



WINDOWS

to your health

YOUR SOURCE FOR HEALTH INFORMATION

SUMMER 2017



With his new hip replacements, Steve Dussault is able to enjoy all the activities he loves, including a scuba diving trip to the Caribbean.



WENTWORTH-DOUGLASS HOSPITAL

MASSACHUSETTS GENERAL HOSPITAL SUBSIDIARY

www.wdhospital.com | (603) 742-5252

Windows to Your Health is published by the Community Relations & Philanthropy Department at Wentworth-Douglass Hospital, 789 Central Avenue, Dover, NH 03820. Wentworth-Douglass Hospital is a non-profit, charitable organization.

- 02** → Seacoast Cancer 5K
- 03** → Tips For a Healthy Summer
- 05** → Annual Report and Foundation Donors
- 10** → The Edge: Accurate, Aggressive Cancer Care
- 12** → Our New Logo!

Follow us!



Steve Gets His Go Back

In 2012, Steve Dussault of Dover crossed a big accomplishment off his bucket list. He and his wife Michele rode their bikes across the country in 68 days. But, when it was time to tackle an adventure on his wife's bucket list – hiking the Inca Trail to Machu Picchu in Peru – Steve knew his hips wouldn't be able to make the steep mountain trek.

“The arthritis pain was getting to the point that it was affecting my lifestyle and my wife's lifestyle. I couldn't go hiking; I couldn't go skiing. I couldn't do any of the outdoor activities that I love,” says Steve.

The turning point came on the bunny slope of a favorite ski mountain. Steve made the run in tears because of the pain. At 50 years old, he decided it was time for his hip replacement surgery.

Steve was referred to Dr. Robert Harrington, now with the Wentworth-Douglass Center for Orthopedics and Joint Replacement. With more than 30 years of

experience, Dr. Harrington has seen the difference joint replacement surgery can make: “It's a real miracle, and it's changed the lives of many people.” But the best results do not come from surgery alone. From prehab to rehab, all the elements work in concert to help patients achieve their best outcomes. (See page 9 for a timeline of a Wentworth-Douglass joint replacement surgery.)

Steve opted to have his left hip replaced first with the goals of rehabbing quickly and having his right hip replaced several months later. “Dr. Harrington told me he'd have me up walking on the day of surgery – and I was. I couldn't believe it,” he says.

During their stay, patients work with inpatient-focused physical and occupational therapists beginning day one to get them up and moving and assess their progress. After discharge, that expert care can continue with outpatient physical and occupational therapists through Wentworth-Douglass's Rehabilitation Services.

See [STEVE GETS HIS GO BACK](#), Page 09 →

Getting Ready for Joint Replacement Surgery

Has joint pain been preventing you from living your life to the fullest? After years of suffering, perhaps you are considering joint replacement surgery. Deciding to have surgery is a big decision, and like anything, the more you know and the better you are prepared, the more successful your outcome.

Wentworth-Douglass Hospital has developed a comprehensive process to help patients get back to doing the things they love. Every step is concerned with the patient's overall health, not just the joint that needs replacement.

The first step is helping you prepare for surgery, so you feel ready, feel strong and feel confident knowing you will soon be getting your go back.

I AM READY

Surgical Optimization Center

You'll start with an evaluation by an orthopedic surgeon to review your diagnosis and treatment options. Wentworth-Douglass is affiliated with board-certified surgeons at two practices, the Wentworth-Douglass

Center for Orthopedics & Joint Replacement and Seacoast Orthopedics & Sports Medicine.

If you decide on joint replacement surgery, your surgeon will refer you to the Wentworth Health Partners Surgical Optimization Center (SOC), which launched last December to help patients achieve their best health before surgery. Your visit will include a complete health assessment, a review of your current medical problems, medications, functional and nutritional status and more in-depth services if necessary.

“The purpose of this program is to improve a patient's satisfaction and overall health, and in turn, decrease the risk of surgical complications and readmissions and to reduce the length of their hospital stay,” says Dr. Jayanthi Wheeler, attending internist for the Surgical Optimization Center.

See [JOINT REPLACEMENT](#), Page 09 →

WHY I RUN

By Jane Vanni

A few weeks after my 39th birthday, my life stopped — and started again thanks to the Seacoast Cancer Center at Wentworth-Douglass Hospital.

I am a Physician Assistant and Dietitian. I'm an endurance triathlete, skier, outdoor enthusiast, and devotee of taking care of myself. I was having a routine breast exam when my doctor asked, "Has this always been here?" She had found a mass.

The next week was a blur of ultrasounds, biopsies, waiting, and appointments. At the end, I was sitting in the parking lot by myself, and I called my mom and finally started to cry. As I underwent surgery and chemotherapy at hospitals far from home, I realized my life was on hold.

When I was choosing a facility for my radiation treatment, I visited many hospitals, but when I walked into the Seacoast Cancer Center I realized I didn't need to travel for my care. I wanted to be home. My life might be different during treatment, but I could continue to work, care for my two labs, and be with my friends.

At the Seacoast Cancer Center, everybody knew me, and they were warm, compassionate, and friendly. The treatment I received was personal; it was exceptional.

One day before a treatment, I picked up a brochure for the Seacoast Cancer 5K. I said, "I can do this!" I needed to get back to my life. I needed to start somewhere.

On September 23, I finished my radiation treatment and rang the special bell on the wall that all patients ring when they finish their treatment. Two days later, I ran the Seacoast Cancer 5K. I ran with two good friends and the support of many that day, raising nearly \$2,000 for cancer care right here in the Seacoast region.

I support the Seacoast Cancer Center because I want to give back to the place that provides such exceptional cancer care for patients in our area. You don't need to travel to have access to life saving therapies offered at larger city hospitals. We have that care right here at home.

My life had stopped. I just had to restart it again. And I did, thanks to everyone at the Seacoast Cancer Center.



Photo Credit: Virgil Mehalek

RUN. RAISE. RALLY. ROCK!

Sunday, September 24, 2017

Jane Vanni finished the 2016 Seacoast Cancer 5K just two days after completing her cancer treatments at Wentworth-Douglass Hospital's Seacoast Cancer Center. She was joined by nearly 2,000 people who together raised more than \$250,000 – making the Seacoast Cancer 5K the largest 5K in the area that benefits local cancer programs.

You can help cancer patients this year by participating in the 2017 Seacoast Cancer 5K on Sunday September 24. You can register as a walker or runner... you can make a donation or be a virtual participant... you can join a team or start your own. Every dollar you raise helps cancer patients at Wentworth-Douglass Hospital's Seacoast Cancer Center – right here in the Seacoast. Your support makes care better every day for thousands of patients and families receiving care each year.

Find all the information you need on our website at SeacoastCancer5K.org and follow our social media updates.



@wdhospital



@wdhospital_nh



@SeacoastCancer5K and
@WentworthDouglassHospital

For more information, contact the Wentworth-Douglass Foundation at (603) 740-2687 or foundation@wdhospital.com.



Thank You to our
SPONSORS



AT&T
E4H Environments for Health Architecture
General Linen Service
Market Basket

Medical Oncology & Hematology Group of the Seacoast Cancer Center
Relyco
Saltwater Creative Agency

Seacoast Dermatology
Seacoast Emergency Physicians, PC
Service Credit Union
Spectrum Medical Group



FUN IN THE SUN!

SUMMER HEALTH TIPS

From Our Providers



"Heading out for a bike ride? First, always wear a helmet. And, take steps to safely share the road with cars. Know your route. Use lights, signal your turns, and avoid busy streets. Go with the flow of traffic, and obey traffic rules. Watch for people opening doors of parked cars."

DENISE BURNHAM, PA-C
Wentworth-Douglass Center for Orthopedics & Joint Replacement
(603) 609-6260, wdhortho.com



"There is no such thing as a healthy tan. Love the skin you are in and protect it every day with a sunblock of SPF 30 or more!"

NIKI BRYN, APRN, DCNP
Dermatology & Skin Health
(603) 742-5556, dermskinhealth.com



"Ticks are here! Symptoms for tick-related illnesses are highly variable – everything from rash, joint swelling, headaches, fever and numbness. If you start experiencing unexplained symptoms, always consider a possible tick exposure even if you are not aware of a bite. And always take precautions when you are outside – cover your skin and use a bug repellent with DEET."

LUKAS KOLM, MD, MPH, FACEP
Seacoast Emergency Physicians and Chair of Wentworth-Douglass Hospital Emergency Medicine
(603) 742-5252, wdhospital.com/emergency



"While trampolines are a good source of fun and exercise during the summer months, they are also potentially dangerous. Some basic safety rules include: children 5 and under should not play on a trampoline; always have adult supervision; and only one child at a time should be allowed to jump on the trampoline."

JOAN SMITH, MD
Wentworth Health Partners Primary Care at Pease
(603) 610-8050, peaseprimarycare.com
Wentworth Health Partners Barrington Health Center
(603) 664-2135, barringtonhealthcenter.com



"The smell of fresh cut grass is a surefire sign that summer is here! But, if this gives you a runny nose and itchy, watery eyes, you may have seasonal allergies. Get those treated! Don't let seasonal allergies get in the way of your summer fun."

