Treat yourself to a healthier mind & body, see classes on pages 6 to 8
Coronary angiography is the accepted gold-standard examination used to identify the presence of arterial blockages that can cause symptoms of chest pain, shortness of breath and can lead to heart attack. In the United States, the standard access site for catheterization involves entering an artery in the groin. The groin approach has historically been chosen as it is a relatively large artery and quite superficial. Access for angiography and intervention, however, is not without the potential for complications. In fact, groin access issues remain the single biggest complication of cardiac catheterization, with adverse outcomes occurring at a rate of up to 1 per 100 cases. Apart from complications, the femoral access site requires patients to remain on their backs, avoiding head elevation, and makes post-procedural necessities like toileting and eating much more cumbersome.

In the past decade, trans-radial, or wrist access, has become more popular for both diagnostic and interventional cardiac procedures. While this trend is relatively new in the US, with approximately 13% of cases being performed with wrist access, in other countries such as France, Germany and Japan, the utilization of this type of access is upward of 75%. Elliot Cardiovascular Consultants are pleased to now be able to offer trans-radial access catheterization.

The procedure involves prepping the right or left wrist, obtaining access with a specialized kit and repositioning the patient’s arm next to the body while maintaining sterility. When in position, the wrist site mimics that of the groin site in terms of performing the procedure. Specialized catheters, designed to take into account the more tortuous course to the coronary arteries from the wrist, are used to achieve appropriate imaging. If intervention is warranted, other specially shaped catheters are exchanged for angioplasty and stenting to provide appropriate back up support to position and deploy the devices.

From the patient standpoint, this is much more tolerable, with minimal, if any discomfort. The procedure is particularly well suited to overweight patients, or those with respiratory or orthopedic issues that make the standard groin approach difficult or uncomfortable due to the need to lay flat during and immediately after the procedure.

With the trans-radial approach, patients can literally sit up and get right onto the stretcher from the cath lab table. A specialized compression bracelet helps to seal the artery and remains on the patient’s wrist for several hours, allowing the patient to recover while sitting up in bed, able to walk to the bathroom and to eat and drink while sitting upright, rather than on their backs. The recovery period is also substantially shorter due to the smaller artery size and the use of the compression bracelet. Patients who have had both procedures have uniformly preferred the radial access site. We have had excellent success for both diagnostic and interventional procedures using this innovative technique. We are pleased to offer this service to selected patients and would be happy to discuss specifics about the trans-radial access procedure at your request.

Carl M. Fier MD, completed medical school in New York City at The Mount Sinai Medical Center where his interest in cardiology began early and progressed to the point where he decided to complete an internship and residency in internal medicine in order to become a cardiologist. After his year as chief resident, he became a fellow in cardiovascular disease and continued to focus his research and clinical interest in cardiac and vascular disease. He then went on to complete his subspecialty training at Mt. Sinai and Tufts in cardiac and vascular intervention. He is currently the Chairman of the Department of Medicine and the Chief of the Division of Cardiovascular Disease at Elliot.
Our lives are often a frantic rush. If we drop something on the floor we may not notice it, or we may be in such a hurry that we simply keep moving. Well, when there are kids around, you just can’t do that, especially if you have a ‘rug rat’ toddler, and especially if he’s a boy! Boys, and a few girls, act like little human vacuum cleaners, stuffing their mouths with anything that will fit. The number one thing that is ingested are pennies because no one stops to pick up a penny as they would a quarter or a dime. And those pennies often end up in the food pipe or the air pipe, places they shouldn’t be lodged and places where they can cause mortal dangers.

A coin or any foreign body that is stuck in the esophagus, the food pipe, can lead to very dire consequences. A coin that is stuck in the food pipe can easily create a hole in the food pipe and make your baby very sick very quickly. Also a coin or any foreign body in the food pipe can cause vomiting, and when a baby vomits up a coin it can end up in the mouth and then just as quickly slide right into the air pipe, the trachea, or the lung, blocking the baby’s ability to breathe. This is obviously a true, immediate surgical emergency.

A coin in the airway can also cause wheezing, drooling and even a change in the baby’s color; the babies can become blue very quickly, if the airway is compromised by the coin. These are circumstances that demand immediate attention, quick transportation to the ER and rapid transport to an operating room, where the coin or any foreign body can be removed out of the airway.

Thankfully, New Hampshire’s Hospital for Children (NHHC) is a part of an emergency transport system that is ready to respond to your needs. The Emergency Medical Services in New Hampshire along with the state and local police and fire departments are simply the finest. These brave men and women, competent and kind, bring children to us every week with foreign bodies lodged in the food or air pipes. The kids are seen rapidly in this State’s largest dedicated Pediatric Emergency Department, and brought without hesitation to our operating room, where we have not only the kindest and most competent nurses, but also highly skilled anesthesia service for kids. Our operating room at NHHC has state-of-the-art equipment and we are experienced at dealing with these conditions in children. We are deeply committed to ensuring your child’s safety and well being, and we aim to save lives.

We are so committed to caring for these types of very dangerous cases that we have 24/7 coverage for them; there is someone who is always ready, willing and able to ensure that a child with a foreign body is seen and treated immediately. It is a true emergency situation in which seconds, not just minutes count, and because of the responsiveness of the EMS services, our ER and our OR, we indeed save lives, lives that in the past may have been lost in transit to distant facilities. The cases can be tricky to perform, the fear in the parents’ mind can be nearly overwhelming, but our record of service and results put NHHC in the top tier of American pediatric care. We are well versed and proud of what we do here, but DO pick up everything off the floor, PLEASE.

