



Living news

A life-saving donation from CMC

“Every day has become a gift,” says Brian Duffy. The Central High School Latin teacher has no memory of his near-fatal heart attack. But he will never forget the people who saved his life, and the donation made years before by CMC that ensured his survival.

Last October, Brian suffered a massive heart attack in front of his class. Brian’s students quickly notified the school nurse, Beth Schwartz, and described in detail what was happening to their beloved teacher.

Thanks to a donation from CMC in 2006 to all Manchester high schools, Central had a portable defibrillator device for this type of emergency. Schwartz grabbed the hand-held device, raced to Latin class and checked Brian’s pulse. She quickly attached the leads to his torso and chest, followed the AED’s voice commands, and delivered an electronic shock to Brian’s heart.

Brian’s heart was still beating when EMTs Laura Swasey and Nick Adams arrived. They had responded to four other heart attacks that week. The other patients had died, but Swasey and Adams knew they had an incredible chance at

saving Brian’s life because of the AED and the quick response of Nurse Schwartz. It was the first of two major technological advantages Brian would have on that fateful day.

With a heart attack, every minute counts. Studies have shown that after three to five minutes following a heart attack, irreversible brain damage begins to occur. According to the American Red Cross, for every minute a heart attack goes untreated by EMTs or doctors, the chance of survival decreases 10 percent.

continued on page 7



Celebrating 25 years of cardiac surgery

Nationally-recognized expertise.

The New England Heart Institute has been fortunate to attract the best physicians and acquire the best equipment, earning the trust of patients and the respect of the industry. Twenty-five years ago, the regional cardiac institute opened at CMC, beginning a strong foundation for numerous cardiac achievements. Since then, the cardiac surgery program at NEHI has opened a cholesterol management center, cardiac catheterization and electrophysiology labs, replaced hundreds of aortic valves, and introduced thousands of beating heart, cardiac interventions and noninvasive procedures. “We are so proud to be such a robust resource for our patients,” said Dr. Louis Fink, medical director of NEHI. “We’re happy to be here.”

continued on page 3

Community Health Services

Community Health Services reaches beyond the walls of the hospital and into the community assisting individuals with health information and access to healthcare. See our special section beginning on page 14.



From the desk of
Alyson Pitman Giles,
President and CEO

This winter has been a phenomenal season for cardiac care at Catholic Medical Center. As you will read inside these pages, the outstanding performance of our physicians, clinical teams, nurses and the emergency department's able readiness were responsible for several emergency outcomes that defied the odds. It is a real testament to both our rapid response team and to CMC's commitment to state-of-the-art care that we were able to save the lives of individuals who in prior years would never even have made it to the hospital. What they do is amazing.

I am delighted to recognize the 25th anniversary of the Cardiac Surgery Program. Twenty-five years ago, Drs. David Charlesworth and Christopher Maloney were the pioneers who opened the first cardiac surgery program in a community hospital in New England here at CMC. Their longstanding colleagues, Drs. Ben Westbrook and Yvon Baribeau, have each been with us for 20 years and are proud to welcome a new colleague to the program, Dr. Alex Karavas. Dr. Karavas' skills in minimally invasive cardiac and endovascular surgery will complement the existing team, and we are thrilled.

Finally, I would like to welcome our new Senior Vice President and Chief Financial Officer, Ted Dudley. Ted was previously the CFO at Lawrence General Hospital and, prior to that, he was the VP of Finance at Southern New Hampshire Medical Center. I cannot wait to see what his talents will bring to Catholic Medical Center.

On behalf of all of the employees of CMC, I would like to thank you for supporting us as we strive to bring health, healing and hope to all. ■

Alyson Pitman Giles, FACHE, President and CEO

ASK-A-NURSE® about stroke awareness: who is at risk and what to watch for



May is National Stroke Awareness month which makes it a great time to write about such an important and potentially devastating subject. Stroke is the 4th leading cause of death in the United States and it is the leading cause of serious, long-term adult disability. Simply stated, a stroke occurs when a blood clot blocks an artery (ischemic stroke) or when a blood vessel breaks (hemorrhagic stroke) leaking blood into an area in the brain. Ischemic strokes are much more common than hemorrhagic strokes but both types cause death to the brain cells. How this affects a person depends on where the stroke occurs in the brain and how badly the brain is damaged.

Controllable risks factors such as high blood pressure, high cholesterol, smoking, drinking alcohol heavily and having diabetes increase a person's risk of having a stroke and therefore these conditions should be discussed and monitored closely by you and your doctor. Two million brain cells die every minute during a stroke so recognizing symptoms and acting fast to get medical attention is of the utmost importance. Here are some of the common stroke symptoms:

- Sudden numbness or weakness of the face, arm or leg – especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

People should know and use the F.A.S.T. test to recognize and react quickly to stroke symptoms:

- F=FACE** Ask the person to smile. Does one side of the face droop?
- A=ARMS** Ask the person to raise both arms. Does one arm drift downward?
- S=SPEECH** Ask the person to repeat a simple sentence. Does the speech sound slurred or strange?
- T=TIME** If you observe any of these signs, it's time to call 9-1-1 or get to the nearest stroke center or hospital.

It is important to know these signs and symptoms and quickly respond because every minute counts when it comes to a stroke. For more information or questions about a stroke, call ASK-A-NURSE at 626.2626. ■



Celebrating 25 years of cardiac surgery

continued from page 1

CMC offers hybrid technology to the operating room.

It used to be that seeing inside a patient – through radiology and imaging or through surgery – would require a patient to be transported to multiple locations, hurry and wait for results, and delay resolution. Worry and frustration for patients and family would inevitably increase, making an already stressful situation worse. “We are looking forward to offering a one-stop solution for patients and their doctors,” said Lisa Roux Coggins, VP, Surgical Services at CMC. Lisa is referring to the “Hybrid Operating Room” (or “OR”) currently being created at CMC. Combining real-time imaging and surgical procedures all at one sterile location allows a patient’s healthcare team to work more accurately and efficiently, and reduce a patient’s treatment time. Appropriate for both minimal invasive and open surgeries, the Hybrid OR at CMC promises to improve quality of care and peace of mind.

Dr. Karavas joins CMC’s notable Cardiac Surgery Program.

Dr. Alexandros Karavas is a Board-certified surgeon who trained in cardiac surgery and cardiology at Hamburg, Germany’s Albertinen Krankenhaus. His general surgery internships were completed at Brigham and Women’s Hospital and Harvard Medical School, his residency at St. Elizabeth’s Medical Center, Tufts University School of Medicine, and his cardiothoracic training at Vanderbilt University Medical Center. Dr. Karavas completed a clinical and research fellowship in cardiac surgery at Brigham and Women’s Hospital, Harvard Medical School and a fellowship in aortic and endovascular surgery at the Hospital of the University of Pennsylvania. CMC is excited to add him to its surgery program. ■

Celebrate Women’s Health Week

Spring is finally here after a long New Hampshire winter! In celebration of National Women’s Health Week, May 8-14, CMC’s Women’s Health Task Force is hosting a free lecture series. All lectures will be held at CMC. Registration is required. Call ASK-A-NURSE at **626.2626** or register online at catholicmedicalcenter.org.

