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When Baby Comes Early
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www.elliothospital.org
Here are a few important tips to keep your mind sharp:

**Exercise Regularly**
Aerobic activity such as walking, dancing, or biking, for at least 30 minutes three times a week will increase blood flow and the delivery of oxygen, sugar and nutrients to the brain. Scientists have recently found that vigorous exercise can cause new nerve cells to grow and old nerve cells to interconnect with each other, which will make the brain run faster and more efficiently.

**Stick to a Healthy Diet**
Eat lots of antioxidant-rich fruits and vegetables such as blueberries, spinach and beets. Scientists report that the magnesium found in dark green, leafy vegetables appears to help maintain memory.

**Don’t Over Indulge**
If you drink alcohol, do it in moderation. Moderation is defined as two glasses of alcohol for men and one for women per day. Prolonged alcohol indulgence damages brain cells and can lead to serious memory loss. Some experts believe that red wine may slow down the brain aging process due to its high antioxidant levels.

**Get Enough Sleep**
Too little sleep impairs concentration and memory. Current studies have shown that adequate sleep enhances the connections within the brain cells.

**Learn Something New**
Mastering activities you’ve never done before, such as playing the piano or learning a foreign language, help to stimulate neuron activity.

**Just Say No To Smoking**
Smoking can damage the overall health of the brain. Studies have shown that smokers have a definite increased risk for Alzheimer’s disease. The good news is that once a smoker quits, the risk of Alzheimer’s and other benefits emerge rapidly.

**Solve Brain Teasers**
Crossword puzzles, card games, mind puzzles and board games like Scrabble improve your memory. Other games are good for remembering numbers (Concentration), spatial concepts (pinball, pool) and strategizing (chess, checkers).

Source: www.aarp.org; Newsweek

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Try a Mental Aerobic Puzzle:
Can you unscramble the letters below to find four cheeses?

CCEDHYBHEAMRSDIHEDIARRE

What number ends this sequence?

36  25  16  9  ___

Cheddar, Feta, Parmesan, Mozzarella
Committed to providing the most advanced treatment options for cancer patients, the Elliot Regional Cancer Center recently introduced a new technology called High Dose Rate (HDR) Brachytherapy.

Brachytherapy is a Greek term that means “therapy at a short distance.” In this new technology, a protected radiation source is placed directly within or near a tumor site. This unique process means that radiation only travels a short distance, allowing for preferential treatment of the tumor and maximum protection of normal tissues.

Low dose rate (LDR) brachytherapy has been used for over a century in the treatment of various malignancies. LDR brachytherapy places radioactive material inside the body for extended periods of time, requiring hospitalization or the risk of radiation exposure to family or hospital staff. The high energy of the source used in the HDR brachytherapy means that doctors can deliver treatment over several minutes on an outpatient basis, with no risk of radiation exposure to others. The short treatment and patient immobilization time eliminates the risks associated with prolonged bed rest and allows patients to be home with their families throughout their treatment course.

HDR brachytherapy, as it applies to gynecologic cancer, uses an advanced computer treatment planning system that allows the radiation team to more accurately deliver the radiation dose to cancer cells in the pelvis, while providing optimal protection of normal healthy cells of the bowel or bladder.

The Elliot Regional Cancer Center now offers HDR brachytherapy to appropriately selected patients with gynecologic cancer. Patients with early stage breast cancer may also be offered HDR MammoSite breast brachytherapy through our Elliot Hospital clinical trial.

HDR MammoSite breast brachytherapy is a method of delivering partial breast irradiation after a lumpectomy to patients with early stage breast cancer. During the lumpectomy surgery, or in a separate procedure, a MammoSite catheter with a balloon at the tip is temporarily implanted into the biopsy cavity. After surgery, your radiation doctor sends a radioactive source directly to the tumor site through the use of the high dose rate brachytherapy treatment machine. Whereas traditional radiation treatment after a lumpectomy can take as long as seven weeks, HDR breast brachytherapy is administered over five treatment days. After treatment is completed, the balloon catheter is removed. HDR breast brachytherapy permits radiation delivery directly to the tumor site, while reducing the radiation that reaches healthy tissues, such as your lungs, heart and skin.

Appropriate patient selection is critical to the success of HDR breast brachytherapy and HDR brachytherapy as it applies to gynecologic malignancies. Your radiation doctor can answer questions about HDR brachytherapy and is here to help you determine if this therapy is right for you.

For more information about any of HDR Brachytherapy, call the Cancer Resource line at 663-5787.

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**OCTOBER is BREAST CANCER AWARENESS MONTH**

We encourage you to talk to your doctor about scheduling a mammogram! Early detection is key to the successful treatment of breast cancer.

**Elliot offers Mammogram Services at these Convenient Locations:**

- Elliot Hospital, One Elliot Way, Manchester
- Elliot Breast Health Center, 275 Mammoth Road, Manchester
- Imaging Center at Mammoth Road (formerly GMI), 275 Mammoth Road, Manchester
- Elliot Senior Health Center, 138 Webster St, Manchester
- Elliot Primary Care at Raymond, 15 Freetown Road, Raymond

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Elliot On-Call 603-663-4567 | www.elliothospital.org | Fall 2007
Catch an extra hour of sleep on November 4, 2007, when our clocks “fall back,” marking the end of Daylight Saving Time. The idea of shifting the time clock was first envisioned by a thrifty Benjamin Franklin over 200 years ago. Franklin hoped to conserve energy and cut back on use of artificial lighting. By shifting our clocks in the Spring and Fall seasons, we can take advantage of natural sunlight. Almost every industrialized country has since adopted the annual time change.

Daylight Saving Time saves energy dollars, but has some negative human costs. Humans have their own, internal, precision timepiece or “biological clock” that controls more than 100 different body functions as diverse as blood pressure, body temperature, stress hormones, urinary output and pain threshold. Each fluctuates systematically over the 24-hour day, to best serve the needs of the brain and the body. All of these internal body functions have to shift to accommodate the external time change.

