Dr. Warner specializes in family medicine and is especially interested in child nutrition, fitness and development, adult cardiovascular health, diabetes management and women’s health issues. She completed her medical training at Northwestern University Medical School, Chicago, Ill.

Dr. Kehas provides a full scope of medical care for families, including obstetrical care. He has a special interest in sports medicine. Dr. Kehas received his education from Tufts University School of Medicine, Boston, MA.

Dr. Ponn joins the Elliot Breast Health Center with an extensive background in breast surgery. She has been named one of New York’s Top Docs for three years in a row and is certified by the American Board of Surgery. She received her education at the University of Florida, College of Medicine.
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www.elliothospital.org
Remember that old adage – it’s not if you win or lose, it’s how you play the game. That goes for spectators, too, especially the parental variety. Of course we like to win, but that isn’t always possible. What is possible is to play the best of your ability, and that feels good, whether you win or lose.

Why do we get our kids involved in sports? Perhaps they have or want to develop a talent. Maybe we want them to learn the lessons of life, such as getting along with others, making friends, and having respect for others. Sports are a good way for kids to get in, and stay in shape, develop character, learn the value of discipline and teamwork.

Sometimes however, our reasons are more selfish; we’d like our children to follow in our athletic footsteps or make the strides to glory that we were never able to achieve ourselves. Living vicariously through their achievements, we can brag to our families, friends, neighbors and co-workers about our wonderfully talented kids.

Whatever the reason, keep in mind that our children learn by our example even if it’s conduct they observe in the bleachers. Our actions speak louder than any words we can say.

10 SIMPLE RULES for being a GOOD SPORTS PARENT

10. Talk with your child about the meaning and actions of good sportsmanship
9. Cheer for the underdog once in a while.
8. Congratulate for the other team when they make a good play.
7. Support your child’s coach(es) or help out yourself.
6. Treat everyone fairly (your child, his/her teammates, the other team, the coaches and referees).
5. Make an effort to attend your child’s sports events — especially when you tell him/her that you’ll be there.
4. Talk to your child about your own sports losses and blunders as well as your wins and successes. This will teach them that they can learn to overcome their challenges.
3. Never lose sight of the important part you play in your child’s life as a role model.
2. Debrief with your child after the game, and be sure to listen to them.
1. Count backwards from 10 before you lash out at a coach, player or, most of all, your own child. You’ll be happy you did in the long run.
When your physician requests to see your recent X-Rays or tests such as CT-scans, it usually means you’d have to pick up the films at Elliot Hospital before your appointment. Thanks to new technology at Elliot, this practice will soon be a thing of the past. Elliot Hospital’s Diagnostic Imaging Services recently converted all hospital radiology services to digital technology, which eliminates the need to use film. This Picture Archiving Communication System (PACS) makes it possible for your physician to view diagnostic tests such as X-Rays, CT Scans, MRI Scans, and ultrasound scans on computers throughout the facility and over the Internet.

Voice recognition technology is integrated with our PACS system to provide final test results on a same-day basis in most cases. This technology actually transcribes the final report by listening to the radiologist’s voice and converting it to words. The report is then electronically signed by the radiologist and automatically faxed to your physician.

PACS positions the Elliot to offer future digital imaging services that require high-capacity imaging such as a 64-slice CT Scan. It also enables our multiple imaging facilities and physicians to view results and related images in our Electronic Medical Record (EMR), regardless of where they were performed.

A hospitalist is a physician who works within the hospital and sees only hospitalized patients. Elliot first incorporated hospitalists into patient care in September 2000. This dynamic and caring group of board certified internal medicine physicians are an integral part of Elliot’s healthcare team. They are dedicated to inpatient care and providing round-the-clock coverage. Their uninterrupted physical presence and focus on inpatient care without outside responsibilities allows for a strong alliance with their patients. Additionally, their expertise in hospital care allows for greater efficiency in the process of diagnosis and treatment.

Hospitalists complement the care provided by a patient’s usual physician and often care for patients at the request of their primary care physician (PCP). Communications occur frequently between the patient’s PCP and the hospitalist to clarify the patient’s medical history and treatment prior to hospitalization and to coordinate care after discharge. Additionally, major developments in a patient’s case are discussed with the PCP to enlist their input in treatment decisions.

There are currently over 10,000 hospitalists working in hospitals throughout the United States and the trend is growing. Their extraordinary availability to patients and the entire healthcare team of nursing, therapists, pharmacists and other physicians is of great value. Hospitalists are involved in multiple interactions throughout the day involving a patient’s care. They are available for bedside meetings with families and midday discharges. Hospitalists are on-site to immediately respond to a change in a patient’s condition no matter the time of day. Together, a hospitalist and primary care physicians provide a team that delivers the best possible treatment.
Think about all the things you touched today... your computer keyboard, an ATM machine, your kitchen sponge, the flush handle on a toilet. Now think about all the people that touched those things before you. Roughly 3 to 4 million germs live on just one cubic centimeter of the palm of your hand. And every time you touch something, you pick up germs from other's hands... hands that may not have been washed well.