JOHN M. O'DAY, MD, FACS
Wentworth Health Partners Head & Neck Specialty Group of NH
(603) 692-4500, headandnecknh.com



Photography Credit: Elise Bauer

Celebrate summer's bounty with this crowd-pleasing, make-ahead salad that doubles as a vegetarian entrée and delivers 11 grams of protein per serving! This salad can easily be tweaked to include extra veggies, such as diced red onion or edamame. Research has shown that eating a diet rich in plant foods and plant proteins, such as the beans in this salad, lowers risk of colorectal cancer by 22% over non-vegetarians! This salad also promotes healthy blood pressure by being very low in sodium and high in potassium.

- Leigh Davenport, RD, LD, CNSC, Registered Dietitian, Certified Nutrition Support Clinician, Wentworth-Douglass Outpatient Nutrition Clinic.

SUMMERTIME BLACK BEAN SALAD

Serves 6
Adapted from Once Upon A Chef (www.onceuponachef.com)

- INGREDIENTS:**
- 2 15oz. cans no-salt black beans, rinsed and drained
 - 3 ears fresh cooked corn, kernels cut off the cob
 - 2 red bell peppers, diced
 - 2 cloves garlic, minced
 - 2 Tbsp. shallots, minced
 - ¼ tsp. cayenne pepper
 - 2 Tbsp. sugar
 - 6 Tbsp. olive oil
 - 4 Tbsp. lime juice
 - 1 tsp. lime zest
 - ½ cup fresh cilantro, chopped
 - 2 avocados, chopped
 - Salt to taste, if desired

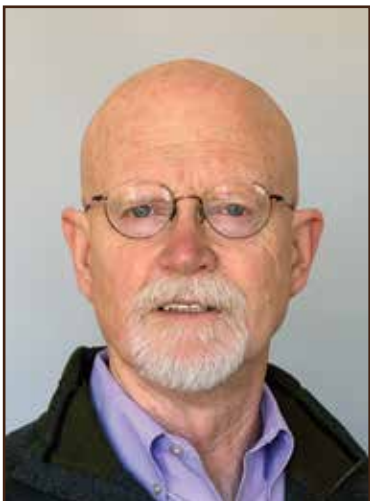
DIRECTIONS:
Combine all ingredients in a large bowl except for avocados and mix well. Cover and chill for a few hours or overnight. Right before serving, add chopped avocado and mix gently, garnish with more chopped cilantro as desired and add salt to taste.

NUTRITION FACTS: per serving					
CALORIES	FAT	CARBS	PROTEIN	SODIUM	DIETARY FIBER
399	24G	40G	11G	30MG	12G



MEET OUR NEW PROVIDERS

The following providers have recently joined the medical staff of Wentworth-Douglass Hospital or Wentworth Health Partners. To learn more, visit wdhospital.com and click “Find a Provider.”



Welcome to Dr. Daniel Hoch

Massachusetts General Hospital Neurologist Daniel Hoch, MD, PhD, joins Wentworth-Douglass Hospital and Wentworth Health Partners Coastal Neurology Services to provide expert subspecialty care for patients with epilepsy and related disorders.

Through our affiliation with Mass General, Dr. Hoch will lead Coastal Neurology’s new and growing Epilepsy Clinic to provide consultation, diagnosis, testing and EEG monitoring, and disease management to improve the lives and health of patients experiencing seizures.

Dr. Hoch’s clinical interest is the care of patients with epilepsy. In addition to seeing patients, he is active in research, participating in many clinical trials examining new potential therapies for epilepsy. He is the past outpatient medical director for neurology at Mass General and was a founder of Braintalk.org, a collection of over 200 separate online support groups for individuals with neurologic disease.

Dr. Hoch earned a doctorate in neurobiology from the University of North Carolina before attending medical school at the University of North Carolina. He completed a residency and fellowship in neurology at UCLA Medical Center. He is board certified in neurology by the American Board of Psychiatry & Neurology and a Fellow of the American Academy of Neurology.

Coastal Neurology Services and our highly trained physicians offer expertise in all areas of neurology for adults and children, including treatment options for headaches, migraines, epilepsy, multiple sclerosis, Alzheimer’s disease, Parkinson’s disease, stroke, neuromuscular disease, sleep disorders (including sleep apnea) and more.

Appointments are available. To learn more about the Epilepsy Clinic at Wentworth Health Partners Coastal Neurology Services, visit coastalneurologyservices.com or call (603) 749-0913.



ANDREW J. COLE, MD
Neurology
Massachusetts General Hospital &
Wentworth Health Partners
Coastal Neurology Services
(603) 749-0913



CHRISTOPHER D. LAWSON, MD
Cardiology
Wentworth Health Partners
Cardiovascular Group
(603) 516-4265



SARAH L. WINSLOW, CNM
OB/GYN
Garrison Women’s Health
(603) 742-0101



ANITA M. DIXON, PA-C
Orthopedic Surgery
Seacoast Orthopedics &
Sports Medicine
(603) 742-2007



JAIMEE L. WALTERS, PA-C
Medical Oncology
Seacoast Cancer Center
(603) 742-8787

WENTWORTH HEALTH NEWS

PARTNERS

VIRTUAL HEALTH



Make Your Next Visit to Primary Care at Pease a Virtual Visit.

Hugh MacDonald, MD, and Jacqueline Irzyk, APRN – providers at Wentworth Health Partners Primary Care at Pease – are now offering virtual visits for established patients for routine follow-up or for same-day appointments to treat minor ailments and injuries such as rashes, bug bites, allergies, or for conditions such as anxiety or depression.

Access these providers from anywhere in New Hampshire using your smartphone, tablet or computer. We are pleased to offer this service as a convenience to our patients.

Virtual visits are \$49 due at the time of service.*

For more information, visit peaseprimarycare.com or call (603) 610-8050.

**Some insurance plans may provide coverage for virtual visits.
Your final cost will be determined online prior to seeing your provider.*

EAR, NOSE & THROAT



ENT Practice Joins Wentworth Health Partners

In June, the Head & Neck Specialty Group of New Hampshire became part of Wentworth Health Partners’ extensive network of primary and specialty care practices throughout the Seacoast region.

Wentworth Health Partners Head & Neck Specialty Group has been providing comprehensive diagnosis, treatment and surgical care for disorders of the ears, nose, throat, face and neck, including upper respiratory allergies, for more than 40 years.

Providers at this practice are John M. O’Day, MD, FACS; Steven Johnson, MD; Joseph Wilson, MD; and Jodie Voishnis, PA-C.

Appointments are available by calling (603) 692-4500 or visit headandnecknh.com for more information.



WENTWORTH-DOUGLASS HOSPITAL

MASSACHUSETTS GENERAL HOSPITAL SUBSIDIARY

2016 Annual Report



Gregory Walker
Wentworth-Douglass Hospital
President & CEO

A MESSAGE FROM THE PRESIDENT

Quality care, great patient experiences, and continued growth describe another successful year for Wentworth-Douglass.

In 2016, we were honored for high quality care. We attained Magnet® recognition by the American Nurses Credentialing Center – a true testament to the outstanding nursing care we provide. In 2016 and again this year, we were awarded the Healthgrades Patient Experience Award, now for the 4th consecutive year – placing us among the top 5% of hospitals nationally and signifying the high satisfaction patients in our community have with our services and our staff.

In 2016, we continued our path to grow services. We opened Wentworth-Douglass at Pease on the Pease Tradeport in Portsmouth, and are pleased with the response from the community. The site currently offers primary care with a walk-in center and several specialty clinics. Find out more by visiting GetBetteratPease.com.

In 2016, we joined one of the top hospitals in the United States. We announced our intent to join the Massachusetts General Hospital and Partners HealthCare family and finalized the transaction at the end of the year. We are now the only New Hampshire hospital to be a full member of the Mass General family.

All of these awards, recognitions, and initiatives support our mission to help individuals and families attain their highest level of health, and our vision to be the Seacoast's regional hub for health care services.

Sincerely,
Gregory Walker, FACHE
President & CEO, Wentworth-Douglass Hospital



Kelly MacLean Clark, Vice President of Philanthropy & Community Relations, and Jay O'Neill, Chair of the Wentworth-Douglass Foundation Board of Directors

Wentworth-Douglass Foundation

A MESSAGE FROM THE FOUNDATION CHAIR

As chairperson of the Foundation, I have had the pleasure of collaborating with a dedicated group of volunteers and donors to steward a significant and historic community resource, Wentworth-Douglass Hospital. Volunteers provide over 30,000 hours of service to the hospital each year; they serve on the Foundation Board, on fundraising event committees, at the Seacoast Cancer Center 5K, in our Gift Shop and throughout the hospital each day. Our donors invest in initiatives critical to our patients and families and without this generous and loyal commitment, these programs and services would not exist.

I believe that together we are all stewarding this institution. We have accepted the responsibility to carry forward a legacy of leadership in healthcare for future generations. Our success and growth in 2016 is due in large part to your support of strengthening and enhancing our beloved community hospital today, and for years to come.

