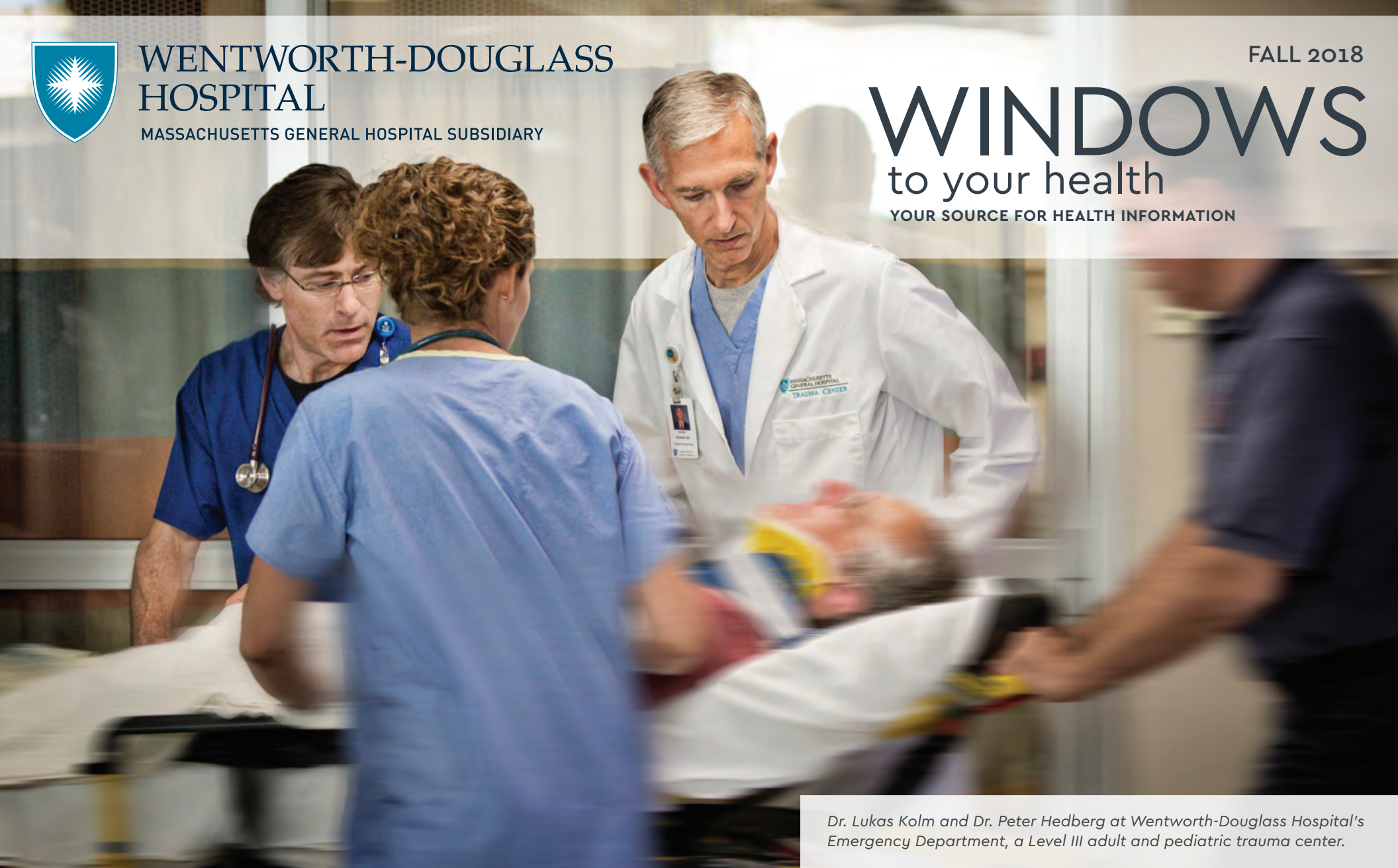




WINDOWS

to your health
YOUR SOURCE FOR HEALTH INFORMATION



Dr. Lukas Kolm and Dr. Peter Hedberg at Wentworth-Douglass Hospital's Emergency Department, a Level III adult and pediatric trauma center.

A PUBLICATION OF:
 **WENTWORTH-DOUGLASS
HOSPITAL**
MASSACHUSETTS GENERAL HOSPITAL SUBSIDIARY
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Wentworth-Douglass Hospital
789 Central Avenue
Dover, NH 03820

When Care Can't Wait

Webster's Dictionary defines "emergency" as an unforeseen event that calls for immediate action.

At Wentworth-Douglass Hospital, our Emergency Department staff is ready to act quickly and effectively when the unexpected happens. The team of 34 providers from Seacoast Emergency Physicians specializes in all aspects of emergency treatment, caring for life-threatening conditions in the Emergency Department and more minor illnesses and injuries at Wentworth-Douglass Express Care locations.

All emergencies – no matter the degree of seriousness – share a common goal, the best possible outcome for the patient with efficient, accurate diagnosis and treatment.

When a condition is serious or life-threatening, the advantages of an Emergency Department located within a full-service hospital go beyond the immediate access to expert emergency care. Emergency Departments are often the gateway to hospital services and admissions – especially in situations where surgical intervention or advanced diagnostics and testing are called for.

According to Dr. Lukas Kolm, Medical Director, Seacoast Emergency Physicians, "time is precious." A patient who needs to be admitted to the Intensive Care Unit (ICU) does not have to be transferred by ambulance to another facility. Or a patient coming into the Emergency Department with a heart problem has immediate access to the hospital's catheterization lab, which is often critical to evaluating and opening blocked and narrowed arteries. Emergency room patients can also benefit from access to the advanced imaging capabilities and lab services located at Wentworth-Douglass.

