



WENTWORTH-DOUGLASS
HOSPITAL

MASSACHUSETTS GENERAL HOSPITAL SUBSIDIARY

WINDOWS
to your health
YOUR SOURCE FOR HEALTH INFORMATION



Dr. Arul Mahadevan, radiation oncology; Dr. David Coppola, surgical oncology; and Dr. Barbara Civiello, medical oncology, are the physicians leading Wentworth-Douglass Hospital's comprehensive Seacoast Cancer Center.

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A Multi-Specialty Team Approach to Cancer Care

"I started working at the Seacoast Cancer Center in 2005, and I've watched it grow from a really good cancer center into a great cancer center," says Barbara Civiello, MD, Director of Medical Oncology at Wentworth-Douglass Hospital. Dr. Civiello attributes this to the ability of the entire team, from surgeons and radiation oncologists to nutritionists and pain management specialists, to work as a multidisciplinary team, providing patients with a sense of community and consistency of care.

Dr. Civiello is one of three department directors who oversee this multi-specialty team approach among the center's main clinical areas. David Coppola, MD, leads the surgical oncology team, and Arul Mahadevan, MD, is the head of radiation oncology. While each of the three departments has its own focus, the overall emphasis is on coordinated care and treatment that benefits the patient.

"We figure this out together, as a team," says Dr. Civiello. "My colleagues from radiation oncology and surgical oncology have easy access to each other, and we all put a premium on outstanding communication. I am often astounded by how fundamental a patient's immediate needs are: They want their doctors to communicate clearly and offer a personalized treatment plan that everyone involved in their care can follow."

Dr. Civiello's philosophy of seamless care is shared by her colleagues, especially as the Seacoast Cancer Center continues to grow, and new advances and programs in each area of the center are shaping the model for cancer care on the Seacoast.

EXPANDING WOMEN'S CANCER CARE

As the Seacoast Cancer Center grows, its leadership envisions a multidisciplinary approach with every cancer sub-specialty in one location. For Dr. Coppola, an emphasis on advanced breast care treatment is timely and appropriate. According to the American Cancer Society, breast cancer alone accounts for 30% of all new cancer diagnoses in women.

Right now, surgical advances are helping to improve breast cancer treatments. BioZorb is a 3-D device designed to clearly mark the surgical site where a tumor was removed from the breast. It is implanted at the time of surgery, and, according to Dr. Coppola, "helps to improve radiation treatment planning. The radiation oncologist and team can target the site with pinpoint accuracy because they can see the marker, not just the scarred looking area."

See [CANCER CARE](#), Page 06 →

Comfort, Technology & New Services at the Heart of Cancer Center Renovation

The Seacoast Cancer Center is welcoming patients into a newly expanded and renovated center that offers more comfort and privacy for patients and families and room for the addition of new services and technology.

Wentworth-Douglass Hospital became a subsidiary of Massachusetts General Hospital in early 2017. Together, the two hospitals are developing opportunities to enhance cancer programs for patients right here in our community."

With more services comes a growing team. Care in the Seacoast Cancer Center involves many caregivers, including board-certified medical and radiation oncologists working in collaboration with oncology certified advanced practitioners, specialty clinicians,

nurse navigators, pharmacists, social workers, nutritionists, physical therapists, integrative therapists, and palliative care physicians, to provide complete, personalized care and expert treatment every day.

"The expansion of our cancer center was undertaken, in part, to create needed space for these services and clinicians, and to support our future growth. The Seacoast Cancer Center is regionally recognized for its quality and patient-centered service, and our hospital's investment will assure that we continue to provide the very best cancer care in our community," says Susan Gallagher, RN, BSN, JD, Assistant Vice President of Cancer Services.

See [RENOVATION](#), Page 06 →



Photo Credit: perrysmithphoto.com

Mary James is recovering from a concussion with help from her therapists from Wentworth-Douglass Hospital's Concussion Rehabilitation Program, including Holly Goodell, MS, CCC-SLP; speech therapist; Jessica Bergeron, PT, CLT, physical therapist; and Michelle Lavertu, OTR/L, occupational therapist.