Obesity and Pregnancy

Cecelia Clemans, MD, Dartmouth-Hitchcock Manchester

Connie Campbell, MD, NH Surgical Specialists

Wednesday, April 20 ■ 6 PM ■ Roy Auditorium

Obesity significantly increases the risks of pregnancy for both mother and child. Come hear strategies to optimize outcomes associated with maternal obesity. We will also discuss special considerations for pregnancy in those who have undergone weight loss surgery.

Rich Cell, Poor Cell

How simple food can save your life.

Catherine Shanahan, MD, Family Health & Wellness Center at Bedford

Wednesday, May 4 ■ 6 PM ■ Roy Auditorium

Why does Hawaii have the longest life expectancy in the U.S.? Why do Mexicans have healthier babies than their American counterparts? Learn the four common elements of the world’s healthiest diets, and find out why!

Female Pelvic Medicine

James Whiteside, MD, Dartmouth-Hitchcock Lebanon

Wednesday, May 11 ■ 6 PM ■ Roy Auditorium

Examples of pelvic floor problems may include leaking urine or stool, problems emptying the bladder or rectum, insufficient vaginal support and pelvic pain. Learn how and when these problems can be fixed and the role of new technologies. ■



CMC is proud to be voted the "Best Healthcare Facility"



Southern New Hampshire Cosmetic Laser is dedicated to providing the highest quality cosmetic laser procedures at an affordable price. We are able to permanently remove unwanted hair, skin pigmentations and provide skin tightening. At Southern New Hampshire Cosmetic Laser you will always be treated by a Board-certified physician.

To schedule an appointment with one of our physicians, please call 663.5273 and mention this article for 25% off your first treatment.*

For information on the full range of laser services and Obagi Medical Skin Care that we provide, please visit us on the web at www.nhlaser.com or www.obagi.com.

Dartmouth Commons
775 South Main Street
Manchester, New Hampshire 03102 ■

* Cannot be combined with any other offer.

Lyme disease prevention

By Sally Al-Abdulla, MD, Goffstown Primary Care

This spring, Lyme disease will be hot on our heels. Due to last year's especially wet fall, deer ticks are expected to be prevalent. Keeping that in mind, we need to be particularly careful with full-body tick exams.

The deer tick, which is responsible for the transmission of Lyme disease, can be difficult to spot as it is small and dark black. Particular attention should be given to exposed areas of skin and in body creases. Wearing tick repellent, long sleeves and pants can be helpful when spending time in wooded areas. However, despite precautions, a full body exam is still recommended after a day outside. Even though Lyme disease can present with a bull's eye lesion, fevers and fatigue, much of the time it can remain asymptomatic and can even fail to produce a positive result in blood testing.

If left untreated, Lyme disease can cause long-term health problems ranging from chronic arthritis, to seizures, memory loss and persistent fatigue. Often it can remain undetected in the blood stream only to emerge with a persistent symptom years after initial exposure. If caught early, Lyme disease is easily treatable with an extended course of Doxycycline, a commonly prescribed antibiotic.

Lyme disease receives its name from the town in Connecticut where it was first publicized, however it is found rampant in much of the East Coast, with some isolated pockets of prevalence in Minnesota and Wisconsin. Preventative care remains the prime method of curtailing Lyme disease, and general awareness has helped decrease cases. If you suspect you have been exposed, please contact your healthcare provider.

Dr. Sally Al-Abdulla is accepting new patients of all ages at Goffstown Primary Care. For an appointment, please call 314.4500. ■



Sally Al-Abdulla, MD

Are you suffering from chronic wounds or non-healing wounds?

Catholic Medical Center's Comprehensive Wound Healing Center can help you. We offer a multi-specialty service program for effective wound treatment. We will aid in management of associated medical conditions related to wound healing. We accept both physician and self-referrals. To access our expert outpatient wound team, or if you have questions, please call 663.6000 or ASK-A-NURSE at 626.2626. ■

philanthropy

at CMC

Wine & Beer Tasting

The 6th Annual Catholic Medical Center Wine & Beer Tasting Event will be held on **Thursday, May 19**, at the Bedford Village Inn in Bedford, NH, from 5:30-8 PM. Ticket cost is \$75 per person. Proceeds from the event will be used in support of the Poisson Dental Facility at Catholic Medical Center. For more information, please call Keri Degen at **663.6056** or Terry Arbour at **663.8011**. ■



President's Society

2011 CAMPAIGN TO BENEFIT
THE SPECIAL CARE NURSERY
AT THE MOM'S PLACE



CMC Online Auction

On **May 11**, CMC will open **CMCbid.com**, a two-week online auction to raise funds for the Poisson Dental Facility. To place a bid on any of the items, simply visit **CMCbid.com**, register and create a login and password. Bidding ends at 6 PM on Monday, May 23. Auction items will include gift certificates to restaurants, concert tickets, vacation packages, Red Sox tickets and more! ■

CMC Associates Golf Classic

The Catholic Medical Center Associates will hold their 8th Annual Golf Classic on **Wednesday, June 8**, at Passaconaway Country Club in Litchfield, NH. Proceeds from this year's event will benefit the Special Care Nursery at Catholic Medical Center. For more information, please call Gary Archambeault at **663.6239**. ■

The Catholic Medical Center President's Society raises funds in support of various projects and programs benefiting the patients and families that receive care at Catholic Medical Center.

In order to meet the growing needs of our most fragile patients, funds raised through the 2011 President's Society Campaign will be used in support of the purchase of additional isolettes (infant warming beds), and testing equipment. Donations will be used to provide care and comfort to the infants and their families who receive care at the Special Care Nursery.

Members of the President's Society are recognized at a private President's Society reception in the fall. ■

The Special Care Nursery at The Mom's Place celebrates its first birthday

Since we opened our doors on April 5, 2010, the Special Care Nursery at Catholic Medical Center has cared for more than 100 babies and their families. The Special Care Nursery was founded on the principles of neonatal couplet care that promotes mothers and babies to remain together from admission to discharge. The home-like environment integrated with the latest technology provides an optimal atmosphere for families to remain together. Because parents are encouraged to be the primary caregiver to their fragile newborn, when it comes time to go home, it is an easy transition. "We really enjoyed the experience at CMC's Special Care Nursery," said new mom Mary, "It was warm, welcoming and really very comfortable. My husband and I felt prepared because of the education we received from the nurses and staff." The experienced nursing and support staff along with a team of neonatal providers from CHaD (Children's Hospital at Dartmouth) provide constant expertise, support and care for these special babies and families. "We learned so much and feel lucky and blessed to have had our care at Catholic Medical Center."