ON THE SURFACE
Even if a surface looks clean, there's a good chance that it's covered with illness-causing organisms such as:

Bacteria Also known as germs, these microscopic cells are everywhere. Some types can cause disease, but most are very useful to us.

Viruses Ultra-microscopic infectious agents that grow and multiply within our bodies to cause disease.

Fungus These organisms include yeast, mold and mushrooms and can often cause disease.

Some germs have the potential to cause illnesses such as the flu, colds, rotavirus and other intestinal diseases. These organisms can live up to a few hours or a few days on surfaces, depending on the conditions. A single bacteria can multiply to eight million cells in less than 24 hours. It may take as few as 10 or up to a million to make you sick.

PREVENTING ILLNESS
With the onset of winter, germ-related illnesses will soon be on the increase. Cold, flu, rotavirus and other pathogens are easily shared from person to person and the number of cases peak during winter months. While most people can recover from these illnesses, more than 160,000 Americans die from infectious diseases each year. A little common sense goes a long way when it comes to preventing illness at home, work and school.

With the help of a volunteer, we set out to illustrate the impact that hand washing has on disease prevention. We had our volunteer place her unwashed hand in a special Petri dish designed to grow bacteria. Then she washed her hands and placed the same hand, now clean, into another Petri dish. Three days later, we checked to see what was growing.

As you can see above, the Petri dish on the left shows just how much bacteria was living on our volunteer's hand before she washed it. The Petri dish on the right has fewer bacteria growing and shows just how important it is to wash your hands. The results are remarkable.

The best way to cut your risk is to wash your hands and wash them often. Always avoid touching your nose, eyes and mouth with your hands no matter how clean you think they are as this allows germs to enter your body and thrive.

If you're feeling sick, don't go to work or school where you'll only spread the germs to others. Use alcohol wipes to wipe down shared computer keyboards and other office equipment as often as possible.

Germs and bacteria also live on surfaces throughout your home. It's a good idea to regularly disinfect door-knobs, the refrigerator door handle, knobs on sinks and the toilet flush lever. If a family member is sick, be sure to thoroughly clean all surfaces...
more often, especially the bathroom. Pets are a source of germs as well, especially if they spend time outside. Always wash your hands after touching animals.

Kitchens can be a large source of food borne illnesses. To minimize your risk, always disinfect food preparation areas and use separate cutting boards for vegetables and meat to prevent cross-contamination. Cook foods to proper temperature and make sure everything is promptly and properly refrigerated.

Harmful bacteria such as salmonella, E. Coli, Listeria, Staphylococci and others have been shown to thrive on kitchen sponges and dishtowels. To prevent infection, wash dishtowels in hot water, allow them to dry completely between uses and replace them often. Pop wet sponges into the microwave for two minutes or soak in a bleach/water solution.

**NOT ALL GERMS ARE BAD**

While millions of germs live on the surface of your skin, not all are bad. Some of the bacteria is actually good. The germs that Jeanne washed off her hands are known as “transient” germs, or bacteria that she picked up from other surfaces. The bacteria that remained on her hands after washing are most likely the good germs that she needs to fight illness. It’s important that she wasn’t able to wash these good germs away as they help build immunity and attack the “transient” germs that may carry illness.

For additional information and helpful tips, visit www.cdc.gov and search for “Seven Keys to a Safer Healthier Home.”

**HAND WASHING 101**

**How to wash your hands**

- Wet your hands with warm water.
- Soap up and scrub your hands for at least 15 seconds. Be sure to scrub in between fingers.
- Rinse while pointing fingers downward so the germs run off your hands. Don’t touch the sink in the process.
- Dry your hand with a paper towel.
- Use the towel to turn off the water and to open the door to avoid picking up new germs.

**Wash your hands…**

- After going to the bathroom
- After changing a diaper
- Before cooking or eating
- After shaking someone’s hand
- After touching things in a public place

**A LITTLE COMMON SENSE GOES A LONG WAY when it comes to preventing illness**

**POTENTIAL HEALTH RISKS**

- **MRSA** A bacteria that causes infections in different parts of the body and is difficult to treat because it is immune to commonly used antibiotics.
- **Rotavirus** A highly contagious infection that can cause severe vomiting, diarrhea and dehydration. It is spread through water, food or surfaces that are contaminated with fecal matter.
- **Cold & Flu** Respiratory infections that can be serious for children, the elderly or anyone with a compromised immune system.
- **RSV** Respiratory syncytial virus (RSV) is the most common cause of bronchiolitis and pneumonia among infants and children under 1 year of age.
- **E. coli** A bacteria often causing food borne illnesses. Most strains live harmlessly in our digestive tracts but some can cause serious infections and symptoms such as severe stomach cramps, diarrhea, nausea and vomiting.
- **Salmonella** This food borne bacteria can cause diarrhea and vomiting.
UNLESS OTHERWISE NOTED
All classes are held at the Elliot Wellness Center, 317 Lincoln Street.
To register, call Elliot On-Call at 603-663-4567.
For additional program details, visit www.elliothospital.org

GENERAL HEALTH EDUCATION
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 materials, do not represent income to the Association.

