




# Your Wellness Matters



Summer 2001


## health link

**11 minutes up in smoke.** Smokers cut their lives short by about 11 minutes per cigarette, according to a rough estimate based on a 40-year study of 34,000 male doctors in the U.K.



—British Medical Journal

**Trampoline injuries on the rise.** The number of trampoline injuries treated in hospital emergency rooms has tripled, from about 37,500 in 1991 to almost 100,000 in 1999. Nearly two-thirds of those injured were children ages 6 to 14.

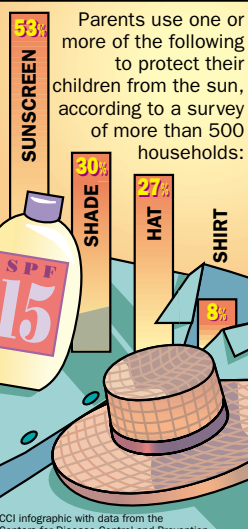


—U.S. Consumer Product Safety Commission

### Hey, sunshine

Parents use one or more of the following to protect their children from the sun, according to a survey of more than 500 households:

- SUNSCREEN: 53%
- SHADE: 30%
- HAT: 27%
- SHIRT: 8%



CCI infographic with data from the Centers for Disease Control and Prevention

# THE HEALING POWER OF HYPERBARIC MEDICINE

**W**hen most people hear of *hyperbaric* or a hyperbaric chamber, they may think of scuba divers who have the “bends,” or decompression sickness. Recently, the public has begun recognizing hyperbaric medicine as a treatment for carbon monoxide poisoning.

While it certainly does treat these two ailments, it is used to treat many conditions, including chronic wounds. Elliot Hospital recognizes the many benefits of hyperbaric oxygen therapy and is proud to reintroduce the **Center for Wound Care and Hyperbaric Medicine.**



**Brenda Hall, R.N., Manager, Center for Wound Care and Hyperbaric Medicine, with a patient during treatment.**

**A GROWING NEED**

Statistics show a great need for wound care centers. Each year, approximately 5 million Americans have chronic wounds caused by diabetes, circulatory problems and many other conditions.

- ▶ 1.5 million people with chronic wounds have diabetic ulcers.
- ▶ 2.5 million people have venous stasis ulcers.
- ▶ Patients with diabetes have a 15-fold increase in the risk of amputation, and approximately 60,000 people with diabetes will undergo amputation each year.

Though the statistics are staggering, there is hope! Studies have shown that wound care treatment facilities have reduced amputation rates significantly; and the length of hospital stays has been reduced by 24 percent. The American Diabetes Association estimates that diabetes-related amputation could be reduced by 50 percent if:

- ▶ Patients are routinely tested for neuropathy (the inflammation

or degeneration of peripheral nerves).

- ▶ Patients are educated to prevent injury or complications.
- ▶ Patients are provided related services, such as nutrition counseling, antibiotic management and hyperbaric oxygen therapy.

**CALL (603) 663-4567**

**TO LEARN MORE ABOUT WOUND CARE AND HYPERBARIC MEDICINE.**

**ABOUT THE CENTER**

Located on the first floor of Elliot Hospital, the Center for Wound Care and Hyperbaric Medicine is a comprehensive outpatient center dedicated to the provision of clinical wound care and hyperbaric medicine.

The center is staffed by **Ronald Zinno, M.D.,** Medical Director,

with advanced training in wound management and hyperbaric oxygen therapy and a background in plastic surgery; two physicians with backgrounds in psychiatry and internal medicine; registered nurses; registered respiratory care practitioners; and administrative personnel.

The center features two of the largest single-person hyperbaric chambers available today. These spacious chambers feature a clear acrylic cylinder, making patients feel comfortable while they watch television and video tapes during treatments.

**TREATMENT**

During the course of treatment, patients remain under the care of their primary care or referring physician who maintains the care of the patient's underlying disease. The center's team of specialized health care providers works together with the primary care physician to develop individualized patient care plans.

**Healing wounds**

Elliot's Center for Wound Care and Hyperbaric Medicine employs a variety of components that work in concert to heal a wound:

- Debridement.
- Nutrition counseling.
- Education/prevention.
- Special needs, including beds, mattresses, seat cushions and/or footwear.
- Wound cultures or biopsies.
- Antibiotic management.
- Compression therapy.
- Synthetic skin grafting.
- Hyperbaric oxygen therapy.

The center treats many conditions:

- Acute carbon monoxide intoxication.
- Decompression illness.
- Gas gangrene.
- Gas embolism.
- Acute traumatic peripheral ischemia.
- Crush injuries.
- Progressive necrotizing infections.
- Acute peripheral arterial insufficiency.
- Failed or compromised skin graft/flap.
- Chronic refractory osteomyelitis.
- Osteoradionecrosis.
- Soft tissue radionecrosis.
- Cyanide poisoning.
- Actinomycosis.

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**Check out our survey on pages 7 and 8!**

*Continued on page 4*

## SENIOR LIVING

## Pearl Manor

## A PLACE TO CALL HOME

Caring, comfort, companionship—there's no place like this home

**P**earl Manor Assisted Living Community in Manchester offers assisted living care that recognizes and enhances its residents' changing physical, emotional and spiritual needs.

Until recently, even with the well-documented "graying" of America, seniors had only two choices—remain in their own home or move to a nursing home. For people who require daily assistance but are not yet ready for a nursing home, assisted living is a welcome option.

#### ACCOMMODATIONS

The professional staff members, available 24 hours a day, provide resident-centered care that promotes a holistic and humanistic lifestyle. Residents enjoy the privacy of a comfortable studio apartment with a private bath and a kitchenette where they can prepare their own snacks. Three nutritious, menu-selected meals are served daily in Pearl Manor's gracious dining room. The cozy living areas, library and activity room offer settings for reminiscing and building friendships.

#### SOCIAL INTERACTION

The full calendar of events and activities, combined with the companionship of residents and staff, provide an environment that is dedicated to improving health and wellness. Young people from local day care centers, Brownie Troops and area colleges are invited to visit and participate in activities with residents. These social times sometimes consist of making noodle necklaces, playing Bingo with 3- to 5-year-olds, or listening and singing along to songs performed by elementary school children.