Brian F. Gilchrist, MD, FACS, Maj. USMC (Ret.) attended medical school at Tufts Medical School followed by residency at Oregon Health Sciences University (Surgery). Dr. Gilchrist also attended fellowships at Harvard University (Transplantation Surgery) and Hasbro Children’s Hospital, Brown University (Pediatric Surgery). Dr. Gilchrist is board certified in Pediatric Surgery with a Certificate in Clinical Transplantation Surgery. Dr. Gilchrist has a professional interest in Necrotizing Enterocolitis, Trauma, and Pediatric Urology. Dr. Gilchrist also has a personal interest in New York Yankees.
Fall is the perfect time to be outside and get active. It provides a great opportunity to stay physically fit and enjoy the changing scenery, but make sure you take the time to prevent sports related injuries. Enjoying fall sports while staying safe at the same time can be done by following a few simple steps.

Fall Sports Conditioning
A common factor that leads to sports injury is poor conditioning. A sudden change in activity level often leaves the body unable to adequately cope with the new stresses placed on it. A gradual increase in the duration and intensity of exercise over a period of 4 to 8 weeks can be beneficial. An initial amount of 20 to 30 minutes of cardiovascular exercise 3 days per week can be gradually extended up to 40 to 45 minutes of cardiovascular exercise 4 to 5 days per week. A pre-exercise warm-up and a controlled post-exercise “cool down” can help prevent injury. With any exercise activity, you should take a break every so often (20-30 minutes) to give your muscles a chance to relax. If you develop a sports injury, you should not “play through” the injury. This can worsen the injury, and prolong the overall recovery time. You should also always consult with a physician prior to starting a new exercise regimen.

Concussion Awareness
With the start of contact sports such as football, it is important to recognize the signs of a dangerous head injury. A concussion is the most common type of brain injury, and it is frequently defined as a head injury with a temporary loss of brain function. The most common initial symptoms after a concussion are headache, amnesia and confusion. Initial symptoms may also include dizziness, ringing in the ears, nausea or vomiting, slurred speech, and fatigue. Delayed symptoms can include: concentration and memory complaints, irritability and other personality changes, sensitivity to light and noise, sleep disturbances, psychological adjustment problems and depression, and disorders of taste and smell. Seek emergency care for anyone who experiences: a head injury with vomiting, a headache that gets worse over time, a sudden change in behavior, changes in physical coordination, confusion or disorientation, slurred speech or other changes in speech, vision or eye disturbances, and lasting or recurrent dizziness. No one should return to play or vigorous activity while signs or symptoms of a concussion are present. An athlete who has a suspected concussion should not return to play until he or she has been medically evaluated. Child and adolescent athletes with a concussion should not return to play on the same day as the injury. Both coaches and athletes need to be aware of this!

Stay Hydrated
Fluid replacement is critical for athletes of all skill levels, and it should be done before, during and after activity. Water is a good choice for rehydration after low-intensity exercise. Sport drinks are a good choice for rehydration after long distance or heavy endurance exercise. A good rule of thumb is water first followed by a low calorie sports drink and repeat this cycle as needed. Children are at particular risk for dehydration as they don’t recognize the signs of dehydration as readily as adults and they cannot cope with heat overload as well as adults. They require frequent water breaks to deal with fluid loss, and to help regulate their body temperature. It is critical to stop all activity and contact a physician if you feel dizzy, develop a headache, lose coordination, develop muscle cramps, feel nauseous, or stop sweating.

Use Safety Equipment
Having the right safety equipment can make the difference between a close call and a debilitating sports injury. Helmets are critical to minimizing head and neck injuries from sports such as football, lacrosse, skateboarding, bike riding, and inline skating. Wrist guards, elbow protectors, and kneepads can help decrease the risk of broken bones.
Mouthpieces can reduce the risk of dental injury, especially with sports such as wrestling, basketball, lacrosse and soccer.

From all of us at Elliot Sports Medicine and Elliot Orthopaedic Surgical Specialists, get out there, get active, and have a fun and safe New England fall sports season!

Jonathan Mack, MD, CAQSM
Dr. Mack is the Director of Sports Medicine at Elliot Orthopaedic Surgical Specialists. He is a Harvard Graduate, and is double board certified in Orthopaedic Surgery and Sports Medicine by the American Board of Orthopaedic Surgery. Dr. Mack worked as an assistant team physician for the NBA’s Miami Heat, and he serves locally as the team physician for Alvirne and Souhegan High Schools. He has performed thousands of arthroscopic and other sports-related surgeries. Dr. Mack is a specialist in arthroscopy of not only the knee and shoulder, but the elbow, hip, and ankle as well. He is skilled in the treatment of more complex conditions such as multi-ligament knee injuries, arthroscopic rotator cuff repair, labral repair of the shoulder and hip, AC joint reconstruction, patellofemoral arthroplasty, and articular cartilage restoration. Dr. Mack is an avid martial artist, holding a 3rd Degree Black in Karate, and a Purple Belt in Tae Kwon Do. He is well regarded by his patients for taking the time to provide thorough and understandable explanations of orthopaedic problems. Dr. Mack welcomes new patients, including second opinions, worker’s compensation, and direct referrals.

Roxanne Wallace, MD
Dr. Wallace joins us having served as a Lieutenant Colonel in the United States Army Medical Corps. She joined Elliot Orthopaedics full time in August of 2011. She has been in practice for 8 years and completed her Fellowship training in Sports Medicine at the University of Massachusetts. She earned her medical doctorate at Boston University School of Medicine and completed her residency in Orthopaedic Surgery at Walter Reed Army Medical Center. She is ready to evaluate and treat all sports related injuries in athletes of all ages. Her special interests include shoulder instability and ACL injuries. She brings with her the knowledge and ability to use Ossatron and Topaz for the treatment of chronic recalcitrant tendonitis and plantar fasciitis, PRP (platelet rich plasma), and cartilage restoration procedures.
Community Wellness
Take time for your health

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

HeartSaver CPR $38
RE: Sat, Sept 8 or Nov 3 or Jan 5, 2013, 8 to 11AM.