MASS GENERAL AT THE BEDSIDE

"We can do amazing, progressive care here because of our access to technology and the expertise at Massachusetts General Hospital," says Stacey Savage, RN, MSN, CPEN, CEN, Clinical Director of Emergency Nursing.

For example, in dealing with a stroke emergency, Emergency staff can access Mass General's TeleStroke Program to connect via

See [EMERGENCY CARE](#), Page 05 →



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

WHEN IS EXPRESS CARE YOUR BEST CHOICE?

Knowing your immediate care treatments options can save you stress, time and even money when illness strikes and you are looking for care.

For urgent medical needs, such as minor fractures or sprains, ear infections, cold or flu symptoms, low-grade fever, and minor injuries or cuts, Wentworth-Douglass Express Care in Dover and Lee can fill the gap when you need immediate attention but not necessarily the advanced level of care available in an emergency room. With on-site lab and X-ray equipment, Express Care can handle more severe conditions and injuries at a lower cost than a visit to the emergency room.

Each center is staffed by certified emergency providers from Seacoast Emergency Physicians – the same team

that staffs Wentworth-Douglass Hospital's Emergency Department, so you're sure to get expert care, right away.

No appointment is necessary. You can even register online to skip the wait. For many patients, their visit lasts less than an hour.

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. Trust your instincts. If you feel it's serious, Wentworth-Douglass Hospital's Emergency Department is always available.

*For more information, visit wdhospital.com/expresscare
or call our Dover location at (603) 609-6700
or Lee at (603) 868-8507.*



Photo Credit: perrysmithphoto.com

OUR ROBOTIC SURGERY TEAM: (Pictured L-R): Shilpa Lamba, MD; David Coppola, MD; Peter Hedberg, MD; Anne Kalter, MD; Dmytro Havaleshko, MD; Patricia Auty, MD. Not pictured: Julie Bleyenbergh, MD; Molly Buzdon, MD; Elizabeth Chase, MD; John Munoz, MD; Cormac O'Neill, MD; Cynthia Paciulli, MD; Joseph Rodriguez, MD; Jerome Schlachter, MD; Jeffrey Segil, MD; Joycelyn Vardo, MD.

The Cutting Edge: Robotic-Assisted Surgery at Wentworth-Douglass Hospital

The most innovative and most precise robotic surgical system is now at our surgeons' skilled fingertips. Wentworth-Douglass Hospital recently added a second da Vinci robot - Intuitive Surgical's da Vinci Xi Surgical System - making it the largest, most experienced robotic surgical program on the Seacoast.

The addition of the da Vinci Xi robot gives our surgeons even great control and clarity. Its wristed instrumentation rotates far beyond a surgeon's natural range of motion and eliminates tremors. The highly-magnified HD camera provides a crystal clear 3D view of the surgical site. Plus, integrated table motion allows patients to be moved and rotated into an optimal position during surgery.

"The hospital's investment in the latest robotic technology means that complex surgeries that once would have required an open incision now are performed minimally invasively," says Dr. David Coppola, Wentworth Health Partners general surgeon with Seacoast General Surgery.

For patients, the benefits include small to no scars, a quicker recovery, decreased pain, fewer complications, less chance for infection, shorter time in the OR and under anesthesia, shorter hospital stays, less reliance on narcotic pain medications, and better overall satisfaction.

Sixteen Wentworth-Douglass surgeons are trained to performed robotic-assisted surgery, including some of the most experienced robotic surgeons in the country. Dr. Patricia Auty and Dr. Joseph Rodriguez, Wentworth Health Partners general surgeons with Seacoast General Surgery, have both recently surpassed 1,000 robotic-assisted cases. Given the breadth of their experience and expertise, they are considered "Robotic Epicenters" by Intuitive Surgical and are training the next generation of robotic surgeons.

Today, robotic-assisted surgeries at WDH include urology, gynecologic, general/abdominal surgeries, and now bariatric weight loss surgery. Wentworth-Douglass's bariatric surgeons use the new da Vinci Xi robot to perform both Roux-en-Y Gastric Bypass and Sleeve Gastrectomy.

"When we use the most advanced surgical technology in the world for our patients with morbid obesity. We perform safe and very precise surgeries with great 3D visualization and amazing control, which helps them to achieve a speedy recovery with minimal pain medication use," says Dr. Dmytro Havaleshko, medical director of the Center for Weight Management and Bariatric Surgery. "Using new da Vinci Xi robotic system allows us to deliver all the benefits of minimally invasive surgery to our patients."

To learn more about robotic-assisted and minimally invasive surgery at Wentworth-Douglass Hospital, visit wdhospital.com/surgery or call (603) 609-6213.



Dr. Patricia Auty and Dr. Joseph Rodriguez, Wentworth Health Partners general surgeons with Seacoast General Surgery, both recently surpassed 1,000 robotic-assisted cases at WDH.



Dr. Stephan Danik, Massachusetts General Hospital

Treating Cardiac Arrhythmias: A Q&A with Dr. Stephan Danik

Considered the "electricians" of the heart, electrophysiologists (EPs) diagnose and treat heart rhythm disorders, such as abnormally fast and abnormally slow rhythm problems. These can occur in patients with otherwise normal hearts and also in patients with other heart problems such as cardiomyopathy, congenital heart disease, heart failure or hereditary conditions. Wentworth-Douglass's comprehensive Clinical Cardiac Electrophysiology program is led by Massachusetts General Hospital

Electrophysiologists Dr. Conor Barrett, Dr. Chee Yuan Ng, and Dr. Stephan Danik. These experienced doctors offer extensive non-invasive and invasive treatments right here at Wentworth-Douglass for cardiac arrhythmias. Appointments will also be available at Wentworth-Douglass Hospital at Pease starting in November.