#### FOR MORE

INFORMATION OR TO  
SCHEDULE A TOUR,  
CALL (603) 669-1322  
OR 1-800-862-9490.

Pet therapy has been shown to contribute to the physical and mental well-being of people of all ages. Pearl Manor has integrated pet therapy into the wellness program by recruiting a new staff member—Snookers, a lovable cat. Residents are encouraged to interact with Snookers, and many find it an uplifting experience.

Music is an important form of entertainment at Pearl Manor.

Ryan Flynn O'Hara is a singer and guitar player who entertains at Pearl Manor twice a month. What impresses her the most about the living community is "how the residents react lovingly towards the staff. You expect the staff to be loving towards the residents, but when you see it reciprocated, it's a wonderful sight."

#### FLEXIBILITY

Family members have peace of mind with the knowledge that their loved one will receive assistance as needed with bathing, dressing and medication management by a staff of skilled, licensed caregivers. Having Pearl Manor available is a great comfort and relief to many family members.

Howard Geddis resides at Pearl Manor, while his wife, Louise, lives at Hillcrest Terrace Retirement Community. They are able to eat meals together and participate in many joint activities. Mrs. Geddis took care of her husband in their home for quite awhile. She says of their current arrangement, "It is a lifesaver. I know he can be taken care of without my having to worry about him. It was getting difficult to care for him by myself."

#### THE PINES

Residents' needs may change. Pearl Manor offers a structured program for those with memory loss through 24-hour support and



Social interaction is a major focus of the health and wellness philosophy at Pearl Manor.

supervision in The Pines. This stimulating and secure program is provided in a comfortable, safe, homelike setting. It is geared toward the special needs of people with many different memory loss issues. While residents of The Pines will find music, pet therapy, art and cooking projects designed for their abilities, they also interact daily with

residents of Pearl Manor.

For more information or to schedule a tour of Pearl Manor Assisted Living Community or The Pines Memory Loss Program, please call Victoria Chapman, Manager of Marketing and Sales, at (603) 669-1322 or 1-800-862-9490. Or visit our Web site at [www.elliospital.org](http://www.elliospital.org), and look under "services."

## New adult day program offered for your loved ones

Located in a quiet country setting in Bedford, the **Elliot Adult Day Program at the Arbors** offers a structured day program for adults who need therapeutic health and social activities.

#### PROFESSIONAL CARE

Before starting the program, each participant's health is assessed. The center's nurses work with individuals, their families and their physicians to develop a nursing care plan tailored to each person's diet, exercise, activity, medication and therapy needs. As a member of the Elliot Health System, the Elliot Adult Day Program is able to take advantage of the network's many services and make them available to participants and their families.

Individual and family caregiver counseling is available, and additional personalized services include information, referrals



Elliot Adult Day Program at the Arbors offers activities, friends and fun.

and assistance with financial aid issues.

#### WHAT TO EXPECT

Therapeutic activities are planned to accommodate every-

one's wide range of interests, to stimulate interest and interaction, and to provide a framework for learning and sharing. The activities director plans daily programs that include, but are not limited

to, the following areas:

- ▶ Music and art.
- ▶ Hobbies, arts and crafts.
- ▶ Parties and holiday festivities.
- ▶ Daily chair exercises.
- ▶ Bowling, shuffleboard and other athletic games.

Nutritious meals and snacks are provided in a family-style setting. In addition, local transportation can be arranged according to each person's need and level of mobility.

#### WHO BENEFITS?

Individuals who attend the center find it a place where they can relax, be comfortable, make new friends and have an enjoyable day. The support they give one another and the encouragement and support they receive from the professional staff members are often the magical combination needed to improve the quality of their lives.

Family caregivers have peace of mind that results from knowing their loved ones are in a safe, dignified, nurturing and homelike environment.

#### ENROLLMENT

Unlike other care options, the adult day program is not out of reach. The program accepts VA contract, Medicaid and private payment. The staff will also explore funding options with each participant.

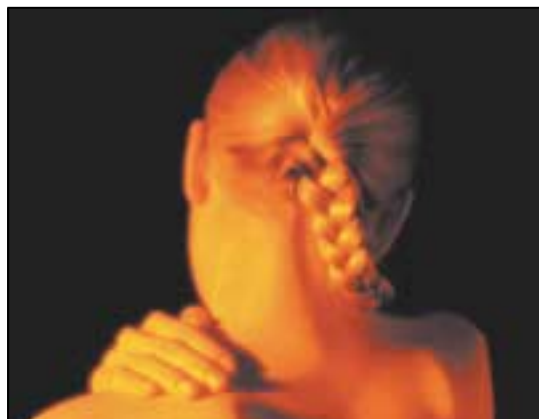
#### THE RIGHT COMBINATION

At the Elliot Adult Day Program at the Arbors, fun and laughter are combined with companionship and professional care.

If you are considering this program for yourself or someone you love, please call (603) 663-2405 or log onto [www.elliospital.org](http://www.elliospital.org). Tours are available.

## FEELING WELL

# PAIN MANAGEMENT IS LIFE MANAGEMENT



Let us help you manage your pain. Call (603) 663-4567.

**S**eventy million Americans report chronic pain, and more than 50 million are partially or totally disabled for periods ranging from a few days to weeks or months...some are permanently disabled.\*

The costs of pain are enormous. In light of this reality, Elliot Health System offers comprehensive, outcome-driven pain management.

"The Pain Management Center at Elliot is committed to offering a comprehensive diagnostic and treatment program that recognizes the medical, biologic, social and psychological aspects of pain," says **Cal Robinson, Psy.D.**, medical psychologist.

Pain is influenced by how we think, perceive, feel and respond.

Like all human experience, it is filtered through our cognitive and behavioral processes. Pain is influenced by culture, by learning and by action. One of the clear directives of the Pain Management Center is to recognize that to adequately understand and treat pain, we must fully integrate this broader understanding of pain.

The current clinical focus of the pain center, under the medical leadership of **Stephen Dainesi, M.D.**, includes a broad range of interventional techniques and services. We are collaboratively expanding our services to address the complex needs of our pain patients.