American Heart Association CPR & First Aid
Adult First Aid $37
Wed, Oct 18, 6 to 9 p.m.
Learn techniques to give immediate care to an injured or suddenly ill person. Basic first aid, how to take care of people involved in life-threatening situations, and when to alert medical personnel.

CPR for All Ages $37
Sat, Sept 9, 8 to 11:30 a.m.

CPR for New Healthcare Professionals $62
Sat, Oct 7, 8 a.m. to 1:30 p.m.

CPR Renewal for Healthcare Professionals $47
Sat, Sept 9 or Nov 4, 11:30 a.m. to 2:30 p.m.

Healthy Infant & Child First Aid & CPR for all ages $52
Wed, Sept 13 and 20 or Nov 8 and 15, 6 to 9 p.m.

Heartsaver CPR for Middle/High School Ages $37
Sat, Nov 18, 8 to 11 a.m.
Great for babysitters and others 11 to 16 years old. Learn both adult and pediatric lay rescuer CPR. Info about adult and infant/child Chain of Survival, signs of heart attack, cardiac arrest, stroke, and choking in adults, infants and children, prevention of SIDS and of the most common fatal injuries in infants and children.

Safe Sitter Program $50
Sat, Oct 14 and Nov 4 8:45 a.m. to 4 p.m.
For children ages 11 to 13 to learn basic baby-sitting skills. Includes manual and duffel bag.

Coping Skills and Relaxation $45
Thur, Sept 28 to Nov 2, 6 to 7 p.m. (first session runs until 7:30 p.m.)
For adults 18+. To register call 668-4079.

First Aid for Pets $40
Mon, Oct 16, 6 to 9 p.m.
Learn to keep your pet safe and how to care for them in an emergency with this Red Cross course.

Understanding and Managing Chronic Pain $35
Thur, Sept 7 to Nov 9, 5:30 to 7:30 p.m.
Learn techniques to control pain, improve function, restore hope, and improve quality of life. Call 663-2767 to register.

GENERAL FITNESS

Medication Management Free!
Thur, Oct 5 and 12, 4 to 5:30 p.m. Held in Elliot Hospital Conference Center, Ground floor
For pain patients. Learn about the benefits, risks and management of prescribed narcotic medication. Call 663-2767 to register.

The Journey Thru Special Education: Preschool thru High School and Beyond FREE!
Wed, Sept 27, 6 to 8 p.m.
Panel of local experts present helpful information on early intervention, special education, outpatient therapy services and community based services with time for Q&A. Open to parents, professionals and para-professionals who interact with children of all ages with special needs.

Freedom from Smoking $75
Thur, Sept 28 to Nov 16, 6:30 to 8 p.m.
Learn to kick the habit!

Shortness of Breath Seminar Free!
Thur, Sept 21, 3:30 to 4:30 p.m., Elliot Hospital, Wound Care Conference Room, 1st Floor
Learn about the causes of shortness of breath and possible treatment options. To register, please call 663-2366.

Anger Management $400
Tues, Sept 12 to Nov 14, Manchester Counseling Services, 445 Cypress Street
Learn healthy techniques for changing your behavior and managing anger. $45 per session or $400 if paid in full at the first session. Call 668-4079 to register.

Advance Directives Free!
Tues, Sept 12 or Thur, Nov 14, 3 to 4 p.m., Elliot Hospital Conference Center, ground floor
Discuss living wills and durable powers of attorney. This workshop will help you make important medical decisions should you become unable to do so because of health issues.

Become a Hospice Volunteer Free!
Thurs, Begin Sat, Sept 23 to Nov 16, 6 to 8:30 p.m., VNA, 1850 Elm Street
Hospice of Visiting Nurse Association of Manchester & Southern NH, Inc. Learn to provide non-medical aid and support to terminally ill patients and their caregivers. Trained volunteers work with the hospice team of healthcare professionals 2+ hours a week lending emotional support, respite care, transportation to treatments and grief and bereavement support. To apply, contact Linda Krisch at 663-4008.

Positive Parenting Series $10 each
Presented by Manchester Counseling Services, 6 to 7:30 p.m., Elliot Hospital Conference Center
• Survival Techniques for the Single Parent, Wed, Sept 13
• How to Blend Families and Create a New Family Identity, Tues, Oct 10
• Childhood Anxiety and Depression, Tues, Nov 14

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

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

MIND/BODY MEDICINE

Hatha Yoga for Middle Age & Beyond $80
Mon, Sept 11 to Oct 30 or Nov 6 to Dec 18, 6:30 to 7:45 p.m.
Good for the beginner level participant who would like a gender type of yoga.