For more information or for a personal tour of the Special Care Nursery at The Mom's Place, please call ASK-A-NURSE at 626.2626. ■

New dad, Randy Duquette, with his triplets



Highly personalized service at CMC's Nutrition Services Department

The Nutrition Services Department at Catholic Medical Center is pleased to welcome Susan O'Keefe, RD, LD. Susan is qualified to counsel adults and children on a wide variety of nutrition topics including weight management, diabetes, cardiac health and digestive disorders. In addition, she has an interest in women's wellness such as pregnancy, menopause, polycystic ovarian syndrome, osteoporosis and eating disorders. Susan holds specialty certifications through the American Dietetic Association in weight management for children, adolescents and adults.

Susan has developed and facilitated many community programs in the Nashua area and also enjoys consulting for a major supermarket chain in New England. This affords her the opportunity to bring education to the public by helping individuals and families make realistic healthy choices that can positively impact health.

CMC's Nutrition Services Department offers a highly personalized program with a registered dietitian in an effort to help patients achieve their nutrition goals while working in close collaboration with their healthcare providers. In an effort to provide the highest quality nutrition assessment possible, we now offer metabolic testing which can be performed in the office and is covered by many insurance plans. Individual counseling is generally a covered service as well.

To keep the community updated and informed in 2011, we will begin sharing a nutrition newsletter through catholicmedicalcenter.org, [facebook.com/catholicmedicalcenter](https://www.facebook.com/catholicmedicalcenter) and our quarterly Healthy Living E-News email. Our hope is that you will find this information a useful tool in the pursuit of health. Each issue will offer a new recipe and practical tips on moving in a healthy direction. For more information about our comprehensive nutrition services, please call 663.6931. ■

Metabolism Matters

Thurs., June 2

CMC Roy Auditorium

Is it difficult for you to lose weight? Do you suspect your metabolism is not what it should be? This lecture explains what makes your metabolism unique and offers information on how to increase your resting metabolic rate to help with weight loss. CMC offers the MedGem breathing test which measures your RMR. This test will be explained and we will discuss how this can help with weight loss goals. **No charge.** Registration required.



Susan O'Keefe, RD, LD

A life-saving donation from CMC *continued from page 1*

In Brian's case, the quick actions of his students and Nurse Schwartz gave him the chance to not only survive, but recover without any permanent damage to his brain. But the AED only boosted his chances; Brian was still in dire need of advanced medical care. His second break came in the form of the latest use of wireless technology at CMC.

EMTs Swasey and Adams prepped Brian for transport and loaded him into their ambulance, which is equipped with wireless communications. The EMTs sent vital statistics directly to Michael Sochat, MD, waiting at CMC's Emergency Department, and to David Goldberg, MD, FACC, Director of Cardiology at CMC, who had been alerted to Brian's condition. Both doctors began closely monitoring the incoming vitals. Upon arrival, Brian was treated immediately, giving him the best possible chance of a full recovery.

Brian's story, which caught the attention of WMUR's NH Chronicle, is why CMC invests in wireless broadband technology. And it's why we donate AEDs to the community.

For Brian, each day is a gift. As he explained to WMUR, "I had a perspective on life and death, but when it really happens to you, you feel very grateful for every moment." ■

Brian Duffy



Outpatient Rehab provides recovery after surgery

On August 29th, Nick Roy accidentally cut his hand on a piece of glass severely injuring his right wrist including seven tendons, the median nerve and the major artery to the hand. He was rushed to Boston for emergency surgery.

It took several hours in surgery to repair the essential structures necessary for hand function. Nick had lacerated the tendons that flex the thumb, fingers and wrist, without them, grasping or pinching is impossible. The median nerve was also severed which supplies sensation to the thumb, index finger, middle finger and part of the ring finger. It also supplies motor function to the muscles that flex and position the thumb for pinching. Loss of function in this nerve robs the hand of vital sensation and movement required for any type of fine motor manipulation. Finally, the artery he severed supplies 65% of the blood supply to the hand. Injury to any one of these structures can be disabling to hand function, but loss of all of them renders the hand useless.

"When it first happened I was afraid I would lose my right hand." Once released from the hospital, Nick began the arduous journey of relearning how to use his right hand again. He participated in hand therapy two to three times a week for six months under the care of a Certified Hand Therapist (CHT) at CMC Outpatient Rehabilitation. At first, Nick was unable to hold a toothbrush or eat with his right hand. "Nick had to work with his hand every hour and wear a specialized brace to protect the newly-repaired

tendons," said his Occupational Therapist Amy Quinney, CHT. "We had to strike a fine balance between protecting the surgical repair and moving it enough to prevent debilitating scar formation." As he regained movement and strength, Nick was able to do more and more with his hand. Writing his name for the first time after the accident was a major victory.

While his recovery is still ongoing, Nick is back on track after months of occupational therapy and dedicated hard work. He has returned to his job and recently welcomed a new baby who he can now hold with two hands. "If it wasn't for therapy, I don't think my hand would be where it is today."

For more information on the services offered at Outpatient Rehabilitation at Catholic Medical Center, please call 641.6700. ■



Amy Quinney, CHT, with patient Nick Roy

Catholic Medical Center's Community Health Services (CHS) is proud to sponsor the following programs. Some programs may be reimbursed by insurance. Check with your individual provider of services.

We now accept VISA, Mastercard, American Express and Discover for all programming registration fees.

Health Enrichment

CPR/AED

Sat., Apr. 16 ■ 8 AM to Noon
Location: 195 McGregor St., Suite 312
The NEW American Heart Association Guidelines covers CPR, AED use and relief of choking for adults, children and infants.
Fee: \$35. Registration required.

Discover Arthritis: Managing Pain And Staying Fit

Mon., Apr. 18 ■ 6 to 8 PM
Location: 195 McGregor St., Suite 312
Learn simple pain management techniques and the importance of exercise in managing arthritis and its symptoms. **No charge.** Registration required.

Fertility...A Natural Part Of Health

Wed., Apr. 20, May 18, June 15 *or*
July 20 ■ 7 to 8:30 PM
Location: CHS, 195 McGregor St., Suite LL22
By understanding the female signs of fertility, a woman can track her reproductive wellness, identify her body's signals and learn about effective methods of achieving or avoiding pregnancy naturally. **No charge.** Registration required.

Babysitting And Beyond

Tues., Apr. 26 and Thurs., Apr. 28 ■
9:45 AM to 2:30 PM
Location: Parish of the Transfiguration

Students, ages 11 to 15, will learn about child development, how to respond to an emergency, common first aid situations and the Heimlich Maneuver. **Fee: \$35.** Registration required.

Can Your Medications Rob You Of Nutrients?

Wed., Apr. 27 ■ 12:45 to 2 PM
Location: CHS, 195 McGregor St., Suite LL22
Find out which common medications may be robbing you of vital nutrients and creating deficiencies that impact your health.
No charge. Registration required.



A SELF-MANAGEMENT SERIES

These self-management series will help you better manage your chronic condition. Skills taught will include identifying healthy lifestyle behaviors, managing medications, communicating with your physician and more.

Taking Control Of Your Blood Pressure

Tues., May 3, 10 and 17 ■ 2 to 4 PM
Location: CHS, 195 McGregor St., Suite LL22
No charge. Registration required.

Conquering Cholesterol

Tues., May 31, June 7, 14 ■ 6 to 8 PM
Location: CHS, 195 McGregor St., Suite LL22
No charge. Registration required.