Concussions Are Not Just for Athletes

Some concussions happen on the athletic field – images of football players slamming into one another come to mind. But, more often, concussions are caused by a fall, a car accident, or even a “ridiculous accident.” That’s how Mary James, of Durham, describes the moment at work when an old computer fell off a refrigerator and onto her head. “I didn’t lose consciousness, but I had a terrible headache all day,” Mary recalls. “Foolishly, I stayed at work. That evening, I had a difficult time driving home safely.”

Mary made a common mistake – many people with concussions do not understand how serious the injury can be. A concussion is a type of traumatic brain injury caused by any hit to the head or body that causes the brain to shake around inside the skull. Symptoms may include headache, confusion, memory loss, dizziness and exhaustion. Mary had them all, keeping her out of work for five months.

Concussion symptoms generally resolve in 14-21 days. When they last longer it is called post-concussive syndrome, explains Lindsay Carrier, PT, DPT, CLT, CSRS, of Wentworth-Douglass Hospital's Concussion Rehabilitation Program. This multidisciplinary team works with patients of all ages and backgrounds to help them regain function and return safely to work, school, sports or other activities.

“Concussions are not just for athletes,” says Carrier. “There needs to be greater awareness of these injuries, their seriousness, and when to seek treatment. There are therapies and strategies that can significantly improve the recovery from concussion and help people safely return to their lifestyle.”

In the Concussion Rehab Program, speech, occupational and physical therapists care for the whole person – using traditional, high-tech and virtual reality systems to treat everything from cognitive and memory function, to vision problems, balance issues and more. Behavioral health specialists address the patient’s anxiety and emotions, while social workers help navigate disability paperwork or connect with school counselors.

Primary Care Physician Nancy Pettinari, MD, CPE, of Wentworth Health Partners Internal Medicine, says, “Having such expertise available in a very collaborative setting was extremely helpful in my role of providing oversight for Mary’s care and developing a plan for her eventual return to work and full function.”

Mary’s rehab plan involved addressing her short term memory loss and improving concentration. She focused on balance issues and treating her neck injury, another common problem following a concussion. The team also helped her develop strategies for managing her busy work schedule during recovery.

“The Concussion Rehab Team helped me understand my limits and where I could push the envelope,” says Mary. “Every time I reach a new normal of functionality, they help me figure out where to take it from there. This has been hugely important to my recovery.”

To learn more about Wentworth-Douglass Hospital Rehabilitation Services and the Concussion Rehab Program, please call (603) 740-2101 or visit wdhospital.com/rehab.



Melisa Bartlett, Director of Practice Transformation & Specialty Operations for Wentworth Health Partners, pictured with President & CEO Greg Walker, was honored as this year's President's Award winner for her outstanding leadership and commitment to continually improving the care and experience for patients.

2017 President's Award Winner

Congratulations to Melisa Bartlett, Director of Practice Transformation & Specialty Operations for Wentworth Health Partners (WHP). Melisa was named the recipient of the 18th annual President's Award, Wentworth-Douglass’s most prestigious honor.

As an exceptional leader, Melissa has had a tremendous impact both at the hospital and in our physician offices. She has spearheaded many of the organization's most important efforts, including the achievement of WHP's first Ambulatory and Patient Center Medical Home Joint Commission certification and this year's successful recertification. Melisa was also nominated for the President's Award in 2010, 2014 and 2015.

Melisa volunteers in the community for the Seacoast Cancer 5K, the South Berwick Strawberry Festival, and as an assistant football coach for her son's Marshwood team.

"The fact that she interacts with every department in the organization in a positive way to create a better environment for our patients and staff is praiseworthy. She is loyal and committed to WDH and its values," wrote Joyce O'Day, RN, practice administrator for WHP Head & Neck Specialty Group of NH, in her nomination of Melisa.

