Elliot Wellness Center
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** $25 for 4 wks
$30 for 5 wks
Thursdays, June 22 to July 13
August 3 to August 31
7 to 8 p.m.
Learn the basic steps and a number of popular line dances. Not just country western!

**Yoga**
Yoga offers strength, flexibility and an increased awareness of how your body works and feels. Improve your heart health and gain a more relaxed attitude toward life, better balance and greater concentration. Wear comfortable clothing. Limit eating 2-3 hours prior to class.

**Just Stop Smoking with Hypnosis** $20
Monday, August 7 and August 14
6:30 to 8 p.m.
Certified hypnotherapist and meditation instructor will teach self-hypnosis and relaxation techniques to help you quit smoking with the use of an audio CD.

**Advanced Care Directives** Free!
Wednesday, June 14
3 to 4 p.m.
Elliot Hospital Conference Ctr., ground floor
Discuss issues surrounding living wills and durable powers of attorney. This workshop will help you make important medical decisions should you become unable to do so because of medical reasons.

**Shortness of Breath Seminar** Free!
Thursday, June 8, 3:30 to 4:30 p.m.
Elliot Hospital, Wound Center Conference Room, 1st Floor
This informational seminar will address the causes of shortness of breath and possible treatment options. To register, please call 663-2366.

**MIND/BODY MEDICINE**

**Hatha Yoga for Middle Age & Beyond** $90
Mondays, July 10 to August 28
6:30 to 7:45 p.m.
Good for the beginner level participant who would like a gentler type of yoga.

**Kripalu Yoga** $90
Mondays, July 10 to August 28
7:15 to 8:30 p.m.
Good for beginners and advanced participants of any age who would like a gentler type of yoga.

**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.

**NUTRITION**

**First Line Therapy** $150
Wednesdays, June 7 to August 23 or August 8 to October 18, 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. Call 663-2521 to register.

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

Elliot’s Choosing the Right Weigh Free!
Introductory Classes, 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.

Fit & Healthy Teens $30
Wednesday, July 26
9 a.m. to 2:30 p.m.
For teens, ages 12 to 14. This one-day program focuses on nutrition, education and exercise. Taught by a Registered Dietitian, a Behavioral Specialist and an Exercise Specialist. Lunch is provided.

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.

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.

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 person. To register, call the Cancer REsource Line at 663-5787.

Living Beyond Breast Cancer Free!
Second Wednesday of each month
6 to 7:30 p.m.
Elliot Regional Cancer Center at Elliot Hospital
Provides support and sharing for any woman who has experienced breast cancer. Call the Cancer Resource Line at 663-5787 to register.

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.

AICD (Automatic Internal Cardiac Defibrillator) Free!
First Friday of each month
11 a.m. to noon
Elliot offers 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.

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.

S.H.A.R.E. Free!
Third Wednesday of each month, 7 to 8:30 p.m.
For parents who have experienced a miscarriage, stillbirth or neonatal death.

VNA Foot Care Clinic $20
First four Mondays each month (except holidays)
8:30 to 11:30 a.m., Half-hour appointments
Foot inspection and assessment, toenail trimming by a registered nurse. Diabetics, people taking Coumadin or other blood thinners, or persons with peripheral vascular disease require a written physician order prior to participation. Registration required.

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.

VNA Ear Care Clinic $20
Fifth Monday and Friday of each month (except holidays)
Ear inspection and assessment. Ear wax removal by a registered nurse. Registration is required.

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

Reach and Balance $55
Mondays & Wednesdays, June 12 to August 23, 8:45 to 9:45 a.m.
Participants will stretch all the major muscle groups, increase their flexibility and balance.

Low Impact Chair Aerobics $55
Mondays & Wednesdays, June 12 to August 23, 11:30 a.m. to 12:15 p.m.
and Tuesdays & Thursdays, June 13 to August 24, 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.

Mind Aerobics $15
Mondays, June 12 to July 24, 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, 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.

New! Fit & Fabulous $35
Tuesday and Thursday, June 13 to August 25
10 to 11 a.m.
Low-impact, strength-training exercises for ages 50+. Fun and easy exercises will improve balance, strength, flexibility and cardiovascular endurance.