In appreciation,
Jay O'Neill, Chair of the Wentworth-Douglass Foundation Board of Directors

Thank You

to these generous donors
who made gifts in support
of the Wentworth-Douglass
Foundation in 2016.

ARIOCH WENTWORTH SOCIETY \$25,000 AND GREATER

Anonymous
Harris T. McGlone*
Ms. Etta M. Shaw*

FRANCIS S. DOUGLASS SOCIETY \$10,000 TO \$24,999

Mr. & Mrs. Richard Conley
D.F. Richard Energy
Demoulas Foundation
Federal Savings Bank
Foundation for Healthy
Communities
Give With Liberty Employee
Donations
KCMP Enterprises, Inc.
Mr. Richard Lord*
Measured Progress, Inc.

JUDSON & ANNA E. DUNAWAY SOCIETY \$5,000 TO \$9,999

Blue Dolphin Screenprint
The Jack & Dorothy Byrne
Foundation
Cerner
Mr. & Ms. Mark Cronin
in memory of Patricia C. Adams, MD
Mrs. Vasilike Demopoulos
Eastern Bank Charitable
Foundation
Ms. M. Jacqueline Eastwood &
Mr. Michael McClurken
Ms. Luci S. Gardner
iHeart Media NH
Mr. & Mrs. Thomas Morrell
Optima Bank & Trust
Partners HealthCare/
Massachusetts General Hospital
RoundTower Technologies, Inc./
EMC Corporation
Saltwater Creative Agency
Mr. & Mrs. Alan Smith
in memory of Rita Demers
Sodexo CTM/Patriot Medical
Technologies of Ohio
Spectrum Medical Group
Mr. & Mrs. Michael Steinberg
Summit Land Development
Tufts Health Freedom Plan

EDWARD & GLADYS ROLLINS SOCIETY \$1,000 TO \$4,999

Affinity Led Lighting
Dr. Jay Afrow
Ms. Diane Alburn
Ms. Carrie Alex
ALPCO Diagnostics
Amedisys Home Health Services
American Ambulance
Anonymous (3)
Bank of New Hampshire
Mr. Keith Bartlett
Dr. Amy Bessnow
Mr. Ethan Bettinger
Bill Dube Inc. Ford Toyota Scion
in honor of Barbara Civiello
Mr. & Mrs. Richard Card
Ms. Trina Carlson
Charles Hugo Landscape Design
Dr. & Mrs. Michael Choti
*in memory of Peter &
Kathleen Lampesis*
Dr. Barbara & Mr. Jim Civiello
Mr. Daniel & Ms. Kelly Clark
Ms. Kathy Collard
Mr. Philip Comstock
Mr. Jeff Cook
Mrs. Anita S. Corain
Mr. David & Mrs. Lisa Dagenais

Drs. William Danford &
Nancy Pettinari
Mr. Ed Dann
Dr. Thomas Decker
Mrs. Sarah C. Declement
Dellbrook Construction/JKS
Mr. Roger Dionne
in memory of Arthur & Elita Dionne
in memory of John & Sara Humes
Dover Middle School
Ms. Sarah Doyon

Ms. Jane Dugas
Mr. & Mrs. Chester R. Dunn
Mr. & Mrs. Daniel Dunn
Eastern Bank
Endurance Insurance
Dr. & Mrs. Roger Evans
Mr. Ryan & Ms. Dawn Fernald
Ms. Mary Finnegan
Mr. & Mrs. Tom Flanigan
Dr. & Mrs. David Flavin



"Wentworth-Douglass is a standout hospital, not because of the excellence of care alone, but for excellence combined with the warmth of heart, like the pillow top on the mattress. That combination of excellence plus is what makes me a Wentworth-Douglass Grateful Patient supporter because giving back is important to me."

- Luci Gardner

CONTINUED →

2016 Donors



"We've had a long family history of supporting Wentworth-Douglass; it's a source of pride that across generations we continue to support the excellent care the hospital provides to our community."

- Chad and Sheila Kageleiry

Flo-Tech
Mr. Frederick Flynn, Jr.
Mrs. Christina Francis
Friends of St. Thomas Hockey
Garrison Women's Health
Mr. & Mrs. Neil Garvey
Mr. Thomas & Mrs. Debra Gilmore
Mrs. Helen M. Grant
Mr. Timothy Hall
Mr. Roger L. Hamel, CPA &
Ms. Marlene Gadza
Mr. Charles Hart
HUB International New England
Mr. & Mrs. Jeffrey Hughes
Mr. Robert Hynes
Jackson Lewis, LLP
Drs. Mitchell & Anne Kalter
Kennebunk Savings
Ms. Diane Knight
Knights Construction
Mrs. Mary Krans
Kronos
Mr. & Mrs. Thomas Levasseur,
CLU, MS Ed.
Mr. & Mrs. Jay Levy
Dr. Thomas Joseph Lydon
Ms. Karen MacDonald
Dr. Restituto Malonso
McKesson
MDRT Foundation
Mercer
Merchant Medicine, LLC
MorrisSwitzer-Environments for
Health, LLC
Drs. David & Dianne Ness

New Hampshire Charitable
Foundation
Northeast ENT & Allergy
Northeast Rehabilitation Hospital
Network
Dr. & Mrs. John Novello
Mr. & Mrs. Julien Olivier
Mr. & Mrs. James O'Neill
PC Connection
Mr. & Mrs. Jeffrey Pollock
Mr. John Polychronis
Mrs. Pamela Poulin
Prime Buchholz & Associates, Inc.
Ms. Christine Primiano
Radiation Oncology Associates, P.A.
Mr. & Mrs. Larry Raiche
in honor of Gertrude Raiche
Raiche & Company CPAs
Dr. Prem & Dr. Babu Ramdev
Relyco Sales, Inc.
Mr. & Mrs. Ted Ristaino
Dr. & Mrs. Malcolm Rosenson
Seacoast Dermatology
Seacoast Emergency Physicians, PC
Seacoast Media Group
Seacoast Pathology/
Aurora Diagnostics
Mr. & Mrs. William H. Seed
in memory of Patricia C. Adams, MD
Bruce & Susan Serfass
Service Credit Union
Shaheen & Gordon, P.A.
Siemens Industry
Sodexo, Inc. & Affiliates
Dr. Henry Sonneborn

Mr. Michael G. Souza & Ms. Ellen
Caille FACHE
Sprague Floor Covering,
Dover Floors, Inc.
Ms. Dana St. Laurent
Stanley Healthcare
Dr. David B. &
Mrs. Maureen F. Staples
Staritch Foundation, Inc.
in honor of Emmanuelle Ritchie
Stormwater Compliance, LLC
Suloway & Hollis, PA
Mr. Frank & Mrs. Ann Torr
in memory of Pauline Torr
in memory of David G. Torr
Atty. & Mrs. Thomas Torr
Trinet Healthcare Consultants
United Color Technology, Inc.
in honor of Brynn Keyser
Mr. Peter & Mrs. Jeanne Walcek
Mr. & Mrs. Gregory Walker
Waste Management
Wells High School Student
Activities Fund
Wentworth-Douglass Hospital
Medical Staff
Mr. Greg & Mrs. Ann Wieder
Wildcat Sports Properties
Dr. & Mrs. Jeffrey Wilson
Mr. & Mrs. Roy Wilson
Drs. Peter & Dalma Winkler
Women's Life Imaging Center
Ms. Sheila Woolley, RN, BSN, MPH
Yankee Laundry Equipment Sales
and Service

GEORGE P. MORGAN, MD SOCIETY \$500 TO \$999

Ms. Deborah Adams
Ms. Kimberly Alexander
Anonymous
Anonymous
in honor of George Clark
in honor of Jeff Schiffman
in honor of Donald & Wilma
Gauthier
Ms. Carol Bailey
Ms. Beryle S. Banks
in memory of Everett Hersom
in memory of Mary Preston
in memory of Charles Rossoll
in memory of Alice Schwartau
Mr. John & Mrs. Valerie Barbour
Ms. Mary Barretto
Ms. Melisa Bartlett
Mrs. Julie Blais
Ms. Kathleen Blinn
Mr. & Mrs. Michael Bolduc

Ms. Cheryl Bourbon
Mrs. Tonya Carlton
Catholic Medical Center
Mrs. Ruth Clark
in memory of George Clark
Dr. Kate Collopy
Mrs. Patricia Coolidge
in honor of Catherine Craven
Mr. Joseph Cote
Mr. John Couture
Dr. Michael Davidson
Ms. Mary Davidson Williams
Dr. Janaki Fonseca
Ms. Susan Gallagher
Mr. William Gatchell
Mr. Robert Gilbert
Dr. Matthew J. Goldberg
Ms. Janice Greene
Mr. Norman Heine
Ms. Allyson Hicks
Ms. Marilyn Ireland
Kendall Automotive, Inc.
Knights of Columbus
Margaritas Management
Group, Inc.
Ms. Grace Mathapathi
Mr. Dong Meng
Mr. Frank Merone
Metropolitan Life Insurance
Company
Mr. Ed & Ms. Barbara Miller
Mr. Edmund Miller
Mr. Andrew & Mrs. Emily Moore
Ms. Mandy Morin
Ms. Judith Morrison
in loving memory of Mel &
Mary Morrison