Q. What is Cardiac Arrhythmia?

SD: A cardiac arrhythmia is a broad term to describe heart rhythm abnormalities that include slow (bradycardia), fast (tachycardia), or irregular heartbeats. Many arrhythmias are benign while others require medical attention.

Q. How do I know if I have an arrhythmia?

SD: Depending on the type of arrhythmia, you may or may not be aware of it. There are a wide range of symptoms that you may feel, including fatigue, chest discomfort, shortness of breath, weakness, dizziness, or even episodes of passing out. Many people also have "palpitations" which are an abnormal awareness of your heart beating. If you have symptoms then your doctor may organize some simple tests including an electrocardiogram or heart rhythm monitor which can be worn while you are at home. The simple tests can help diagnose an arrhythmia or give your doctor information that one might be the cause of your symptoms.

Q. What treatments are available for arrhythmias?

SD: It is very important that treatment is individualized for the patient and their arrhythmia. Some arrhythmias do not require any treatment, some are managed with medications, and some are managed with a procedure. The procedures can involve a cardioversion (when electrical energy is used to restore a normal heart rhythm for people with atrial fibrillation), pacemakers or defibrillator implantations for slow or very fast heart rhythm disturbances, and catheter ablation. Catheter ablation involves a minimally invasive procedure when a catheter is placed in the heart from a vein in the leg. Then under X-ray guidance energy is applied to that area of the heart muscle that is causing the arrhythmia to eliminate the problem.

For more information about Wentworth-Douglass Hospital's Clinical Cardiac Electrophysiology program, call the Wentworth Health Partners Cardiovascular Group at (603) 516-4265.



"I could have gone anywhere in the world to have this done but I really like Dr. Dirksmeier. He's an athlete, an Iron Man, so he understood my need to stay active."

David Della Penta is swinging his golf clubs again after a complex spine surgery performed by Dr. Peter Dirksmeier of Wentworth Health Partners Seacoast Orthopedics & Sports Medicine.

Photo Credit: Greg West Photography

David's Story: Back to Golf After Spine Surgery

David Della Penta was in terrible pain in January of 2017. "I noticed I was losing muscle in my right arm. It got progressively worse, and by late spring I had a Bunsen burner feeling in my arm. It was unbearable," says David, an avid golf player with a 3-handicap who had to lay down his clubs at the time.

David tried a cortisone shot for the pain. That didn't work. He went for acupuncture, which yielded temporary relief, but was not a long-term solution. In September, he went to see Dr. Peter Dirksmeier, of Wentworth Health Partners Seacoast Orthopedics and Sports Medicine, who had previously treated him for a back problem.

Dr. Dirksmeier determined that the pain was emanating from a pinched nerve in the neck. "We concluded that he had a degenerative disc at C4-5, which was causing the neurological pain radiating down the back of his arm." Not wanting to rush to surgery, Dr. Dirksmeier prescribed physical therapy as a first treatment step.

"The specialized spine physical therapists were very good, very attentive, but it just wasn't getting any better," recalls David. "I'm a very athletic guy. I was going to be 70 and wanted to enjoy my life. That was more important than anything else."

So, after consulting with Dr. Dirksmeier, David agreed to anterior cervical discectomy and fusion (ACDF), a surgery to decompress the nerves and spinal cord. This involves removing the herniated or degenerative disc as well as the offending bone spurs that are causing the pain. "When we take a disc out, we have to fill that void," explains Dr. Dirksmeier. "In David's case, we opted to use a bone graft to maintain adequate space for the newly decompressed nerves and then create a fusion so that the top bone grows through the bone graft into the bottom bone."

The replacement bone had to come either from David's body or a cadaver. "The gold standard is to use the patient's own bone," explains Dr. Dirksmeier. "It heals the fastest and most reliably and that's what we

chose in this case. I told David that early on, pain from the bone graft harvest site would be his greatest discomfort after the surgery, but the pain gradually resolves and goes away."

Prior to surgery, David went through the hospital's Prehabilitation program, which helps patients prepare for orthopedic procedures. "I spent seven weeks with the cervical team. They were absolutely wonderful," he notes.

The two-hour surgery took place in late December. "It was 7:15 in the morning," recalls David. "Dr. Dirksmeier said, 'Let's go,' and then next thing, I woke up in the recovery room. First thing I did was try to move my arm. It was pain free."

"It's a tried-and-true operation," says Dr. Dirksmeier. "Among all of the spinal surgeries that we do, this is one of the ones that's most predictably successful. Patient selection is the key. In the right patient, the outcomes of spinal surgery are fantastic."

David's recovery took about three months. "David is the dream patient," says Dr. Dirksmeier. "He's detail oriented and follows instructions to the letter. He's recovered beautifully and can once again do essentially anything he wants, with comfort being his guide."

"I could have gone anywhere in the world to have this done but I really like Dr. Dirksmeier. He's an athlete, an Iron Man [a 140.6 mile race], so he understood my need to stay active," says David, who lives in Dover and is a generous donor to the Wentworth-Douglass Foundation. "I'm a supporter of community hospitals. My wife and I want to do our part to make sure the hospital has the resources it needs."

David returned to the golf course in late March. "I just had a grandson. Now, I can really enjoy my life again, and start throwing a baseball with him when he gets older."