Gym Membership $65
Monday through Saturday, May 30 to August 26
and Monday to Friday, 6:30 a.m. to 7:30 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.

New! Grandkidsitter Program $10
Wednesday, June 21, 9 a.m. to Noon
Become the ultimate grandparent babysitter! This hands-on class will teach you how to save a choking child, how to handle tantrums, when to call 911 and so much more. Share your experiences while meeting others who regularly babysit their grandchildren.

Advance Directives Free!
Wednesday, June 14
Discuss issues surrounding living wills and durable powers of attorney. This workshop will help you make important medical decisions should you become unable to do so because of medical reasons.

Preconception and Prenatal Wellness $50 per couple
Monday, June 1
6:30 to 8:30 p.m.
A program designed to bring new dads and dads-to-be together to discuss the joys and responsibilities of fatherhood. Discussion includes caring for your newborn, communicating with your partner, and preparing for your new family.

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

On-going Childbirthing and Parenting Classes
1-Day Surgery Center Tour for Children Free!
Wednesday, June 7, June 21, July 5 or July 19
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.

Learning Disabilities: Their Signs and Symptoms and How to Gear Your Child Up for Success in School $10
Tuesday June 13, 6 p.m.
Elliot Hospital, Conference Ctr., Ground Floor
This class is offered as part of Manchester Counseling Services’ parenting series.

Testing Toddler $15
Friday, June 9
6 to 9 p.m.
Explore the normal growth and development of a child one to three years of age. A Child Life Specialist will address the challenges of dealing with sleep, discipline, and normal behaviors of toddlerhood.

Ongoing Childbirthing and Parenting Classes
Breastfeeding
Introduction to Underwater Birth
Exercise & Your Pregnancy
Labor Series
Prenancy
Grandparents Update
Maternity Tour
Great Expectations
Mom’s Group
Infant/Child CPR
Refresher Labor
and Safety
Sibling Class
Infant Growth and Siblings Without
Development Rivalry
Infant Massage
VBAC

Register online at www.elliothospital.org
or call Elliot On-Call at 603-663-4567
MAKE ELLIOT HOSPITAL YOUR ONLINE RESOURCE!

Our website, www.elliothospital.org offers a wide-array of features to help you manage your healthcare needs.

- Pay your bill online
- Register for classes and events
- Learn more about our Centers of Excellence programs, Elliot Physician Network and other services
- Find a physician
- Send an e-card to an Elliot Hospital patient
- Apply for job openings
- And much more!

ELLIOIT 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.

Pamper Yourself at The Spa Within

Look and feel your best this summer by pampering yourself at the Spa Within. Located on the fifth floor of the Elliot Hospital, the Spa Within is open to the public and patients. Our specialized medical spa services include:

- Skin care treatments for everything from teen acne to sun damaged skin.
- Rejuvenating facials and peels by our Medical Esthetician with recommended home care products.
- Specialized laser treatments by our Board Certified Physician.
- Foot care services including nail clippings and moisturizing pedicures. Our technicians are proud to assist diabetics with their foot care. In fact, a pedicure is perhaps one of the most important, preventative measures you can take.
- Massage therapy. We can help relieve muscle aches and stress, strengthen the immune system and increase circulation.
- Body wraps and specialty hand treatments will help detoxify impurities and re-hydrate your skin.
- Full-service hair salon. A cosmologist is available three days a week and offers haircuts for men, women and children, dimensional foils, perms and corrective colors.

Our goal is to provide services in a relaxing and clean environment. Our staff regularly pursue continuing education in our specialties to provide the most advanced and safest care to our clients.

For a complete list of services, visit www.elliothospital.org or call 663-5400. We look forward to pampering you!

KEEPING YOUR EMPLOYEES HEALTHY

Studies show that healthier employees reduce healthcare costs, improve productivity, reduce absenteeism, increase safety and morale and lower attrition. Elliot’s Working Well program can help your employees achieve a healthier lifestyle! Our specialists come to your company and assist employees on-site with a variety of programs.