The goals of the Pain Management Center are to:

■ Promote pain relief.

■ Offer effective pain management with integration of pain control and pain management techniques and skills.

■ Provide effective pain management without reliance on addictive medications if possible.

■ Promote improved physical and psychological functioning.

■ Assist in resolution of psychosocial difficulties associated with pain interference.

■ Improve functional levels and increase activity.

■ Reduce dependence on medical or health-related systems.

■ Decrease intensity of pain complaints.

■ Reduce suffering by assisting in modifying thinking and behavior.

Achieving the goals of an integrated comprehensive pain

program incorporates a quality clinical team to recognize the medical, psychological and social complexities, and to collaborate with the patient toward meeting improved management. After all, pain management is life management.

For information about the Pain Management Center, call ELLIOT ON-CALL at (603) 663-4567.

*Dr. Cal Robinson, a medical psychologist, recently joined the staff*

*of Elliot Hospital as clinical director of the Pain Management Center. Before joining Elliot, Dr. Robinson was in private practice, specializing in the treatment of pain disorders. He has been involved in national pain societies, he was the clinical director of the Spine and Rehabilitation Institute, and he is a former faculty member in the School of Physical Therapy at the University of Evansville, Ind.*

\*International Association for the Study of Pain

## A wake-up call about the importance of good sleep

Sleep is essential to good health. Most healthy people spend one-third of their lives sleeping. Unfortunately, 70 million Americans cannot get adequate sleep because they have a sleep disorder. Sleep disorders can lead to physical and emotional problems. Some can even shorten the life span.

When nighttime sleep is not adequate, a person often has difficulty concentrating and making good decisions. Work or school performance can suffer, and "drowsy driving" and traffic accidents are a major problem for people with sleep disorders.

Sleep is one of nature's tools for coping with stress. In some cases, sleep disorders can trigger emotional problems. In fact, one of the first signs of a sleep problem may be a change in mood. People tend to feel tense and irritable after just one night of poor sleep. When sleep problems persist, they may become chronically anxious and depressed. Family and social relationships may also suffer.

### TYPES OF SLEEP PROBLEMS

There are more than 80 sleep disorders. The following are some of the most common:

**Sleep apnea** is the most serious and potentially life-threatening sleep disorder. Sleep apnea may cause high blood pressure, irregular heartbeat, heart disease and stroke. About 3 percent of the population has sleep apnea, and



most are not aware they have it. Sleep apnea affects men and women of every age. Even children can have sleep apnea.

### FREE SNORING AND SLEEP APNEA SEMINAR WITH

**JEANETTA RAINS, PH.D.,**  
AUG. 27. SEE PAGE 7.

**Narcolepsy** is a lifelong sleep disorder. Due to a genetic link, narcolepsy tends to run in families. The main symptom of narcolepsy is severe daytime sleepiness. It usually begins in

adolescence but may not be recognized as a medical disorder for many years.

Some sleep disorders involve excessive movements during sleep.

**Periodic limb movements** are rhythmic kicks of the feet or legs during sleep. **Restless legs syndrome** is when these movements occur while awake. These abnormal movements make it difficult to fall asleep. Once asleep, they can cause hundreds of tiny interruptions from sleep. After waking, the person feels exhausted.

**Parasomnias** include a wide variety of abnormal sleep behaviors, such as sleepwalking, nightmares, violent behaviors during sleep, bed-wetting and

sleepwalking. Severe cases may lead to injury, excessive eating and weight gain, or disturbing others in the home.

**Circadian rhythm disorders** are disorders of the sleep and wake cycle, or "biological clock." The body clock is out of sync with the required schedule. In some cases, the person cannot sleep at the desired bedtime. Then they cannot stay awake during the work or school day. Teenagers and older people are most likely to have problems with their biological clocks.

### TREATMENT

Most sleep disorders can be effectively treated. The key to successful treatment is identifying the specific causes of the sleep problems. The evaluation of sleep usually begins with consultation with a sleep specialist.

An overnight sleep study (called polysomnography) may be needed. Polysomnography involves spending one to two nights in the sleep laboratory. During this sleep test, continuous recordings are made of brain waves, heart rate, movements, muscle tension, breathing and blood oxygen levels. All of these procedures are noninvasive and cause no discomfort. This test allows the doctor to see exactly what happens during sleep.

Sometimes, a daytime test (a multiple sleep latency test) is needed to measure daytime

### What is sleep apnea?

If you have any of these symptoms, you may have obstructive sleep apnea:

- Loud snoring.
- Pauses in breathing observed by your bed partner.
- Choking, gasping or snorts during sleep.
- Daytime fatigue or sleepiness.
- Irritability or personality changes.
- Weight gain or being overweight.
- High blood pressure.
- Nonrefreshing sleep and/or difficulty waking up.
- Memory and concentration problems.
- Morning headaches.
- Frequent napping.
- Frequently waking at night.

sleepiness. During this test, naps are given at regular intervals. As in the night studies, continuous recordings are made of sleeping, breathing and heart rate patterns. The test helps measure the level of daytime impairment and leads to appropriate treatment.

For more information about sleep disorders and sleep laboratory testing, please call the Center for Sleep Evaluation at Elliot Hospital at (603) 663-6680, or log onto [www.elliotalhospital.org](http://www.elliotalhospital.org).



# The healing power of hyperbaric medicine

Continued from page 1

Actual hyperbaric oxygen therapy occurs when a patient breathes 100 percent oxygen while being enclosed in a pressurized chamber at a greater than normal atmospheric pressure. While breathing pure oxygen (O<sub>2</sub>), the patient's blood plasma becomes saturated with O<sub>2</sub>, carrying 20 to 30 times the normal amount of oxygen to the body's natural wound-healing mechanisms and allowing them to function more efficiently. This advanced practice of wound

*"Everyone here is so professional and very friendly. I was in danger of having my leg amputated, and Elliot's Center for Wound Care and Hyperbaric Medicine was my last stop before surgery. Now I'm very confident I'll keep both legs. I'm grateful they have the education and training to do so much. I wish I would have heard about the center sooner."*

—Patient testimonial

care is reimbursed by Medicare, HMOs and many private insurance carriers.