INTRODUCING

WENTWORTH
HEALTH
PARTNERS

SEACOAST
ORTHOPEDICS
& SPORTS MEDICINE

Seacoast Orthopedics & Sports Medicine has joined the Wentworth-Douglass family of physician practices – Wentworth Health Partners. You can expect the same great team and the same great service – now with a new name, Wentworth Health Partners Seacoast Orthopedics & Sports Medicine.

With locations in Somersworth and Lee, SOS Med has been providing top-quality orthopedic care in the local community for more than 40 years. From athletic injuries in the young

to degenerative conditions with aging, our goal is always to restore and maintain comfort and function for all patients. The providers will have privileges to provide hospital-based services and surgeries at both Wentworth-Douglass Hospital and Frisbie Memorial Hospital.

SOS Med joins the Wentworth-Douglass Center for Orthopedics & Joint Replacement as a WHP practice focused on bone and joint care.

To learn more about Wentworth Health Partners Seacoast Orthopedics & Sports Medicine, call (603) 742-2007 or visit sosmed.org.



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.”



JOSHUA J. BARKER, MD
Emergency Medicine
Seacoast Emergency Physicians
(603) 740-2163



CAROLINE E. KING, PA-C
General & Bariatric Surgery
Wentworth Health Partners
General Surgery – Dover
(603) 610-8095



REBECCA MURPHY, MD
Pediatrics
Dover Pediatrics
(603) 742-4048



JACQUELINE BASELICE, MD
OB/GYN
Wentworth Health Partners
OB/GYN & Infertility
(603) 749-4963



CHRISTOPHER A. KING, DMD
Oral Surgery
(603) 842-4222



CYNTHIA PACIULLI, MD
General Surgery
Wentworth Health Partners
General Surgery - Portsmouth
(603) 610-8092



BHAVIK K. BHULABHAI, MD
Family Medicine
Wentworth Health Partners
Barrington Health Center
(603) 664-2135



GEORGE R. KOUSAIE, MD
Family Medicine
Wentworth Health Partners
Primary Care at Pease
(603) 610-8050



VIVEK L. PATEL, MD, PH.D
Radiation Oncology
Radiation Oncology Associates
Seacoast Cancer Center
(603) 742-8787



AMY BREGAR, MD
Gynecologic Oncology
Massachusetts General Hospital &
Seacoast Cancer Center
(603) 742-8787



DEBORAH A. LEARSON, MD
Family Medicine
Wentworth Health Partners
Great Bay Family Practice
(603) 659-0901



HEATH R. PELLETIER, PA-C
Orthopedic Surgery
Wentworth Health Partners
Seacoast Orthopedics & Sports Medicine
(603) 742-2007



MOLLY M. BUZDON, MD
General Surgery
Wentworth Health Partners
General Surgery - Portsmouth
(603) 610-8092



JEFFREY M. LEMONS, MD
Radiation Oncology
Radiation Oncology Associates
Seacoast Cancer Center
(603) 742-8787



SAMHITHA K. RAI, MD
Neurology
Wentworth Health Partners
Coastal Neurology Services
(603) 749-0913



AARON J. CORBETT, APRN
Gastroenterology
Atlantic Digestive Specialists
(603) 692-2228



KEVIN G. LOOSER, MD
General Surgery -
First Assist Privileges
Wentworth Health Partners
General Surgery
(603) 610-8095



ABIGAIL J. TAYLOR, LICSW
Behavioral Health
Wentworth-Douglass Hospital
Behavioral Health Services
(603) 609-3178



MICHAEL J. DUNNINGTON, CRNA
Anesthesiology
North American Partners in Anesthesia
Wentworth-Douglass Hospital
(603) 740-2651



STEPHANIE MANDANI, CNM
Certified Nurse Midwife
Dover Women's Health
(603) 742-2424



DENNIS B. THAPA, MD
Anesthesiology
North American Partners in Anesthesia
Wentworth-Douglass Hospital
(603) 740-2651



KANCHANA GANESHAPPA, MD
Anesthesiology
North American Partners in Anesthesia
(603) 740-2651



EMILY E.K. MESERVE, MD, MPH
Pathology
Spectrum Medical Group
(207) 482-7800



JEAN N. TOUCHAN, MD.
Cardiology
Wentworth Health Partners
Cardiology at Pease
(603) 610-8070



SUNILA JO, MD
Hospital Medicine
Wentworth-Douglass Hospital -
Hospital Medicine
(603) 740-2503



CRYSTAL G. MORIN, CNM
Certified Nurse Midwife
Wentworth Health Partners
OB/GYN & Infertility
(603) 749-4963



AMANDA J. WALKER, MD
Radiation Oncology
Radiation Oncology Associates
Seacoast Cancer Center
(603) 742-8787



DIANE M. KIDRIC, DO, JD
Pathology
Spectrum Medical Group
(207) 482-7800



BRENDAN S. MURPHY, MD
Family Medicine
Wentworth Health Partners
Adult & Children's Medicine of Dover
(603) 742-2263



BRIAN S. WILSON, PA-C
Orthopedic Surgery
Wentworth Health Partners
Seacoast Orthopedics & Sports Medicine
(603) 742-2007

WENTWORTH HEALTH NEWS PARTNERS

New Practice Location

Wentworth Health Partners (WHP) Coastal Neurology Services has moved to a new office located at 10 Members Way, Suite 300, in Dover. This building is home to many other WHP primary care and specialty care practices, as well as onsite laboratory and imaging services. For more information, call Coastal Neurology Services at (603) 749-0913.