Screenings:
- Cholesterol
- Osteoporosis
- Glucose
- Body Composition Analysis
- Blood Pressure
- Sun Damage Awareness
- Fitness Evaluation
- Health Risk Appraisals for Heart, Cancer, Fitness, Nutrition & Stress

Certifications:
- CPR Training
- First Aid Training

Health Lectures and Education
- Heart Health
- Cancer Awareness
- Back Care
- Diabetes
- General Nutrition
- Fitness
- Smoking Cessation
- Stress Management
- Fitness and Other Services
- Fitness Center Management, Classes and Worksite Wellness
- Weight Management – Motivation and Skills
- Health Fairs
- Incentive Programs – Walking, Weight Loss, Health and Safety

For more information about how Working Well can help your company, call 663-8280 or email pmacdonald@elliot-hs.org.
Grant Opportunities Available through the Pearl Manor Fund

The Mary & John Elliot Charitable Foundation is pleased to announce that grant applications are now available for non-profit organizations serving the elder community in the Greater Manchester area. Grants will be awarded through the Pearl Manor Fund, established to support projects that implement solutions and address the critical and unmet needs of the senior population.

To download a Pearl Manor Fund grant application, please go to: www.elliothospital.org, click on the Mary & John Elliot Charitable Foundation and follow the link to the Pearl Manor Fund grant application guidelines. For additional information, contact Donna Nicholaides, director, at 663-2834.

The Mary & John Elliot Charitable Foundation is a non-profit, charitable organization created to provide financial support to the various needs of the Elliot Health System (also a non-profit charitable organization). The Foundation is committed to building an ongoing circle of friends whose financial support will help Elliot Health System identify and meet emerging healthcare needs.

Support the Elliot Breast Health Center by taking part in a special fundraising event! The day will consist of a beautiful and challenging 100-mile ride to the seacoast and back. Perhaps a shorter route of 25 or 50 miles better fits your time requirements and/or fitness needs. Whatever you choose, the New Hampshire’s Ride for the Ribbon™ will be supported with sag wagons, medical and mechanical services AND cheerleaders! Water stops along the route will offer food and water. Registration includes a Saturday morning breakfast and a great post-party event at the Finish Line with music, fabulous food and more!

All proceeds from New Hampshire’s Ride for the Ribbon™ will benefit the Elliot Breast Health Center. Your commitment to this ride enables us to continue the fight against breast cancer while we serve the community of Greater Manchester with quality breast care services through state-of-the-art technology, genetic counseling and education.

For general information, to register or to download a pledge form or sponsorship opportunities, visit to www.ridefortheribbon.org.

Attention Riders and Breast Cancer Supporters!

Come to the Ride’s After-Party! Food, Fun and Pink Ribbons!

Elliot Hospital Campus
Live music by Club Soda
3 to 7 p.m.
Elliot Health System has had a long-standing commitment to the community. For over 115 years, we’ve dedicated ourselves to the health and well-being of the Greater Manchester area. The people of Londonderry and Salem have trusted our physicians at Apple Tree Family Practice and the Salem Medical Center for the better part of a decade. During that time, we’ve watched these practices and the community grow substantially and research shows that this trend will continue in the coming years. With growth comes the need for additional healthcare services. We are honored that Londonderry is welcoming Elliot to their community with an exciting new medical center.

The Elliot Medical Center at Londonderry will offer a variety of specialized services. Opening in January 2007, it will include six primary care physicians when Apple Tree Family Practice and the Salem Medical Center combine their practices in the new building. Eventually, the practice will grow to include 10 physicians.

The facility will also provide an urgent care center which will be open seven days a week. This will provide the community with an alternative to emergency room care for their immediate, but non-emergency health needs. A senior health practice, modeled after our successful center in Manchester, will provide geriatricians (physicians with additional training in the healthcare needs of seniors), behavioral health and other specialized services for seniors. We are also proud to offer occupational health and physical therapy, a behavioral health practice, lab and imaging services, plus a conference area and café.

The Elliot Medical Center at Londonderry will offer patients the same quality care that Elliot Health System is known for. Our physicians and medical staff will have access to the most advanced technology, including our electronic medical records system, which provides your physician with your complete medical history in an instant, making quality care safer and quicker.

As construction continues on our new facility, we look forward to becoming a valuable healthcare resource for Londonderry and the surrounding community!

OUR TOP DOCS!