Mrs. Kellie Mueller
Mr. Timothy Nesmith
New Hampshire Center for
Nonprofits
Mr. Christopher Newell
Mr. Jonathan Otterson
Ms. Sharon Parker
Ms. Leslie Pearlman &
Mr. Gary Griffiths
in honor of Naomi Gauthier
Mr. Steve & Mrs. Alice Poole
Mr. Michael Provencher
Mr. Charles Rechiene
Seamus Carroll Duffy Memorial
Foundation
Mr. Chesley Severns III
in memory of Edward Heaphy
Ms. Rebecca Sherburne
Spaulding High School
Gymnastics
St Elizabeth Seton School
Ms. Jeanmarie Stabile
Mr. Kevin Sweeney
Mr. Gintautas A. Taoras
TD Wealth
University of New Hampshire –
Women's Lacrosse Team
Mr. & Mrs. David Verno
Wentworth-Douglass Hospital
Human Resources Department
Ms. Denise White
Ms. Erin Wigmore

\$100 TO \$499

Dr. James Allan
Alliance for Dental Care, PLLC
AmericanBio, Inc.
in memory of Dorothy Gagnon

CONTINUED →



"Wentworth-Douglass has played a role in every aspect of our lives. Our careers have grown here, we met here and made lifelong friends here. It only seems natural that we would also volunteer and make donations here."

- Dave and Lisa Dagenais

1906 HERITAGE SOCIETY

Wentworth-Douglass Hospital was first established thanks to a large bequest from the estate of Arioeh Wentworth in 1906. Since then, gifts made through our supporters' estates have provided vital funding for the hospital's lifesaving mission. The 1906 Heritage Society recognizes those who continue this legacy by naming the hospital as a beneficiary of a will, retirement plan, donor-advised fund or life insurance policy; or establish a charitable gift annuity or trust.

If you have included Wentworth-Douglass in your estate plans, please let the Foundation Office know, by calling us at (603) 740-2687 or emailing Foundation@wdhospital.com. We would like to welcome you to the 1906 Heritage Society.

Robert & Patricia* Adams
Christopher & Britta Ayer
Alison Beard Collin*
Jeremy Belknap Guppey*
Elizabeth J. Benn*
Nancy R. Boyle
Ethel S. Brown*
Samuel Burnham Shakford*
Ida M. Buzzell*
Mary T. Cash*
Robert Cassell*
Lynn Chabot
Susan Dailey
Gerald & Patricia Daley
Roger Dionne
Francis & Louise Douglass*
Edna Dube*
Ella G. Durgin*
Charles A. Fairbanks*
Lily Ford*
David & Theresa Garabedian
Frances E. Grant*

Clarence* & Helen Grant
Anonymous
Anonymous
Joseph Grillo*
Hugh Harter*
Ida M. Hodgdon*
Maragaret S. Hodgdon*
Marilyn Ireland
Helen Jarvis*
James & Frances Kageleiry
Margaret Kayser*
Gregorios & Helen Koutrelakos*
Abby F. Lane*
Edmund B. Lane*
Henry Law*
Thomas F. Levasseur
Richard Lord*
James E. Lothrop*
Amos D. Lougee*
Rose T. Manes*
Abbie Martica Sawyer*
Harris T. McGlone*

George P. Morgan*
Benjamin F. Neally*
Anonymous
Lydia J. Pike*
Mark Prescott*
Daniel Raizes*
Philip & Donna Rinaldi
Fred H. Roberts*
Lydia H. Rollins*
Emma J. Sanborn*
Etta M. Shaw*
Virginia L. Smith*
Fred Tanzer*
Frank & Ann Torr
Thomas & Lisa Torr
Emily B. Waite*
Gregory & Rebecca Walker
Arioeh Wentworth*
Maryann Wentworth*
Ethel K. Whitehouse*
George H. Williams*
Sheila Woolley
Henry A. Worthen*

2016 Donors



"From the moment we first walked into Wentworth-Douglass Hospital, we felt like part of their family... not to mention there is a Starbucks in the lobby! The truth is, everybody that enters the hospital feels that way. People feel safe and they feel important, and that really sets the hospital apart. The quality of care, and the quality of the people providing it, are truly special. We are proud to be associated with them and grateful to know our employees and clients have such extraordinary care available to them."

- Saltwater Creative Agency

Anonymous (2)	Ms. Mary Ellen Gilpatrick	New Hampshire East Youth Hockey Assn.
Anonymous	Ms. Susan Gonet	Ms. Joanne Nolin
in memory of Walter Buzek	Ms. Linda Gove	Ms. Deborah Norton
Animas Corporation	Ms. Susan Graves	Novo Nordisk Inc.
Ms. Marissa Arsenault	Ms. Nancy Gray	Ms. Donna O'Brien
Mr. & Mrs. Ronald Balcar	Ms. Michelle Hanson	Ms. Teresa Picard
Dr. & Mrs. Mark Berman	Ms. Jolanta I. Bortniczuk	Sanofi US Services, Inc.
Ms. Lorna Boucher	Harris Helms & Company, Inc.	Ms. Darlene Saunders
in memory of Linda LaMarche	Ms. Donna Hickman	Seacoast Newcomers Club
Ms. Betty Ann Brady	Ms. Melanie Howard	Ms. Elizabeth Shelton
Mr. Alphonse Briand III	in loving memory of Lynwood & Sally Carter	in memory of Mike & Pat Burns
Ms. Maria Brush	Ms. Jacqueline Joy	Ms. Kelly Sigurdsson
Ms. Luanne Burke	Mr. & Mrs. Dan Kenyon	Ms. Catherine Smith
Ms. Elizabeth Calder	KI Design	Ms. Cindy Spencer
Mr. Michael Catanzaro	Ms. Elly Laliberte	Dr. Lee Spyridakis
Ms. Patricia Clark	Dr. Terri Lally	Mr. & Mrs. James Stevens
Ms. Nancy Correia	in memory of Patricia C. Adams, MD	Ms. Barbara Stuart
Ms. Maureen Couch	Mr. Frank Laratonda	Mr. Larry Tabb
Ms. Finola Cox	Ms. Lorraine Love	in honor of Linda LaMarche
Mr. James Deegan	Maine Chiefs of Police Auxiliary	Tandem Diabetes Care, Inc.
Ms. Grace Desrosiers	Ms. Terri Manderville	Mr. & Mrs. Steven Webb
Dexcom	Ms. Susan Martinen	Wentworth-Douglass Hospital
Dr. & Mrs. Peter Dirksmeier	Ms. Ellen Masse	Transcription Department
Mr. James Doolittle	Ms. Pamela Matthews	in memory of Sherri Pike
Eli Lilly and Company	Mr. Michael Meserve	Ms. Erin Wigmore
Mr. & Mrs. Craig Enright	MFS Investment Management	Mr. David Wilson
Ms. Victoria Gauthier & Mr. Calder Wilson	Matching Gift Program	in memory of Marcia Wilson
in honor of Donald & Wilma Gauthier	Ms. Jennifer Molleur	*DECEASED



SEACOAST CANCER 5K
at Wentworth-Douglass Hospital

2016 WENTWORTH-DOUGLASS HOSPITAL SEACOAST CANCER 5K

The community came out in force for the 2016 Seacoast Cancer 5K, held last September at Wentworth-Douglass Hospital. More than 2,100 people walked, ran or volunteered during the event, which raised nearly \$250,000 in support of the Seacoast Cancer Center. Many thanks to everyone who played a part in making this event such a success, including all our sponsors, fundraisers and donors.

TOP 15 INDIVIDUAL FUNDRAISERS

Mr. Michael Steinberg, \$3,381
Ms. Jane Vanni, \$1,960.01
Ms. Marianne Babylon, \$1,590
Ms. Hillary Myers, \$1,525
Ms. Gail Bradbard, \$1,381
Ms. Janice Murray, \$1,125
Ms. Jeannie Harrell, \$1,050
Ms. Rae Ann Chrane, \$1,035
Mr. Gerald Daley, \$1,000
Mr. Michael Fowler, \$1,000
Ms. Susan Gallagher, \$1,000
Mr. Jeff Lachance, \$1,000
Ms. Becky Sherburne, \$835
Mr. Jeff Hird, \$825
Ms. LeighAnne Crowley, \$793

TOP 15 DONORS

Mr. James O'Neill, \$1,600
Eastern Propane Employees, \$1,100
Mr. Jeff LaChance, \$1,000
Dr. & Mrs. Jerry Daley, \$1,000
Ms. Susan Gallagher, \$1,000
Dr. John Novello, \$540
Mr. Thomas Hass, \$500
Mr. Terry Robinson, \$500
Mr. Bill Prettyman, \$500
Ms. Kirsten Anderson, \$500
Ms. Nanci Helton, \$500
Mr. Richard Conley, \$500
Mr. Thomas Mackey, \$500
Mr. John Andrews, \$500
Ms. Linda Spinney, \$400

TOP 15 TEAM FUNDRAISERS

In Memory of Barry Fletcher, \$7,456
Rhythm Nation, \$7,273
Cancer Center Crusaders, \$5,556.76
Relyco, \$4,981
Hoofin' it for Henry, \$3,135
D.F. Richard Energy, \$2,935
The Minions, \$2,800
Berkshire Hathaway Verani Realty, \$2,746
Eastern Support Squad, \$2,560
Heart & Sole, \$2,258
Sweet Silla's Cancer Killas, \$2,140
Team Tyler, \$2,040
Feisty Fenns, \$1,980
Green with Envy, \$1,805
Thermo Fisher Scientific, \$1,670



"Supporting the Seacoast Cancer 5K enables the care team to provide supportive services to our patients that complement the medical care we are providing. These added resources that are supported by philanthropy help ensure we are caring for the whole patient through their whole experience here."