In a healthy, well-rested person, the body can adjust to a 1-hour time change within a few days. Unfortunately, many Americans are chronically sleep-deprived or have sleep problems. The added stress of the time change can aggravate sleep problems. Specific high-risk groups for such problems include those with untreated sleep disorders (such as snoring and sleep apnea, insomnia, narcolepsy) and the chronically sleep-deprived (such as shift-workers, commercial drivers, young people). As we adjust our external clocks every year, we should really think about what makes our internal clocks tick. The Elliot Center for Sleep Evaluation encourages all to take steps to maintain a healthy internal body clock, to make sleep a priority, and discuss sleep problems with their healthcare provider.

How to get a good night’s sleep

Synchronize your biological clock daily. Go to bed at a set time each night and get up at the same time each morning. Consistent bedtimes and wake-up times reinforce the regular rhythm of your body clock and all associated body functions. Disrupting the sleep schedule can lead to insomnia. Even “sleeping in” on weekends makes it harder to wake up early on Monday morning because it re-sets your sleep cycles for a later awakening.

Wind down at night. Physically relaxing before bed prepares the body for a long period of deep and sustained sleep. We can train ourselves to associate certain restful activities with sleep and make them part of the bedtime ritual. Reading, taking a warm bath, or other relaxing routines can make it easier to fall sleep.

Don’t get ticked off. Managing emotional stress makes us feel better and protects sleep from the worries of the day. Feeling nervous, depressed or angry can interfere with falling asleep and can cause nightmares. Our best problem-solving takes place during the day when are minds and bodies are alert and well rested.

Exercise – running during the day. Exercise energizes us for several hours, so exercising during the day and improving fitness will boost alertness. Daily exercise also helps us to sleep more soundly at night. However, working out too close to bedtime may interfere with sleep. For maximum benefit, try to get your exercise at least five hours before going to bed.

Lighten your day and darken your night. Sunlight is nature’s tool for shifting the body clock from sleep to wakefulness. Exposure to bright sunshine or artificial lights each morning has an alerting effect. Light helps us wake up and boosts energy and mood. Accordingly, limiting light exposure before bed and sleeping in a dark environment...
decreases activation of the brain and promotes sound sleep.

*Keep your clock free of foreign substances.* Caffeine, nicotine, and alcohol artificially stimulate or sedate the body. Avoid drinks that contain caffeine, which acts as a stimulant and keeps people awake. Smokers tend to sleep very lightly and often wake up in the early morning due to nicotine withdrawal. Alcohol promotes sleep initially but then leads to lighter overall sleep quality and interferes with normal cycles of deep sleep anddream sleep.

*Clock doctor.* Sometimes, our best efforts to maintain good sleep and wake habits do not solve the problems. Individuals should see a doctor when they have persistent trouble falling asleep at night or feel tired the next day. This can be a sign of a sleep disorder.

*For more information about the Elliot Center for Sleep Evaluation or consultation, call 663-6680.*

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**Sleeplessness Can Have BIG Consequences**

Sleepiness due to chronic lack of adequate sleep and is a big problem in the United States, affecting many children as well as adults. Children and even adolescents need at least 9 hours of sleep each night to do their best. Most adults need approximately 8 hours of sleep each night.

When we get less sleep (even one hour less) than we need each night, we develop a “sleep debt.” If the sleep debt becomes too great, it can lead to problem sleepiness – sleepiness that occurs when you should be awake and alert, that interferes with daily routine and activities, and reduces your ability to function. Even if you do not feel sleepy, the sleep debt can have a powerful negative effect on your daytime performance, thinking, and mood, causing you to fall asleep at inappropriate and even dangerous times.

Problem sleepiness has serious consequences – it puts adolescents and adults at risk for drowsy driving or workplace accidents. In children, it increases the risk of accidents and injuries. In addition, lack of sleep can have a negative effect on children’s performance in school, on the playground, in extracurricular activities, and in social relationships.

Inadequate sleep can cause decreases in: performance, concentration, reaction times, and consolidation of information learning.

Inadequate sleep can cause increases in: memory lapses, accidents and injuries, behavior problems, and mood problems.

**Signs of Sleep Disorders**

A child who has not obtained adequate nighttime sleep is at high risk for symptoms of physical and/or mental impairment. The child may fall asleep in school, have difficulty concentrating in school and other activities, and/or exhibit behavioral problems. Some children who are sleepy become agitated rather than lethargic and may be misdiagnosed as hyperactive. Not getting enough sleep is one cause of problem sleepiness.

Undiagnosed/untreated sleep disorders can also cause problem sleepiness. Children, as well as adults, can suffer from sleep disorders. Parents should talk to their pediatrician about a possible sleep disorder if their child has any of the following:

- Snoring
- Breathing Pauses During Sleep
- Problems with Sleeping at Night
- Difficulty Staying Awake During the Day
- Unexplained Decrease in Daytime Performance

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*The Center for Sleep Evaluation at Elliot Hospital, has served Southern New Hampshire for more than 20 years and is devoted to the diagnosis and treatment of a full range of sleep disorders. We specialize in pediatric, adolescent, adult, and geriatric sleep problems, including snoring, sleep-related breathing problems, daytime sleepiness, difficulty falling and remaining asleep, disturbance of the sleep/wake cycle (biological clock), and parasomnias (e.g., nightmares, sleep-walking, bed-wetting).

Once your sleep disorder is diagnosed, the staff at The Center for Sleep Evaluation will work with your physician to develop a treatment plan to fit your needs. Treatments for sleep disorders may include use of a simple medical device, medication, lifestyle changes, or corrective surgery. Our goal is to restore you to a natural balance of sleep and wake. The Center for Sleep Evaluation promotes a healthier community through public education, medical evaluation, and testing.*
Treat yourself to a healthier mind and body, and encourage a friend to join you!

**Community Wellness**

Take time for your health

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**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 material, do not represent income to the Association.

**Dare to C.A.R.E. Cardiovascular Health Seminar**

**Free!**

**Tue, Oct 30 or Wed, Jan 16, 4 to 6:30 p.m.**

**Must register.**

Comprehensive educational series presented by five cardiologists. FREE cardiovascular screenings will be made available to qualified participants at a later date.