CPR for New Healthcare Professionals or those with Expired Certification $63
RE: Sat, Oct 13 or Dec 1 or Feb 2, 2013, 8AM to 12:30PM

CPR Renewal for Healthcare Professionals $48
RE: Sat, Sept 8 or Nov 3 or Jan 5, 2013, 11:30AM to 2:30PM

HeartSaver First Aid $38
RE: Wed, Oct 10 or Jan 9, 2013, 6 to 9PM
Learn techniques to give immediate care to an injured or suddenly ill person or to someone involved in a life-threatening situation; and when to alert medical personnel.

Medication Management Free!
RE: 6 times yearly. Call 663-2767 for dates.
A two hour class for patients taking narcotic medication to relieve pain. Learn the risks and benefits of prescribed opioids.

Women’s Health Pre-operative Patient Education Class Free!
EH, King Unit: On-going. Physician referral required, to participate, speak with your surgeon.
For women with scheduled gynecological procedures at Elliot Hospital. Learn how to prepare for surgery, what to expect following surgery, pain management and more. Your questions will be answered. Patients are encouraged to bring a family member or support person.

Total Joint Replacement Pre-operative Patient Education Class Free!
EH, King Unit: 1st & 3rd Thu, 1 to 3PM
Learn how to prepare for knee or hip replacement surgery, what to expect following the procedure and through the therapy process.

Understanding & Managing Chronic Pain $35
RE: Thu, Sep 13 to Nov 15, 5:30 to 7:30PM.
Call 663-2767 to register.
Learn techniques to control pain, improve function, restore hope and improve the quality of life. Taught by a Pain Management Center nurse with years of experience working with pain patients.

Elliot Center for Tobacco Treatment
RE: By appointment, call 663-2201 for more information. Sessions may be reimbursed by Anthem or other insurance companies.
• Four, 1-hour private sessions $125
• One, 1-hour private sessions $45
• One, hypnosis private session $90
Studies show that intense support and counseling with a trained tobacco treatment specialist increase the chances you can quit smoking for good. Our certified counselor works with you privately to formulate a quit plan based on current clinical guidelines.

1-Day Surgery Ctr Tour for Children Free!
RE: 1-Day Surgery Center: First & Third Wed monthly, 30th, registration required.
Parents, children ages 12 and younger, and their siblings are invited to attend our special pediatric tours. Meet with staff, review the surgical process and tour the facility.

Becoming Yourself $60 per session
275 Mammoth Rd, Suite 1, Manchester: Mon, Oct 29, Nov 5, 12, 19, 26 & Dec 3, 6 to 9PM.
Whether you struggle with depression, anxiety or want to make changes in your life, please join us for an hour to get support, encouragement and connection with other women. For women of all ages, we will be using creative activities to explore our goals, needs and who we want to become. No artistic abilities required, just an open mind, a friendly smile and a desire to connect with others.

Health Coaching $29
RE: Welliot: Call 663-5757 to schedule.
Receive an individual health evaluation to identify your health goals and establish a comprehensive treatment plan to reduce your risk for disease or manage your condition. Follow-ups available for $15 per session.

“Having it your way: The Important Role of Advance Directives in YOUR Future!” Free!
RE, Conf Rms 2 & 3: Tue, Oct 16, 6:30 to 8PM.
For more information, call 622-3781.

Women’s Stress & Self Care $60 per session
275 Mammoth Rd, Suite 1, Manchester: Tue, Sep 11, 18, 25 & Oct 2, 9, 16, 10 to 11AM.
Do you find it difficult to find time in your day to take care of yourself? Feel guilty about saying no? Do you have difficulty trying to unwind? Join us for six weeks to learn how to take better care of you. We’ll talk about stress and the toll it takes on your body, and how you can reduce anxiety, relaxation skills with hands-on practice and more! Participants will leave relaxed and hopeful about practicing learned tips at home. Self care starts with you! This session is offered to patients of the Elliot Physician Network or Elliot employees only. Most insurances accepted.

GENERAL FITNESS

T’ai Chi Chih
Visit www.taichichih-joythrumovement.com for more information and session dates and times. A series of 19 movements and 1 pose that make up a moving meditation that balances the vital energy within us, which the Chinese call chi. T’ai Chi Chih is easy to learn and does not require a particular level of physical fitness or coordination. The movements can be done by people of all ages and all ability levels, including those in wheelchairs. For those with physical limitations, movements may be done while seated – with some modification. No special clothing or equipment required. Instructor: Ami Sarasvati.

Register online at www.elliothospital.org or call Elliot Direct 603-663-1111
COMMUNITY WELLNESS

Thriving with Yoga Free!
RE, Welliot: Wed, 5:30 to 7PM, 8 week sessions.
Please contact YogaCaps at 603-670-0302 or info@yogacaps.org to register.
Designed especially for those with the experience of cancer. It will empower you to: relieve tension and anxiety, rebuild strength and restore range of motion, witness emotion with compassion, and manage the side effects of treatment and medications naturally which includes hot flashes, lymphedema, neuropathy, pain, depression, and insomnia. You may also bring a family member or friend. Instructors: Jay Gupta, RPh and Terry Gupta, MSW.

Gentle Yoga is designed to promote total health and well being through stretching, strengthening and relaxing. This class uses breath and movement to feel the release of physical and mental tension and to increase body/mind awareness. Good for beginner level participant.

Massage Therapy
EWC: Call for an appointment, 663-5730.
Massage Therapy is the manipulation of the soft tissues of the body, including muscles, connective tissue, and tendons. It can help to alleviate the soft tissue discomfort associated with everyday home and occupational stresses, muscular overuse as well as many chronic conditions. We recommend scheduling in advance to secure a desired time.

Fit & Feisty $50
RE, TTh, Sept 18 to Nov 18, and Nov 27 to Jan 17, 6 to 7PM.
This is a 60-minute low-impact aerobics class to music, with easy-to-follow moves, followed by strength training, floor exercises, chair exercises and toning work. Ages 50+. Instructor: Cecily Danver.