The Basics And Beyond – A Weight Loss Education Program

Thurs., May 5, 12, 19 and 26 ■ 7 to 8:30 PM
Location: CHS, 195 McGregor St., Suite LL22
Designed to educate and motivate you to achieve your weight loss goals. Discussion will include mindful eating, portion control, metabolism, navigating the supermarket,

meals on the run and more. Whatever your goal, this program will give you a jump-start.
Fee: \$40 (4 week series). Registration required.

AARP Driver Safety Program

Mon., May 16 and Wed. May 18 ■ 1 to 5 PM
Mon., June 13 and Wed. June 15 ■ 5 to 9 PM
Mon., July 18 and Wed. July 20 ■ 1 to 5 PM
Location: CHS, 195 McGregor St., Suite LL22
The nation's first and largest classroom refresher course geared especially to your safety needs. Persons of any age may attend.
Fee: \$14 (two sessions) (\$2 discount AARP members). Registration required.

Getting Out Of Your Own Way: The Ten Forms Of Twisted Thinking

Wed., May 18 ■ 7 to 8:30 PM
Location: Catholic Medical Center
We all can get caught up in ways of thinking that may cause us to get stuck in negativity. It might be a tendency to jump to conclusions, a habit of focusing on a single negative detail or blaming yourself for an event that is out of your control. Shift twisted thinking into more positive and productive thoughts. **No charge.** Registration required.

Manchester MOVES For Healthy Trails

Tues., May 24 ■ 1 to 2:30 PM
Location: CHS, 195 McGregor St., Suite LL22
Get out and move! There are several recreational trails in the City of Manchester and the region. Find out which ones are ready now, how far others are in development and where they lead you. **No charge.** Registration required.

Renew, Refuel And Replenish

Mon., June 6 ■ 6:30 to 8 PM
Location: CHS, 195 McGregor St., Suite LL22
The best gift we can give to someone else is an energized, focused, healthy self. Discover practical strategies and tools to renew ourselves spiritually, physically, intellectually, creatively and emotionally. **No charge.** Registration required.

Wellness



Give It A Rest

Wed., June 15 ■ 6 to 7:30 PM

Location: Catholic Medical Center

Getting enough sleep should be tops on our “to do” list, but most of us don’t do it. Stressors of life, caffeine, being overweight or insomnia cause us to lose precious sleep. We’ll give you tips on getting enough sleep to feel rested. **No charge.** Registration required.

So You’ve Been Told You Have PCOS...Now What?

Mon., July 11, 18 and 25 ■ 6 to 7:30 PM

Location: CHS, 195 McGregor St., Suite LL22

Discussion will include symptoms, causes, and treatment for Polycystic Ovary Syndrome (PCOS). Discover how lifestyle and diet modifications can improve PCOS. **No charge.** Registration required.

Organizing On The Go

Wed., July 20 ■ 6 to 7 PM

Location: Catholic Medical Center

Have you ever lost an important bill? Missed a dentist visit? Shoved piles of paper into drawers when company was coming? Get organized to reduce stress while on the go. **No charge.** Registration required.

Hypnosis For Smoking Cessation

Thursdays ■ 11 AM

Location: The Wellness Center,
195 McGregor St., Suite LL23

Hypnosis is a powerful technique that fine-tunes your attention and impacts positively on your goal to be smoke free. **Fee: \$115** (two sessions). Registration required.

Surgical Weight Loss Options At CMC’s Bariatric Surgery Center Of Excellence

If you’ve had difficulty achieving your weight loss goals, weight loss surgery at our Bariatric Surgical Center Of Excellence may be right for you. We will discuss adjustable gastric banding, gastric bypass and gastric sleeve. **No charge.** Registration required.

OPTIFAST® – CMC’S Medically Supervised Rapid Weight Loss Program

Tuesdays, ■ 6 to 7 PM

Wednesdays ■ 5:30 to 6:30 PM

Location: 195 McGregor St., Suite 312

Have you repeatedly lost and regained the same pounds? Nutrition education, behavior modification and exercise are the keys to successful weight management. Pre-screening session is required. Call **663.6297.** **Fee: Varies per individual.** Registration required.

Optimistic Lifestyle – Partial Fast Program

First and third Thursday of each month ■ 6 to 7 PM

Location: 195 McGregor St., Suite 312

This flexible program allows you to consume 1,200 calories as part of a partial fast program using a combination of OPTIFAST® and your own healthy foods. Call **663.6297.** **No charge.** Fee for food products varies. Registration required.

Weighing In On Your Weight Loss Options At CMC

Location: 195 McGregor St., Suite 312

Learn about nutritional options for weight loss and long-term weight maintenance. **No charge.** Registration required.

“Nurse Is In” Open Clinics

Tuesdays ■ 9 to 11 AM

A Geriatric Nurse Practitioner who can act as a personal health partner, provide health monitoring and answer your health questions. Other dates and times available. Call **663.6535.**

Massage

For information or to schedule an appointment, call **641.6700.**

Chair Massage

Our Parish Nurse Program hosts chair massage at many parishes. For more information, call **663.8004.**

Basic Computer Classes

Wed. or Fri. ■ 9:30 to 11:30 AM

Location: CHS, 195 McGregor St., Suite LL22

Fee: \$15 (per 5 week session). Registration required.

Computer Club

Second Thursday of month ■ 10 to 11 AM

Location: CHS, 195 McGregor St., Suite LL22

No charge.

Computer Tutor

Thursdays ■ 9:30 to 10:30 AM

Location: CHS, 195 McGregor St., Suite LL22

No charge. Registration required.

Retired Men’s Association

Third Tuesday of each month ■

10:30 AM to Noon

Location: CHS, 195 McGregor St., Suite LL22

No charge.

Cancer Education & Support

For cancer support groups, see back page.

I Can Cope: Managing Cancer Fatigue

Thurs., Apr. 7 ■ 9:30 to 10:30 AM

Location: Norris Cotton Cancer Center

Provides an overview of cancer-related fatigue and management techniques to reduce fatigue and begin to build self-care techniques. **No charge.** Call **629.1828.** Registration required.

Look Good...Feel Better

Tues., Apr. 26, May 31 *or* June 28 ■ 6 to 8 PM

Location: Norris Cotton Cancer Center

For women in treatment to address appearance related side effects. **No charge.** Call 629.1828. Registration required.

I Can Cope: Nutrition After Cancer Treatment

Mon., June 6 ■ 4 to 5:30 PM

Location: Norris Cotton Cancer Center

Eating well and being physically active are key ingredients of optimal health and can contribute to your well-being after a cancer diagnosis. **No charge.** Call 629.1828. Registration required.

Free Wig Bank

Location: Norris Cotton Cancer Center

For cancer patients coping with hair loss from cancer treatment. (All wigs are new and have been donated to the American Cancer Society). **No charge.** Call 629.1828. Appointment required.

Oncology Exercise Program

(See Exercise & Fitness Section)

Screenings

Space is limited for all screenings. Early registration recommended.