Primary Care Changes

Joan Smith, MD, has returned to Barrington Health Center full time. Dr. Smith was previously splitting time between Barrington and Primary Care at Pease. She is joined by **Bhavik K. Bhulabhai, MD**, who joined the practice in late August. For appointments with these providers, call Barrington Health Center at (603) 664-2135.

George Koussaie, MD, and **Jacqueline Irzyk, APRN**, will see patients fulltime at Primary Care at Pease beginning this fall. Dr. Koussaie had also been seeing patients at Great Bay Family Practice, while Irzyk was splitting time at Barrington. For appointments, call Primary Care at Pease at (603) 610-8050.

Great Bay Family Practice in Newmarket, NH, welcomes **Deborah Learson, MD, FAAFP**. Dr. Learson joined the practice in late August, providing care to patients of all ages. She has previously practiced in Central Maine and is board-certified in family medicine. For appointments with Dr. Learson, call (603) 659-0901.

Finally, **Brendan Murphy, MD**, has joined the team at Adult & Children's Medicine of Dover. To become a patient of Dr. Murphy, call (603) 742-2263.

To see a full list of all the WHP primary care providers who are accepting new patients, visit wentworthhealthpartners.com.

Meet the

Walkins

When care can't wait,
they've got options.



\$

Prompt Care

For life's little ailments, like coughs, colds, allergies, low-grade fevers, rashes, sprains and more.

\$\$

Express Care

Everything treated at Prompt Care, as well as non-life-threatening injuries and illnesses like bee stings, fractures, the flu, minor burns, animal bites and beyond.

\$\$\$

Emergency Care

For anything life-threatening, call 911 or get to your nearest emergency room. Our Emergency Department at Wentworth-Douglass Hospital in Dover is always open.

Right care. Right place. Right now.

All walk-ins welcome.

WDHospital.com

PROMPT CARE – PEASE
73 Corporate Drive
Portsmouth, NH 03801
603-610-8051 | Open M-F 7am-7pm

PROMPT CARE – DOVER*
10 Members Way, Suite 200
Dover, NH 03820
603-609-6930
Open M-F 7am-7pm; S/S 8am-2pm
* For Wentworth Health Partners Patients Only

EXPRESS CARE – DOVER
701 Central Ave., Dover, NH 03820
603-609-6700 | Open 7 days 8am-8pm

EXPRESS CARE – LEE
65 Calef Highway, Lee, NH 03861
603-868-8507 | Open 7 days 8am-8pm

EMERGENCY CARE – DOVER
Wentworth-Douglass Hospital
789 Central Ave., Dover, NH 03820

Emergency Care (from page 1)

videoconferencing with a board certified stroke specialist at Mass General: “Together, we can evaluate and determine the next steps for care. When it comes to the assessment and treatment of stroke patients, *time is brain*,” says Stacey. The faster a patient receives proper treatment for stroke, the better the chances for recovery.

The clinical affiliation with Mass General’s Trauma and Acute Care Surgery Program means that patients have access to the latest treatment and emergency protocols. Our Emergency Department has a full-time Mass General trauma surgeon on staff in Dr. Peter S. Hedberg. In addition, Emergency Department staff members from Mass General come on-site once a month to conduct trauma “grand rounds” at Wentworth-Douglass, meeting with nursing staff, advanced care practitioners, and doctors to review emergency cases and protocols. These educational, training and information-sharing sessions can involve the larger community as well, with local Emergency Medical Services crews and paramedics often invited to participate.

CARE ABOVE & BEYOND

The WDH Emergency Department features 33 private rooms that are organized for efficient patient flow and patient privacy. Four of these rooms are dedicated to critical care.

“For younger visitors, we try to make the entire process less frightening and more welcoming,” says Stacey. There is a separate child-friendly pediatric room featuring a colorful hand-painted mural. Wentworth-Douglass is also the only area hospital to provide Child Life Specialists, who are on call to help ease the child’s concerns, support the family, and make the entire process less intimidating.

This focus on patient comfort is also evident in the way that many typical procedures are implemented. For example, the Emergency staff includes nurses who are trained to use ultrasound to guide them when inserting an IV – utilizing image-guided technology to avoid multiple

needle sticks. This is especially important for older adults whose skin may be more fragile and more prone to tears and bruising.

Along with the expert doctors and nurses, a dedicated social worker for the Emergency Department is available 7 days a week to assist in case management and to plan for care after discharge. This can be especially critical for an elderly patient, who, for example, may have experienced a fall and is returning home to an environment that needs to be safe and manageable. To meet a growing need for behavioral healthcare, the Emergency Department recently expanded to create a “respectful, quiet and safe space” for patients experiencing mental health crises with a full-time behavioral health case manager.

The Emergency Department team also is actively engaged in research, first responder education and training, disaster planning, community education, and public safety issues.

Dr. Kolm, who went to the University of New Hampshire, says that this local commitment is shared by his colleagues: “We are here to be accountable to the larger community that we serve. It’s what drives us. You just can’t replicate a staff who are so dedicated and invested in their community. Beyond our medical expertise, I’m proud of both the compassion and passion that we bring to our work.”

Stacey, a 20-year veteran of emergency care nursing, says, “I think we make an impact every day. It’s never the same twice and it can be demanding work – I’m challenged physically, emotionally and intellectually, but there is no greater job satisfaction for me than being part of this amazing team.”

Trusted Care When You Need It Most. To learn more about Wentworth-Douglass Hospital's emergency services, visit wdhospital.com.



Antibiotics Aren't Always the Answer.