Full Body Fusion $80
RE, TTh, Sept 18 to Nov 18, and Nov 27 to Jan 17, 6 to 7PM.
A fusion of strength training exercise using body weight and hand-weights, cardiovascular intervals, plyometrics, yoga, pilates, core work and stretching. Keeps your body guessing! Instructor: Nicole Hansche.

Reading Labels: For the Health of it
RE, Elliot Regional Cancer Ctr: Thu, Sept 27, 5:30 to 6:30PM. Registration is required. Call 663-1804.
Lisa Nogueira, RD will review information you should look for on food labels before you buy.

Scheduling in advance to secure a desired time.

Fit & Feisty $50
This is a 60-minute low-impact aerobics class to

Thriving with Yoga

Gym Membership
Welliot at River’s Edge: Mon to Fri ongoing, 6:30AM to 4PM. Call 663-4200 to get started. The Welliot at River’s Edge fitness center consists of cardiovascular equipment, Nautilus strength training equipment, and a free weight area. Our fitness specialists will design a program specific to your needs and limitations. We offer one-on-one orientations and a safe, non-competitive environment to help you reach your fitness goals, whether you are just starting out or have been exercising for years. May join at any time.

NUTRITION

Comprehensive Weight Mgt Program Free!
EH Pavilion: Free Intro Class, Tue, Sept 11 from 5 to 6:30PM OR Thur, Oct 4 from 6 to 7:30PM. Call 663-4524 to register or for more information. This free introductory session outlines a 10-week comprehensive weight mgmt program focusing on total health, not just pounds on a scale.

LBI Support Group $25 per 4 sessions
EH Pavilion: Every other Wed, 6:30 to 7:30PM. Call 663-4524 to register or for more information. Includes weigh-in and group session with a professional. Supports people who would like to maintain their weight loss.

Diet for Health $150
EH Pavilion: Wed, Sept 26 to Dec 5 from 5 to 6:15 PM. Call 663-4524 to register or for more info. This 10-week lifestyle change program will help you reduce cardiovascular risk factors, promote fat loss, and support healthy insulin and blood sugar.

SCREENINGS and CLINICS

Do you know your Numbers? (Cholesterol Tests)
RE: Third Thur monthly, 8 to 10AM. By apppt.
Fasting Lipid Profile with Glucose $25
Non-Fasting Total/HDL $21
Find out if you have an increased risk of heart disease.

Breast & Cervical Cancer Screenings Free!
FREE breast and cervical cancer screenings test eligible women. For more info, call 668-3067.

Are you at Risk for Osteoporosis? $22
RE: Third Thur monthly, 8AM to 10AM
Safe, quick and painless test using ultrasound technology to assess risk of osteoporosis. Recommended for both women and men. Confidential results provided to participants.

SUPPORT GROUPS

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

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

S.H.A.R.E. Free!
Third Wed monthly, 7 to 9PM. Call 663-3396 for more information.
For parents who have experienced a miscarriage, stillbirth or neonatal death.

Chronic Pain Support Group Free!
RE: Second & Fourth Tue monthly, 5 to 6:30PM. Call 663-2767 to register. Guest speakers Peer support group focused on education; bringing new thinking to what chronic pain patients can do to more fully engage in life.

Surviving Oral, Head & Neck Cancers Free!
LON: Th, Sept 20, 5 to 6:30PM. To register, call 663-1804.
Brian Knab, MD will present how best to triumph over the after effects of being treated for oral, head and neck cancers.

Thriving with Yoga

Reading Labels: For the Health of It

Postpartum Emotional Support Group

Breast Cancer Basics Free!
LON, Elliot Regional Cancer Ctr: Mon, 4:30 to 5:30PM
EH, Elliot Regional Cancer Ctr: Tue, 6 to 7:30PM. Registration is required, call 670-0302 or info@yogacaps.org.
In partnership with YogaCaps, Inc., offered for cancer survivors and caregivers.

Breast Cancer Basics Free!
LON, Elliot Regional Cancer Ctr: Mon, 4:30 to 5:30PM
EH, Elliot Regional Cancer Ctr: Tue, 6 to 7:30PM. Registration is required, call 670-0302 or info@yogacaps.org.
In partnership with YogaCaps, Inc., offered for cancer survivors and caregivers.

Living Beyond Breast Cancer Free!
EH, ERCC: Second Wed monthly, 6 to 7:30PM. Call 663-1804 for more information.
An ongoing group that provides support and sharing for any woman who has experienced breast cancer.

Register online at www.elliothospital.org or call Elliot Direct 603-663-1111


**COMMUNITY WELLNESS**

**Living with Cancer**  
Free  
EH, Elliot Regional Cancer Ctr: Third Wed monthly (no meeting in November), 5:30 to 7:30PM. Call 663-1804 for more information.  
A support group for people living with cancer, including family and caregivers.

**Look Good, Feel Better**  
Free  
EH, Radiation Oncology Waiting Rm: Sept 8, Dec 11, 5 to 7PM. Call 663-1804 for more information.  
In conjunction with the American Cancer Society. Cosmetology help is provided to those receiving cancer treatment.

**Prostate Cancer**  
Free  
EH, Radiation Therapy Waiting Rm: Fourth Mon monthly, 6 to 7:30PM. Call 663-4170 for more information.  
Support and education for men with prostate cancer, their families and/or support person.

**Caregiver Support Group**  
Free  
SHC: First & Third Tue monthly, 10AM. Call Barbara MacPhee, MSW at 663-7051 for more information.  
Learn strategies for caring for yourself, identify ways to build a support system, and learn new coping strategies. Confidential.

**A Time for Caregivers**  
Free  
EH, Radiation Oncology Waiting Rm: Sept 8, Oct 12, Nov 10, 9-11 and Dec 11, 5 to 7PM.  
A program for caregivers of cancer patients/survivors to find support and share resources.