President & CEO Greg Walkers selected Melissa from among many deserving nominees, including Kate Collopy, PHD, RN, Nursing Education; Mary Ann Gagnon, APRN, DNP, Marshwood Family Care; Anne Marie Lamson, RN, BSN, ACM-RN, CH-GCN, Case Management; Michelle Lavertu, OTR/L, Rehabilitation Services; Janet Perkins, MD, Garrison Women's Health; Donna Soares, volunteer; and Lynn Volinsky, Pre-Admission Services.

The Wentworth-Douglass Hospital President's Award is awarded annually to one staff member, volunteer or medical staff member who is nominated by their peers for embodying the “We Care” spirit of Wentworth-Douglass.



"Life's Simple 7" for Improving Women's Heart Health

Heart disease is the leading cause of death for both men and women. Yet, according to the American Heart Association, only 1 in 5 women believe heart disease is her greatest health threat. Women who are experiencing heart attacks wait longer to seek treatment than men, are treated less aggressively, and are less likely to survive. Why does this gender gap exist? One reason is a lack of scientific research and data about women's heart health. Another is a simple lack of awareness. Women's heart disease sometimes looks different than men's – with different signs and symptoms and different causes. Therefore, raising awareness about their risk factors can go a long way toward improving women's heart health.

“The good news is that heart disease is preventable. While genetics does play a role, we are learning that it is a much smaller factor than previously thought. Positive lifestyle changes can drastically improve your heart health,” says Whitney Coppolino, MD, FACC, Wentworth Health Partners Cardiology at Pease.

Following the American Heart Association's “Life's Simple 7” is a great place to start.

1 - MANAGE BLOOD PRESSURE

Keeping your blood pressure within healthy ranges reduces the strain on your heart, arteries, and kidneys, which keeps you healthier longer. Talk to your doctor about steps you should take to manage your blood pressure.

2 - CONTROL CHOLESTEROL

High cholesterol contributes to the plaque that clogs arteries and leads to heart disease and stroke. Know your HDL (good cholesterol) and LDL (bad cholesterol) numbers.

3 - REDUCE BLOOD SUGAR

Diabetes is one of the top risk factors for cardiovascular disease. If you have diabetes, make sure you are taking your prescribed medications or insulin to manage your blood sugar levels.

4 - GET ACTIVE

Try for 30 minutes of moderate physical activity at least five times per week. Brisk walks truly can lower your risks of heart disease and stroke.

5 - EAT BETTER

A diet rich in fruit and vegetables, whole grains, and fish is one of the best safeguards against heart disease.

6 - LOSE WEIGHT

Extra fat – especially around your waist – puts you at higher risk for health problems like high blood pressure, high cholesterol, and diabetes. Even losing just five or 10 pounds can improve your health and help you feel better too.

7 - STOP SMOKING

No surprise here – quitting smoking is the best thing you can do for your heart and overall health.



Dr. Whitney Coppolino is a cardiologist with fellowship training in cardiovascular disease and women's heart health. For more information or to make an appointment, call (603) 610-8070 or visit peasecardiology.com.



Photography Credit: littlebroken.com

SMOKED SALMON & HERBED AVOCADO TOAST

Serves 8
Recipe adapted from www.SinFulNutrition.com

INGREDIENTS:

- 1 medium avocado
- 4 Tbsp. finely chopped fresh dill, divided
- 3 Tbsp. finely chopped fresh chives
- ½ tsp. minced garlic
- ¼ tsp. black pepper
- ½ Tbsp. lemon juice
- 4 slices seeded rye bread
- 3 Tbsp. thinly sliced red onion
- 2 small radishes, thinly sliced
- 4 oz. wild Alaskan smoked salmon

DIRECTIONS:

Halve, pit and scoop flesh from avocado into small mixing bowl. Add dill, chives, garlic, pepper, and lemon juice and mash until smooth and combined. Toast slices of bread and lay on a clean cutting board or countertop. Top each slice with a quarter of the avocado mixture, about 2 tablespoons. Cut slices into 4 equal-sized pieces. Top each square with equal amounts of onion, radishes, and salmon. Garnish each with remaining dill.