Antibiotics save lives. When a patient needs them, the benefits outweigh the risks of side effects and resistance.

When antibiotics aren't needed, they won't help you, and the potential side effects could actually cause harm. Reactions from antibiotics cause 1 out of 5 medication-related visits to the emergency department (ED). For children, the side effects of antibiotics are the most common cause of medication-related ED visits.

Additionally, antibiotics resistance is one of the most urgent threats to public health. The emergence of bacteria that is resistance to antibiotics, sometimes called "super bugs", means that illnesses are harder to treat and can spread more easily to other people.

The Centers for Disease Control and Prevention (CDC) has launched a national effort to help improve antibiotic prescribing and use and to help combat antibiotic resistance. Here's what you should know to *Be Antibiotics Aware*.

When Are Antibiotics Needed?

Antibiotics are only needed for treating certain infections caused by bacteria. We rely on antibiotics to treat serious infections, such as pneumonia, and life-threatening conditions including sepsis, the body's extreme response to an infection. Effective antibiotics are also needed for people who are at high risk for developing infections, including patients undergoing surgery, patients with end-stage kidney disease, or patients receiving cancer therapies.

When Are Antibiotics Not Needed?

An antibiotic will not make you feel better if you have a virus. Antibiotics do not work on viral infections, such as colds, flu, or runny noses, even if the mucus is thick, yellow or green. Antibiotics also won't help for some common bacterial infections, including most cases of bronchitis, many sinus infections, and some ear infections. When antibiotics are not prescribed, your healthcare provider can offer some tips to relieve symptoms and help you feel better.

Why does taking antibiotics lead to antibiotic resistance?

Any time antibiotics are used, they can cause side effects and lead to antibiotic resistance. Antibiotic resistance is one of the most urgent threats to the public's health. Always remember:

1. Antibiotic resistance does not mean the body is becoming resistant to antibiotics; it is that bacteria have become resistant to the antibiotics designed to kill them
2. When bacteria become resistant, antibiotics cannot fight them, and the bacteria multiply.
3. Some resistant bacteria can be harder to treat and can spread to other people.

How can I stay healthy?

You can stay healthy and keep others healthy by:

- Cleaning hands
- Covering coughs
- Staying home when sick
- Getting recommended vaccines, for the flu, for example

Talk to your doctor or nurse about steps you can take to prevent infections.

To learn more about antibiotic prescribing and use, visit **www.cdc.gov/antibiotic-use**.



All information provided courtesy of the Centers for Disease Control and Prevention. Visit www.cdc.gov for more information.



"If you are looking for a way to simplify your morning routine, look no further than overnight oats! You'll also save money and calories by skipping the drive-thru breakfast! Overnight oats 'cook' by soaking in liquid and can be prepared the night before or even a few days in advance. Choosing a liquid like low fat milk or yogurt will ensure you start your day with some protein. Oats are a good source of fiber, specifically soluble fiber, which can help lower cholesterol. A healthy breakfast, like overnight oats, that includes fiber and protein will keep you satisfied throughout the morning. Plus, there are endless ways to add flavor to your oats to avoid boredom."

- Emily Thompson, RD, Bariatric Dietitian, Wentworth-Douglass Hospital Center for Weight Management and Bariatric Surgery

OVERNIGHT OATS

Serves 1

INGREDIENTS:

- 1 jar with a lid
- ½ cup rolled or old fashioned oats (not instant)
- ½ cup to 1 cup liquid of choice: water, milk of choice, yogurt, kefir, etc. (use less liquid for a thicker consistency)

SUGGESTED FLAVOR COMBINATIONS

Cherry Chocolate: add ½ tsp almond extract, 1 Tbsp baking cocoa powder, ½ cup frozen cherries
Tropical: add 1 tsp chia seeds, 1 Tbsp shredded unsweetened coconut, ½ cup sliced pineapple
Pumpkin Pie: add ¼ cup canned pumpkin puree, 1 tsp vanilla extract, 1 tsp pumpkin pie spice
Apple Pie: add ½ cup diced apples, 1 tsp apple pie spice, ½ scoop vanilla protein powder