**AICD (Automatic Internal Cardiac Defibrillator)**  
Free  
First Fri monthly, 11AM to noon. Call 663-2959 for more information.  
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.

**Parkinson’s**  
Free  
SHC: Third Wed monthly, 3 to 4:30PM. Call 663-7063 for more information.  
For people with Parkinson’s, family members, friends, or anyone who has an interest in learning more about this disease.

**SENIOR HEALTH and FITNESS**

All classes require registration, please call 663-4567.

**Elder Law Education**  
Free  
SHC: Fourth Wed Monthly, 4 to 5PM  
Attorney Judith Jones of Butenhof & Bomster, PC will be presenting select topics in Elder Law.

**Register online at www.elliothospital.org or call Elliot Direct 603-663-1111**

**Gym Membership**  
$25 per month  
SHC: Mon to Fri, ongoing, 6:30AM to 6:30PM.  
Call 663-7016 to get started.

The Elliot Senior Fitness Center is designed specifically for those 50 and older. The center consists of a variety of cardiovascular equipment and a full body strength training circuit. Our team of exercise specialists are here to help integrate physical activity safely into your life, offering one-on-one orientations and exercise programs to fit individual needs. Free group exercise classes are also offered to our members. A large variety of additional paid group exercise classes are also available. Come work out in a safe, supervised, fun, non-competitive environment. Membership is on-going and members may join at any time.

**CHILDBIRTH and FAMILY EDUCATION**

**Labor Series**  
$125 per couple  
EH, Elliot Childcare Ctr Activity Rm: On-going.  
This class prepares the expectant mother and her partner for aspects of labor and birth. Includes knowledge of the natural labor process, as well as a variety of coping measures, ranging from relaxation and breathing, to available medical options. Includes a tour of the Maternity Ctr.

**Breastfeeding**  
$50 per couple  
EH: On-going  
Certified Lactation Consultants introduce expectant Mothers and their partners to the advantages of breastfeeding, proper techniques, and what to expect in the first few weeks at home. Further discussion includes choosing a breast pump, and collection and storage of breast milk.

**Mom’s Group**  
Free  
Elliot Childcare Ctr Activity Rm: Wed. Call for times  
Offered to mothers and their babies as an opportunity to share and network. Weekly topics include: feeding, crying, sleep, caring for yourself, growth and development, dealing with relationships, nutrition, managing and preventing illness and more.

**Ongoing Classes**

- Breastfeeding
- Infant/Child CPR & Safety
- Introduction to Underwater Birth
- Labor Series
- Maternity Tour
- Mom’s Group
- Parenting Your Newborn
- Sibling Class
Utilizing a TENS Unit to Relieve Pain

By Kathleen M. White, MS, APRN-BC, Pain Management Center

Electrical stimulating devices have been used in medicine for many years.
1. Pacemakers benefit cardiac patients.
2. Nerve conduction studies measure nerve function following surgery or injury.
3. Electrotherapy aids in bone fusion, reduces pain, and helps rehabilitate muscle.
4. A TENS unit provides electrical stimulation to the site of pain and alters one's perception of the pain.

A TENS unit (transcutaneous electrical nerve stimulator) is a lightweight, battery-powered device a little larger than a deck of cards. It can clip to your belt, making it portable. The device has 2 to 4 leads, or wires, that clip to adhesive patches. These patches are placed on the skin over the site of the pain. The unit provides an electrical stimulation to the painful area altering one's perception of the pain they are experiencing.

When we suffer an injury, our body naturally protects the injured area with muscle guarding, or tightening of the muscles. This response can be the start of a cycle that often causes a decreased range of motion, or immobilization. This immobilization can lead to reduced circulation, decreased blood supply, build-up of metabolic waste, and pain. Nerve receptors at the site of injury send a pain message to the spinal cord and brain. A TENS unit can help to alter this message, preventing or breaking the cycle.

TENS units work by sending stimulating pulses across the skin along the sensory nerves. These stimulating pulses help prevent, or suppress, the pain signals from reaching the brain, thereby decreasing the pain.

TENS units have different frequencies and impulse levels. Individuals using a TENS unit have the ability to control the intensity and pulse rate of the stimulation. It can be increased or decreased as tolerated. The TENS can be used as often as desired.

The unit itself can stay in place for hours and just be turned on and off as needed. TENS units also help to stimulate our body to produce higher levels of our own natural painkiller, called endorphins. Endorphins are chemicals made by our body to reduce or prevent pain. There are a variety of TENS unit models available in a wide range of prices. Typically, your provider gives you a referral or prescription for a TENS unit. The unit may be available through your provider's office, a physical rehabilitation facility, or can be purchased at a medical supply store. Many insurance companies pay all but the deductible.

Management of pain, both acute and chronic, can be difficult. Utilizing a TENS unit when appropriate allows for pain reduction without the potential side effects of medications. A TENS unit can be used during a physical therapy session or in the comfort of home. It is a cost-effective, non-invasive treatment of pain with proven results.

Note: These units should not be placed directly over the spine, over the eyes, or on the front of the neck. Skin should always be intact. A TENS unit is contraindicated when an individual has an electrical implanted device (such as a pacemaker), cancer or pregnancy.

Kathleen White, MS, APRN-BC, has been treating chronic pain patients in the Pain Management Center, now at River's Edge, since 2002. Kathy completed her undergraduate and graduate work at Northeastern University, Boston. She completed Internships in Adult Primary Care in both Mass and NH. She is board certified by the American Nurses Credentialing Center (ANCC) as both an Adult Nurse Practitioner and a Pain Management Nurse. Kathy's areas of interest include myofascial pain and chronic post surgical pain.
Concord Hospital, Elliot Hospital and 540 employed healthcare providers have joined together to form the Concord/Elliot Accountable Care Organization (ACO), a new program designed to improve care for Medicare patients while reducing overall healthcare costs.