If you think you may be a candidate to receive treatment at the

Center for Wound Care and Hyperbaric Medicine, talk with your doctor. If you would like more information, call ELLIOT ON-CALL at (603) 663-4567.



The Center for Wound Care and Hyperbaric Medicine staff members are here to serve you.

FOR INFORMATION ON CANCER,  
CALL THE CANCER RESOURCE  
LINE AT (603) 663-5787.

## Cigars raise risk of deadly cancers

Cigar smoke has an unmistakable smell. It also has an unavoidable effect—increasing the risk of several highly fatal cancers.

Researchers from the American Cancer Society and Centers for Disease Control and Prevention followed 137,000 U.S. men for 12 years. Results from their study suggested that men who smoked cigars had the following increased cancer risk compared to men who never smoked:

- Death from lung cancer increased fivefold.
- Death from larynx cancer increased by 10 times.
- Death from cancers of the mouth increased by four times.

The risk of cancer deaths increased even more dramatically for men who smoked more than three cigars a day, as well as for men who inhaled their cigar smoke.

This study revealed higher rates of lung cancer deaths associated with cigars than previous studies had shown. The researchers speculated that their findings might be linked to changes over time in the type of cigars smoked in the United States.

"We expected to find some increased risk of lung cancer, but we found that cigar smoking is much more lethal than we thought," says researcher Eric J. Jacobs, Ph.D., of the American Cancer Society.

The researchers note that cigar smoking is increasingly popular among young people. A 1997 survey found that 31 percent of U.S. high school boys and 11 percent of girls reported smoking cigars in the past 30 days.

SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.



## First aid tips when a heat wave strikes

During a heat wave, it's best to stay cool and drink plenty of liquids.

It also pays to know the signs of heat-related illnesses and how to treat them.

### Heat cramps

**Cause:** Heavy exertion with loss of water and salt from heavy sweating.

**Signs:** Muscle pain and spasms, usually in legs or abdomen.

**First aid:** Move the person to a cooler place where the person can rest in a comfortable position. Give half a glass of cool water every 15 minutes. Avoid liquids with alcohol or caffeine. Remove or loosen tight clothing and apply cool, wet towels or sheets.

### Heat exhaustion

**Cause:** Exercising or working in a warm, humid place, resulting in loss of body fluids through sweating. Sweat doesn't evaporate as it should because of humidity or too much clothing.

**Signs:** Cool, moist, pale or flushed skin; heavy sweating; headache; nausea or vomiting; dizziness; exhaustion. Body temperature near normal.

**First aid:** Same as for heat cramps.

### Heat stroke

**Cause:** This life-threatening condition occurs when the body's temperature-control system, which produces sweat to cool the body, stops working. Brain damage or death can occur if the body isn't cooled.

**Signs:** Hot, red and dry skin; changes in consciousness; rapid, weak pulse; rapid, shallow breathing. Body temperature can be very high.

**First aid:** Call EMS/911 immediately; this is a life-threatening emergency. Move the person to a cooler place, and remove their clothing.

If the person is alert, encourage them to drink cool fluids frequently. The person should lie down with their feet elevated. If the person is confused, support their head and shoulders in a half-sitting position to help with breathing. Do not attempt to give them fluids.

Quickly spray the person with room-temperature water and use a fan or air conditioner, or wrap them in a cool, wet sheet. Stop cooling measures if shivering occurs. Do not use ice, an alcohol rub or salt tablets.

## Serving sizes key to good weight control

The more food you eat, the more weight you'll gain.

Seems obvious enough, and yet it's a message that's lost on most Americans.

More than three-fourths of Americans mistakenly believe the kind of food they eat is more important for controlling weight than the amount of food they eat, according to a survey commissioned by the American Institute for Cancer Research (AICR).

By concentrating only on cutting fat, or by embracing fad diets that limit a certain type of food, consumers are ignoring the bigger picture: The more calories you consume, the more likely you are to gain weight.

Federal statistics show that over the last 20 years, the total daily intake of calories has increased by 148 calories a day.

Yet most Americans surveyed were unaware that portion sizes have increased.

"People are eating more and wondering why they're getting fatter," says Melanie Polk, M.M.Sc., R.D., of the AICR.

Limiting portion sizes is important because it's difficult to judge if you've eaten enough if you rely on appetite alone. It takes about 10 minutes for the stomach to signal the brain that it's full.

The AICR suggests measuring serving sizes recommended by the Food Pyramid or on Nutrition Facts food labels to get an accurate idea of what a serving size looks like.

Being able to recognize serving sizes can help everyone better manage their weight.

Elliot Hospital offers nutrition counseling. Call (603) 663-2521 for more information.



News from  
around  
**Elliot Hospital**

### Weight management tips

Here are some guidelines to help you control your weight:

- Maintain a balanced diet. If necessary, seek assistance from a registered dietitian.
- Seek emotional support from family and friends.
- Evaluate your level of hunger and emotional state *before* eating.
- Avoid grocery shopping when you are hungry.
- Keep a detailed food journal.
- Drink eight glasses of water each day.
- Have your body composition and resting metabolic rate assessed.
- Move around as much as possible during the day—even fidgeting burns calories.
- Being “active” is not enough! Include at least 30 to 40 minutes of light aerobic exercise in your daily routine.

Be sure to see your doctor before starting any fitness or exercise program.



The Human Performance Lab staff members show off the Bod Pod.

### What is an ideal weight?

Have you ever stepped on the scale and wondered why it's so difficult to reach your “ideal” weight? The question we should really ask ourselves is, How much of my body weight is lean, and how much is fat?

The accurate assessment of body composition is an important measure of health and physical fitness. Since muscle weighs more than fat—and everyone has a different composition of each—standard height and weight charts (typically used in doctors' offices) do not always indicate correctly whether a person is at an appropriate weight for their height. Body composition reveals much more about health and the combined impact of your activity and nutrition habits on your body than scale measurements alone.

For the 35 percent of Americans who struggle with obesity, regular measurement of body fat and lean body weight can provide the feedback necessary to stay on top of what can be a frustrating, ever-changing situation.