**American Heart Association CPR & Basic First Aid**

**Basic First Aid**

**$37**

**Wed, Oct 17, 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, Sep 8 or Nov 3, 8 to 11 a.m.**

**CPR for New or Expired Healthcare Professionals**

**$62**

**Sat, Oct 13, 8 a.m. to 1:30 p.m.**

**CPR Renewal for Healthcare Professionals**

**$47**

**Sat, Sep 8 or Nov 3, 11:30 a.m. to 2:30 p.m.**

**Healthy Infant & Child First Aid & CPR for all ages**

**$52**

**Wed, Sep 12 & 19 or Nov 7 & 14, 6 to 9 p.m.**

**Understanding & Managing Chronic Pain**

**$35**

**Thur, Sep 13 to Nov 15, 5:30 to 7:30 p.m., Call 663-2767 to register.**

Techniques to control pain, improve function, restore hope & improve quality of life.

**Just Stop Smoking with Hypnosis**

**$20**

**Mon, Nov 7 to 14, 6:30 to 8 p.m.**

Learn self-hypnosis and relaxation techniques to help kick the habit.

**Freedom from Smoking**

**$75**

**Thurs, Sept 27 to Nov 15 (one class on Tues, Oct 16), 6:30 to 8 p.m.**

Learn to kick the habit! Fee may be reimbursable by insurance.

**Shortness of Breath Seminar**

**Free!**

**Thur, Sept 27 or Nov 29, 3:30 to 4:30 p.m., Elliot Hospital, Wound Care Conference Room, 1st Floor. Call 663-2366 to register.**

Learn about the causes of shortness of breath, possible treatment and rehabilitation options. People suffering from a diagnosed respiratory disease or whose daily lives are affected by shortness of breath are invited to attend.

**Relaxation 101**

**$20**

**Wed, Sept 26 to Oct 10, 6:30 to 8:30 p.m.**

Certified hypnotherapist and meditation instructor will help you learn to choose your responses to stress, have more control of your life to live healthier and longer.

**Anger Management**

**Free!**

**Tue, Sept 11 to Nov 13, 6 to 7:30 p.m. (first meeting 6 to 8 p.m.), Elliot Behavioral Health Services, 445 Cypress St, #8, Manchester. To register, call 668-4079, ext 8621 or 8618.**

Learn your individual anger style and triggers, plus problem-solving strategies and effective communication techniques to help control your anger. Cost: $45 per session/$400 if paid in full at the 1st session, most insurances accepted.

**Advance Directives**

**Free!**

**Wed, Sept 19, 3 to 4 p.m., Elliot Hospital Conference Center, ground floor.**

Discuss living wills and durable powers of attorney. This will help you make important medical decisions should you become unable to do so because of health issues.

**Safe Sitter Program**

**$60**

**Sat, Oct 13 or Nov 10, 8:45 a.m. to 4 p.m.**

For children ages 11 to 13 to learn basic babysitting skills. Includes manual and duffel bag.

**Pet First Aid**

**$40**

**Mon, Dec 12, 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. Includes manual.

**1-Day Surgery Ctr Tour for Children**

**Free!**

**Wednesdays, 6:30 p.m., 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.

**Arthritis Self-Help Program**

**$25**

**Tues, Oct 9 to Nov 13, 6 to 8 p.m., Elliot Wellness Center, Adult Day Program room.**

Learn how to take better control of your arthritis and what you can do to help break the cycle of pain. Includes a copy of The Arthritis Handbook.

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**GENERAL FITNESS**

**NEW! Pilates I**

**$80**

**Fri, Sept 14 to Oct 25 or Nov 9 to Dec 21 (no class Fri, Nov 15, 9 to 10 a.m.**

Focus on core muscles (abdominals, obliques, back), pelvis stabilization, spinal flexibility while strengthening and stretching the whole body to attain balance. Some basic yoga moves and stretches are added, all with a focus on body awareness, flexibility and strength. Level I is for beginners.

**NEW! Pilates II**

**$80**

**Sept 14 to Oct 25 or Nov 9 to Dec 21 (no class Fri, Dec 21, 10:15 to 11:15 a.m.**

For more experienced Pilates students.

**Women’s Motion and Strength**

**$35**

**Mon, Nov 5 to Dec 12, 3:15 to 4:15 p.m.**

A combination of low-impact aerobic and free weight/band exercises.

**Fit & Healthy Kid Style!**

**$99 per family**

**Tue, Sept 25 to Nov 27, 6:15 to 8 p.m. Call 323-8616 to register.**

A pediatrician, clinical psychologist, registered dietitian and an exercise specialist teach children ages 8 to 11 and their families the impact that daily food choices and physical activity have on health. Plan healthy meals while children exercise. Price includes YMCA

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

Program Membership to attend “Family Time” exercise. Reimbursable by Anthem BCBS. Collaboration with CMC and Dartmouth-Hitchcock.

**Fitness Evaluation** $42
Welliot Office at Elliot Hospital or Elliot Wellness Center. Call 663-8280 for appt. Assessment in all areas of fitness (muscular strength and endurance, cardio endurance, flexibility, body composition, resting pulse, and resting blood pressure). Receive a personal report and exercise prescription during a one-on-one private consultation.

**Cardio Salsa** $40
Mon, Sept 10 to Oct 22 and Mon, Oct 29 to Dec 10, 6:15 to 7:15 p.m.
Fitness, fun & dance! Wear sneakers, be ready to raise your heart rate, build endurance and break a sweat, while learning. Held at and taught by the Royal Palace Dance Studio, LLC of Manchester.

**East Coast Swing** $40
Mon, Sept 10 to Oct 22 and Oct 29 to Dec 10, 7:30 to 8:30 p.m.
Fun fitness opportunity while you learn All American dances to the music of the 1950s. No partner needed! Held at and taught by the Royal Palace Dance Studio, LLC of Manchester.

**Beginner Level Line Dancing** $50
Thu, Sep 6 to Oct 25 or Nov 1 to Dec 20, 7 to 8 p.m.
Learn the basic steps and a number of popular line dances. Not just C&W! Held at Mill Around Dance Center, 250 Commercial St.

**Stability Ball with Free Weights and Resistance Bands** $60*/$70
Mon and Wed, Sept 10 to Nov 14, Beginners 6 to 7 p.m., Intermediate 7 to 8 p.m.
Strengthen core muscles, legs, glutes, arms and chests. *$60 if you bring your own ball.