NUTRITION FACTS: 2 pieces per serving

CALORIES 112	FAT 4G	CARBS 13G	PROTEIN 7G	SODIUM 230MG	DIETARY FIBER 2G
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VASCULAR HEALTH SCREENINGS

Vascular disease can strike anyone, but people who smoke, have high cholesterol, high blood pressure or diabetes, or have a family history are often at an increased risk. Wentworth-Douglass Hospital's Vascular Health Screenings can help you understand your current health and risk factors.

PREVENTATIVE SCREENINGS FOR:

- Abdominal aortic aneurysms (AAA)
- Peripheral Artery Disease (PAD)
- Carotid artery disease

\$75 per person or \$125 per couple.

Vascular Health Screenings are available by appointment every other Tuesday afternoon from 12:30 – 4:00 p.m.

Call (603) 742-5252 ext. 2042 to schedule an appointment.

Wentworth-Douglass Hospital offers comprehensive, state-of-the-art vascular care. Our expert vascular surgery team, including Dr. James Estes, Dr. Stephen Gemmett, and Dr. Ritoban Sen, has extensive experience in diagnosing and providing the leading treatments for stroke prevention, aortic aneurysms, peripheral arterial disease, carotid disease, dialysis, diabetic wounds, and varicose or cosmetic vein disease. Learn more at wdhospital.com/vascular.



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.”



Respected OB/GYN Jerome T. Schlachter Joins Wentworth Health Partners

Dr. Jerome T. Schlachter, a respected, board-certified obstetrician and gynecologist with 28 years of experience practicing in New Hampshire, is joining Wentworth Health Partners OB/GYN & Infertility, as that practice continues to grow and enhance its services for women of all ages.

Dr. Schlachter, who earned his medical degree at the University of Cincinnati College of Medicine and completed his residency at Bethesda Hospital in Cincinnati, will offer prenatal care and gynecological services here in Dover. He also joins OB/GYN and Infertility’s skilled surgeons in offering advanced expertise in minimally invasive gynecologic surgery, robotics and single-site robotic surgery.

Dr. Schlachter’s additional clinical interest is in improving the quality and safety of obstetrics care through process improvement. With the Northern New England Perinatal Quality Improvement Network (NNEPQI), he authored guidelines for vaginal birth after cesarean (VBAC), fetal monitoring, labor induction and other topics aimed at setting standards for the quality care of women through pregnancy and during labor and delivery.

“One of the reasons I wanted to join Wentworth-Douglass Hospital was because of the exceptional performance of its labor and delivery unit. Through the Perinatal Quality collaboration, I have come to know some of the Women & Children’s Center doctors and nurses and seen the high quality of the care provided here. It’s the best birth center on the Seacoast – period.”

Most recently, Dr. Schlachter was in private practice in Manchester and affiliated with Dartmouth-Hitchcock. Five years ago he decided to move to Portsmouth and make the Seacoast his home.

“I really enjoy living here, and by moving my practice here I look forward to becoming more a part of the Seacoast community,” he says.

To make an appointment with Dr. Schlachter or to learn more about Wentworth Health Partners OB/GYN & Infertility, call (603) 749-4963. Visit the practice online at obgynandinfertility.com.



CARA ABBOTT, APRN
Family Medicine
Wentworth Health Partners
Lee Family Practice
(603) 868-3300



SHILPA DESAI, MD
Ophthalmology
Eyesight Ophthalmic Services
(603) 436-1773



STEVE A. JOSELOW, MD
Dermatology
Northeast Dermatology Associates
(978) 691-5690



FUAD KHAN, MD
Psychiatry
Wentworth Health Partners
Behavioral Health Services
(603) 742-9200



KAIDI MIKHITARIANI, MD
Pathology
Spectrum Medical Group
(207) 482-7800



ANTHONY H. REPUCCI, MD
Pediatric Gastroenterology
CHaD at Wentworth-Douglass Hospital
(603) 740-2366