Cholesterol/Glucose Screening

Thurs., Apr. 21 ■ 8 to 10 AM

Location: CHS, 195 McGregor St., Suite LL22

Full cholesterol/lipid profile which includes blood sugar screening with one-on-one education. You must fast for 12 hours before this test (nothing to eat or drink except water). **Fee: \$30.** Registration required.

Skin Cancer Screening

Mon., May 9 ■ 1:30 to 4 PM *or*

Wed., June 8 ■ 2 to 5 PM

Approximately one million cases of skin cancer are diagnosed each year. Early

detection is the key to curing all types of skin cancer. (Both screenings are for persons who do not have a dermatologist or are uninsured). **No charge.** Registration required.

Prostate Cancer Screening

Thurs., June 9 ■ 4 to 7 PM

Prostate cancer is the most common type of cancer (other than skin cancer) among American men. The risk of prostate cancer increases with age. The best defense is early detection. **No charge.** Registration required.

Osteoporosis Screening

Thurs., June 16 ■ 1 to 3 PM

A bone density screening with immediate results will be performed using ultrasound of the wrist or finger. Registration required. **Fee: \$15.**

Breast And Cervical Cancer Screening

Sat., 8 AM to Noon *or* Tues., 4 to 6 PM

Location: Catholic Medical Center

Free screenings for women with limited income who have no health insurance or have a high deductible. Call ASK-A-NURSE to see if you qualify. **No charge.** Registration required.

Parish Nurse Program

Provides nurse consults, screenings, wellness programs and spiritual support in local faith communities. For more information, call 663.8004.

Exercise and Fitness

Some programs may be reimbursed by insurance. Check with your individual provider of services.

Introduction To Yoga

Tues., Apr. 5 to May 24 ■ 5:45 to 7 PM

Location: Parish Of The Transfiguration

or Mon., Apr. 11 to June 6 ■ 12:45 to 2 PM

Location: CHS, 195 McGregor St., Suite LL22

Fee: \$60 (8 weeks). Registration required.



Outdoor Photography Workshop

Thurs., Apr. 14 ■ 12 to 3 PM

Location: Massabesic Audubon Center, Auburn

A professional photographer will show you how to set up nature photos. Bring your own digital camera. **Fee: \$35.** Registration required.

Beginner Outdoor Photography Hike

Thurs., May 12 ■ 10 AM to 2 PM

Location: Northwoods Meadows State Park, Northwood

Learn how to set up photos of nature at its best with a professional photographer as you hike 2 miles (approx.). Bring your own digital camera. April 14 workshop recommended. **Fee: \$35.** Registration required.

Intermediate Hike

Thurs., May 26 ■ 10 AM to 3 PM

Location: Blue Job Mountain, Rochester

A naturalist will share his knowledge of the local flora and fauna on this 4 mile (approx.) hike with moderate 400 foot elevation of a 1,356 foot mountain. **Fee: \$35.** Registration required.

Beginner Hike

Thurs., June 9 ■ 10 AM to 2 PM

Location: Joe English Reservation, Amherst

Enjoy the conservation land while hiking the 2 miles (approx.) of Hammond Brook Trail. **Fee: \$20.** Registration required.

Beginner Touring Kayak Lessons & Trip

Thurs., July 14 ■ 10 AM to 3 PM

Location: Contoocook River, Concord

Learn how to paddle a kayak or perfect your strokes. **Fee: \$20. Boat rental: \$21. Launching fee if not renting: \$3.** Registration required.

For more information about Outdoor Ventures go to www.outdoorventuresnh.com

Wellness

Historic Church Tour

Tues., June 7 ■ 10 AM To 2 PM

Location: Bedford, NH

The 21st in our series of tours to local houses of worship to learn their architecture and history. Bring your own brown bag lunch and a non-perishable food item. **No charge.** Registration required.

Staying Strong! Living Long! Exercise Program

Mon. and Wed. ■ 9 to 10 AM

Location: Brookside Congregational Church

Mon. and Wed. ■ 3:15 to 4:15 PM

Location: William B. Cashin Senior Center

Tues. and Thurs. ■ 5:45 to 6:30 PM

Location: CHS, 195 McGregor St., Suite LL22

Improve your strength, flexibility and balance. Choose from three locations.

Fee: \$15 per month. Registration required.

Chair Exercises

Tuesdays ■ 10 AM

Location: Bedford Presbyterian Church

Thursdays ■ 9:30 AM

Location: Parish of the Transfiguration & St. Anthony Church

No charge. For more information, contact the Parish Nurse Program at **663.8004.**

Walking Groups

Tuesdays ■ 9:30 AM

Location: Parish of the Transfiguration

No charge. For more information, contact the Parish Nurse Program at **663.8004.**

The Wellness Center—Achieving Health And Fitness Step By Step

Ongoing ■ Location: The Wellness Center, 195 McGregor St., Suite LL23

Goal oriented program to help you achieve health and fitness. Key elements provided include exercise classes, stress management, weight loss, blood pressure control, prevention of and/or control of diabetes. Call **663.8000.** **Fee varies.** Registration required.

Oncology Exercise Program

Ongoing ■ Location: The Wellness Center, 195 McGregor St., Suite LL23

Our staff will develop a personal exercise program for you to maintain your strength through and beyond your journey with cancer. Call **663.8000.** **Fee varies.** Registration required.

Childbirth Education

For information on childbirth education classes or to schedule a tour of The Mom's Place, please call ASK-A-NURSE at **626.2626.**

Congratulations! You're Pregnant

Offers support and education about the process of fetal development and mother's adaptation to pregnancy. **Fee: \$15.** Registration required.

HypnoBirthing®—The Mongan Method

A unique method of relaxed childbirth education that incorporates self hypnosis and relaxation techniques. **Fee: \$215** (5 weeks). Registration required.

Cesarean Birth Class

For women who have a higher risk for a cesarean birth or are expecting a cesarean birth. **Fee: \$15.** Registration required.

Parenting From The Beginning

Learn how a developing baby communicates with mom and the benefits of a healthy, nurturing environment for baby before birth. **Fee: \$15.** Registration required.

Caring For Your Newborn, Part 1 & 2

Designed to move parents along from parenting their baby during pregnancy and after birth. **Fee: \$30** Registration required.

Preparation For Childbirth

Promotes a healthy transition into parenthood and empowers couples to make informed choices about labor and birth. **Fee: \$110** (4 weeks). Registration required.

Preparing For Childbirth (Weekend Class)

Accelerated version of our 4 week program. (See previous description). **Fee: \$110.** Registration required.

Double Delight... Planning For A Multiple Birth

Giving birth to more than one infant offers a special set of excitement and concern for new parents. Prepare to manage labor/delivery, tips on comfort strategies and birth options. **Fee: \$80.** Registration required.

Childbirth Refresher

For parents who have taken a full childbirth education series with a previous pregnancy and wish to "brush up" on their strategies for managing the labor and birth experience. **Fee: \$35.** Registration required.

Preparation For Breastfeeding

Prepare for the breastfeeding experience, and learn skills to meet both the infant and mother's needs. **Fee: \$30.** Registration required.