**NEW! Yogalates** $80
Tue, Sept 11 to Oct 23 or Nov 6 to Dec 18, 8:45 to 9:45 a.m.
The best of Pilates and Yoga combined! Strengthen core muscles and tone abdominals through Pilates moves while enjoying the relaxation of yoga.

**Hatha Yoga for Middle Age and Beyond** $90
Mon, Sept 10 to Nov 5 (no class 10/8), 6:30 to 7:45 p.m.
$70
Mon, Nov 13 to Dec 17, 6:30 to 7:45 p.m.
$90
Wed, Sept 12 to Oct 31, 10 to 11:15 a.m.
$80
This classical and most popular Yang style incorporates Qigong warm-up. Slow, continuous and graceful movement increases strength, range of motion and relaxation. Taught by Oriental Health Arts Association instructors.

**NEW! T’ai Chi**
Thu, Sept 6 to Oct 29, 6:30 to 7:30 p.m.
Thu, Nov 8 to Dec 20, 6:30 to 7:30 p.m.
$80
This classical and most popular Yang style incorporates Qigong warm-up. Slow, continuous and graceful movement increases strength, range of motion and relaxation. Taught by Oriental Health Arts Association instructors.

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

**NEW! Kripalu Yoga Basics** $90/$80
Mon, Sept 10 to Oct 29 or Nov 5 to Dec 17, 5:45 to 7 p.m.
Learn basic yoga postures, breathwork and meditation to relax nervous system, increase flexibility and experience sense of inner peace.

**Kripalu Yoga**
Mon, Sept 10 to Oct 29 (no class 10/18) $90
Mon, Nov 5 to Dec 17 $70
For beginners and experienced Yoga students and those seeking a deeper experience.

**NIA (Neuromuscular Integrative Action)** $80 session
Thu, Sep 13 to Nov 15, 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.

**FirstLine Therapy** $150
12 week program, first time participants may join the first Wed of any month, 6:30 to 7:30 p.m. Call 663-2521 to register.
Learn how to improve your cardiovascular risk factors, promote fat loss, support healthy insulin & blood sugar balance.

**Elliot’s Choosing the Right Weigh** Free!
Intro Class, Thur, Sep 13 or 20, 6:30 to 8 p.m.
This free introductory session outlines the 16-week comprehensive weight mgmt program focusing on total health, not just pounds on a scale. Reimbursed by Anthem, Cigna and HealthTrust.

**Nutrition for Cancer Patients** Free!
Wed, Nov 7 to Dec 19, 10 to 11:15 a.m. $80
Tue, Nov 10 to Dec 22, 6:30 to 7:45 p.m. $90
Tue, Nov 6 to Dec 18, 6:30 to 7:45 p.m. $80
Learn how eating well during treatment can help cancer patients feel better, maintain energy, heal and recover more quickly. Lots of great tips provided! Light refreshments will be served. Sponsored by the American Cancer Society.

**Preventing Diabetes: There’s No Such Thing as a “Touch” of Sugar!** Free!
Mon, Oct 15, 22, 29, 6:30 to 8 p.m., Hannaford Supermarket, 859 Hanover Street, Manchester.
**Must register, call 663-4567.**
For people who are “pre-diabetic” or “borderline.” Learn about carbohydrates, diet and exercise and how to make successful behavior changes. Includes a healthy shopping tour store, pedometer and healthy snacks.

**Cook Better! Live Better! Fresh Ideas to Season Your Holiday Table** Free!
Wed, Nov 14, 5 to 6:30 p.m., Elliot Hospital Conference Ctr., ground floor
Chef Joe Stanislaw and Clinical Dietitian, Marilyn Mills present a live cooking demonstration of holiday appetizers, entree and dessert ideas. Learn about food safety, nutrition and healthy tips for avoiding holiday weight gain.

**SCREENINGS and CLINICS**

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

**Body Composition** $21
Third Thursday monthly, 8 a.m. to noon
An 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.

**Prostate Cancer Screening** Free!
Wed, Sept 19, 4 to 6 p.m., by appt, call 663-5787.
Max K. Willscher Urology Center, Elliot Hospital
Simple test offered to men ages 45 to 70.

**Osteoporosis** $21
Third Thursday monthly, 8 a.m. to noon
Accurate and painless Osteoporosis screening for men and women. Report & counseling provided.

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

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

Lipid profile. A complete breakdown of HDL, LDL, triglycerides, & glucose. A 12-hr fast is required; no food, only water & meds. $23

SUPPORT GROUPS

Finding Strength Free!
Sat, Sept 22, 9 a.m. to 2 p.m., Held at the Elliot Regional Cancer Center, call 663-5767 to register.
Education and support for family and friends of those with a cancer diagnosis. Lunch is included.

Living Beyond Breast Cancer Free!
Second Wed monthly, 6 to 7:30 p.m., Elliot Regional Cancer Center at Elliot Hospital, call the Cancer ResoLine at 663-5787 to register.
Provides support and sharing for anyone who has experienced breast cancer.

VNA Hospice Bereavement Drop-In Center Free!
Mon (except holidays), 10 to 11:30 a.m., Senior Health Center, 138 Webster St.
All ages welcome. No appointment necessary. For more information, call 663-4005.

Prostate Cancer Free!
Fourth Mon monthly, 6:30 to 8:30 p.m., Elliot Hospital Conf Ctr, ground floor, call 663-4170.
Support and education for men with prostate cancer, their families and/or support person.

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

AICD (Automatic Internal Cardiac Defibrillator) Free!
First Friday monthly, 11 a.m. to noon
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. For info, call 663-2959.

Parkinson’s Free!
Third Wednesday monthly, 3 to 4:30 p.m.
For people with Parkinson’s, family members, friends, or anyone who has an interest in learning more about this disease. For info, call 663-2156.

S.H.A.R.E. Free!
Third Wednesday monthly, 7 to 8:30 p.m.
For parents who have experienced a miscarriage, stillbirth or neonatal death. For info, call 663-3396.

NICU Parent Support Group Free!
Thursdays, 7:30 p.m., Elliot NICU, for more info, contact Littlemiraclegroup@yahoo.com or 663-4360.