- Seacoast Cancer Center physicians

JOIN US FOR THE 2017 SEACOAST CANCER 5K
ON SUNDAY, SEPTEMBER 24!
REGISTER AT SEACOASTCANCER5K.ORG.
(See Page 2 for details.)

It's the Little Things

How Your Philanthropy Supports Women & Children's Services

"At Wentworth-Douglass, we're not just delivering babies. We're working hard to make sure every baby's family goes home with practical tools to keep them safer and help them thrive," says Karen MacDonald, BS, MSN, RNC NEA-BC FACHE, Assistant Vice President of Women and Children's Services. "So much of our ability to care for the whole family is due to the generosity of Wentworth-Douglass Foundation donors. The Foundation allows us to go well beyond the walls of this hospital – and beyond our immediate medical goal of delivering healthy babies – and into the community in meaningful and vital ways."

Foundation philanthropy has helped propel several initiatives that have earned high marks from medical professionals and patients alike, including infant CPR, safe sleep, and car seat safety.

For example, CPR Anytime, an easy-to-follow DVD kit complete with an infant mannequin, is sent home with each new family to demonstrate how to deal with choking and other emergencies. New parents can practice on the mannequin while following the video (the research-proven "practice-while-watching" technique), and can refresh their skills as often as needed. They can share the kit and the gift of CPR training's peace of mind with family, friends, grandparents, neighbors, babysitters and caregivers.

Another initiative is safe sleep. According to MacDonald, SID (Sudden Infant Death) and infant suffocation during sleep is still the leading cause of death the first year of life. Thanks to the Foundation, WDH has taken a leadership role in reducing incidences of SID by providing new parents with tools for safer sleep practices. Through the use of the Patricia C. Adams Endowment Fund for Children's Care, the Foundation has

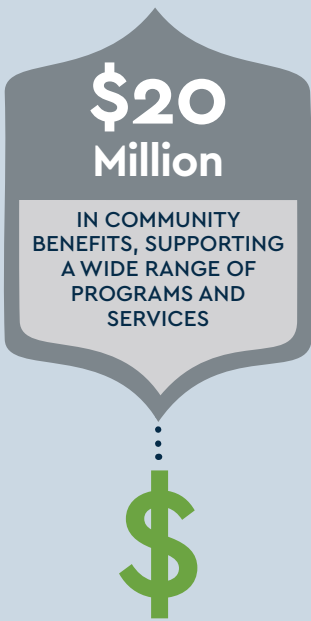
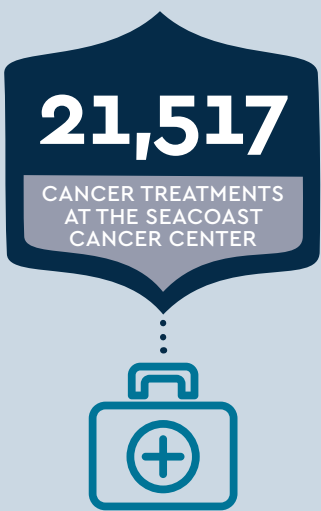
funded safe sleep wraps for every new family that include a "Back is Best" reminder to put babies to sleep on their backs. This is an important step in becoming a nationally certified Safe Sleep Champion, a long-term goal of Wentworth-Douglass's Women and Children's Center. The Foundation has also funded safe sleep training for clinicians that further demonstrates and achieves criteria for Safe Sleep Certification.

This training goes beyond the maternity unit itself. Staff members have participated in specialized instruction using the Safety and Simulation Center at Wentworth-Douglass, which was funded through philanthropy to increase quality care and patient safety. The Simulation Center's lifelike robots include a pregnant mother, "enabling our maternity team and community first responders to be actively engaged and 'doing,' not just observing," according to Jessica Bacon, MSN, CNM, RNC-OB, C-EFM, Clinical Educator. "It used to take weeks to have the opportunity to observe certain delivery scenarios; now that's available consistently and constantly – with interactive and immediate hands-on training using a robot that simulates labor, contractions, and fluctuating vital signs – teaching critical thinking and appropriate action." The Simulation Center's community outreach efforts include training first responders in emergency maternity situations, and the Dover Fire Department has had 100% participation in this exercise.

The car seat safety program is also funded by the Foundation, providing seed money for nurses to conduct car seat installation checks and more. "No baby leaves this hospital without a car seat," according to Kelly Clark, Vice President, Wentworth-Douglass Foundation & Community Relations.

While safe sleep techniques, car seats, and CPR training may not be strict medical necessities for a hospital, says MacDonald, "we are so grateful that we can go above and beyond, and provide services that have an ongoing, positive impact on families. The Foundation broadens the scope of what we are able to do – ensuring safety, skill sets and peace of mind."

2016 FACTS & FIGURES



2016 AT A GLANCE

CONSOLIDATED BALANCE SHEET (AUDITED)

DECEMBER 31, 2016

Assets	12/31/2016
Current Assets	\$98,350,176
Property, Plant & Equipment Net	\$179,214,410
Other Long Term Assets	\$221,451,813
Total Assets	\$499,016,399
Liabilities & Fund Balances	
Current Liabilities	\$96,293,274
Long Term Debt	\$106,450,098
Fund Balance	\$296,273,027
Total Liabilities & Fund Balances	\$499,016,399

RECORD OF SERVICE - 2016

Admissions	8,211
Observations	2,390
Anesthesia Patients	12,422
Births	1,211
Cardiology Exams	33,832
Endoscopy Visits	5,391
Emergency Room & Express Care Visits	63,124
Laboratory Tests	652,618
MRI Exams	5,254
Meals Served in the Cafeteria	423,580
OR Cases	7,355
Pharmacy Doses Issued	804,472
Physical Therapy Treatments	120,680
Pulmonary Medicine	42,463
Radiation Therapy Treatments	14,215
Medical Oncology Treatments	7,302
Volunteer Hours	24,098
X-Ray Exams	73,118
Wentworth Health Partners (WHP) Primary Care Visits	114,352
Wentworth Health Partners (WHP) Specialty Visits	131,587

WENTWORTH-DOUGLASS HEALTH SYSTEM LEADERSHIP

As of December 31, 2016

Wentworth-Douglass Health System Board of Directors & Wentworth-Douglass Hospital Trustees

Roger Hamel, *Chair*
Carol Bailey, *Madame Vice Chair*
Michael Steinberg, *Treasurer*
John Salmon, *Secretary*
Michael Bolduc, *Atty.*
Gerald Daley, *EdD*
Peter Dirksmeier, *MD*
David Flavin, *MD*
Neil Garvey
Anne Kalter, *MD*
Terri Lally, *MD*
John Novello, *MD*
Donna Rinaldi
Ted Ristaino
Ingo Roemer
Gregory Walker, *FACHE, President & CEO*
Steven Webb
Robert Decolfmacker, *Emeritus Director*
Roger Evans, *MD, Emeritus Director*
Ann Torr, *Emeritus Director*

Wentworth-Douglass Physician Corporation Board of Directors

Roger Hamel, *Chair*
Carol Bailey, *Madame Vice Chair*
Michael Steinberg, *Treasurer*
John Salmon, *Secretary*
Ellen Caille
Paul Cass, *DO*
Mary Ann Gagnon, *APRN*
Matthew Goldberg, *DO*
Hugh MacDonald, *MD*
Gary Usher, *MD*
Peter Walcek
Gregory Walker, *FACHE, President & CEO*

Wentworth-Douglass Foundation Board of Directors

James O'Neill, *Chair*
Jay Levy, *Vice Chair*
David Verno, *Treasurer*
Atty. Thomas Torr, *Secretary*
Kelly Clark, *Vice President of Philanthropy & Community Relations*
Rick Card
Richard Conley
William Danford, *MD*
Jackie Eastwood
Roger Hamel
Thomas Levasseur
Barbara Miller
Larry Raiche
Babu Ramdev, *MD*
Michael Simchik
Michael Steinberg
Jim Stevens
Peter Walcek
Gregory Walker, *FACHE, President & CEO*
Ann Torr, *Emeritus Director*
James Kageleiry, *Honorary Director*
Maryann Wentworth, *Honorary Director (posthumously)*