Whether you wish to improve health and appearance, measure the impact of weight loss or weight gain regimens, or fine-tune for top athletic performance, the BOD POD™, a state-of-the-art instrument used to measure body composition, can be the cornerstone of your program.

The professional staff members at the Human Performance Lab will help you better understand your body and guide you toward meeting your physical goals. Call Robin Katsalis at (603) 663-5750 for a brochure or for more information about our nutrition package.

### Less invasive shock wave treatment shatters kidney stones

For people with kidney stones, relief from pain often comes in the form of shock waves.

Since its introduction in 1984, extracorporeal shock-wave lithotripsy, or ESWL for short, has become the most common surgical treatment for kidney stones.

*Extracorporeal* means the shock waves are created outside the body. *Shock waves* are waves capable of breaking apart the stones. And *lithotripsy* is a word taken from the Greek phrase for “stone crushing.”

The New Hampshire Lithotripter Center serves Elliot Hospital and performs more than 80 ESWLs per year.

ESWL allows doctors to treat kidney stones without making an incision or inserting anything inside the body. The procedure, which usually lasts between 30 and 120 minutes, works this way:

Depending on the type of lithotripter, you either lie in a water bath or on a soft cushion. Most often, you'll get some type of anesthesia.

X-rays or ultrasound help the doctors find the exact position of the kidney stone. Shock waves travel through the skin.

When the shock waves hit the kidney stone, the force of the waves pulverizes the stone, leaving sandlike particles that most often pass easily through the urinary tract with urine within a few weeks. In some cases, the doctor may insert a tube through the back muscles to the kidney to help with drainage.

Most people can return to their normal activities within a few days of the procedure. In some cases, more than one treatment with lithotripsy is needed to completely break up the stone.

Side effects of ESWL can include:

- Blood in the urine for a few



days after treatment.

- Bruising and minor discomfort of the back or abdomen from the shock waves.

- Discomfort as the stone fragments pass through the urinary tract with urine.

Not every kidney stone can or should be treated with ESWL.

Stones larger than three-quarters of an inch across, stones composed of very hard substances and stones in certain locations of the urinary tract might not be candidates for ESWL.

Your doctor will evaluate the size of the stone, the material it's

made of and its location before deciding whether to use ESWL.

Stones that can't be treated with ESWL might be surgically removed through a small incision made in the back.

About 10 percent of the U.S. population will have kidney stones at some point in their lives. Men are more likely than women to get the stones.

Most kidney stones pass out of the body without the help of any treatment.

Drinking lots of water can help move the stones through the urinary system.

### Kidney stones: More common than you think

This year, more than half a million people will develop kidney stones, and more than a third of these people will be hospitalized. The condition tends to develop in the middle years of life when family and work commitments—and the economic effects of time lost to illness—are at their peak.

While undoubtedly one of

the most painful urinary disorders, kidney stones are one of the most easily treatable. Come learn how **The Max K. Willscher Urology Center** uses revolutionary technologies to eliminate stones surgically and nonsurgically, and how dietary modifications and treatment keep them from recurring. To register, call ELLIOT ON-CALL at (603) 663-4567.

Don't miss the seminar on Tuesday, June 12, 7 to 9 p.m.  
Speaker: Christopher Tessier, M.D., urologist



On your mark, get set, go...

### ...to the Heart-to-Heart Road Race!

Oct. 27 marks the 12th annual 5K road race. A 1-mile fun run, the “Monster Dash,” open to all age groups, is sure to be a safe and fun day for runners and walkers alike.

Join the fun and call **Chris Guthro**, Race Director, at **663-5761**.

Attention businesses: Sponsorship opportunities are available and going fast!

### The 2nd Annual Elliot Hospital Associates Golf Classic

Wednesday, June 13  
Stonebridge Country Club  
Goffstown, N.H.  
Shotgun start at 8 a.m.

The entry fee of \$125 (\$400 for a foursome) includes:

- A continental breakfast.
- 18 holes of golf, including green fees and a cart.
- A buffet lunch.
- On-course refreshments.
- Team and individual prizes.
- A player gift.

A hole-in-one wins a 2001 Buick LaSabre donated by Dobles Chevrolet Buick.

To join the fun, call ELLIOT ON-CALL at (603) 663-4567. Deadline to register is June 6.

Proceeds to benefit the Elliot Regional Cancer Center.



## PHYSICIAN NEWS



# Our Doctors Are In!

## Call 1-800-2-Elliot-MD Today!

1 - 8 0 0 - 2 3 5 - 5 4 6 8



Primary care, like primary education, is essential to a healthy lifestyle. Call today if you don't have a doctor of your own. We will give you the names of doctors in your area who have the time to see you, listen to you and care for you.

## Manage your diabetes more effectively with exercise

Exercise is more than just a way to stay fit. It's also an important tool for controlling diabetes.

**Lowers blood sugar.** Exercise helps by taking glucose, or sugar, from the blood for energy during workouts and by making insulin work more efficiently.

**Delays or halts cardiovascular diseases.** This is particularly important because people with diabetes face a higher-than-average risk of death from heart and blood vessel disease.

**Aids weight loss.** Exercise combined with good nutrition can help you take off extra pounds.

The benefits of exercise apply both to people with type 1 and type 2 diabetes.

"Most people with type 2 dia-

betes are overweight. So the weight loss effects of exercise are particularly useful," says Christopher D. Saudek, M.D., 2001 president of the American Diabetes Association (ADA).

"With type 1 diabetes, it's a matter of maintaining cardiovascular fitness and bringing the blood sugar down more effectively," he says.

Before you lace up your running shoes, it's important to be aware of a few safety precautions, courtesy of the ADA:

### TYPE 1 AND TYPE 2

- ▶ Get a medical exam before you start a new exercise program. Ask your doctor how exercise might affect your health.
- ▶ Choose exercises that are right

for you. If you have diabetic eye disease, lifting weights might not be advised. If you've lost feeling in your feet, swimming might be better than walking.