Anonymous Obsessive Compulsive Free!
Wed, 7 to 8 p.m. Register at 401-3898, ask for Val. 12-step support group. Held at Elliot Behavioral Health, 445 Cypress St, Suite 8, Manchester.

Chronic Pain Free!
Second and Fourth Tues monthly (except Jul & Aug), 5 to 6:30 p.m. Held at Elliot Hospital, Wound Ctr, first floor. Call 663-2767.
Peer support & education for people with chronic pain and their families.

S.H.A.R.E. Free!
Second and Fourth Tues monthly, 3 to 4:30 p.m.
For parents who have experienced a miscarriage, stillbirth or neonatal death. For info, call 663-3396.

Community Wellness Free!
Finding Strength Free!
For info, call 663-2156.

FUNCTIONAL FITNESS

TOTAL CHOLESTEROL FREE!
Third Thursday monthly, 8 a.m. to noon
Total cholesterol with HDL breakdown and cholesterol ratio. No fasting required.

LDL, TRIGLYCERIDES FREE!
Third Thursday monthly, 8 a.m. to noon
LDL, triglycerides, & glucose. A 12-hr fast is required; no food, only water & meds.

CHOLESTEROL RATIO FREE!
Third Thursday monthly, 8 a.m. to noon
Cholesterol ratio. No fasting required.

S.H.A.R.E. Free!
Third Thursday monthly, 8 a.m. to noon
For info, call 663-3396.

Gym Membership $65
Mon thru Fri, Aug 27 to Nov 24, 6:30 a.m. to 7:30 p.m.; Sat, 7 a.m. to noon
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.

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 appt. required, call 663-7012.

Lo-Impact Chair Aerobics $55
Mon & Wed, Sept 10 to Nov 21, 11:30 a.m. to 12:15 p.m. or 3 to 3:45 p.m.
Benefit from group exercise even if you don’t have stamina or balance to perform exercise while standing. Light aerobic, muscle conditioning, and stretching helps increase cardiovascular and pulmonary function.

Chair Aerobics Plus! $55
Mon & Wed, Jun 4 to Aug 15, 10:30 to 11:15 a.m.
Light aerobic exercises using arm and leg movements and stretching are done in a chair. Participants will also perform balance exercises using the chair as support.

Fit and 50 $55
Mon and Wed, Sept 10 to Nov 21, 5:30 to 6:15 p.m.
An advanced beginner strength and core training program. Incorporates hand weights and functional core training.

Pilates for Seniors $55
Tue, Sept 4 to Nov 13 or Thur, Sept 6 to Nov 15, 5:15 to 6:15 p.m.
Perfect class for beginners. Mat pilates is a mind-body fitness program that improves muscle strength, flexibility, balance and posture.

Cook Better! Live Better! Free!
One day class: Wed, Nov 14, 10 a.m. to 1 p.m. 3-part series: Thu, Oct 17, 24 & 31, 10 a.m. to noon
Great recipes and healthy tips from Chef Joe Stanislaw and Dietitian Marilyn Mills. This entertaining class includes easy recipes for healthy meals. The 3-part series includes a shopping tour about nutrition.

Talk’n Diabetes Free!
Second Tues monthly, 10 to 11 a.m. Must register
Open discussions to help you take control of your diabetes one step at a time.

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

Senior Wellness Screenings
Third Fri monthly, 8 a.m. to noon. Must register
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 & meds. $23
Body Composition
Osteoporosis $21

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

VNA Ear Care Clinic $20
Must register. Held in Manchester & Londonderry Inspection, assessment & ear wax removal by an RN.

VNA Foot Care Clinic $20
Must register. Held in Manchester & Londonderry Foot inspection and assessment, toenail trimming by an RN. Diabetics, people taking Coumadin or other blood thinners, or persons with peripheral vascular disease require a written physician order.

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

Mind Aerobics $20
Mon, Sept 10 to Oct 22, 11 a.m. to noon, Elliot Wellness Center Designed to stimulate the brain and improve cognitive functioning. Fun and challenging exercises help sharpen proficiency in memory skills, flexible thinking, perception, and reasoning.

Online Banking & Online Bill Pay Free!
Thurs, Oct 4, Londonderry 10 a.m. to noon Would you like to learn more about banking online? The experts from St. Mary's Bank will be available to answer all your questions, and present this valuable informational program.

Reverse Mortgages Free!
Thurs, Sept 20, Londonderry, 10 a.m. to noon or Wed, Nov 7, Senior Health Center, 10 a.m. to noon Reverse mortgage, a FHA/HUD program, is a special type of home loan that allows homeowners, 62 years or older, to tap a portion of their home equity into cash.

Fraud Prevention Free!
Mon, Oct 15, 10 a.m. to Noon Helpful tips for protecting yourself from fraud. Presented by St. Mary’s Bank.

The A, B, C and D’s of Medicare Free!
Thu, Nov 1, 10 a.m. to noon, Londonderry If you’re approaching 65, this program can help answer your questions about Medicare. Presented by Servicelink.

Medicare Advantage Plus Seminars Free!
Wed, Oct 24, 10 to 11 a.m. Learn about the new Medicare C and Medicare Advantage Plans being offered in NH.

Medicare D Assistance Free!
Thurs, 1 to 4 p.m. By appt. Basic information to help you select prescription drug coverage and assistance with applications.

Long Term Care:
Don’t Let Medicare Break the Bank Free!
Thu, Oct 11, 6:30 to 8 p.m. Presented by Annie Daigle, local Workshop Leader and Financial Professional. Topics include: Long-term care; what Medicare, HMO’s, and Medicare supplement policies cover; how to protect your financial independence and new tax incentives for long term care. Workbook & other info included.

Advance Care Directives Free!
Third Thurs monthly, 9 to 10 a.m. by appointment. Receive free assistance in planning.

AARP’s “55 Alive” Safe Driving Course $15
Mon, Oct 16 and 18, Aug 7, 10 a.m. to 3 p.m. Considered to be the most effective safe driving course in the country. Presented by a trained AARP volunteer.

Everyone’s An Artist $15
Wed, Sept 19 or Thur, Oct 11, 10 a.m. to noon or 2 to 4 p.m. Reduce stress in your life by learning to paint. Learn a fun and simple manner of tapping into your inner creativity. No drawing or painting experience required. You’ll be amazed at how time flys when you’re painting and having fun.