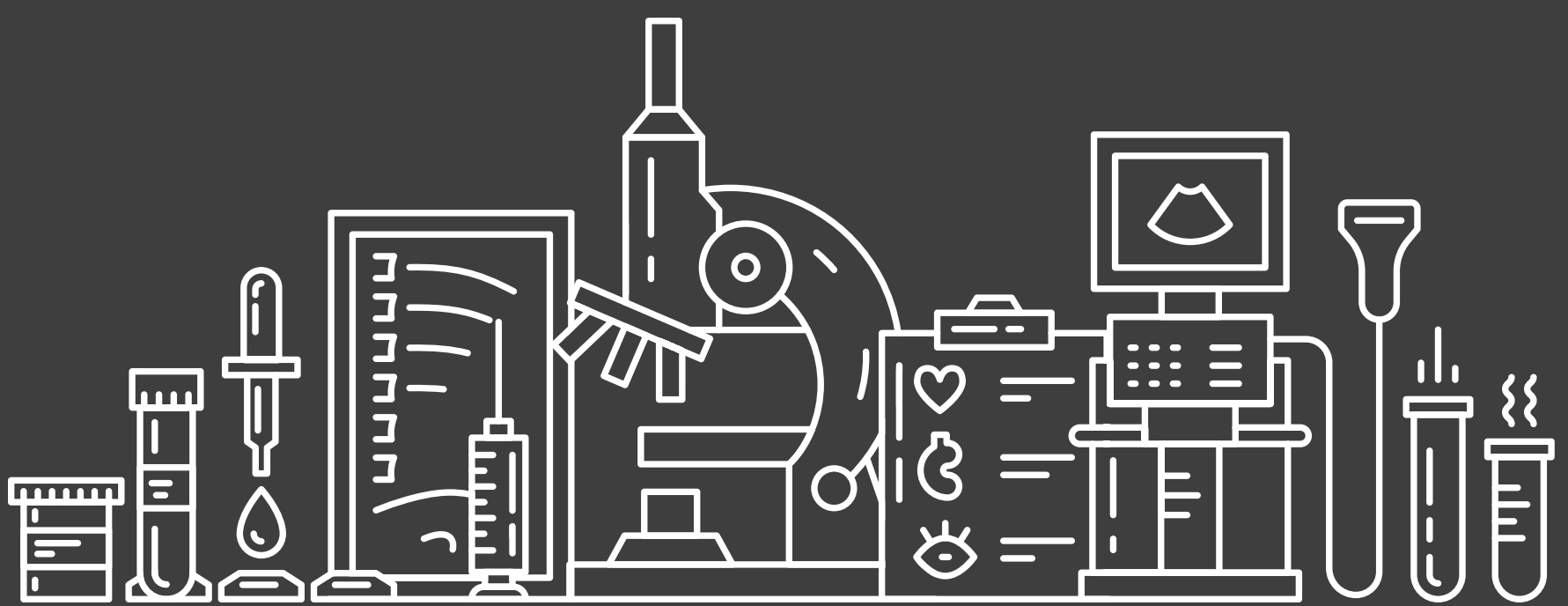
DIRECTIONS:

1. Combine all desired ingredients into a jar, place lid on jar, shake to mix, and place in refrigerator overnight.
2. In the morning, shake or stir to combine and either eat as is (cold), or heat in microwave to desired temperature.

NUTRITION FACTS: Varies based on the flavors you choose to add.

CALORIES 240	FAT 3G	CARBS 39G	PROTEIN 13G	SODIUM 130MG	DIETARY FIBER 4G
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Is a Clinical Trial Right for You?

People diagnosed with cancer are living longer, healthier lives thanks to better and more effective treatments — current treatments that would not be possible without clinical trials.

Cancer clinical trials are research studies designed to discover new and better ways to prevent, diagnose and treat cancers. Simply stated, “Clinical trials are exploring the future of cancer care to improve outcomes and quality of life,” says Arul Mahadevan, MD, FRCS, medical director of radiation oncology and head of the clinical trial program for the Seacoast Cancer Center.

Wentworth-Douglass Hospital’s Seacoast Cancer Center offers patients access to a variety of clinical trials focused on finding new ways to treat cancer or to improve the quality of life of people living with cancer. These are Phase II and III trials, which are generally larger national studies that help doctors understand the effectiveness of new drugs or treatments. These studies are usually randomized, with groups of patients assigned to receive the new treatment or the current standard of care.

Clinical trials offered by the Seacoast Cancer Center are sponsored or funded by the National Cancer Institute (NCI) or by pharmaceutical collaborators.

“Our ability to enroll patients in clinical trials means the Seacoast Cancer Center meets rigorous national standards for patient care that have been verified by independent organizations accredited by the National Cancer Institute,” explains Dr. Mahadevan.

AM I ELIGIBLE FOR A CLINICAL TRIAL?

There are clinical trials for all types and stages of cancer. It’s a myth that a patient must have exhausted all other options before enrolling in a trial.

At the Seacoast Cancer Center, research staff screens every patient to see if they meet the eligibility requirements for an available clinical trial. If a match is found, the provider will discuss the trial with the patient, going over all the potential benefits, risks and responsibilities up front.

Our providers also collaborate closely with Massachusetts General Hospital and other academic medical centers to help patients who need specialized care or access to a particular clinical trial.

New trials are also always being added. “Our staff is always scouting for new trials that will offer the most benefit to our community and that are asking the most important questions,” says Christine Pilar BS, CCRC, Lead Clinical Research Coordinator – Oncology.

A list of trials that are currently enrolling patients at the Seacoast Cancer Center can be seen at wdhospital.com/cancer.

Your cancer care means the world to us. The Seacoast Cancer Center's team of highly specialized caregivers is dedicated to providing exceptional cancer care, every day, in Dover and coming soon to Pease. For more information, call (603) 742-8787 or visit wdhospital.com/cancer.

Thanks for Rallying with Us!

The 5th annual Seacoast Cancer 5K was held Sunday, September 23. What a year it was! We surpassed an incredible milestone – over \$1 million raised since the event began. An amazing accomplishment to help those affected by cancer on the Seacoast, thanks to the generosity of every runner, walker, volunteer, donor and sponsor. Thank you!



WENTWORTH-DOUGLASS HOSPITAL
**SEACOAST
CANCER
& 5K**

YOU **ROCKED** IT!



Specialized Roofing Co., Inc.
Sprague Floor Covering
Holy Rosary Credit Union
Saltwater Creative Agency
Seacoast Dermatology

Dermatology & Skin Health
Measured Progress, Inc.
Medtronic Advanced Energy, LLC
AstraZeneca
Seacoast Emergency Physicians, PC

Sodexo CTM
Spectrum Medical Group
Longchamps Electric
Newburyport Five Cent Savings Bank
Sulloway & Hollis, PA

Relyco
M2 Service Group
The Garrison Hotel
MG Print & Promotions
The Flower Room



#seacoastcancer5k

Visit the Seacoast Cancer 5K Facebook page to see photos from the day.