Kripalu Yoga $80/$90
Mon, Sept 11 to Oct 30 or Nov 13 to Dec 18, 7:15 to 8:30 p.m.
Postures, breathwork, deep relaxation and meditation to heighten body awareness, develop mental clarity, increase flexibility, and create a deep sense of inner peace. Beginners to experienced.

Reiki Clinic $10 donation
3rd Wed monthly, 7 to 7:30 p.m. or 7:30 to 8 p.m.
Gentle noninvasive, hands-on-healing that balances the flow of energy in your body and reduces stress, pain and anxiety. Appr. required.

New! NIA (Neuromuscular Integrative Action) Tues, Sept 12, 6:15 to 7:15 p.m. FREE Demo Class
Regular Sessions $70/class
Mon, Sept 18 to Dec 11, 9 to 10 a.m. or Tues, Sept 19 to Dec 5, 6:15 to 7:15 p.m., Welliot Group Exercise Rm, Elliot Hospital, ground floor “East meets West” method tones your mind, body and spirit, using the expressiveness of dance, the power and strength of martial arts, and the grace and wisdom of the healing arts. NIA is user-friendly and can fit the needs of any age. Must register for demo class.

New! Meditative Movement $80
Tues, Sept 12 to Oct 24 or Nov 7 to Dec 19, 6 to 7 p.m.
Explore meditation and guided relaxation techniques through yoga postures and movement.

Relaxation 101 $20
Mondays, Oct 23 to Nov 27, 6:30 to 8 p.m.
Certified hypnotist and meditation instructor will help you learn to choose your responses to stress, have more control of your life to live healthier and longer.

NUTRITION

First Line Therapy $150
Wed, Sept 6 to Nov 22 or Oct 4 to Dec 20 or Nov 1 to Jan 17, 6:30 to 7:30 p.m.
Learn how to improve your cardiovascular risk factors, promote fat loss and support healthy insulin and blood sugar balance. Call 663-2521 to register.

Elliot’s Choosing the Right Weigh FREE
Introductory Classes, Sept 11, 14, 18 or 21, 6:30 to 8 p.m.
This free introductory session outlines the 16-week comprehensive weight management program focusing on total health, not pounds. Reimbursed by Anthem, Cigna and HealthTrust.

New! Fit & Healthy Tots $10
Sat, Oct 21, 10 to 11:30 a.m.
Good habits can start early in life! For parents of 3 to 4 year olds. Learn how to avoid childhood obesity, cope with picky eaters and get the family moving.

Fit & Healthy Kid Style $99
Mon, Sept 25 to Dec 5, 6:15 to 8 p.m.
For children ages 8 to 11 and their families facing weight issues. Learn how to plan healthy meals and increase activity levels. Parents meet with specialists while kids exercise. Includes YMCA Program Membership to attend “Family Time” exercise. Reimbursable by Anthem BC/BS. Call 232-8616 to register.

Fit & Healthy Kid Style OPEN HOUSE FREE
Tues, Sept 19, 6:30 to 7:30 p.m. Greater Manchester Family YMCA
Fun learning activities for kids, create fruit kabobs and learn about the upcoming Fit & Healthy Kid Style program. Attend a tour of the YMCA and receive a free week membership. Call 232-8616 for more information.

SCANNINGS and CLINICS

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

Body Composition $21
Third Thursday monthly, 8 a.m. to 3:30 p.m.
Exercise physiologist calculates body fat percentage. Learn how to reduce total body fat. Great for personal awareness and as a baseline for starting an exercise program.

Full Lipid/Cholesterol Profile $19
Third Thursday monthly, 8 a.m. to 3:30 p.m.
Total cholesterol with HDL breakdown and cholesterol ratio. No fasting required.

Lipid profile. A complete breakdown of HDL, LDL, triglycerides, and glucose. A 12-hour fast is required; no food except water and medications.

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

SUPPORT GROUPS

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

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

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

Cancer Caregivers Support Group FREE
Third Tuesday monthly, 6 to 8 p.m., Elliot Regional Cancer Center at Elliot Hospital.
To register, call 663-2602 or 663-4489.

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

Prostate Cancer FREE
Fourth Mon monthly, 6:30 to 8:30 p.m., Elliot Hospital Conference Center, Ground floor
A support and education group for men with prostate cancer, their families and/or support person. To register, call 663-4170.

Living Beyond Breast Cancer FREE
Second Wednesday monthly, 6 to 7:30 p.m., Elliot Regional Cancer Center at Elliot Hospital
Provides support and sharing for any woman who has experienced breast cancer. Call the Cancer Resource line at 663-5787 to register.

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

AICD (Automatic Internal Cardiac Defibrillator) FREE
First Friday monthly, 11 a.m. to noon
Elliot offers the only AICD support group in the tri-state area. Designed to help patients with internal cardioverter defibrillators and their families deal with unique issues.