Paint with the Grandchildren $15
Tues, Nov 6, 3:30 to 5:30 p.m.

Senior Health Center Resource Library Free!
Open daily
Our library offers information about all local and statewide services available to seniors.

Computer Classes $20
Ongoing. Class size limited to 4 students ea. For more info or to register, call Diane O’Neil at 663-7064.
• Very, Very, Very Basic Computer

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

CHILD/BIRTH and FAMILY EDUCATION

All classes held at the Childbirth Education Ctr, 30 Commercial Street, unless otherwise noted.

NEW! Mommy & Me Fitness: Stroller Circuit $75
Mon, Sept 10 to Oct 22 (no class Oct 8)
Keep moving with alternating intervals of cardio and strength training. You’ll warm up, stretch and circuit train with strollers and bands to shape your legs, butt, abs and arms all in 60 minutes! Babies and toddlers love the songs we sing, the socialization with other children and parents, and the constant energy and movement of the class.

C-Section Class $25
Thur, Sep 13, 6:30 to 8:30 p.m.
Designed specifically for parents who are expecting to have a cesarean birth. This class will cover the entire process – from the time you come into the hospital, the actual procedure and recovery.

Boot Camp for New Dads $25
Sat, Sept 15, 9 a.m. to noon
For new dads and dads-to-be. Discuss the joys and responsibilities of fatherhood, including caring for your newborn, communicating with your partner, and preparing for your new family.

Painting with the Grandchildren $15
Thurs, Sept 13, 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.

Back to Work and Breastfeeding $15
Thurs, Sept 6 or Oct 4, 1:30 to 3:30 p.m.
A Certified Lactation Consultant will address: preparing baby for transition, maintaining breast milk supply, types of pumps, techniques, use of supplements, and workplace issues. For moms and their babies 2 weeks and older.

Ongoing Childbirth and Parenting Classes
Breastfeeding Labor Series
Great Expectations Maternity Tour
Infant/Child CPR & Mom's Group
Safety Prenatal Yoga
Infant Growth & Postnatal Yoga
Development Refresher Labor
Infant Massage Sibling Class
Introduction to Testing Toddler
Underwater Birth VBAC

• Very Basic Techie: Show Your Computer Who’s Boss
• Very Basic Word Processing
• Very Basic Excel
• Introduction to E-mail and Internet
Elliot Honors Staff Excellence

Elliot is proud to announce that LeeAnn Riley, PSR of Dr. Ken Thomas’ office has been named the very first Elliot MVP! The recently established Elliot Most Valued Performer (MVP) award, recognizes model behavior that promotes teamwork, creativity, innovation, leadership, customer and community service. Each month, a different staff member will be selected from nominations submitted by their coworkers and an Elliot MVP of the year will be selected from the monthly winners.

LeeAnn was nominated for her desire to always seek out ways to help co-workers in their daily tasks. “Customer service is what LeeAnn is all about,” says co-worker Donna Calvert. “Patients are always asking if she is always that happy, they can hear the smile in her voice.”

ICU Nurse Named “Nurse of the Year”

Southern New Hampshire Association of Critical Care Nurses has named Nettie Walsh, RN, CCRN Nurse of the Year. Nettie has worked at Elliot Hospital for over 34 years. She is considered a valuable mentor to her peers and has a passion for giving all she can to her patients in the ICU.

VNA Nursing Assistant Honored for Excellence in Care

The Homecare Association of New Hampshire has named Julie Boyer, LNA as LNA of the Year. She was chosen from hundreds of nominations and was honored at a special ceremony on the State House lawn in Concord in June. Julie has worked for the Visiting Nurse Association of Manchester and Southern New Hampshire for 15 years. Her positive energy, skill and patience have made an incredible impact in the lives of her patients.

Hampshire Pediatrics Joins the Elliot Physician Network

Welcome Drs. Andrew Schuman and Margaret Weigand of Hampshire Pediatrics in Manchester! As of August 6, Hampshire Pediatrics will become Elliot Hampshire Pediatrics. Both Dr. Schuman and Dr. Margaret Weigand are Board Certified in Pediatrics and look forward to continuing to provide quality care to the community.

Elliot Hampshire Pediatrics • 113 Mammoth Rd. Manchester, NH 03109 • 623-2229

Worksite Wellness Kit Developed for Local Businesses

The majority of Americans spend the greatest portion of their day in the workplace, an ideal setting to promote a healthy lifestyle. The Passport to Cardiovascular Health Planning Committee, comprised of the American Heart Association, Catholic Medical Center, City of Manchester Department of Health, Dartmouth-Hitchcock Manchester, and Elliot Health System, has developed a Worksite Wellness Resource Kit for local businesses. It includes tools to implement comprehensive wellness programming to support the health and well being of employees.

Today, chronic diseases are among the top five leading causes of death for Manchester residents: Cardiovascular Disease, Cancer, Chronic Lower Respiratory Diseases, Stroke, and Diabetes. By promoting and assisting individuals to make healthy behavior changes that will translate to long-term lifestyle transformations, businesses that invest in comprehensive health and wellness programming will benefit from increased productivity, reduced absenteeism, lower employee turnover, and decreased healthcare utilization.

To download a free copy of the Worksite Wellness Resource Kit, please visit: www.ManchesterNH.gov/Health.

WE’VE MOVED!

Elliot Adult Day Program .........................663-2405
1070 Holt Ave, Manchester

Elliot Wellness Center
1070 Holt Ave, Manchester

Fitness Link ........................................663-5730

Elliot Pulmonary Maintenance ..................663-2366

Elliot Rehabilitation Services at the Wellness Center and Elliot Pediatric Rehabilitation at the Wellness Center ........663-5710

Elliot Community Health & Wellness ..........663-2835

Health Education ...............................663-5761

VNA Community Health Nursing ................663-4074

Working Well at Elliot Hospital ..................663-8280
**Elliot Hosts 18th Annual NICU Reunion**

Over 1,000 former patients of Elliot’s Newborn Intensive Care Unit (NICU) attended the 18th annual NICU Celebration at a Fisher Cats game on July 29. Kids and their families participated in a parade around the ball field then enjoyed a barbecue lunch together while watching the game. Kari Czemerin, 17, Elliot’s Newborn Intensive Care Unit’s first micro-baby, threw out the ceremonial first pitch. Kari, a junior in high school and an honor student, was born 16 weeks early and weighed only 1 pound 10 ounces at birth.