The Works Board of Directors

Michael Steinberg, *Chair*
Gregory Walker, *President*
Donna Rinaldi, *Vice President/Treasurer*
Peter Dirksmeier, *MD, Secretary/Clerk*
Daniel Dunn
Dawn Fernald
Neil Garvey
Barry Gendron, *DO*
Thomas Levasseur
Sheila Reilly

Medical Staff Officers

John J. Novello, *MD, President*
Terri Lally, *MD, Vice President*
Shiv Kumar, *MD, Secretary/Treasurer*

Executive Management

Gregory J. Walker, *President & CEO*
Ellen Caille, *Executive Vice President*
Daniel N. Dunn, *Senior Vice President of Operations/COO*
Jeff Hughes, *Vice President/Chief Strategic Officer*
Peter E. Walcek, *Vice President of Finance/CFO*
Erin Flanigan, *Vice President of Human Resources*
Jeff Pollock, *Vice President of Information Technology/CIO*
Paul R. Cass, *DO, Vice President of Clinical Integration/CMO*
Sheila M. Woolley, *RN, Vice President of Patient Care Services/CNO*
Kelly Clark, *Vice President of Philanthropy & Community Relations*
Christine Primiano, *Vice President of Physician Services*
Dalma Winkler, *MD, Vice President of Regulatory Compliance*
Keith Bartlett, *Chief Performance Officer*
Malcolm Rosenson, *MD, Chief Quality & Safety Officer*

2016 COMMUNITY BENEFITS SNAPSHOT

Wentworth-Douglass makes additional investments toward the health of our community through the funding of community benefits programming and services each year. In 2016, community benefit funding exceeded \$20 million, which includes the programs listed here, as well as subsidized services, cost of charity care, supporting patients with marketplace and financial assistance enrollment, and community donations.

In 2016, community benefit activities included ongoing support for programs such as the Community Dental Center and the Care-Van, as well as the expansion of mental health services and funding for substance misuse treatment and prevention programs in the community.

COMMUNITY GROUPS/ACTIVITIES

- CHaD Storybook Ball
- Children's Museum of New Hampshire
- Cochecho Arts Festival
- Daniel Webster Council/ Boy Scouts of America
- Dover Chamber of Commerce
- Dover Fire & Rescue Department
- Dover High School Shockwaves
- Dover Ice Arena
- Dover Police Department
- Dover Police Charities
- Dover Rotary
- Dover Youth Baseball
- Great Bay Community College
- James W. Foley Legacy Foundation 5K
- Krempels Center
- March of Dimes
- Marshwood Youth and Athletic Programs
- Old Berwick Historical Society
- Oyster River Youth Association
- Portsmouth Chamber of Commerce
- Portsmouth Christian Academy
- Rollinsford Youth Programs
- Seacoast Rotary
- Somersworth Youth & Athletic programs
- The Music Hall
- UNH – Age of Champions
- Woodman Museum, 100th anniversary
- Workforce Housing Coalition of the Greater Seacoast

COMMUNITY EDUCATION

- 3D Knee Replacement: ConforMIS with Seacoast Orthopedics & Sports Medicine
- Assessment and Treatment for Insomnia Using Cognitive Behavioral Therapy
- Colon Cancer Awareness Month Open House
- Community Heartsaver CPR AED
- Marketplace Enrollment Education Sessions & Assistance
- Medicare Open Enrollment Education Sessions
- Mindfulness-Based Stress Reduction
- National Nutrition Month: Gardening 101 & Seed Starting
- Type 1 Diabetes and Exercise Symposium
- Vaccination Myths & Misconceptions

EVENTS HOSTED BY WDH

- American Red Cross Blood Drives
- Breast Cancer Awareness Month Tea
- Cancer Survivors' Day
- Communication Access Technology & Support Expo
- Concussion Symposium
- Open Forums: Mass General Affiliation
- Pain Symposium
- Plastic Surgery Specialists Open House
- Skin Cancer Screenings at the Seacoast Cancer Center
- Spiritual Care Conference
- Veteran's Day Celebration
- Wentworth-Douglass at Pease Open House
- Wound Healing Symposium

FOUNDATION EVENTS

- Seacoast Cancer 5K
- Wentworth-Douglass Golf Tournament

FAMILY RESOURCE CLASSES

- Art Expressions and Music Therapy
- Storytime
- Camp Lance-A-Lot Diabetes Camp
- Off to College: Transition to Independence Diabetes Education Event
- Camp Hot Shot (day camp for kids with diabetes)
- Build a Better Diet – Family

SUPPORT GROUPS

- Diabetes, Breast Cancer, Grief, Alcoholics Anonymous, Anxiety Disorders, Sleep Disorder, Breastfeeding, Huntington Disease, Multiple Sclerosis, NAMI, Narcotics, Ostomy, Overeaters Anonymous, Perinatal, Post Polio, Prostate Cancer, Sibling Class, Stroke, and Widowed Support

PARENTING PROGRAMS

- Birth Center Tours, Celebrating Pregnancy Class, Breastfeeding Class, Early Pregnancy Class, Prepared Childbirth Series, Childbirth Refresher, Hypnobirthing & Waterbirth Classes, Sibling Preparation, Prenatal/Postpartum Class, Prenatal Yoga, Grandparent Class, New Parent Support Class, Mother/Newborn Visit Program, Children's Pre-Op Tours

Our Prehab to Rehab Process

After years of suffering through joint pain, patients make the decision to undergo surgery. They are ready to begin the journey and start working toward recovery.

STEP 1 ACCEPTANCE



EVALUATION

Meet with a surgeon to review diagnosis and treatment options.

Wentworth-Douglass Hospital is affiliated with board-certified surgeons at two practices – Wentworth-Douglass Center for Orthopedics & Joint Replacement and Seacoast Orthopedics & Sports Medicine.

STEP 2 PREHAB

SURGICAL OPTIMIZATION CENTER & PREHAB

Our team at the Surgical Optimization Center uncovers any potential risk factors patients may experience and may recommend additional therapies or lifestyle changes prior to surgery.

Our Prehab team is here to help patients build confidence and gain strength prior to surgery.



THE BIG DAY

The surgeon and care team will ensure the surgery is as efficient as possible.

Skilled nurses care for patients during the first days of recovery.

STEP 3 SURGERY & HOSPITAL STAY



JOINT CAMP REHAB

During their hospital stay, patients attend Joint Camp, where our inpatient-focused physical and occupational therapists help them regain strength, mobility and confidence.

Focusing on everyday tasks such as putting on shoes, walking down stairs and getting in/out of a car allows patients to seamlessly return to their everyday lives faster and safer.



WENTWORTH-DOUGGLASS OUTPATIENT REHAB

Our three facilities in Dover, Durham and Lee have all of the services needed with modern facilities and equipment.

Our expert team helps patients overcome any physical restrictions with an indoor gym, a cutting-edge balance center, and pool facilities.

STEP 5 HOME LIFE



ONCE THEY'VE GOT THEIR GO BACK

Patients - like Steve Dussault (see story pg. 1) - can focus on continuing doing the things they love all while knowing that Wentworth-Douglass is always here to assist them with this next phase of their life.

Getting Ready for Joint Replacement Surgery (from page 1)

After the initial assessment, Dr. Wheeler talks with the patient, surgeon and primary care provider about medical conditions that may significantly increase the person's risk during surgery. Conditions like uncontrolled diabetes, high blood pressure, COPD, tobacco use and being overweight or underweight can have negative effects on surgical outcomes. The aim is to uncover any potential risk factors the patient may experience and help to implement a plan to improve them before surgery.

This new program is for all patients undergoing elective joint replacement surgeries at Wentworth-Douglass.

I AM STRONG Prehab

A little hard work prior to surgery will help you make gains more quickly during recovery. Through our Prehabilitation, or "Prehab," program, patients work with a physical therapist to develop individualized programs to prepare for joint replacement surgery.

Research demonstrates that patients who participate in Prehab are more likely to discharge home and have shorter length-of-stay at the hospital, explains Katrina Lampros, MPT, OMT, a physical therapist specializing in joint care with Wentworth-Douglass Hospital's Rehabilitation Services. Working with a physical therapist on some targeted exercises helps patients improve the range of motion and muscle activation of the joint. The increased strength of trunk, upper body and non-operative leg can also be immensely beneficial during recovery. Sessions can be spent working with a physical therapist to develop an individualized Prehab exercise program or in a Group Prehab exercise class supervised by a PT/PTA.

"I have never worked with a patient who hasn't been able to participate in some form of exercise prior to surgery," says Lampros. "Plus, an appropriate Prehab exercise program can even help reduce arthritic pain."

I AM CONFIDENT Education & A Trusted Team

Knowledge is power – and we think it reduces anxiety and builds confidence too. During our pre-op classes, patients, along with a friend or family member, meet the surgery team members, including a nurse, physical therapist, occupational therapist, and case manager.

The class also teaches helpful "Sail Through Surgery" relaxation techniques to help you feel calm as the big day approaches.