Obsessive Compulsive FREE
First and third Tuesday monthly, 7:30 to 9 p.m.
Involves education, self-help, goal setting and socializing. Call 663-4079 to register.

Parkinson’s FREE
Third Wednesday monthly, 3 to 4:30 p.m.
For people with Parkinson’s disease, family members, friends, or anyone who has an interest in learning more about this disease.

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

Chronic Pain FREE
First and third Tuesdays, beginning Sept 19
Peer support and education for people with chronic pain and their families. For more information, call 663-2767.

Talk’n Diabetes FREE
Tues, Sept 25, Oct 9 or Nov 14, 9 to 10 a.m. or 11 a.m. to noon
Learn simple self-care tips. Open discussions each month help you take control of your diabetes one step at a time. Space is limited.

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

SENIOR HEALTH AND FITNESS
All classes held at the Senior Health Center, 138 Webster Street, unless otherwise noted.

New! Caregiver’s Program Free
Thur, Oct 5 to Nov 16, 3 to 5 p.m.
Are you approaching 65 and have questions about Medicare benefits? This program covers all you need to know.

New! Men’s Breakfast Free
Fourth Friday monthly, 9 to 10 a.m.
Open to all men rebuilding their lives after a spouse’s death. Continental breakfast, social time and speaker.

New! Identity Theft Free
Time: Sept 28, 2 to 4 p.m.
Learn how to protect yourself and what to do if you’re a victim.

Taking Control: A Financial Workshop for Women $20
Wed, Oct 18 and 25, 6:30 to 8:30 p.m.
Learn to establish a budget, plan for retirement, invest money, prepare an effective estate plan and strategies for cutting taxes.

Strong and Active for Life $50
Mon and Wed, Sept 6 to Nov 29, 10:15 to 11:15 a.m.
Improve fitness, mobility, strength, balance, emotional well-being and bone health. Ideal for ages 50+ who have never strength-trained before or need a refresher course.

Strength Training Maintenance $40
Tues, Sept 5 to Oct 19 and Oct 31 to Dec 19, 10 to 10:45 a.m.
For those that have completed the Strong Living Program. This class uses free weights, bands and floor exercises.

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

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

VNA Ear Care Clinic $20
Fifth Mon and Fri monthly (except holidays)
Ear inspection and assessment. Ear wax removal by a registered nurse. Registration is required.

Fitness Yoga for Seniors $55
Thurs, Sept 7 to Nov 11, 6 to 7 p.m.
Beginner class, perfect for seniors of all abilities. Physician release required.

Mind Aerobics $15
Mon, Sept 11 to Oct 23 or Nov 6 to Dec 11, 1 to 1:45 p.m.
Designed to stimulate the brain and improve cognitive functioning. Fun and challenging exercises help sharpen proficiency in memory skills, flexible thinking, perception, and reasoning.

Fit and 50 $55
Mon and Wed, Sept 11 to Nov 22 and Dec 4 to Feb 14, 5:30 to 6:15 p.m.
An advanced or beginner strength-training program with more variety. Incorporates ankle weights, hand bands, and floor work.

Gym Membership $65
Mon thru Fri, Aug 28 to Nov 25 and Nov 27 to Feb 21, 6:30 a.m. to 7:30 p.m.; Sat, 8 a.m. to 1 p.m.
Stay fit with treadmills, bicycles, elliptical trainers and full body strength training circuit. One-on-one orientations and personalized exercise programs are offered. Work out in a safe and supervised non-competitive environment.

Senior Wellness Screenings Free
Third Friday monthly, 8 a.m. to 12 p.m.
Total cholesterol with HDL breakdown and cholesterol ratio. No fasting required. $19
Lipid profile. Includes a complete breakdown of HDL, LDL, Triglycerides, and glucose. A 12-hr fast required; no food, only water & medications. $23
Body Composition $21
Osteoporosis $21
Functional Fitness Testing $40
Assesses balance, risk of falling, lower and upper-body strength, aerobic endurance, flexibility, motor ability and dynamic balance. Medical release and appointment required. Call 663-7012.

Grandfitter Program $10
Wed, Oct 4, 9 a.m. to noon or Thurs, Nov 19, 5:30 to 8:30 p.m.
Become the ultimate grandparent babysitter! Learn how to save a choking child, handle tantrums, when to call 911 and more. Share your experiences with others who regularly babysit your grandchildren.

Flu Clinics $30 – Free to Medicare Part B clients
Mid-Oct through Mid-Dec
Available to individuals 65 and older. Administered by the Visiting Nurse Association of Manchester. Appointments required.

Low Impact Aerobics for Vitality and Energy (L.I.V.E.) $40
Tues and Thurs, Sept 5 to Oct 19, and Oct 31 to Dec 19, 11 to 11:45 a.m.
Easy to follow moves are great for beginners.

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

CHILDBIRTH AND FAMILY EDUCATION

Prenatal Yoga $90
Thur, Oct 26 to Dec 21, 5:30 p.m. or 7 p.m.
Physically, mentally and emotionally prepare for the changes that happen during the childbearing year. Learn to trust your body so the techniques flow naturally into your consciousness when you enter labor, creating the opportunity for a positive and empowering birth experience.