Each year, Business NH Magazine asks New Hampshire doctors who they would choose to provide their own medical needs. We’re proud to recognize the Elliot physicians who made this year’s Top Docs list. Their commitment to patients and healthcare is truly remarkable.

James Bartels, MD  
Otolaryngology & Ear, Nose, and Throat Surgery

Eric Benson, MD  
Orthopedic Surgery

Edward P. Dalton, MD, FACS  
Breast Surgery

Raf M. Fahmy, DPM, FASFAS  
Podiatry

Denis Hammond, MD  
Hematology/Oncology

Jeffrey Harnsberger, MD  
Colon/Rectal Surgery

Lawrence M. Hoepp, MD  
General Surgery & Vascular Surgery

John J. Janeiro, MD  
Urological Surgery

N. Ross Jenkins, MD  
Neurosurgery

John Kalliel, MD  
Allergy/Immunology

Robert Lavery, MD  
Cardiology

Richard Marcucci, MD  
Emergency Care

Mary Jo Montanrella, MD  
Gynecological Surgery

Kevin Quinn, MD  
Radiology

George Shaker, Jr, MD  
Ophthalmology

Michael Strampfer, MD, FACP  
Infectious Diseases

Robert Thies, MD  
Neurology

Bruce Topol, MD  
Plastic/Reconstructive Surgery

James Vailas, MD  
Sports Medicine

Jinsong Wang, MD, PhD  
Hand Surgery

Coming Soon!

The Elliot Medical Center at Londonderry
Y
ears of smoking, asthma and a bout of pneumonia took its toll on Bruce Kenney’s lungs. He didn’t know just how serious the damage was until he ended up in the emergency room the day after Christmas in 2003. He heard the medical staff use terms like “life threatening” and remembers thinking “This is how it’s going to end.”

If you know Bruce, it’s easy to understand why he ended up back in the hospital just a month after his first stay. He rarely seems to be without a smile and exudes a “can do” attitude. It was just fitting that he’d try to live life without being tethered to an oxygen machine by 50 feet of tubing. His lungs weren’t able to function without the supplemental oxygen, though, and he was rushed to the emergency room. This time, his doctor gave him a very stern warning about the need to change his lifestyle or face further decline in his respiratory health.

The warning motivated Bruce. He began to use the oxygen and take his medications as directed. He also agreed to be referred to Elliot’s Pulmonary Rehabilitation program. The program is designed to help people meet the day-to-day challenges of living with a chronic lung disorder in addition to improving lung health. The Pulmonary Rehabilitation team starts participants off on a group exercise program that is tailored to meet each individual’s specific needs. They are closely monitored during physical activity and are encouraged to increase their regimen as they go.

Bruce attributes a large portion of his success to the group of friends he has met through the program.

“IT was a good experience,” says Bruce who finished the introductory program nearly three years ago. In fact, Bruce credits part of the success of the program on its group atmosphere. “We’re all in the same boat, we’re all trying to help each other,” he says.

Beyond improving lung health, the Pulmonary Rehabilitation program also includes an educational component. Through a series of educational sessions, participants learn about different respiratory medications, self assessment and symptom management, and learn how diet and nutrition can affect their health. At graduation each participant is encouraged to keep exercising by joining the Maintenance Exercise program.

Since graduating from the program nearly three years ago, Bruce continues to participate in the Maintenance program. Because the staff from the Pulmonary Rehabilitation Program supervises the participants at Maintenance, he prefers it to a traditional gym. He attends group workouts at Elliot’s Wellness Center twice a week and looks forward to seeing his friends from the program on a regular basis. In particular, Bruce enjoys working out alongside 89-year-old Harold. “He pushes me,” says Bruce.

The program has inspired him to stay physically active. He enjoys walking with his dog, traveling and walking the beach among other things. Once a teacher at Southside Middle School in Manchester for over 34 years, he now keeps active working part time at a canine training facility.

Of all the changes he has experienced over the past three years, Bruce finds himself very thankful for the Pulmonary Rehabilitation program. This very upbeat man with a strong laugh learned “I can still have a life and be functional.”