### TYPE 1

▶ You need to determine how exercise affects your blood sugar levels. Exercise usually reduces blood sugar levels, but the effect can be delayed for up to 12 hours after exercise. Keep track, and tailor your workouts.

▶ Ideally, check blood sugar levels before you start and after you finish exercising.

▶ Don't start exercising if your blood sugar levels are very high or very low.

▶ If you're exercising more than

one hour after eating, you may want to snack before you begin.

▶ If you feel an insulin reaction coming on while exercising (feeling faint, dizzy, sweaty or confused), stop immediately, drink half a cup of orange juice or non-diet soft drink or take glucose tablets.

### TYPE 2

▶ You shouldn't need to snack during exercise unless you use insulin or oral diabetes pills and your blood sugar level is low.

▶ Your workout plan probably should emphasize cardiovascular health and weight loss. Aerobic exercises such as fast walking, swimming, bicycling or jogging are good choices.

**FOR MORE INFORMATION ON HOW TO MANAGE DIABETES, CALL ELLIOT'S DIABETES EDUCATION AND RESOURCE PROGRAM (D.E.A.R.) AT (603) 663-3130.**



## Community Education Health & Wellness Programs

To register, please call **ELLIOT ON-CALL** at (603) 663-4567, unless otherwise noted.

### Give the gift of health

Gift certificates can be purchased for all services listed in this publication. Call **ELLIOT ON-CALL** at 663-4567 for details!

*Some course fees may be reimbursed by your insurance. Class size is limited, so early registration is important. Most major credit cards accepted.*

To learn about Elliot Health System employment opportunities and to apply online, log onto [www.elliotohospital.org](http://www.elliotohospital.org), and click on "opportunities."

Looking for some more information about Elliot Hospital?

[www.elliotohospital.org](http://www.elliotohospital.org)

Elliot Hospital . . . . . (603) 669-5300  
 CAncer REsource line . . (603) 663-5787  
 ELLIOT ON-CALL . . . . . (603) 663-4567  
 Physician Finder . . . . . (603) 663-4567

### GENERAL HEALTH EDUCATION

**55 ALIVE: DRIVING DEFENSIVELY**  
**Wednesday, June 6, and Friday, June 8, 8 a.m. to noon**  
 This eight-hour (two half-days) seminar is a classroom-based driving retraining course developed by AARP to help older adults improve their driving skills. Instructor: Don Madore, A.A.R.P. \$10.

**ADVANCED DIRECTIVES CLASS**  
**Monday, Aug. 13 6:30 to 7:30 p.m.**  
 Joanne Fadale-Wagner, Director of Social Work, Case Manager and Pastoral Care, will discuss issues surrounding living wills and durable power of attorney. This workshop will help you make important medical decisions should you become unable to do so because of medical reasons. Free.

**CPR (Cardiopulmonary Resuscitation)**  
**New Heart Saver: June 2, July 7 or Sept. 15 8 a.m. to noon, \$40**  
**New Health Care Provider: June 2, 8 a.m. to noon, or Aug. 4, 8 a.m. to 2 p.m., \$50**  
**Recertification Heart Saver: June 2, 12:30 to 4:30 p.m., or July 7, 12:30 to 3 p.m., \$30**  
**Recertification Health Care Provider: June 2, 12:30 to 4:30 p.m., or Sept. 15, 12:30 to 4:30 p.m., \$30**  
 An American Heart Association course taught by AHA instructors.

**DIABETES EDUCATION Ongoing**  
 See story on page 6. For more information, call D.E.A.R. at 663-3130.

**EAR WAX REMOVAL CLINIC**  
**Mondays, June 11, July 16 and Aug. 13 10 a.m. to noon and 1 to 4 p.m.**  
 By appointment only  
 Clinic for seniors. Free ear wax inspection; \$10 for ear wax removal.

**ELLIOT 1-DAY SURGERY CENTER CHILDREN'S TOUR**  
**First and third Wednesday of each month (except July 4) 6:30 to 7 p.m.**

For children ages 12 and younger and their parents to decrease anxiety of an upcoming outpatient surgery. Information will be provided and questions will be answered. Free.

**FOOT CARE CLINIC**  
**Mondays, June 25, July 30 and Aug. 20 8:30 a.m. to noon and 2 to 4 p.m., by appointment only**  
 Foot evaluation and toenail cutting for seniors. Free evaluation; \$10 for toenail cutting. People with vascular disease or taking coumadin or other blood thinners must have a signed authorization from their PCP to participate in the foot clinic.

**GARDENING FOR LIFE**  
**Monday, July 30 6:30 to 8 p.m.**  
 Garden well into your later years, and learn how to garden safely (ergonomically speaking) while taking care of your knees and lower back. A variety of garden tools will be displayed and discussed in terms of body mechanics and injury prevention. Judith Reeve, designer, lecturer and garden writer will also include a packet of techniques and an extensive list of sources. \$10.

**KIDNEY STONES: MORE COMMON THAN YOU THINK**  
**Tuesday, June 12, 7 to 9 p.m.**  
 See description on page 5.

**LONG-TERM CARE PLANNING**  
**Thursday, Sept. 6 6:30 to 7:30 p.m.**  
 Ann Bradley, R.N., from GE Financial Assurance, will answer questions about your financial and health goals. For example, what is long-term care? What is your risk? What is the cost? What are other options? Free.

**LOW-FAT SUMMER COOKING**  
**Monday, June 25 6:30 to 7:30 p.m.**  
 Dawn Small, R.D., personal chef of "24 Carrot Cuisine" in Merrimack, will demonstrate how to cook healthful and delicious low-fat summer meals. \$5.

**MANAGING WEIGHT IN MIDLIFE**  
**Monday, July 23 6:30 to 7:30 p.m.**  
 Why do we tend to gain weight in our midsections as we age? Donna Gleeson, R.D., will walk you through the causes, preventions and treatments. She will give practical and useful information as to what we can do about it. \$5.

**PREVENTING ATHLETIC INJURIES IN KIDS**  
**Monday, June 11 6:30 to 7:30 p.m.**  
 This one-hour lecture will look at common injuries kids get in certain sports. Learn how to prevent some injuries and over-training. We will also look at sports requiring helmet use (for example, skateboarding and biking) and how to prevent head injuries. Presented by a licensed physical therapist. \$5.