Postnatal Yoga $90
Tues, Oct 24 to Dec 19, 9:45 a.m.
Assists new moms in their recovery from childbirth and strengthens the parent-baby bond. Enhance flexibility, tone and strengthen muscles, and achieve greater harmony, security, and serenity. For moms and their babies 6 wks to 9 mos of age.

Back to Work and Breastfeeding $15
Sept 7, Oct 5, Nov 2, Dec 1, 1:30 to 3:30 p.m.
A Certified Lactation Consultant will address: preparing baby for transition, maintaining breast milk supply, types of pumps and techniques, use of supplements, and workplace issues. For moms and their babies 2 weeks and older.

Boot Camp for New Dads $25
Saturday, Sept 23 or Nov 18, 9 a.m. to Noon
For new dads and dads-to-be to discuss the joys and responsibilities of fatherhood, including caring for your newborn, communicating with your partner, and preparing for your new family.

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

1-Day Surgery Center Tour for Children Free!
Wed, Sept 20, Nov 1 or Nov 18, 6:30 p.m., Registration required.
Parents and children ages 12 and younger and their siblings are invited to attend our special pediatric tours. Meet with staff, review the surgical process and tour the facility.

Testing Toddler $15
Fri, Oct 13, 6 to 9 p.m.
Explore the normal growth and development of children ages 1 to 3. A Child Life Specialist will address the challenges of dealing with sleep, discipline, and normal behaviors of toddlerhood.

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

Health and fitness classes, health education programs, and a variety of adult classes are available to help you live longer and better.
And a Hole in One!

The Elliot Hospital Associates 7th Annual Golf Tournament, presented by Accenture, was held on Thursday, June 15. The event raised over $46,000 for the Elliot Breast Health Center.

“The positive spirit and generosity of all involved made this the most successful golf tournament yet,” said Ethel Chaput, Associate President.

“The Elliot Breast Health Center is overwhelmed and most appreciative to all the volunteers and sponsors who rallied together to make this such a tremendous success.”

It was no typical day on the course as Mark Calderone of PC Connection aced a hole in one on the seventh hole, earning him the honor of being the first to ever hit a hole in one on a par four at the Stonebridge Country Club. Cheers could be heard from miles around!

For more than a century, the Elliot Hospital Associates have provided caring support for patients, families, staff, and the medical community. These dependable volunteers give of their time and financial resources for the betterment of Elliot Hospital. For more information about Elliot Associates or to join, call 603-663-2138.

THANKS TO OUR SPONSORS!

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Gallagher Printing Services
Ikon
In memory of Don Tibbetts
Intact Medical Corporation
Jutras Signs and Flags
MacMillan Company
Mckesson
Northeast Rehab Health Network
Office Environments of NE
PC Connection, Inc.
Principal Financial Group
The Anagnost Companies
Totaltec Systems, Inc.
Towers Perrin
Triangle Credit Union
Weerts, White & Fontaine, PC
Winbrook
Workplace Benefit Solutions
Vermont Technology Exchange Co., Inc.
HIGH HONORS for ELLIOT SURGEON

Elliot Hospital’s Chief of Surgery, Dr. Lawrence Hoepp, was honored by New Hampshire Governor John Lynch on July 19 for his contributions to the medical community and his patients. Governor Lynch presented Dr. Hoepp with a special commendation that recognized him for his 26-year history as an innovator and pioneer in the field of vascular surgery.

In his remarks, Councilman Ray Wieczorek referenced NH Magazine’s annual Top Docs poll in which Hoepp’s physician peers have consistently named him the number one general and vascular surgeon in the state. Wieczorek thanked Dr. Hoepp for his commitment to vascular surgery. “When you ask any doctor in New Hampshire who they would want to operate on them, Larry’s name keeps coming up,” said Wieczorek. “And that says a lot.”

In June, Manchester Mayor Frank Guinta also honored Dr. Hoepp for his achievements and presented him with the Key to the City. Mayor Guinta captured the importance of Dr. Hoepp’s contributions to helping people in Manchester live better when he said, “No award could be given that fully measures his impact on our community. Nevertheless, we are happy in recognizing him… and encourage all citizens to duly honor him.”

During his 28 years of service at the Elliot Hospital, he has served on many hospital committees, is the current Chairman of the Department of Surgery and has served on the Board of Trustees for nearly a decade.

Congratulations Dr. Hoepp! You are indeed a remarkable man, now with the key to our city and a continuing legacy that will forever unlock the gratitude within our hearts.
At Elliot, we value the insight of our employees who observe our community’s healthcare issues each day they come to work. This close and personal connection with the community often generates imaginative ideas and solutions. To support these ideas, we created *i-Imagine*, a special program that provides financial grants to employees who see a way to address the needs of the community we serve.