Becoming A Big Sister Or Big Brother

Offered at developmentally appropriate levels to help parents introduce their child to becoming a sibling. **Fee: \$10** per family. Registration required.

Lactation Services

Monday through Friday, 8 AM to 4 PM Offers education and encouragement to new moms before the birth and after their return home. Call **663.6686.** After-hours, call The Mom's Place at **663.6667.** For more information, call ASK-A-NURSE at **626.2626.**

Infant/Child CPR

(See CPR/AED on Page 8)





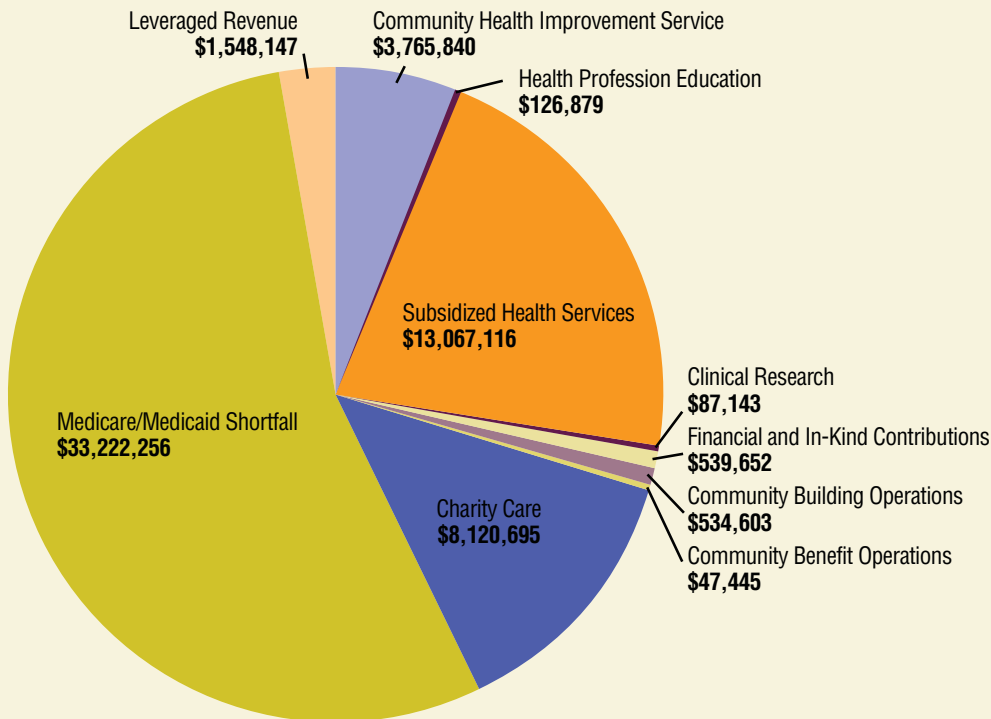
CMC cares for community health needs

In 2010, Catholic Medical Center continued its longtime commitment to the health and wellness of all members of the community. This community benefit report outlines the services that Catholic Medical Center has provided to area residents, particularly those who are least able to afford quality medical care. During more than 450,000 encounters, patients have received some level of subsidized or charity healthcare through our broad range of community-focused programs, totaling more than \$61 million in community benefit care for the year. ■

CMC Community Benefit Services

ASK-A-NURSE®

- Breast and Cervical Cancer Program
- Community Education and Wellness
- Fertility Health Education Services
- Meds for Manchester
- Health Care for the Homeless
- Parish Nurse Program
- Poisson Dental Facility
- Pregnancy Care Center
- Prime Time
- West Side Neighborhood Health Center



\$61,059,776

in Community Benefits, FY 2010

Uncompensated costs of government programs: \$33,222,256

Government funding of Medicare and Medicaid does not cover the full cost of providing healthcare services to residents who qualify for these programs. The shortfall between the costs incurred by Catholic Medical Center for providing these services and government reimbursement totaled more than \$33 million during fiscal year 2010. This sizeable community benefit fills the gap in providing much-needed healthcare services to children, expectant women, adults with dependent children, people with disabilities, and seniors age 65 and over who qualify for assistance. ■

Subsidized health services: \$13,067,116

In keeping with its mission, Catholic Medical Center offers a variety of programs at low cost or no cost to meet the healthcare needs of the poor, uninsured and underinsured. To support subsidized health services, CMC seeks additional funding through grants, considered part of leveraged revenue. Our subsidized health services include:

- Arthritis Clinic
- Behavioral Health Services
- Breast and Cervical Cancer Program
- Health Care for the Homeless
- Poisson Dental Facility
- Pregnancy Care Center
- Subsidized Continuing Care
- West Side Neighborhood Health Center
- Women's Health Services

The goal is to reduce the cost of healthcare for the needy in the greater Manchester area, while offering the best healthcare available. ■

Caring for the Homeless

Life for Mary* went from the comforts of upper middle class living to homelessness at breathtaking speed. After 25 years of marriage, her husband divorced her and her children rejected her, blaming Mary for the split up. Devastated by her losses, she spiraled into depression, started drinking and, with no place to go, lived in her car.

After weeks of this difficult existence, Mary arrived at New Horizons, a shelter for people who are homeless in Manchester. Through CMC's Health Care for the Homeless (HCH) Program, she received treatment for her medical needs, including substance abuse and mental wellness counseling. The HCH Program provides medical care, counseling and health education at its clinics at the New Horizons shelter and through the Families in Transition housing program.

"We treat the whole person," says Sister Monica O'Keefe, a substance abuse counselor, who has served on the HCH team for 15 years. While counseling Mary, she determined that Mary had been self-medicating with alcohol to escape the reality of her situation and was open to change. Mary needed hope for a better future.

Hope arrived when Mary entered Angie's Shelter, a safe, supportive environment for homeless women, operated by New Horizons. With other residents, she learned life skills during classes taught by CMC's Community Health Services staff on topics such as nutrition, exercise, stress management, women's health, smoking cessation and relapse prevention.

Eight months later, Mary was ready to move into the Families in Transition program, where she continued to receive care at CMC's HCH Program. With counseling and medical care, she regained her physical and mental wellness and reached out to her children, who reconnected with her. Feeling stronger, Mary moved on to permanent housing and found a part-time job, grateful to have a home and her life back on track.