*Sponsors as of August 30.

UPCOMING CLASSES, PROGRAMS & EVENTS

Wednesday
Oct. 17
3:00 – 5:00pm

Breast Cancer Awareness Month Tea
Join us for the Seacoast Cancer Center's 3rd annual afternoon tea in honor of Breast Cancer Awareness Month in October. Please RSVP by October 12.
REGISTER: (603) 609-6120
LOCATION: Silver Fountain Inn and Tea Parlor, 103 Silver Street, Dover

Thursday
Oct. 18
6:30 – 8:00pm

Surgical Weight Loss Information Session
Considering weight loss surgery? Join us for our free monthly information sessions to learn more about the surgical weight loss procedures available at Wentworth-Douglass's Center for Weight Management & Bariatric Surgery. Can't make October 18? Additional sessions will be held on November 1 and December 20.
REGISTER: (833) 936-3963 or wdhospital.com/newme
LOCATION: Wentworth-Douglass Garrison Auditoriums

Tuesday
Oct. 23
12:00 – 7:30pm

Spiritual Care Conference
Celebrating its 10th year, the annual Spiritual Care Conference will explore the connection between spirituality and behavioral health. Join us for afternoon workshops, a keynote address, dinner, and the presentation of the 2018 Bob Ervin Spiritual Care Award. Keynote presentation by John T. Broderick, Jr., Senior Director of Public Affairs at Dartmouth-Hitchcock and former Chief Justice of the New Hampshire Supreme Court.
REGISTER: wdhospital.com/events
LOCATION: Wentworth-Douglass Garrison Auditoriums

Thursday
Oct. 25
6:00 – 7:00pm

A Pediatrician's Understanding of LGBTQ
Retired pediatrician Skip Small, MD, will attempt to increase your understanding of why we, as humans, cannot always be defined physically and mentally as male or female. This will be a factual presentation about how the LGBTQ experience applies to health care. An open mind is encouraged, but not required. Prior knowledge and/or experience is not necessary. Presented by the Wentworth-Douglass Hospital Diversity and Inclusion Committee.
REGISTER: wdhospital.com/events
LOCATION: Wentworth-Douglass Garrison Auditoriums

Saturday
Nov. 3
8:00am – 12:00pm

Atrial Fibrillation in 2018 (CME/CEU Opportunity for Clinicians)
Massachusetts General Hospital and Wentworth-Douglass Hospital will co-present a half-day symposium on the latest, evidence-based guidelines for the diagnosis, treatment, and management of atrial fibrillation. Presenters and panelists will include specialists from Mass General's Cardiac Arrhythmia Service and Wentworth-Douglass Hospital's cardiovascular team. This clinical event is geared to cardiologists, emergency medicine physicians, primary care providers, hospitalists, nurses and other clinicians. CMEs and CEUs available.
REGISTER: wdhospital.com/events
LOCATION: Wentworth-Douglass Garrison Auditoriums

Tuesday
Nov. 27

Giving Tuesday
Giving Tuesday is a global movement to bring people and organizations together to give back. Join in supporting the Wentworth-Douglass Foundation. Your gift will support programs and services that help people in your community.
DONATE: wdhospital.com/donate

Wednesday
Dec. 5
5:30 – 7:30pm

Food & Family – Encouraging Healthy Eating Habits
Back by popular demand! This workshop will focus on helping families navigate issues such as picky eaters and balancing good nutrition on a busy schedule. We will host a food tasting, a cooking demo and everyone in attendance will leave with recipes for foods they love! Presented by Dave Goff and Leigh Davenport, RD, LD, CNSC, of Wentworth-Douglass Food & Nutrition Service. Part of the Wentworth-Douglass Family Wellness Series.
REGISTER: wdhospital.com/events
LOCATION: Wentworth-Douglass Garrison Auditoriums

Nov. 1 – Dec. 15

Marketplace Open Enrollment Assistance
During the open enrollment period, certified application counselors will be available to help answer your questions, access information online and enroll in insurance plans.
FOR MORE INFORMATION: (603) 740-3234 or wdhospital.com/insurancemarketplace
LOCATIONS: Wentworth-Douglass Hospital and Wentworth-Douglass Financial Assistance Office, 121 Broadway, Dover, NH.



Healthcare with Heart!

For five years in a row, Wentworth-Douglass Hospital has achieved the Healthgrades Outstanding Patient Experience Award™. This distinction recognizes Wentworth-Douglass as among the top 5% of hospitals nationwide, according to survey data compiled by Healthgrades.

See more of our awards and recognition as wdhospital.com.

Wentworth-Douglass Hospital IN THE COMMUNITY



Our thanks to Northeast Delta Dental for its continuing support of the Wentworth-Douglass Community Dental Center, which provides general dental care to qualifying individuals and families in the greater Dover community who would otherwise be unable to afford it. The gift was made in honor of Robert Chaikin, DMD, of Belknap Dental Associates, for his longstanding commitment to both Delta Dental and the Dental Center. Pictured are Benjamin Bradley and Kelly Clark of the Wentworth-Douglass Foundation, Dr. Chaikin, and Christa Keddie, Oral Health & Wellness Solutions Specialist for Northeast Delta Dental.



At the Chamber Collaborative of Greater Portsmouth's annual Street.life event in August, Todd Sigmon, MHA, AVP of Pease Campus and Business Development, spoke about the exciting expansion underway at the Wentworth-Douglass Hospital at Pease campus. Part of this expansion includes the opening of a second location of the Seacoast Cancer Center in spring of 2019. Learn more at www.getbetteratpease.com.