Launched in early 2006, *i-Imagine* invites Elliot staff, physicians, and our volunteers to develop community programs and apply for funding to support their plan. Each proposal is reviewed by a selection committee which recently awarded its first two grants.

**Bike Helmet Distribution**

In response to the alarming number of bike-related head injuries in children, Dr. Mark Myers of Pediatric Health Associates was awarded $25,000 for his program that would distribute free bike helmets. Through a partnership with the Manchester Police Department, officers are distributing vouchers to children without helmets. The vouchers entitle them to a quality bike helmet, professionally fitted to each child by the staff at the Bike Barn.

**Fever Kits**

Pediatric fever-related complaints represent an average of 15.6% of patients seen in our Emergency Department each year. Lack of parental knowledge, resources and primary care, plus language barriers often prevent these fevers from being properly treated at home. In an effort to better educate parents about controlling fevers before they become emergent, Terri Sullivan, RN was awarded $450 to create fever kits. The kits will contain a thermometer, Tylenol and fever control instructions and will be distributed by Emergency Room staff to families in these situations. A registered nurse will provide one-on-one education to parents before they are sent home.

Elliot Health System is proud to support *i-Imagine*, which serves to support the community in a way no other health organization in our area has set out to do.
When Breast Cancer is “All in the Family”

Ann Jeffers-Brown, Genetics Counselor

When Mary* was diagnosed with breast cancer twelve years ago, she was understandably shocked and frightened. But she became less concerned about her own health issues as she watched each of her three sisters fight their own breast cancer battles over the next decade.

According to the National Cancer Institute, each American woman faces an average of 13% lifetime risk of developing breast cancer. That means one in every 8 women will be diagnosed with breast cancer at some time in her life. For most of us, that risk sounds concerning enough. But for a small group of women, the lifetime risk for breast cancer may be as high as 85%. These women, have Hereditary Breast/Ovarian Cancer Syndrome (HBOCS), most of which is caused by mutations in the BRCA1 or BRCA2 genes. Women with inherited BRCA1 or BRCA2 mutations also face dramatically increased risks for ovarian cancer.

Breast and ovarian cancer risk is low for women in their 20’s, rises gradually in the 30’s and 40’s, and then rises more sharply after menopause.

Dr. Edward Dalton, Medical Director of the Elliot Breast Health Center, is keenly aware of the toll that HBOCS can take on a family. In his 20 years of practice in Manchester, Dr. Dalton has seen a growing number of cases of hereditary breast cancer, sometimes covering three generations of women in just one family. In response, he added a genetic counselor to his staff in 2004.

Genetic counselors work with patients and their family members to trace the family’s medical history. This genetic risk assessment provides valuable information that, along with genetic testing, often provide critical healthcare information for the patient and future generations. Genetic counseling is an important part of Elliot Breast Health Center’s mission to tailor breast surveillance and care to each patient’s individual risk and preferences.

At Dr. Dalton’s urging, Mary, her sisters and their mother all participated in genetic counseling. With all six people around the table, I took a detailed pedigree (diagram of the family history), which revealed that Mary’s maternal grandmother also had breast cancer at 40 and one paternal aunt had breast cancer at 60. Based on a computerized risk assessment model, Mary and her sisters had an estimated 80% chance to have inherited a mutation in BRCA1 or BRCA2.

Mary’s mother felt guilty that she may have passed the inherited risk on to her daughters, but I quickly reassured her that she had no control over which genes she passed on and that it was normal to experience those emotions. Her daughters rallied with support for their mother.

In the end it was Mary, the oldest sister and the first one diagnosed, who decided to have sequencing analysis of BRCA1 and BRCA2. If a mutation is detected, any adult relative who is interested may have testing for just that mutation. If no mutation is detected, it is still likely that this family has hereditary cancer. There are several other genes that have been identified in breast cancer risk, and many research studies dedicated to discovering others.

Either way, the family is grateful to have more information about the inherited risk that may face their future generations, knowledge that may encourage their relatives to be vigilant with yearly mammogram screenings. All four sisters are doing well under Dr. Dalton’s care. As a breast cancer survivor, Mary is enjoying life with her sisters, and encourages all women to be follow their doctor’s recommendations about breast health.

*Name has been changed to protect privacy
Dr. Ned Dalton and the staff at the Elliot Breast Health Center are pleased to welcome the newest member of their dynamic team, breast surgeon Dr. Teresa Ponn. As the former Associate Director for Breast Surgery at the Yale Comprehensive Breast Center in Connecticut, Dr. Ponn’s level of expertise will benefit women throughout the community.

The promise of Dr.’s Dalton and Ponn offer is one of matching the most modern treatments such as Interventional Breast MRI, Intact biopsy, genetic testing/screening, and the utilization of soft-pad mammograms with a compassionate manner that have found great acceptance.

Together, they’ll help women “Live Better!”

**DON’T FORGET!**

October is Breast Cancer Awareness Month

Talk to your doctor about scheduling a mammogram!