Bruce attributes a large portion of his success to the group of friends he has met through the program.
By Peter van der Meer, MD
Chair of Radiology

EACH YEAR, ABOUT ONE MILLION AMERICANS SUFFER DEBILITATING COMPRESSION FRACTURES OF THE SPINE.
In addition to being painful, these fractures can cause shortening of the spine and forward leaning posture, called kyphosis. A minimally invasive procedure called kyphoplasty offers quick pain relief and the potential to restore bone height and correct the kyphosis. This is accomplished by injection of the fracture with surgical cement, a kind of superglue.

The main reason to do kyphoplasty is pain relief. It’s effective and safe and patients often go home the same day of the procedure. Kyphoplasty is most successful in people with osteoporosis and is an immensely important treatment option for elderly people with very painful fractures. Seniors who can’t get out of bed because of a compression fracture are at high risk for complications including blood clots in the legs or lungs, pneumonia, constipation, depression and loss of muscle mass and bone mass. The loss of bone mass can increase the likelihood of future fractures. So we aim to get these patients up and walking again as soon as possible. Kyphoplasty is great treatment for them.

You do the procedure in the morning, they walk in the afternoon.
A patient undergoing kyphoplasty is sedated and lies face down on a special x-ray table. A local anesthetic is given to numb the back. After making a small incision in the back, the physician, guided by real-time X-ray images, advances a thin tube into the fractured vertebra. Through the tube, a special balloon is inserted into the interior of the vertebra. Once correctly placed, the balloon is inflated. This pushes bone out of the way and “jacks up” the collapsed vertebra. The goal is to restore the vertebra to its original shape as much as possible. When this is achieved, the balloon is deflated and removed, and the cavity is filled with a quick-setting bone cement.

The procedure takes about 30 minutes per fracture. Patients stay in bed and are observed for several hours after the procedure. When sedatives wear off, they are encouraged to get up and move around.
Depending on their overall condition, many patients go home the same day, or are discharged after an overnight hospital stay. Once discharged, they may resume normal activities.

In terms of achieving pain relief, kyphoplasty is as effective as a similar procedure, called vertebroplasty. Nine out of ten patients experience significant pain relief within 24 hours. Vertebroplasty is done without balloons, and does not offer the potential to restore bone height. It’s a good procedure if there is little or no height lost with the fracture.
Patients are individually assessed to determine which procedure is most appropriate for their fracture.

For more information about kyphoplasty and Vertebroplasty, call 663-4150.

Dr. Peter van der Meer specializes in skeletal disorders and performs more kyphoplasties than any New England physician.

“IT STILL FEELS GREAT TO SEE SOMEONE SMILE AND STAND UP STRAIGHT A FEW HOURS AFTER A PROCEDURE THAT WAS NECESSARY BECAUSE THEY WERE IN A WHEELCHAIR.”
Dizziness, like headaches, is a phenomenon that almost everybody will experience at some point in their lives. This should be reassuring to you when you are feeling dizzy, because anything that common is not likely to be imminently deadly. So, the first thing to do if you feel dizzy is to sit down, relax and don’t panic.

Like pain, dizziness is a way that your brain communicates with you. When you feel dizzy, you instinctively feel the need to sit or lie down, which is exactly what your body needs. You may feel as though you are going to pass out. In fact, this is exactly what will happen if you don’t sit or lie down immediately.

Although many things can cause dizziness, the two most common reasons fall under the category of common sense: dehydration and low blood sugar.

Dehydration means you are too dry. Without enough fluid in your bloodstream, your blood pressure drops and the blood flow to the brain drops just enough for it to sense a low oxygen level. Don’t worry, it’s not enough to cause a stroke. Your brain reacts by stealing blood from the rest of your body, which makes you feel dizzy and this causes the feeling that you need to lie down.

The way to prevent dehydration is obvious: drink more fluids! By the way, coffee doesn’t count. Caffeine is a diuretic (a drug that causes urination). You’ll only end up expelling more fluid than you are taking in. So coffee, tea, and soft drinks with caffeine actually worsen dehydration, even if they seem to quench your thirst at the time.

Low blood sugar is a condition where you do not have enough glucose in your bloodstream and your tissues cannot get the energy they need to function well. You will begin to feel weak, nauseous and dizzy when this occurs. Responding with a quick jolt of rapidly absorbable energy, such as fruit juice or a piece of hard candy, is a good idea. Episodes of low blood sugar can be avoided by eating healthy snacks every hour or so throughout the day, instead of relying solely on 2 to 3 meals per day.