The Concord/Elliot ACO has been selected to participate in the Medicare Shared Savings Program (Shared Savings Program) Accountable Care Organization (ACO), a new program sponsored by the Centers for Medicare and Medicaid Services (CMS).

Through the Shared Savings Program, Concord/Elliot ACO will work with CMS to provide Medicare fee-for-service beneficiaries with high quality service and care, while reducing the growth in Medicare expenditures through enhanced care coordination.

The Shared Savings Program will reward ACO’s that lower the rate of growth in healthcare costs for Medicare beneficiaries while meeting performance standards on quality of care and putting patients first. ACOs are groups of doctors and other healthcare providers working together to provide high quality service and care for their patients. Provider participation in an ACO is purely voluntary and Medicare beneficiaries retain their current ability to seek treatment from any provider they wish.

CMS will use robust quality measures to reward ACOs, including Concord/Elliot ACO, for providing Medicare beneficiaries with a positive patient experience and better health outcomes, while also reducing growth in Medicare expenditures for the same patient population.

This announcement is the culmination of a comprehensive selection process that began in the fall of 2011 with the national release of the Medicare Shared Savings Program application by CMS. Concord/Elliot ACO was selected based on rigorous eligibility criteria and program requirements.

For more information about the Shared Savings Program, visit the CMS ACO website at www.medicare.gov/acos.html. For questions about Concord/Elliot ACO, please call 603-227-7000 ext. 7267.

Dr. Itenberg received her Doctor of Osteopathic Medicine at New York College of Osteopathic Medicine. She then did her Internship at St. Luke’s-Roosevelt Hospital Center in New York. Her Residency training in Dermatology took place at Albert Einstein College of Medicine, where she became the Co-Chief Resident.

Dr. Itenberg will be located at The Elliot at River’s Edge and her practice will include Medical Dermatology plus cosmetic procedures including Botox, Fillers (Juvederm, Restylane), Chemical Peels, Laser re-surfacing and Laser hair removal.

Elliot Dermatology will open in October, 2012. Call 603-314-6930 for an appointment.
Laser Treatment of Fungal Toenails

By Peter Kasyjanski, DPM, FACFAS

Do you or someone you know have yellow, discolored toenails? Have you been treated for fungal nails and failed treatment? Have you refused treatment for fungal nails because of potential harmful side effects or contraindications with your medicines?

If you have answered yes to any of the above questions there is a new exciting treatment for fungal toenails. Laser treatment is the newest and most effective treatment with comparable results to oral medications and without any side effects or contraindications.

Toenail fungus is an infection of the nail. The onset is often slow, associated with athlete’s foot and asymptomatic. The infection will most commonly be found in the big toe, but in some cases all 10 toes may be affected.

Toenail Fungus Symptoms include:

- Yellow toenails
- Hardening or thick toenails
- Foul smells rising from toenail
- Toenails that appear to be crumbling
- Splitting of the nails
- Pit marks of the nails
- Tenderness in the toe
- Pain, ranging from mild to severe, or constant to intermittent
- Appearance of debris building up under the infected nail

What Causes Toenail Fungus?

Toenail fungus can be caused by many different things including improper footwear, especially tight fitting shoes, medical conditions such as diabetes, immune diseases and other circulatory conditions, unsanitary pedicures or toenail polish applied in layers, hosiery, socks and shoes that do not breathe and age.

Fungal infections in the nails are typically caused by a group of fungi called dermatophytes. However, yeasts and molds can also cause toenail fungus. A person can contract toenail fungus by using shared showers, locker rooms, gyms and other warm, damp places, including home showers that are shared by multiple family members.

Who is at risk?

It is estimated that 10 to 12% of the adult population is affected worldwide. Older people have a higher rate of toenail fungus, with an estimated 20% of the population aged 60+ and 50% of people aged 70+. Toenail fungus is present in approximately one third of people with diabetes mellitus. It is a significant predictor of foot ulcers and can be clinically serious.

How is it treated?

Traditional methods of treatment include topical creams, lacquers and oral medication.

Topical creams/lacquers are applied to the nail and surrounding skin daily. These treatments have limited success due to the patient compliance and the creams limited ability to penetrate the nail bed effectively.

Oral medications have a higher success rate, but not without potential risks. Patients taking oral medication for toe nail fungus should consult with their podiatrist on their alcohol intake and should have regular liver function tests to ensure their liver function isn’t adversely affected.

Laser technology has been used to treat toe nail fungus for decades. However, recent advances in lasers have seen a significant increase in patient and physician demand for this procedure. Laser is fast becoming the preferred method of treatment as it is safe and effective with a 70 to 100% reported success rate on mild to moderate toenail fungus.

How does laser treatment work?

The treatment is fast and will take your doctor approximately 20 minutes to perform. The treatment is very tolerable, requires no anesthesia or numbing medicine, and there is no downtime following the procedure.

Laser treatment is a very safe and effective procedure that does not require a lifestyle change or regular blood tests to monitor liver function. Unlike systemic oral medications, laser therapy is targeted directly at the infection. Unlike topical treatments, laser therapy is able to penetrate the nail plate to get to the fungus. After 3 to 6 months healthy, a clear nail grows out.

Granite State Podiatry is proud to announce that we now provide this exciting new technology. Initial consultations are covered by most insurance plans. Although laser treatments are not currently reimbursed by private insurers, we offer multiple payment options to make this modality more affordable and available to a greater number of people. If you would like more information, please call us at 668-3509, or visit us on our website, GraniteStatePodiatry.com.

Peter Kasyjanski, DPM, FACFAS, treats patients with diabetes and other foot ailments at Granite State Podiatry Associates, 424 Hanover Street, Manchester, 603-668-3509.
PHILANTHROPY

ELLIOT TEES UP FOR TOTS
Over $90,000 raised to support
Recognizing the expanding need for pediatric expertise, the New Hampshire’s Hospital for Children was designed to deliver high quality care for children close to home and to save lives. Whether it’s through the 30,000 children cared for through our primary care network, the more than 20,000 visits to our Pediatric Emergency Department and Urgent Care Centers, or the expanding specialty network, as a parent you will know you are getting the best for your child.