**SEASONAL FIRST AID**  
**Wednesday, June 13 6:30 to 7:30 p.m.**  
 This program teaches basic first aid regarding summer mishaps (for example, bee stings, poison ivy, blisters and sprains). You will learn tips on preventing an injury and what to do if it happens to you or a loved one. \$5.

**SNORING AND SLEEP APNEA**  
**Monday, Aug. 27 6:30 to 8 p.m.**  
 See story on page 3. Diagnostic tests will be described and treatment options will be discussed by Jeanetta Rains, Ph.D., of the Elliot Hospital's sleep center. A demonstration of one of the most effective treatments, nasal CPAP, will be given. Free.

**WOMEN AND INVESTING**  
**Monday, July 16 6:30 to 7:30 p.m.**  
 Laurie Samuelson from LPL Financial Services, a registered securities and insurance broker, financial planner and investment advisor, will provide professional advice on investments, including stocks and bonds, mutual funds, fee-based asset management, annuities, life insurance, direct investments and money market accounts. \$5.

**MIND/BODY MEDICINE**  
**HEALING POWER OF PRAYER**  
**Monday, June 18 7 to 9 p.m.**  
 Have you ever wondered: What does it mean "to pray"? Is there scientific research on the healing power of prayer? Join VNA Chaplain Chan Newton and the Rev. Virginia Jones Newton in this interactive workshop to investigate these questions. The evening will end with an experience of prayer. \$10.

# Your Wellness Matters



## Survey and prizes!

Your wellness matters to us, and we'd like your feedback to enable us to continually improve our services. If you return your survey by Aug. 1 with your name, address and phone number included, you will be eligible to win one of 10 drawings for an Elliot community health and wellness program of your choice, up to a \$50 value. This survey is also online! Log onto [www.elliotohospital.org](http://www.elliotohospital.org), and click on "what's new." We appreciate your feedback. **Thank you.**

**Gender:**  Male  Female  
**Age:**  18-24  25-34  35-49  50-64  65 and older  
**Number in household:**  1  2  3  4  More than 4  
**ZIP code:** \_\_\_\_\_

**Please rate our community newsletter, Your Wellness Matters (YWM):**  
 Excellent  Very satisfied  Satisfied  Not satisfied  Not interested

**Do you find the articles helpful and/or informative?**  
 Excellent  Very satisfied  Satisfied  Not satisfied  Not interested

**What topics would you like to see covered in YWM? (Choose any that apply.)**  
 Women's health  Children's health  
 Alternative medicine  Senior health  
 Men's health  Other (specify) \_\_\_\_\_

Clip and send



Survey continued on back

Clip and save

# Community Education Health & Wellness Programs



**ELLIOT HOSPITAL**

One Elliot Way  
Manchester, NH 03103



To register, please call ELLIOT ON-CALL at (603) 663-4567, unless otherwise noted.

**REIKI APPOINTMENTS**  
Mondays, Tuesdays and Wednesdays  
9:30 a.m. to 6:30 p.m.

Enjoy the calming effects of Reiki at your private one-hour session with Certified Reiki Master Robert Willan. Appointments are available in the offices of Integrative Medicine. Please call 663-8988 to schedule an appointment. \$40 per hour; \$20 per half hour.

**REIKI CLINIC**  
Wednesdays, June 20, July 18 and Aug. 15  
Half-hour appointments: 7 to 9 p.m.

Come and receive a Reiki treatment from Elliot Hospital Reiki volunteers and other local Reiki practitioners. Fee: donation.

## HEALTH AND WELLNESS SCREENINGS

Please call ELLIOT ON-CALL at (603) 663-4567 to make an appointment. No walk-ins please.

### BLOOD PRESSURE SCREENINGS

Mondays, June 11, July 16 and Aug. 13, 8:30 to 10 a.m.  
Mondays, June 25, July 30 and Aug. 20, 1 to 2 p.m.

Free blood pressure screening. No appointment necessary. Located at 317 Lincoln St., the Elliot Wellness Center.

### BODY COMPOSITION TESTING

Fridays, June 22, July 27 and Sept. 14; Thursday, Sept. 13  
By appointment only

Do you need to lose or gain weight? Have your body fat percentage calculated. An exercise physiologist will determine an ideal body weight based on your results. \$10.

## CHILDBIRTH AND PARENTING CLASSES

Elliot Hospital is pleased to offer comprehensive childbirth programs that encompass the entire family. Classes are offered on an ongoing basis, and all of our educators are certified in their specialties. Call ELLIOT ON-CALL at (603) 663-4567 for more information.

### BOOT CAMP FOR NEW DADS

### BREASTFEEDING

### GRANDPARENTS UPDATE

### HYPNOBIRTHING

Saturdays, June 9 through July 7, July 28 through Aug. 25, or Sept. 15 through Oct. 13  
6:30 to 9 p.m.

The hypnobirthing childbirth method is another option to achieve a satisfying, relaxing and stress-free birth.

### INFANT CARE

### INFANT MASSAGE

### INFANT CPR AND SAFETY

### INTRODUCTION TO UNDERWATER BIRTHS

Includes a discussion of the history of waterbirths, the benefits of laboring and birthing in water, and what to expect during the birthing process.

### LABOR SERIES

### LACTATION CONSULTANT SERVICE

### MATERNITY TOUR

**MOMS' SUPPORT GROUPS**  
Offered to all mothers as an opportunity to share and network.

**New Baby and Me—newborn to 3 months.**  
Wednesdays, 10 a.m. to noon

**Little Ones—4 to 6 months.**  
Wednesdays, 12:30 to 2:30 p.m.

**Movers and Shakers—7 to 12 months, Fridays,**  
12:30 to 2:30 p.m.

**Testing Toddler—13 to 18 months, Fridays,**  
10 a.m. to noon

**POSTNATAL RELAXATION FOR BABY AND ME**  
Eight-week program  
Thursday, June 28  
3:30 to 4:30 p.m.

Together you and your baby can learn stretches and movements that enhance flexibility, tone and strength, and breathing and meditation

that offer you a greater sense of calm and well-being.