There are, of course, other causes of dizziness. Vertigo refers to a dizzying sensation of imbalance or abnormal motion, such as spinning or feeling the floor move up and down. It often has different causes than mere dizziness, although the most common causes of vertigo are also usually benign. Dizziness can also be due to medications that you may be taking. Your doctor can help you to determine if that might be the case for you. In rare cases, dizziness is the sign of a serious underlying condition. This might be true if your dizziness does not respond to food, fluids, rest or medication changes, or becomes progressively worse over time. You should definitely let your doctor know if such is the case with yourself.

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**IF YOU ARE DIZZY**

- Don’t panic!
- Sit or lie down.
- Drink a little extra clear fluid, without caffeine.
- Eat or drink something sweet.

Call your doctor if the dizziness doesn’t go away, or if you have other concerns.

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By John Thomas, MD
Food Safety Tips
for
Carefree Summertime Dining

By Lynda Savage, RD, LD

The sunny days of summer bring us hot temperatures, BBQ’s and picnics. It’s also when we’re most at risk of food poisoning. Before you plan your next BBQ or pack your next picnic basket, remember these simple tips to ensure a healthy event!

Wash hands often
Bacteria is easily transferred from the body to food surfaces. Wash hands thoroughly with soap and water before, during, and after food preparation. Pack moist towelettes or hand sanitizer in your cooler for use when soap and water are not available.

Keep raw meats and ready-to-eat foods separate
This will prevent cross contamination, a leading cause of food borne illness. Be sure to use separate plates for raw and cooked foods. Use different knives, grilling tongs or forks for raw and cooked meats. Do not reuse marinade on cooked items. Use different spoons and forks to taste, stir and serve foods.

Cook food to proper temperatures
This is the only way to ensure that harmful bacteria have been destroyed. Use a meat thermometer to ensure your meats have cooked to the right temperature.
- Hamburgers: 160 degrees
- Chicken: 170 degrees

Hot dogs: 160 degrees
Never partially grill meat or poultry to finish cooking later.

Make sure that cold foods are kept cold
To prevent the growth of harmful bacteria, be sure to pack foods in a well-insulated cooler with plenty of ice or ice packs to keep the temperature below 40 degrees Fahrenheit. A refrigerator thermometer in the cooler will help make sure it is kept cold enough. Transport the cooler in the back seat of an air conditioned car instead of a hot trunk. Remove only the amount of food that will be cooked or consumed immediately. Do not leave food outside in hot weather for more than one hour and throw away any foods that have been unrefrigerated for more than an hour. Defrost meat, fish, or poultry in a refrigerator or microwave. Do not leave on countertops or outside at the party.

Practice other food safety behaviors
Make it a habit to clean out coolers with soap and water between each use. Scrub the grill thoroughly with hot soapy water before cooking. Pay careful attention to expiration dates on packaging; especially meats, fish, poultry, and dairy products. If in doubt throw it out!

- Sell by date tells the store how long to display for sale. It can be consumed for a few more days.
- Use by or Best Used by date is the last date recommended for use of the product at peak quality.
- Expiration date means TOSS IT after this date.

More Food Safety Tips:
- Refrigerate leftovers as soon as possible after cooking and use within 3 to 4 days.
- An unopened package of deli meat can be kept in the refrigerator for two weeks, but once opened, they should be used within 3 to 5 days. Meats sliced in the deli and wrapped are considered “open” and should be discarded after the 3 to 5 days.
- Fresh fish or shellfish should be used in 1 to 2 days.
- Bread and fruit do not need to be refrigerated, but if they are, store away from raw meat, fish or poultry to avoid cross-contamination.
- When defrosting meats in the refrigerator, place on a plate or tray so juices are contained. Store them below food items that will be consumed in their raw state.
- Symptoms of food borne illness are usually flu-like with mild to severe intestinal symptoms such as nausea, vomiting or diarrhea with or without fever. The onset of symptoms begin 2 to 48 hours after eating contaminated food and can last 1 to 7 days.