The winning group included Jim Gibson, Tyson Bickford and Phil Purcell. Coming in second was Colleen O’Callaghan, Marc Hullerot, Rick Elwell, and Norman Thomas. The third place team included Mike Morin, Gregg Hartman, Justin Kimball and Emile Roy.

The Mary & John Elliot Charitable Foundation thanks everyone for their support and is looking forward to another successful tournament next year!

2012-2013 Annual Appeal
This year’s greatest need is New Hampshire’s Hospital for Children; help us ensure that our youth has the best healthcare and bright futures. Making a gift to the Mary & John Elliot Charitable Foundation is as easy as:

- Making a donation online to elliothospital.org/_newsite/donate_sj.asp
- Calling the Foundation Office at 603-663-8934
- Or sending a check in the mail to 4 Elliot Way, Suite 301, Manchester, NH 03103-3599.

SAVE the DATE!
The Mary & John Elliot Charitable Foundation is hosting the inaugural New Hampshire’s Hospital for Children Breakfast taking place on Tuesday, October 30, 2012 at Manchester Country Club. Join us in celebrating the 1 year anniversary of NHHC while learning about the great achievements of the past year and what is on the horizon for NHHC. For more information on how you can attend please contact the Foundation office at 663-8934.

Metéora Suite* in Fitch Unit
NOW OPEN
“’We are very blessed and fortunate to have received a generous donation to design and construct a tranquil and peaceful suite for a patient who has 1 to 2 days of life and spend it with their family. The vision of the donor was to provide a larger space for family to be with their loved one in a setting that feels more like a home rather than a hospital. With the help of the staff, Billie Ford, and facilities, the suite has many details to make this sad and life changing moment into a memorable and loving moment.”

– Sharon Kostansek

*“The Metéora Suite” made possible through the generosity of an anonymous donor whose parents were from Kastraki, Greece.

Metéora: In the Heavens Above.
Let's get Mediterranean-ized

Contributed by: Vipra Rai, MS, RD, LD, CDE, Manager, Elliot Center for Diabetes Management and the Center for Advanced Nutrition Therapy, The Live Better Institute

Did you know that following a Mediterranean lifestyle has many health benefits? This is not just a fad diet but a way of living. Now there is evidenced-based research that supports this. Clinical studies show that people who follow the Mediterranean diet may lower their blood cholesterol, blood pressure and blood sugar levels. In 2009, one of the long term studies showed that eating meals and snacks rich in vegetables, whole grains and plant based fats (mostly olive oil) may help people with Type 2 Diabetes keep their blood sugars under good control without medication than following a low-fat diet.

Key ingredients of Mediterranean lifestyle:

- Daily physical activity
- Plant based foods such as whole grains, fruits, vegetables, beans for main meals
- Heart healthy fats mainly olive oil, nuts and seeds
- Spices and herbs (Basil, cumin, garlic, mint, cilantro) to add flavor
- Fish and seafood at least twice a week
- Yogurt, cheese, poultry and egg several times a week in moderation
- Red meats limit to no more that once a week
- Sweets only for special occasion
- Plenty of water but wine in moderation

Give a Mediterranean lifestyle a try:

**Breakfast:** 8 oz. Nonfat Greek yogurt with ¾ cup berries and 2 Tbsp of walnuts.

**Snack:** An orange or an apple.

**Lunch:** 2 cups of salad greens with tomatoes, cucumbers, onions, ¼ sliced avocado topped with an ounce or Feta cheese, 2 oz of tuna. Add balsamic vinegar and 1 tbsp of Extra-virgin Olive oil; 1 small whole wheat pita bread; 2-3 oz of Almond/Garbanzo bean Dip (see recipe) to spread on pita bread.

**Snack:** Whole grain crackers with 1 oz cheese.

**Dinner:** 1 large sliced tomato, drizzle 1 tsp of olive oil, sprinkle black pepper, sea salt and fresh basil; broiled Asparagus (Blanch 6 stalks of asparagus in boiling water for 1 minute, refresh in cold water. Pre-heat a griddle and place the drained asparagus and let it grill until brown. Place on a plate, season with black pepper and salt. Drizzle with olive oil and lemon juice); ¾ cup Tabbouleh (see recipe); poached, grilled or baked Salmon

**Snack:** Fruit (2 dates or 3 dried apricots or ¾ cup of blue berries or 5-6 strawberries or 1¼ cup of watermelon) and ¼ cup of sunflower or pumpkin seeds.

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### Almond/Garbanzo Bean Dip

*Ingredients (serves 4):*

- 1 cup (8oz) boiled/canned garbanzo beans
- ½ cup of toasted almonds
- 1 Tbsp of extra virgin olive oil
- 2 garlic cloves
- ½ cup water
- Juice of 1 fresh lemon
- ¼ tsp of crushed black/white pepper
- Sea salt to taste
- ½ tbsp each of chopped raw almonds & Mint and/or cilantro to garnish

- In a food processor, add toasted almonds, olive oil and garlic. Process until it turns into a coarsely fine paste (takes about 2 minutes).
- Add Garbanzo Beans, lemon juice and water to this mixture. Process for another 2-3 minutes until smooth.
- Scoop out this mixture in a serving bowl. Add crushed pepper and salt.
- Garnish with finely chopped almonds, mint and/or cilantro leaves.