"Our program helps many address their health problems and their homelessness," says Sister Monica. "Our goal is to ensure that people have the care, counseling and support they need to recover and remain permanently housed." ■

**name has been changed*



Community health improvement service: \$3,765,840

Maintaining a healthy community is an integral part of health services at Catholic Medical Center. We partner with numerous agencies to address community health needs and regularly provide community-based health education and services, including:

- Health education and screenings at little or no cost to community members, including chronic disease self-management education, cholesterol screenings and a variety of cancer screenings
- Cardiovascular outreach services statewide through the New England Heart Institute
- Health programs with the Manchester school system
- ASK-A-NURSE® 24/7 telephone healthcare resource system
- Parish Nurse Program at 17 sites
- Fertility health education services
- Prime Time, geriatric nurse practitioner

CMC is proud to play an active role in the improvement of the health of our neighbors. ■

Charity care: \$8,120,695

Charity or uncompensated care is comprised of free or discounted health services provided to persons who cannot afford to pay. CMC has a generous charity care policy that assists patients who have incomes up to 200 percent above the federal poverty guideline. One's eligibility is based upon the family's income, expenses, financial circumstances and social environment. Once a person is approved, a sliding fee scale that ranges from a 100 percent to 25 percent reduction in the cost of services is granted. The West Side Neighborhood Health Center provides quality healthcare services to many patients with limited income and/or no health insurance. Uncompensated care is a community benefit that is truly a lifeline for those who qualify for assistance. ■

Taking Care of Our Community

Creating a healthy community is an important function for any health care organization. At Catholic Medical Center, we recognize our role in keeping Manchester healthy. We go beyond the walls of Catholic Medical Center to meet people where they are the most comfortable. This allows us the opportunity to offer education, preventative screenings and health services assisting people to make healthy lifestyle decisions. Our Health Care for the Homeless Program (HCH) has an outreach nurse who seeks out homeless individuals on the streets, under the bridges, going wherever there is a need, to visit with and encourage homeless persons to visit the HCH Clinic at New Horizons. The CMC Parish Nurse Program is in 17 faith communities throughout greater Manchester, reaching out to anyone seeking health information or services. Registered nurses are available to meet one on one with community members offering education and health assessments to detect potential health problems early. Community health screenings and individual nurse consults are a regular part of the CMC Parish Nurse Program and our CMC Community Education and Wellness Services. ■

Community Benefits Report 2010 Stats

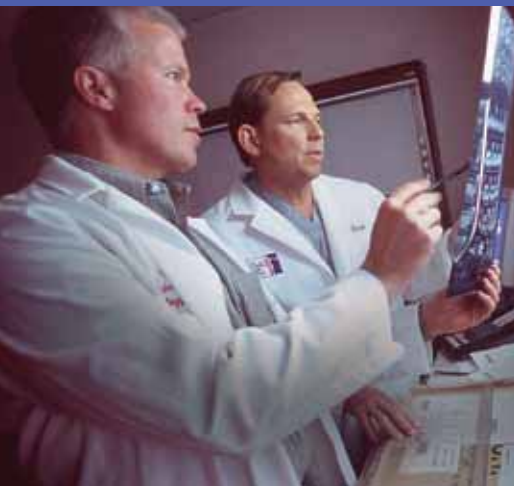
To read our complete 2010 Community Benefit Report and 2011 Community Benefit Plan, visit catholicmedicalcenter.org. If you have questions or comments about our community benefit activities, please e-mail us at info@cmc-nh.org.

From 7/1/2009 through 6/30/2010

Community Activity	Encounters	Community Benefit
Uncompensated Costs of Government Programs*	77,819	\$33,222,256
Charity Care	10,587	\$8,120,695
Subsidized Health Services	23,566	\$13,067,116
Community Health Improvement Service	329,677	\$3,765,840
Community Building Operations	6,704	\$534,603
Community Benefit Operations	unknown	\$47,445
Financial and In-Kind Contributions	unknown	\$539,652
Health Profession Education	1,595	\$126,879
Clinical Research	369	\$87,143
Leveraged Revenue for Community Benefits Activities**		\$1,548,147
Totals	450,317	\$61,059,776

*Includes Medicare/Medicaid shortfall

**Leveraged revenue for community benefit activities: all grants, contracts and donations acquired by Catholic Medical Center from external sources during FY 2010 to support free or discounted care and other community-benefit related activities.



Please give us your valuable input!

For Catholic Medical Center to continue to meet the ongoing health needs in our community, we invite you to participate in the survey below. The information you provide will be used to help us in planning for our future community benefit plan. At Catholic Medical Center, we value your opinions as a member our community.

Listed below are some of the areas identified in the most recent community needs assessment completed in 2009. Please select the **top three (3) needs that you would like to see addressed in our community?**

- lack of regular physical activity
- increased childhood obesity
- irresponsible sexual behavior
- access to mental health services
- violence and safety concerns
- healthy environments
- language and cultural barriers to accessing healthcare
- transportation to health services
- coordination of health services
- reduction of tobacco use
- substance abuse
- prevention services/chronic disease
- access to quality healthcare
- access to quality dental care
- socioeconomic issues associated with healthcare

Are there healthcare related services or treatments not available in the community?

- yes
- no

If yes, please identify: _____

Are there healthcare related services or treatments that are difficult to schedule on a timely basis?

- yes
- no

If yes, please identify: _____

Please tell us about yourself:

- male
- 18-24 yrs old
- 45-64 yrs old
- female
- 25-44 yrs old
- 65+ yrs old

Do you have a primary care physician?

- yes
- no

Do you have health insurance?

- yes
- no

Please return this completed form to:
Community Health Services, Catholic Medical Center
195 McGregor Street, Suite LL22, Manchester, NH 03102
or FAX to 603.663.8766.

For arthritis, movement is the best medicine

For many years, it was thought that being physically active was harmful for people with arthritis. Today, we know exercise is an essential part of arthritis management and can provide many benefits including pain relief, improved joint function and less stiffness.

Arthritis is a general term that refers to more than 100 different diseases or conditions that affect the joints and in some cases the muscles, tendons, ligaments and other tissues around the joints. The stronger your muscles and tissues are, the better support and protection your joints have.

Developing a well-rounded physical activity regimen that includes stretching, strengthening, balance and aerobic activities is proven to relieve arthritis pain and improve joint function.

The Arthritis Foundation recommends people with arthritis start exercising slowly, at a moderate, low-impact level. Examples of low impact activities include swimming, bicycling and walking. An easy way to make sure that you move at a moderate pace is to take the "talk test." If you can carry on a conversation without gasping for air while exercising, then you're working at a moderate level.

Walk with a friend, join a class or dust off your dancing shoes, and remember movement is the best medicine. ■



**Discover Arthritis:
Managing Pain And Staying Fit**
Mon., Apr. 18, 6 to 8 PM
No charge. Registration required.
For more information, see page 8.

Treating depression and preventing suicide

Depression affects more than 19 million Americans each year. Many people believe that depression is a normal part of life's ups and downs, rather than a real health problem. As a result, they may delay seeking help or not seek help at all. Depression is real, and it can be effectively treated.

The relationship between mental illness and suicide has been clearly documented with research demonstrating that 90% of persons who die by suicide have some type of mental health and/or substance use disorder. In NH, suicide is the 2nd leading cause of death for individuals age 10 to 34, and the 4th leading cause of death for individuals age 35 to 54. In the U.S., over 33,000 people take their lives each year, leaving behind loved ones to struggle with the loss, grief, and all of those questions that begin "Why...?"