Finally, you'll feel confident knowing you are heading into surgery with one of the most experienced Orthopedics and Joint Replacement teams in the region. From step one, our physicians, surgeons, nurses, physical and occupational therapists, nutritionists, case managers and more are all focused on helping our patients regain their mobility, confidence and overall health.

Steve Gets His Go Back (from page 1)

Steve also took part in The Works Family Health & Fitness Center's Rx Program, which is designed to address fitness needs following joint replacement surgery. Patients work with a medical wellness specialist, in conjunction with their surgeon's recommendations, through an eight-week program to strengthen the new joint and muscles and get them on track to an active and healthy life.

"I'll be honest, it was a long road and just a little embarrassing when an 82-year-old woman is passing me on the walking track, but I just kept on going. The Works Rx programs helped me do the right exercises so I could rehab as quickly as possible," says Steve.

With his new hips, Steve is doing all the activities he loves – including hiking the Inca Trail with his wife and, most recently, taking a scuba diving trip in the Caribbean.

You can also find him on a stationary bike alongside Dr. Harrington during spin classes as The Works.

"After surgery, the pain goes away but people can also regain function. I see them skiing, playing with their grandkids," says Dr. Harrington. "It's so gratifying to see my patients enjoying their lives again."

READY TO GET YOUR GO BACK?

Contact Wentworth-Douglass Hospital for more information about our Orthopedics and Joint Replacement services at (603) 609-6135 or visit getyourgoback.com.

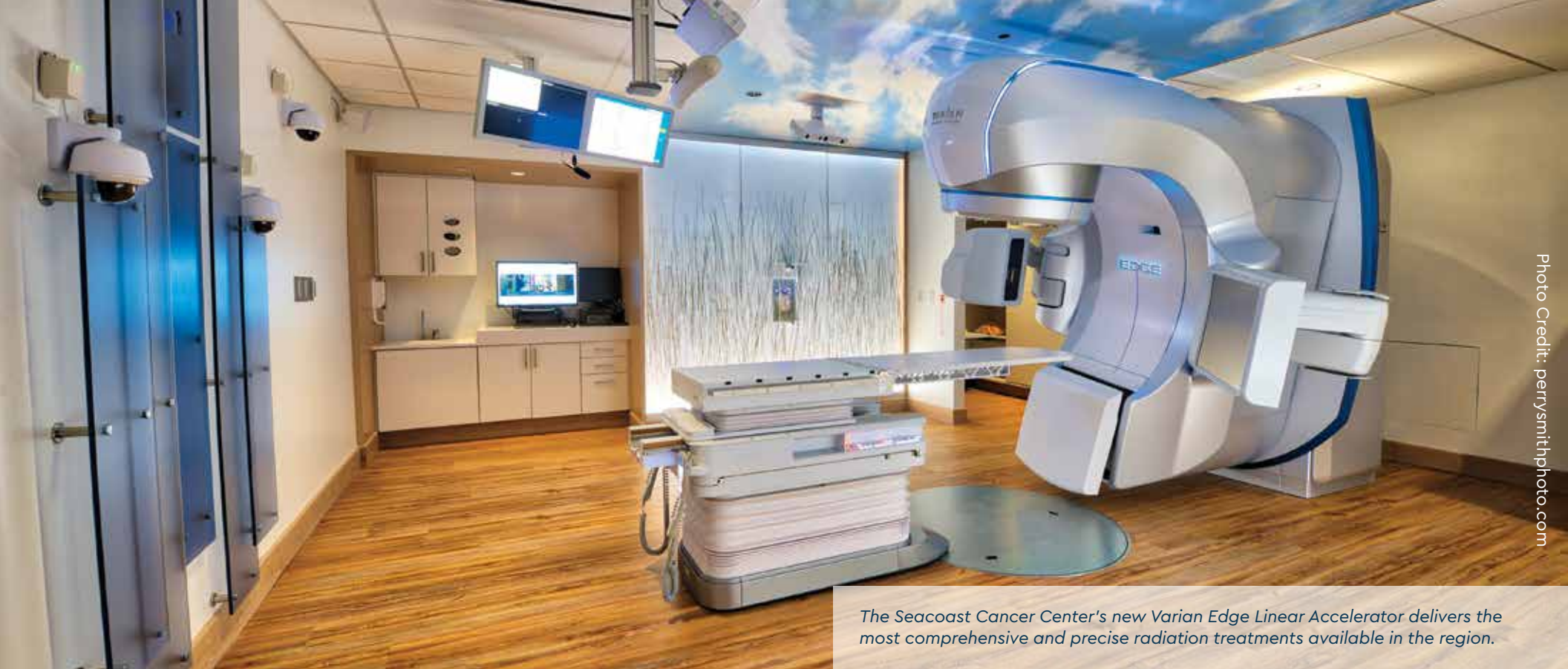


Photo Credit: perrysmithphoto.com

The Edge Linear Accelerator: Accurate and Aggressive Cancer Treatment

The Varian Edge Linear Accelerator is found at some of the top academic medical centers across the country, and now it's right here on the Seacoast. Wentworth-Douglass Hospital's Seacoast Cancer Center recently invested in this state-of-the-art technology to offer patients with cancer the most comprehensive and most precise radiation treatments in the region.

"This is the first Edge in New England, and it is configured to treat every cancer and every patient whose care plan includes radiation therapy – from the most common cancers to the most advanced treatments. We are offering world class cancer treatments closer to home for Seacoast residents," says Arul Mahadevan, MD, FRCS, Medical Director of Radiation Oncology at the Seacoast Cancer Center.

Radiation therapy is one of the most common treatments for cancer. It uses high-energy particles or waves, such as X-rays, gamma rays, electron beams, or protons, to destroy or damage cancer cells. Depending on a patient's treatment plan, treatment can be just a few days, or for some cancers, daily treatments over a span of several weeks.

Stereotactic radiosurgery, which The Edge provides, enhances the radiation therapy options and makes them available to more patients. It delivers accurate and aggressive treatments to tumors of the lung, brain, spine, and other areas of the body – pinpointing tumors with the highest dose rate available for faster treatment times.

"This is a win for patients who need daily treatments for weeks at a time. They'll notice much shorter treatment times, and in some cases, we can cut the total treatment time in half," says Dr. Mahadevan.

The high doses are possible because the Edge is coupled with real-time, high-quality imaging to target the tumor location and protect the surrounding healthy tissues. And during treatment, advanced cameras monitor thousands of points on the skin to track a patient's natural movements, like breathing. If the patient's treatment area moves outside an acceptable tolerance, by even a millimeter, the radiation dosage is paused until the patient is back in an optimal position.

"This motion monitoring is particularly beneficial for left breast cancer treatment. Because the beam stops with motion outside tolerance, it protects against radiation exposure to the nearby heart," says Dong Meng, M.S. DABR (T, D), Chief of Physics and Dosimetry at the Seacoast Cancer Center.

Radiation therapy is used alone or in combination with other therapies, such as chemotherapy, biological therapy or surgery. The Seacoast Cancer Center offers these comprehensive cancer services, along with a full complement of support and wellness programs, from acupuncture and social workers to financial counselors.

For more information about cancer care at the Wentworth-Douglass Hospital Seacoast Cancer Center, call (603) 742-8787 or visit wdhospital.com/cancer.



John Cogan had a hip replacement at Wentworth-Douglass Hospital in November.

A Patient's Perspective

John L. Cogan of Dover wrote a letter to Wentworth-Douglass following his hip replacement surgery, and he's agreed to let us share it with our readers.

I had hip replacement surgery at your hospital this week and I wanted to send you a quick note about the experience; in a word, fantastic.

I am always gauging the success of an organization by the quality and type of customer service it provides to its customers; not only by those charged with that task, but those in support positions as well. On all accounts, the staff at WDH excelled at providing me not only with superior healthcare, but with an outstanding commitment to customer service.

I stayed in the hospital for a couple of nights, and I would quiz the staff on where they went to school or where they worked prior to coming to WDH. To a person, they were all thrilled with being at Wentworth-Douglass, and it clearly showed in their approach to me and my care. It was refreshing to see that they were motivated by more than a paycheck and truly loved what they were doing and where they were doing it.

Now, I am not going to try to name each person I met, because I frankly don't remember all of their names and I am afraid I would forget somebody. But the list is long and includes not only the caregivers, but the nice lady who took my food orders on the phone, the young man who delivered it to me, and the woman who cleaned my room. I want to work there!

Congratulations to you on assembling a First Rate team that conveys a strong sense of purpose and executes top notch care to those of us unfortunate enough to need it, but fortunate enough to get it from such a high quality staff.

On behalf of me and my family, I say a most sincere thank you.

Sincerely,
John L. Cogan
New Right Hip and Loving It

GOLFING FORE A GREAT CAUSE!

THE 23rd ANNUAL WENTWORTH-DOUGLASS GOLF TOURNAMENT ON JUNE 26TH RAISED
OVER \$100,000 FOR THE WOMEN & CHILDREN'S CENTER.