Special thanks to the NICU Game Day Underwriter: Lehman Brothers and all our corporate sponsors: Northeast Delta Dental, Demand Electric, Logo Loc, Pelmac Industries, Hawaii Medical. EMCOR, and Wadleigh, Starr & Peters LLC.

**Special Night for Pediatrics at Wolves Game**

It was a special night for Elliot and several of it's former pediatric patients at the Manchester Wolves’ Fan Appreciation Night on Saturday, July 28. Kaitlin Tynan, once a pediatric patient at Elliot, designed the winning jersey in a contest organized by the Wolves for Elliot’s Pediatric/Adolescent Unit. All the patients involved in the contest were invited to run onto the field and join the players that helped them with their jersey designs. The jerseys were then auctioned off to benefit the Pediatric/Adolescent Unit.

**Pediatric Patients Drive to Surgery In Style**

In an effort to help reduce children’s anxiety before surgical procedures, Dobles Chevrolet-Buick-HUMMER has donated a mini HUMMER to Elliot Hospital. Pediatric patients will be invited to drive the small, motorized vehicle to the operating room at Elliot Hospital or the Elliot 1-Day Surgery Center. Thank you to everyone at Dobles for this generous gift!

**Cancer Survivors Day**

Rita and Clayton Pare celebrate at the Cancer Survivors Day event organized by the Elliot Regional Cancer Center in June. Rita has been cancer-free for 12 years and Clayton for 17 years. They’ve been married for 65 years.
Zarifa Selimovic’s face reads many emotions as she gently looks through the memory box of her son’s first days. Inside is a tiny knit hat, seemingly too small even for a doll, and a diaper that could fit in your hand. She was just 24 weeks pregnant when she went into labor on a cold February afternoon in 2006. Having already lost four babies to premature delivery, one living just a day, she was rightfully scared. Mirza was born late that night at Elliot Hospital. Weighing just one pound, 12 ounces, he was immediately taken to the Newborn Intensive Care Unit (NICU) where this tiny little baby and his family would begin a big journey.

From the beginning, his father, Fiko, had hope. Mirza was active and appeared to be a fighter. Every day that went by made him more hopeful that this time would be different. Zarifa was afraid to hope and she holds back emotion as she comes across a picture of Mirza on the day he first opened his eyes, more than a month after he was born.

Despite the uncertainty, Mirza’s 116-days in the NICU weren’t without joy. A scrapbook made by the nurses that cared for him celebrates even the smallest achievements – the day he reached two pounds, the first day he tried a bottle and a handmade hat announcing his 100th day of life.

The staff in the NICU have become extended family to the Selimovics. Zarifa visited the NICU each morning, returning home only to pick up her stepdaughter and husband who would then join her back at Mirza’s side. “Dr. Beale and Dr. Franzek were so nice,” says Zarifa of the neonatologists that cared for her baby. “Everybody gave me hope.”

Each nurse made a special impact on their lives as they visited their private room in the NICU day after day. She fondly remembers Maureen, the nurse who made it possible for her to see Mirza’s full face for the first time when he pulled his oxygen tubes out weeks after his birth. Maureen made sure Zarifa and the family got a good look as they worked to put the tubes back.

Finally, after more than four months in the NICU, Mirza was well enough to go home with his family. Zarifa stayed with Mirza in the NICU’s overnight room to accustom herself to his needs. He would have to wear a special monitor to alert his parents if he stopped breathing in the night, a common condition called apnea. “He was so little in the car seat,” says Zarifa, about the 7 pounds, 14 ounce Mirza who came home to a room full of family members crying tears of joy. She admits she was scared to sleep for the first two months, but NICU nurses called regularly to check on him, and nurses from the Visiting Nurse Association of Manchester and Southern New Hampshire still stop by each week to monitor his progress.

Today, Mirza is a happy toddler who squeals with laughter when big sister, Erna scoops him up and covers him with kisses. He’s right on track developmentally and didn’t suffer any health issues. “He looks and acts just like my dad,” says Erna, 17, who says she was afraid to hold him at first. “He was so little, I thought I would break him.”

As Zarifa thinks back on the time since Mirza’s birth, she wants other mothers to know that it’s ok to have hope and that today’s technology can really make a difference. Other mother’s shared their experiences with her during their time in the NICU, something that helped her get through those difficult days. “I didn’t want to leave him,” she says. “He’s a miracle baby.”
In July of this year, state officials increased the number of required newborn screening tests from 13 to 32, based on March of Dimes guidelines. This is good news for the thousands of babies born at Elliot Hospital each year who will now be screened for a variety of conditions before they leave the hospital.

Newborn screenings test for the early signs of a number of treatable disorders. With early detection and treatment, many negative and irreversible health problems associated with certain conditions, both rare and common, may be prevented. If left untreated, they may cause a range of problems, including impaired learning, severe infections, and even early death. The majority of these conditions are “recessive” genetic disorders, meaning that a baby has to inherit a mutation in a specific gene from both parents.

Within 48 hours of birth, a sample of blood is obtained from a heel stick, which is then dotted onto filter paper and sent to a laboratory to be tested. The chance that your baby will have one of these conditions is very low. Each year approximately 4 million babies in the United States are tested for these diseases and severe disorders are detected in only 0.1%. That means that 99.9% of newborns do not screen positive for one of these disorders. Occasionally, a newborn who is a “carrier” of one mutation will have a positive screen, but further diagnostic testing will show that she is not affected by the disorder.

Your pediatrician will contact you if the test comes back positive for one of these conditions, or if further attention is needed. Typically, your doctor will not call you if all of the tests are normal.

Tests may need to be repeated on occasion. If the test is abnormal, your baby may have one of these disorders and you may be referred to a genetic counselor. Abnormal results may also be due to prematurity or low birth weight. A test be repeated because not enough blood was collected to complete all of the testing or the blood was drawn too early, before the first 24 hours of life.