*You can enjoy this by spreading on pita bread or crackers or use as a dip for raw veggies.*

### Tabbouleh

*Ingredients*

- 1 cup bulgur
- 2 tomatoes, seeded and chopped
- 2 cucumbers, peeled and chopped
- 3 green onions, chopped
- 2 cloves garlic, minced
- ½ cup chopped fresh parsley
- ¼ cup fresh mint leaves
- ¾ teaspoons salt
- Juice from 1 lemon
- 2 Tbsp olive oil

- Place cracked wheat in bowl and cover with 2 cups boiling water. Soak for 30 minutes; drain and squeeze out excess water.
- In a mixing bowl, combine the wheat, tomatoes, cucumbers, onions, garlic, parsley, mint, salt, lemon juice, and olive oil. Toss and refrigerate for at least 4 hours before serving.
An alert and socially active 80-year old woman became unresponsive after collapsing at her granddaughter’s dance recital one warm June evening. When her husband of 55 years arrived at the emergency department following the ambulance, he was met by the attending physician who needed to know who could make healthcare decisions for her. She had not regained consciousness and the doctor wanted to insert a tube to assist her breathing, in case she developed complications. The distraught and visibly shaken family member had never previously been required to provide these answers and it was several minutes before he fully understood the enormity of what was unfolding.

Situations such as this unfortunately present themselves in hospitals across the country on a daily basis. Making decisions about medical care, especially for someone else, can be a daunting task even in the best of circumstances. That’s why it’s so important to let your loved ones know now what choices you would make about your health care, should you become unable to make or communicate those decisions in the future.

The State of New Hampshire recognizes several legal documents known as **Advance Directives**, in which you can specify your preferences. The **New Hampshire Durable Power of Attorney for Health Care** document allows you to name a specific person to make health care decisions for you, if you cannot speak for yourself. In another document, the **New Hampshire Declaration**, you can state your wishes regarding specific life-sustaining treatments you would want used or withheld from you, and under what circumstances you would want this to happen. There is also a **New Hampshire Organ Donation Form** in which you can designate, if you choose, that all or part of your body be donated to a specific institution at the time of your death.

It’s very important for you to know that no health care provider can require you to complete any advance directives before providing you at any time with appropriate medical care. Making decisions like these in advance, however, gives you the time to think about them and discuss them with your doctor, nurse, and family members without feeling the urgency. Once you have completed advance directives, and have shared them with your loved ones and healthcare providers, they will know what you would want if you become unable to participate in making those decisions yourself.

The story I related to you at the beginning actually has a happy ending this time. The 80-year old woman, my mother, was thought to have suffered a minor stroke. With the loving support of my father and other family members, she eventually recovered almost fully and lived to enjoy family and friends for another decade. Although it was difficult for all of us to feel that life as we knew it had suddenly been turned upside-down, the whole experience was made far easier because my parents had both completed advance directives many years earlier. After that experience, do you think I obtained the forms and completed my own advance directives? You bet! Now you can do the same.
As announced in this publication, the not-for-profit organization Concord/Elliot ACO was founded in 2012 with a goal to provide its Medicare beneficiaries with higher quality care while reducing growth in Medicare expenditures. One of the central themes in structuring an Accountable Care Organization is to deepen and broaden the relationships with community providers. Elliot has worked hard over the past several years to develop strong community ties to key services, such as skilled nursing and assisted living facilities, and promotes the use of those resources in a number of ways. One such approach is through the development of new models of care delivery that focus on improving care coordination. This is the basis of an innovative partnership between Elliot Senior Health Primary Care, the VNA of Manchester and Southern NH and a new assisted living facility under construction in Bedford. Bedford Falls, the newest community owned by Benchmark Senior Living, a well respected senior living provider, will open its doors this fall. The company develops, owns and manages an array of senior living communities which offer independent living, assisted living, and specialized assisted living for memory care. They, like the Elliot, have a passion for innovation, and setting the standard for senior care.

A physician from Elliot Senior Health Primary Care (SHPC), in addition to providing Medical Directorship, will be available to see residents of this new community on-site to provide routine and follow-up care. Additionally, the VNA of Manchester and Southern NH will offer care management services, provide physical therapy and exercise programs to enhance each residents’ functional status and overall health. Another vital service the Elliot will bring to Bedford Falls is phlebotomy and lab services. Elliot Laboratory Services will provide all necessary testing for this facility, to lessen the burden of residents having to go to the hospital or doctor’s office to get their blood drawn.

Although the delivery of these services does not alone ensure more effective care coordination, in this case, all health providers and care teams will be fully informed of patient care plans to alleviate any care gaps. Also, doctors and nurses will have the ability to capture clinical information and review the complete health record of Bedford Falls Residents via the Elliot’s electronic medical record. Residents of the community and their families, as well, will be provided access to their medical record through Elliot’s patient care portal – MyEChart – further enriching the level of communication between resident and the health care team.

Partnerships such as the one between Bedford Falls and Elliot will foster improved care for our seniors in the community and promote delivering the right care, in the right setting and at the right time. Elliot will continue to leverage opportunities to learn from our community partners on ways to further strengthen clinical services and programs for our shared Medicare patients. To learn more about the Elliot and Bedford Falls partnership, contact Christen Bergeron at 603-471-2555.
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Our DOCTORS are in!

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Dr. Hendricks obtained her Doctor of Osteopathy from NY College of Osteopathic Medicine in Old Westbury, NY. She then completed her residency at NH Dartmouth Family Medicine in Concord, NH. Dr. Hendricks has an interest in holistic, community-based healthcare, pediatrics, and women’s health.

Andrea Palumbo, MD
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Dr. Palumbo attended the University of Massachusetts Medical School where she received her medical doctorate. She completed her residency training at the University of Connecticut School of Medicine, Connecticut Children’s Medical Center in Hartford, CT. She recently joined The Elliot from her practice at Derry Pediatrics in Derry, NH.

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Dr. Holzinger is a graduate of University of New England College of Osteopathic Medicine in Biddeford, ME where she earned her degree as a Doctor of Osteopathic Medicine. After medical school, she completed her residency in Concord, NH at New Hampshire Dartmouth Family Medicine. Dr. Holzinger’s interests are in Women’s Health & Obstetrics, Breastfeeding Medicine, and Pediatrics.

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