SPECIAL THANKS TO ALL OUR SPONSORS:

- TUFTS HEALTH FREEDOM PLAN

ALPCO DIAGNOSTICS

DERMATOLOGY & SKIN HEALTH

AMERICAN AMBULANCE

BILL DUBE FORD

CINTAS HEALTHCARE

DEEP GREEN WASTE & RECYCLING

DUPONT'S SERVICE CENTER

E4H ENVIRONMENTS FOR HEALTH ARCHITECTURE

ELEMENTS MASSAGE
- MARKET BASKET

SALTWATER CREATIVE AGENCY

GENERAL LINEN SERVICE

HELMS & COMPANY, INC.

LEONE, McDONNELL & ROBERTS, PA

MARTEL PLUMBING HEATING & COOLING

NORTHEAST CREDIT UNION

NORTHEAST REHABILITATION HOSPITAL NETWORK

PRIME BUCHHOLZ & ASSOCIATES, INC.
- SODEXO

SERVICE CREDIT UNION

ROUNDTOWER TECHNOLOGIES, INC.

RAICHE & COMPANY

SEACOAST EMERGENCY PHYSICIANS, PC

SEACOAST PATHOLOGY/AURORA DIAGNOSTICS

SEACOAST RADIOLOGY, PA

TRINET HEALTHCARE CONSULTANTS

YANKEE LAUNDRY EQUIPMENT SALES & SERVICE

7TH SETTLEMENT BREWERY
- OCEAN PROPERTIES, LTD.

EASTERN BANK

JACKSON LEWIS, LLP

EMC CORPORATION

RAND WHITNEY CONTAINER NORTHEAST

EMERGENCY, EXPRESS CARE, PROMPT CARE OR DOCTOR'S OFFICE? What's the right choice?

Knowing where to seek treatment could save you time, money and even, your life. This information will help you decide which option is best for your particular health situation. If you are ever uncertain of where to get care, you can always contact your primary care provider who will guide you to the right place.

VISIT YOUR
DOCTOR'S
OFFICE

OR WHP
PROMPT
CARE

FOR CARE FOR A COMMON, NOT LIFE-THREATENING CONDITION.

- cold symptoms
- earaches
- sore throats
- low-grade fevers
- limited rashes
- sprains & strains
- bruising
- urinary infections

For symptoms such as these, contact your Wentworth Health Partners Primary Care office. Or, walk right in to Wentworth Health Partners Prompt Care, which offers walk-in primary care for the cost of an office visit.

wentworthhealthpartners.com/promptcare

VISIT
EXPRESS
CARE

FOR URGENT MEDICAL CARE TODAY FOR A MINOR INJURY OR ILLNESS.

- minor breaks, sprains or fractures
- cold or flu symptoms
- low-grade fevers
- minor injuries or cuts
- dislocations
- neck & back pain
- bites & stings
- dehydration

Choose Wentworth-Douglass Express Care for urgent care needs. Express Care offers urgent care locations in Dover and Lee, open 7 days, 8am-8pm.

wdhospital.com/expresscare

GO TO
THE
ER

WHEN YOU DON'T FEEL SAFE TO WAIT.

- chest pain
- severe asthma or emphysema
- trouble breathing
- severe abdominal pain
- sudden onset of severe headache
- numbness/weakness
- uncontrolled bleeding
- any condition you feel is life-threatening

As a Level III Adult and Pediatric Trauma Center, the Wentworth-Douglass Hospital Emergency Department and providers from Seacoast Emergency Physicians are ready to treat almost every injury and illness.

wdhospital.com/emergency

WENTWORTH
HEALTH
PARTNERS

WENTWORTH HEALTH
PARTNERS
PROMPT CARE

Wentworth-Douglass
EXPRESS CARE
EXPERT CARE FOR LIFE'S SMALL EMERGENCIES

WENTWORTH-DOUGLASS
HOSPITAL

WINDOWS TO YOUR HEALTH | 11

UPCOMING CLASSES, PROGRAMS & EVENTS

Thursdays
Aug. 3 to Aug. 31
6:00 – 7:00pm

Prenatal Yoga
This 5-week series is offered to you at any stage of your pregnancy and at any level of practice. Yoga will help you prepare to give birth in an active and intuitive way, stretch and tone your body for an easier delivery and faster recovery. Taught by our Women & Children's Center nurses trained at Kirpalu in prenatal yoga. Course fee is \$60.
REGISTER: wdhospital.com/childbirthed
LOCATION: Wentworth-Douglass Garrison Auditoriums

Thursdays
Sept. 14 to Nov. 2
5:30 – 7:30pm

LIFE Program
Are you interested in making positive changes to your lifestyle to help reduce the risk of cancer or cancer recurrence? The next 8-week session of the LIFE (Lifestyle Interventions for Everyone) Program starts September 14. This wellness course is geared to cancer survivors, their caregivers or anyone who wants to learn more about reducing their cancer risks. It is generously supported through donations to the Wentworth-Douglass Foundation.
REGISTER: Course fee is \$80. Call (603) 740-2226 or wdhospital.com/events
LOCATION: Wentworth-Douglass Garrison Auditoriums

Sunday
Sept. 24
9:00am

Seacoast Cancer 5K Walk/Run
Run! Raise! Rally! Rock! Join more than 2,000 participants for a morning of family fun benefiting cancer care and services at Wentworth-Douglass Hospital. Runners and walkers welcome on the USATF-Certified 5K Course. Plus, new 1-mile option for walkers. Early Bird Registration before August 18 is \$25 and includes a race shirt. Children 12 and under are free. Pre-and post-race festivities include food, entertainment, kid's activities and more! RALLY your team and join us for one of the largest and best 5Ks in the region! For more information on sponsorship and volunteer opportunities, call (603) 740-2687 or email foundation@wdhospital.com.
REGISTER: SeacoastCancer5K.org
LOCATION: Wentworth-Douglass Hospital

Wednesday
Sept. 27
10:00am – 1:00pm

Communications Access Technology & Support Exposition
Learn more about services and support available for those who are deaf, hard of hearing, have vision loss, speech impaired or with limited English Proficiency in our community.
LOCATION: Wentworth-Douglass Garrison Auditoriums
FOR MORE INFORMATION: (603) 740-2451 or wdhospital.com/events

Wednesday
Sept. 27
6:00 – 8:00pm

The Gift of Anxiety & Depression Prevention: Skills We Can (and Should!) Be Teaching Our Children
This workshop will discuss concrete approaches to help children, teens and their parents understand anxiety as it impacts them currently in school, and also serve to prevent the development of anxiety and depression later in life. Presented by Lynn Lyons, LICSW, through the Wentworth-Douglass Family Wellness Series. Childcare available with pre-registration.
REGISTER: wdhospital.com/events
LOCATION: Wentworth-Douglass Garrison Auditoriums

Friday
Sept. 29
5:00pm –
Sunday
Oct. 1
1:30pm

Camp Lance-A-Lot for Teens
Held in the beautiful Ossipee Mountains of Eastern New Hampshire, Camp Lance-A-Lot brings together teens with diabetes in grades 6 and up to socialize with one another and participate in exciting activities like climbing, hiking and survival activities. The weekend is run by talented program leaders and experienced medical staff. Camp fee is \$50.
REGISTER: (603) 740-2887
LOCATION: Camp Merrowvista, 147 Canaan Road, Center Tuftonboro, NH

Wednesday
Oct. 11
3:00 – 5:00pm

Breast Cancer Awareness Month Tea
Join us for the Seacoast Cancer Center's 2nd annual afternoon tea in honor of Breast Cancer Awareness Month in October.
REGISTER: (603) 609-6120 or wdhospital.com/events
LOCATION: Wentworth-Douglass Garrison Auditoriums

Wentworth-Douglass Hospital Has a New Logo!



**WENTWORTH-DOUGLASS
HOSPITAL**
MASSACHUSETTS GENERAL HOSPITAL SUBSIDIARY

LIKE OUR NEW LOOK?

Our new logo – with our own version of the iconic Massachusetts General Hospital shield – signifies that we are a member of the Mass General and Partners HealthCare families. Wentworth-Douglass is now the only New Hampshire hospital to be a full member of the Mass General family.

This is just the start. You'll see our new logo as we work with Mass General to strengthen, grow and enhance the quality care available for patients and their families here on the Seacoast.

Visit wdhospital.com/mgh for more information.

Wentworth-Douglass Hospital IN THE COMMUNITY



At our annual Volunteer Appreciation Luncheon in April, we said thanks to the many volunteers who give their time and talent to the hospital and our patients each and every day. We also honored a number of volunteers who reached service milestones ranging from 100 to 9,000 volunteer hours. We are so grateful for all that our volunteers do!



The University of New Hampshire's Kappa Sigma Fraternity and Swimming & Diving teams hosted their annual Laps for Life event in April, raising more than \$4,300 for the Seacoast Cancer Center. "We are constantly hearing about how cancer is a problem and how it affects peoples' lives; let's be part of the solution," the brothers said. To learn more about holding your own community fundraiser, please contact the Wentworth-Douglass Foundation at foundation@wdhospital.com.