### PREGNANCY CPR

### PRENATAL YOGA

Thursdays, June 28 through Aug. 16  
5:15 to 6:30 p.m.

This class differs from the traditional form in that the movements, breathwork, relaxation methods and meditation are all specifically selected for the pregnant woman.

### REFRESHER LABOR CLASS

**RELAXATION AND FITNESS FOR THE CHILDBEARING YEAR**

### SIBLING CLASS

**VAGINAL BIRTH AFTER CESAREAN (VBAC)**

## SIGN UP FOR OUR NEW CLASSES COMING THIS FALL!

### MARVELOUS MULTIPLES PRENATAL CLASS

This class covers the unique needs of a multiple pregnancy, labor and delivery, and it gives practical information about life at home with multiple newborns.

### NEW DADS SUPPORT GROUP

A monthly support group for fathers and their infants to share what is working and the challenges in raising their child.

### POSTPARTUM DEPRESSION SUPPORT GROUP

A bimonthly support group for mothers in the first year after birth. Babies are welcome.

### BREAST AND CERVICAL CANCER SCREENING

Saturdays, June 2 and Aug. 4  
By appointment  
Free screening program for women 50 to 64 with family income below 250 percent of poverty level, no insurance or a high deductible. Call the CAncer RResource line, 663-5787.

### CHOLESTEROL SCREENING

Fridays, June 22, July 27 and Sept. 14; Thursday, Sept. 13  
■ Total cholesterol with HDL (good cholesterol) breakdown and cholesterol ratio. No fasting required. \$14.  
■ Lipid profile. Includes a complete breakdown of HDL (good cholesterol), LDL (bad

cholesterol), triglycerides and glucose. A 12-hour fast is required. No food except water and medications. \$19.

### OSTEOPOROSIS SCREENING

Fridays, June 22, July 27 and Sept. 14; Thursday, Sept. 13  
Using ultrasound, your bone density and risk for osteoporosis will be measured. \$20.

## SUPPORT GROUPS

**BREAST CANCER SUPPORT GROUP**  
Please call the CAncer RResource line at 663-5787 for date and time.

For any woman with a recent breast cancer diagnosis who is interested in social and emotional support. Instructor: Carol Darbyshire, M.S.W., and Kelley Winn, R.N. Free.

### CHRONIC PAIN SUPPORT GROUP

First and third Tuesday of each month, 4 to 5:30 p.m.  
For support and education regarding pain management. To preregister, call Lorry Roy, R.N., at 663-6730.

### LIVING BEYOND BREAST CANCER SUPPORT GROUP

Second Wednesday of each month, 6 to 7:30 p.m.  
This ongoing monthly group is intended to provide mutual support and sharing for any woman who has experienced breast cancer. To register, please call Carol Darbyshire, M.S.W., at 663-1804 or Kelley Winn, R.N., O.C.N., at 663-4130.

### LIVING WITH BREAST CANCER SUPPORT GROUP

Please call the CAncer RResource line at 663-5787 for date and time.  
Designed to provide basic information about breast cancer, treatment, and various vendors and community resources that can offer help. All sessions are facilitated by a registered oncology nurse and an oncology social worker. Free.

### LIVING WITH CANCER SUPPORT GROUP

Thursdays, May 3 through June 21, or Aug. 9 through Sept. 27  
6:30 to 8 p.m.  
Please call the CAncer RResource line at 663-5787.  
An ongoing support group for people with cancer and their families/support people. Free.

### PARKINSON'S SUPPORT GROUP

Third Wednesday of each month, 3 to 4:30 p.m.  
For patients with Parkinson's disease, family members, friends or anyone who has an interest in learning more about this disease. Coordinator: Mary Blevens, M.A., P.T.

### PROSTATE CANCER SUPPORT GROUP

Fourth Monday of each month, 6:30 to 8:30 p.m.  
Please call the CAncer RResource line at 663-5787.

### S.H.A.R.E. Third Wednesday of each month, 7 to 8:30 p.m.

A support group for parents who have had a pregnancy loss through miscarriage, stillbirth or neonatal death.

### VNA HOSPICE BEREAVEMENT DROP-IN CENTER

■ Mondays (except holidays), 9 to 10:30 a.m.  
■ Third Monday evening of each month, 6 to 7:30 p.m.  
The Visiting Nurse Association (VNA) hosts a drop-in center to anyone grieving the death of a loved one. Call the bereavement coordinator at 695-4005 for more information. Free.

### What is the best way to communicate with you and your family?

Our newsletter     The Internet     Other (specify) \_\_\_\_\_

Would you like to be able to read YWM on the Internet?     Yes     No

Would you like to receive monthly information via e-mail?     Yes     No

If yes, please provide your e-mail address here: \_\_\_\_\_

Have you ever taken an Elliot class?     Yes     No

If yes, please rate the class(es):

Excellent     Very satisfied     Satisfied     Not satisfied     Not interested

Do you think the class fees are reasonable?     Yes     No

Which classes are you most interested in? (Choose any that apply.)

Nutrition     Fitness  
 Alternative medicine     Parenting  
 Childbirth     Other (specify) \_\_\_\_\_

Do you cut off the back page of YWM and save the class schedule?     Yes     No

Are there other topics/issues you would like us to address? If so, please comment. \_\_\_\_\_

Return by Aug. 1 to be eligible for the drawing. Mail to: Public Affairs and Marketing  
Elliot Hospital  
1 Elliot Way  
Manchester, NH 03103

Name \_\_\_\_\_

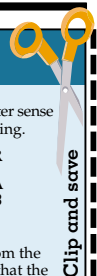
Address \_\_\_\_\_

Phone \_\_\_\_\_

**Thank you. Your feedback is very valuable to us!**

Sorry, Elliot Health System employees and their families are not eligible for the drawings.

Clip and send



Clip and save



YOUR WELLNESS MATTERS is published as a community service for the friends and patrons of ELLIOT HOSPITAL, One Elliot Way, Manchester, NH 03103, telephone (603) 669-5300.

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Information in YOUR WELLNESS MATTERS comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider. Models may be used in photos and illustrations.

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