Elliot offers mammogram services in two convenient Manchester locations:

Elliot Hospital – One Elliot Way
Elliot Senior Health Center – 138 Webster Street

**LET NO WOMAN BE OVERLOOKED**

Breast and Cervical Cancer Program provides free screenings to eligible women. If an abnormality is found, follow-up tests are provided. If cancer is found, treatment is provided.

For more information, call 663-5402 or email cancerline@elliothospital.org.
Ashley Warner, MD

The occurrence of childhood obesity has tripled in the last 20 years. Blame it on poor diets and decreased physical activity, but it can be avoided and turned around. I personally like to encourage all the families in my care to adopt a healthy diet and to be physically active. If you are concerned about your child’s weight and nutrition, or if you just want to ensure a healthy childhood for your children, there are some simple steps you can take to stop the trend from affecting your family.

FOLLOW A HEALTHY DIET The American Heart Association suggests that families:

- reduce dietary saturated and \textit{trans} fatty acids
- minimize food and beverages with added sugars
- emphasize physical activity and weight control
- eat a diet rich in vegetables, fruits, and whole-grain foods

PAY ATTENTION TO PORTION SIZES Take the time to review your family’s portion sizes. You might be amazed how much they’re actually eating. Many of us find satisfaction in overflowing plates but habits like this can add too many calories to your child’s diet. For example, a serving of breakfast cereal is one cup. A serving of bread is only one slice. A serving of salad is one cup which is roughly the size of a baseball.

For more information about serving sizes, visit the Smart Nutrition section at www.nutrition.gov.

PAY ATTENTION TO LIQUID CALORIES Soft drinks, fruit drinks and fruit are all high in calories and sugar. Drinking two sodas or fruit juice beverages a day translates to 30 pounds of weight gain over a year. Water is your best bet.

TRY TO GET AT LEAST 30 MINUTES OF PHYSICAL ACTIVITY EVERY DAY You can burn up to 200 calories for each 30 minutes of activity. For an adult, that would translate into a 20 pound weight loss over one year. Wow! Think your family has NO time to exercise? Try turning off the TV or computer.

The average school age child spends 4 hours each day watching TV. Turn off the “TV monster” and you’ll find more time for family and activities.

WALK! WALK! WALK! Walking is a great way for kids and adults to stay healthy. It’s free, fun and easy, making it the perfect activity for families to enjoy together. To help motivate kids, make it fun by measuring their steps with a pedometer. Parents can encourage kids to increase their daily activity by making a game out the steps they take each day. Buy a pedometer for each member of your family and have a healthy competition. The first week, simply track average steps. The second week, reward each person who increases their daily steps by 2,000. Continue the next week rewarding those who increase them another 2,000 until they reach the goal of 10,000 for adults, 12,000 for girls and 15,000 for boys. Have a big celebration when anyone reaches those major goals. Pedometers can be purchased at most local discount stores.

Remember, diet and physical activity go hand in hand to promote emotional and physical well being.

Dr. Warner is accepting new patients at Family Practice Associates of Bedford, 626-4392.
Choosing healthy foods at the grocery store is easier if you know how to interpret the nutrition labels found on products.

**Calories:** When comparing similar foods, be sure to check that the serving sizes are the same.

**Total Fat:** Limit the amount of trans fat and saturated fat to 5% of your diet. These are known to raise blood cholesterol.

**Fiber:** Dietary fiber is the part of the plant that is not digestible and helps regulate the bowels. Soluble fiber (soft) is helpful to lower cholesterol levels. Look for fiber from whole grain breads, cereals, beans, whole fruit and vegetables.

**Ingredients:** Ingredients are listed in order by weight. Beware of hidden sugars such as high fructose corn syrup, high maltose corn syrup, dextrose, sugar alcohol, etc. If you can’t pronounce a lot of the ingredients, there’s a good chance the product contains few natural ingredients and is high in preservatives.

Manufacturers are required to list any of the 7 most common food allergens that may be found in their products. These are milk, nuts, soy, eggs, wheat, peanuts and fish/seafood.

**Serving Size:** Pay close attention to the serving size that the manufacturer has listed. It’s easy to over eat when multiple servings are included in one package.

**Sodium:** Most Americans should cut their sodium intake in half. Just 1 teaspoon of salt provides nearly 2000 mgs. Look for foods labeled No Salt Added, Reduced or Low Sodium.

**Sugar:** This includes all the natural and added sugar per serving of food. Milk and fruit contain natural sugars while products like cookies contain added sugars.

**% Daily Value:** This shows how a serving size of the product fits into the overall daily diet of recommended nutrients. 5% means low value. 20% means a high value.

For more information about reading food labels or making healthy food choices, see your Nutrition Coordinators in the Manchester and Bedford Hannaford Supermarkets for free Healthy Living Classes. Store tours are offered by Elliot Hospital Registered NH Licensed Dietitians from the Elliot Center for Weight and Health.