The Universal Newborn Hearing Screening Program of New Hampshire screens newborns for possible hearing loss or deafness to ensure timely and appropriate intervention which may include referral to different specialists and enrollment in an Early Intervention Program. These programs are designed to help infants and children develop the communication and thinking skills needed to do well academically and socially. If hearing loss is not identified until 2 or 3 years of age, your child may experience delays in these areas.

All babies should be screened within the first month of life, but preferably before the baby leaves the hospital. The Otoacoustic Emissions Test (OAE) is performed by placing a small microphone in the infant’s inner ear to measure the sound waves that are generated. If this test is normal, no further testing is necessary.

If the OAE is abnormal, a second, diagnostic test, called Auditory Brainstem Response (ABR), should be performed. Electrodes are placed on the infant's head to measure the brain waves that form in response to sound. If this test is abnormal, your doctor should refer you to the appropriate specialists.

The chance that your baby will have moderate to severe hearing loss is low. In the United States approximately 4-6 infants per 1,000 births or 0.5% of all babies tested, have hearing loss in one or both ears.

Your baby's pediatrician should be able to answer your questions about newborn screenings and hearing tests. Universal Newborn Hearing Screening testing and results. If you would like more information, contact Genetic Counselor, Jennifer Tansey at 663-8611.
Chronic Pain is estimated to effect approximately 11% of the adult population. It affects one’s quality of life by making everyday tasks difficult; it can interfere with your sleep and your ability to enjoy activities such as taking your child or grandchild for a walk. Ongoing pain can also cause emotional distress, making it important to manage so that you can live your life to its fullest.

After an evaluation by your primary care physician or specialist you may be referred to the Pain Management Center at the Elliot Hospital. Since your pain management is an integral part of your overall medical care, we partner with your physician about your diagnosis and your therapeutic plan, and maintain regular communication regarding your progress.

The Pain Management Center is not a substitute for your primary care physician. We encourage you to continue with your primary care provider for overall medical treatment.

It is important to know that you are a big part of the treatment of your pain. Learn all you can about your pain. Be your own advocate. Also know that chronic pain can be treated but it’s unlikely that your pain will completely go away.

The goals of pain management are:
1. Reduce the pain.
2. Improve functioning.
3. Enhance your quality of life.

At the Pain Management Center we treat the whole patient. The mind, body and spirit experience pain. Pain is best managed by a multi-disciplinary (multiple therapies) approach.

Our pain management program offers the following diagnostic and therapeutic services to move the patient toward improved function and reduction of pain:
1. Nerve blocks and regional anesthesia.
2. Physical and occupational therapy interventions including exercise and strengthening.
4. Emotional and psychological support for pain, which may include: psychotherapy, stress management, relaxation training, meditation, behavioral modification and assertiveness training. Psychological approaches regarding pain management are based on the belief that patients can do something on their own to affect their pain.
5. Patient and family education and counseling.
6. Alternative medicine and therapy treatments such as Reiki, acupuncture, and therapeutic touch.

Our goal at the Elliot Pain Management Center is to develop a treatment plan that will help reduce pain, improve function and improve your quality of life. We want you to be the best you can be. For more information, contact us at 663-2767.
Gastric banding is an innovative, safe, and effective surgical intervention, now available as an option for people who struggle with weight loss. For many, a normal effort that may include an appropriate diet and exercise regimen, is simply not enough to achieve sustained weight loss. In some instances, under the consultation of a physician, surgical options may be considered to help control obesity, which can be linked to many other medical problems.

The LAP-BAND® System is a silicone adjustable band that is placed around the upper portion of the stomach to restrict the amount of food that can be consumed and creates an earlier feeling of fullness. The LAP-BAND® is placed laparoscopically, without cutting or stapling of the stomach or gastrointestinal rerouting to bypass normal digestion. This procedure is safer and less invasive than other weight-loss surgeries and is the only adjustable and reversible options for patients.

Under the direction of Bariatric Surgeon, Dr. David Gould, Dartmouth-Hitchcock's Bariatric Surgery Program can offer an alternative means to weight loss. Dr. Gould has been performing the LAP-BAND® procedure at Elliot Hospital for several months, in addition to the Roux-en-Y gastric bypass surgeries he’s been performing since the Fall of 2003. Pre-surgical workup includes medical evaluations, dietary evaluation and counseling by a registered dietician, as well as a psychological evaluation.

For meeting times and locations, call the Department of General Surgery at Dartmouth-Hitchcock Manchester at 695-2840, or visit www.dartmouth-hitchcock.org/Manchester.
Gunjan Panesar, MD  
Briarwood Primary Care  
445 Cypress Street, Suite 5  
Manchester | 663-8200  
Dr. Panesar is Board Certified in Internal Medicine. She received her education at JLN Medical College in Ajmer, Rajasthan, India and completed her Internal Medicine Residency at Lincoln Medical and Mental Health Center, Bronx, NY. Dr. Panesar has practiced at Pine Health Services in Maine for 8 years. She is fluent in English, Hindi and Punjabi.

Mahendra Panesar, MD, FAAP  
Pediatric Health Associates  
275 Mammoth Road  
Manchester | 663-8350  
Dr. Panesar is Board Certified in Pediatrics. He received his education at Government College, Ajmer, Rajasthan, India and completed his Pediatric Residency at Interfaith Medical Center, Brooklyn, NY. He has been practicing in the U.S. for nearly 15 years. Dr. Panesar is fluent in English, Hindi and Punjabi.

Elizabeth Mitchell, ARNP  
Elliot Pediatrics and Primary Care at Riverside  
Riverside Park | 11 Kimball Drive  
Hooksett | 641-5386  
A clinical nurse at the Elliot Hospital since 2006, Elizabeth holds a Masters degree in Science and Community Health Nursing from Boston College.

ELLIO T CARES ABOUT PATIENT SAFETY

If you have a concern regarding the safety or quality of care given to our patients, we want to hear from you! We encourage you to contact our Patient Relations/Safety line at 603-663-2666, or contact the Joint Commission on Hospital Accreditation (JCAHO) at 1-800-994-6610 or the State of New Hampshire at 1-800-852-3345.