In the words of one mother:

"I lost my beautiful 17-year-old son to suicide. Through his early teens, my son was happy, healthy, intelligent, athletic and funny. He was close to his family and had a multitude of friends. But when depression set in at age 15, he began to withdraw from activities, friends and family. The boy everyone knew all but disappeared. For two years, I tried desperately to get help. Deep down suicide was my greatest fear but my mind could not comprehend that it could become a reality. On April 23rd, my son took his life and he and I both lost our battles. Nothing can come close to the devastation, horror, sorrow and tortuous grief that suicide bestows on you."

Warning signs for suicide include talking about death or dying, isolation, anger/rage, hopelessness, withdrawal from usual activities, increased use of alcohol or other drugs, and mood changes. If you are suicidal or worried about someone, help is available. Call 911, the National Suicide Prevention Lifeline at 1.800.273.TALK (8255) or ASK-A-NURSE at 626.2626. For resources and information, go to www.naminh.org or www.theconnectproject.org. ■

Weight loss – the best step is the first step

Our health and weight are intricately connected. Finding a balance between food and physical activity is the secret to success for overall health and fitness. Balancing healthy food choices and maintaining physical activity can be simple or challenging depending on your individual goals.

Take a moment and think about your relationship with food. Does it feel like food is the enemy? Do you eat out of habit or are you mindful when you eat? Are you confused about what to buy? Does it seem like even the experts have different opinions?

By evaluating your relationship with food, you can establish if you eat because of boredom, sadness, anxiety or loneliness. Work on developing a mindful approach to eating by slowing down, eating at a table and paying attention to hunger cues. (It takes about 20 minutes for your brain to get the message that your body is getting food).

Trying to completely change your eating habits can leave you feeling overwhelmed and frustrated. Instead, ease into changes. Plan ahead and keep it simple with a focus on getting in four food groups at each meal.

Start your meal with fruits, veggies or salads. By eating these high fiber foods, you will feel full sooner and longer. Make sure to also focus on fluids while increasing your fiber. Adequate hydration is important for weight loss and “feeling full”. Be careful of extra calories in sweetened drinks and alcohol.

Balance your plate with the right portions of a variety of foods. Half your plate should be filled with veggies, one fourth with lean meat, poultry or fish and one fourth with high quality grains.

Put physical activity into your daily schedule and just **MOVE! MOVE! MOVE!**

Whether you are simply thinking about change or ready to take action, the best step is the first step.

To develop a plan that will assist you in achieving your weight loss goals, call Catholic Medical Center’s Registered Dietitians at our Nutrition Services Department at **663.6931**. (May be covered by your individual insurance plan). ■

The Basics And Beyond – A Weight Loss Education Program

Thurs., May 5, 12, 19 and 26
7 to 8:30 PM

For more information, see page 8.
Fee: \$40 (4 weeks). Registration required.



Community Health Services

CMC reaches beyond the walls of the hospital and into the community, assisting individuals with health information and access to healthcare.

Breast and Cervical Cancer Program

For information, call **626.2626**.

Community Education and Wellness

For information, call **626.2626**.

Fertility Health Education

Offering natural family planning services.
Call **663.8706**.

Health Care For The Homeless

For information, call **663.8718**.

Parish Nurse Program

For information, call **663.8004**.

Poisson Dental Facility

Dental care for those in need. Must be referred by a partner agency. Call **663.6226**.

Prime Time Programs

Advance Directives – Assistance with completion of a Living Will and Durable Power of Attorney for Healthcare. Call **663.6333**.

“Nurse Is In” Open Clinics – Call **663.6535**.

Meds For Manchester – Medication assistance program for people with limited income. Call **663.6333**.

West Side Neighborhood Health Center

Primary healthcare for adults and children with limited income. Call **663.5382**.

For additional programming, see pages 8 to 11.



Follow “Catholic Medical Center” on facebook

“I’m a Survivor” Support Group

You’ve survived cancer. It’s time for celebration, reflection and discussion about the new you. This is a time for you to ask questions, and give and receive support as you go through this important transition. This support group is open to individuals and their families who have finished or are nearing the end of treatment for cancer. **No charge.** Registration required. Call **629.8683**.



CMC’s Community Health Services

For a complete list of programs and services, to register, or for more information, call ASK-A-NURSE at **626.2626**.

Support Groups

- Aphasia
- Bereavement
- Brain Injury And Stroke
- Breast Feeding Success (NEW!)
- “I’m A Survivor”
- Insulin Pump
- Living With Cancer (NEW!)
- Meeting The Challenge Of Living With Cancer
- Mommy And Me (NEW!)
- Weight Loss Surgery

Catholic Medical Center is a fully accredited hospital of the Joint Commission. Requests for a public information interview can be made by contacting the Joint Commission at www.jointcommission.org.

your thoughts

We welcome your comments about this issue of *Healthy Living News* and encourage your ideas about future stories. Please contact us through the CMC web site, catholicmedicalcenter.org or send e-mail to info@cmc-nh.org.

Healthy Living News is published by the Marketing and Corporate Communications Department. For more information on services and programs, please call ASK-A-NURSE at **626.2626**, or visit our web site: catholicmedicalcenter.org.

services & resources

ASK-A-NURSE®

Behavioral Health Services:

Psychiatric Emergency Services
Intensive Outpatient Stabilization Program
Outpatient Medication
Counseling Program

Breast Care Center

Cancer Care:

Surgical
Medical
Nurse Navigator

Cardiac Care:

New England Heart Institute
Cardiac Rehabilitation
Cholesterol Management Center
Congestive Heart Failure Clinic
Women’s Cardiac Center

Community Health Services:

Arthritis Clinic
Breast and Cervical Cancer Program
Community Education, Prevention and Wellness
Health Care for the Homeless
Medication Assistance
Fertility Health Education
Parish Nurse Program
Poisson Dental Facility
Prime Time

Critical and Intensive Care

Dartmouth-Hitchcock Norris Cotton Cancer Center:

Infusion Therapy

Diabetes Resource Institute

Diagnostic Imaging and Radiology:

Breast Imaging
CT Scan
MRI/MRA
Nuclear Medicine
Ultrasound
Vascular Intervention
X-ray

Emergency Services

Endoscopy/Gastroenterology

Laboratory Services

Maternity Services:

The Mom’s Place
Special Care Nursery
Pregnancy Care Center
Childbirth Education

Medical Specialties:

Endocrinology
Medical Neurology
Nephrology
Pulmonary

New England Sleep Center

Nutrition Services:

OPTIFAST®
Individual Nutrition Counseling

Obesity Treatment Center:

LAP-BAND® System
Gastric Bypass
Gastric Sleeve

Orthopedics

Pastoral Care

Rehabilitation Services:

Inpatient and Outpatient

Research/Clinical Trials

Social Work/Case Management

Surgical Specialties:

Bariatric
Cardiac Surgery
Cosmetic/Reconstructive
Dental
Ear, Nose, Throat
General Surgery
Gynecology
Orthopedics
Podiatry
Spine
Thoracic
Urology/Robotics
Vascular/Endovascular

The Wellness Center

Urology

Vascular Institute

West Side Neighborhood Health Center

Wound Care:

Comprehensive Wound Healing Center

For more information about these or other CMC services, call

ASK-A-NURSE at **626.2626**