LISA D. SHERMAN, MD
Dermatology
Northeast Dermatology Associates
(978) 691-5690



CARLY SHIEMBOB, DO
Emergency Medicine
Seacoast Emergency Physicians
(603) 740-2163



JOAN S. SISTO, MD
Dermatology
Northeast Dermatology Associates
(978) 691-5690



MONICA TOMBASCO, CRNA
Anesthesiology
North American Partners in
Anesthesia
(603) 740-2651



BRIAN T. TREZAK, MD
Hospital Medicine
Wentworth-Douglass Hospital -
Hospital Medicine
(603) 740-2503



RODNEY J. VOISINE, MD
Anesthesiology
North American Partners in
Anesthesia
(603) 740-2651



LAUREN C. WALKER, CNM
Certified Nurse Midwife
Dover Women’s Health
(603) 742-2424



Wentworth-Douglass offers Rehabilitation Services at several convenient locations in Dover, Durham, Lee, and soon in Somersworth.

Physical Therapy at The Works!

Coming soon! Wentworth-Douglass Rehabilitation Services will be offering physical therapy services at The Works Family Health and Fitness Center in Somersworth, NH. Physical Therapy at The Works will offer one-to-one care with licensed therapists for the treatment of pain or muscular issues using aquatic therapy, therapeutic exercise, dry needling, manual therapy, and more. It all takes place right inside Wentworth-Douglass’s multipurpose health club, and you do not have to be a Works member to take advantage of this great new service location.

Wentworth-Douglass Rehabilitation Services offers comprehensive inpatient and outpatient services, including physical therapy, occupational therapy, speech therapy, plus pulmonary, cancer, cardiac and neurological rehabilitation programs, and more.

In addition to the new Works location, rehab services are also available in Dover, Durham and Lee. Visit wdhospital.com/rehab for location details and directions. For more information, call Wentworth-Douglass Rehabilitation Services at (603) 740-2101.



AM I GOOD CANDIDATE FOR A VBAC?

By Jeffrey Johnson, MD, maternal-fetal medicine specialist & chairman of Obstetrics and Gynecology at Wentworth-Douglass Hospital

Expectant mothers have many decisions to make about their health care during the nine months of pregnancy. As a maternal-fetal medicine doctor, specializing in the care of high-risk pregnancies, I'm here to offer guidance throughout this exciting time in their lives.

One question women often ask me is: "Am I a good candidate for a VBAC?" A VBAC is a vaginal birth after cesarean. Many women who have had previous C-sections want to labor and try to deliver vaginally – and it's a decision I fully support. For women who are considered good candidates for VBAC, a vaginal birth can have many benefits, including faster recovery times, shorter hospital stays, less discomfort and less chance of blood transfusions and postpartum infections.

We see a lot of VBAC success stories. Overall, 60-80% of women who attempt a VBAC are successful in delivering their babies vaginally. According to the American College of Obstetricians and Gynecologists, you are a good candidate for a VBAC if:

- Your previous cesarean incision was a low-transverse (horizontal) rather than a vertical or T-shape incision.
- Your pelvis is considered large enough for the baby to safely pass through.
- You have not had other uterine surgeries, such as fibroid removal.
- You have no other obstetrical problems (such as placenta previa or a breech baby) that would make a vaginal delivery risky.

Every woman's medical history and pregnancy is different, and there are countless factors that can contribute to your decision to try for a VBAC. How long was it since your last delivery? What was the reason for your previous C-section? Is your baby overdue? Your obstetrician or midwife can discuss all these factors with you and help you understand your benefits and risks, so you can make a decision that is right for you.

Always, the safety of your delivery and health of your baby is at the heart of what we do. Should you choose a VBAC, Wentworth-Douglass Hospital has supportive providers and nurses who want to help you achieve the labor you envision.

To learn more about the Wentworth-Douglass Hospital Women & Children's Center, visit seacoastbabies.com.

OB/GYN PRACTICES THAT DELIVER AT WENTWORTH-DOUGLASS HOSPITAL ARE:

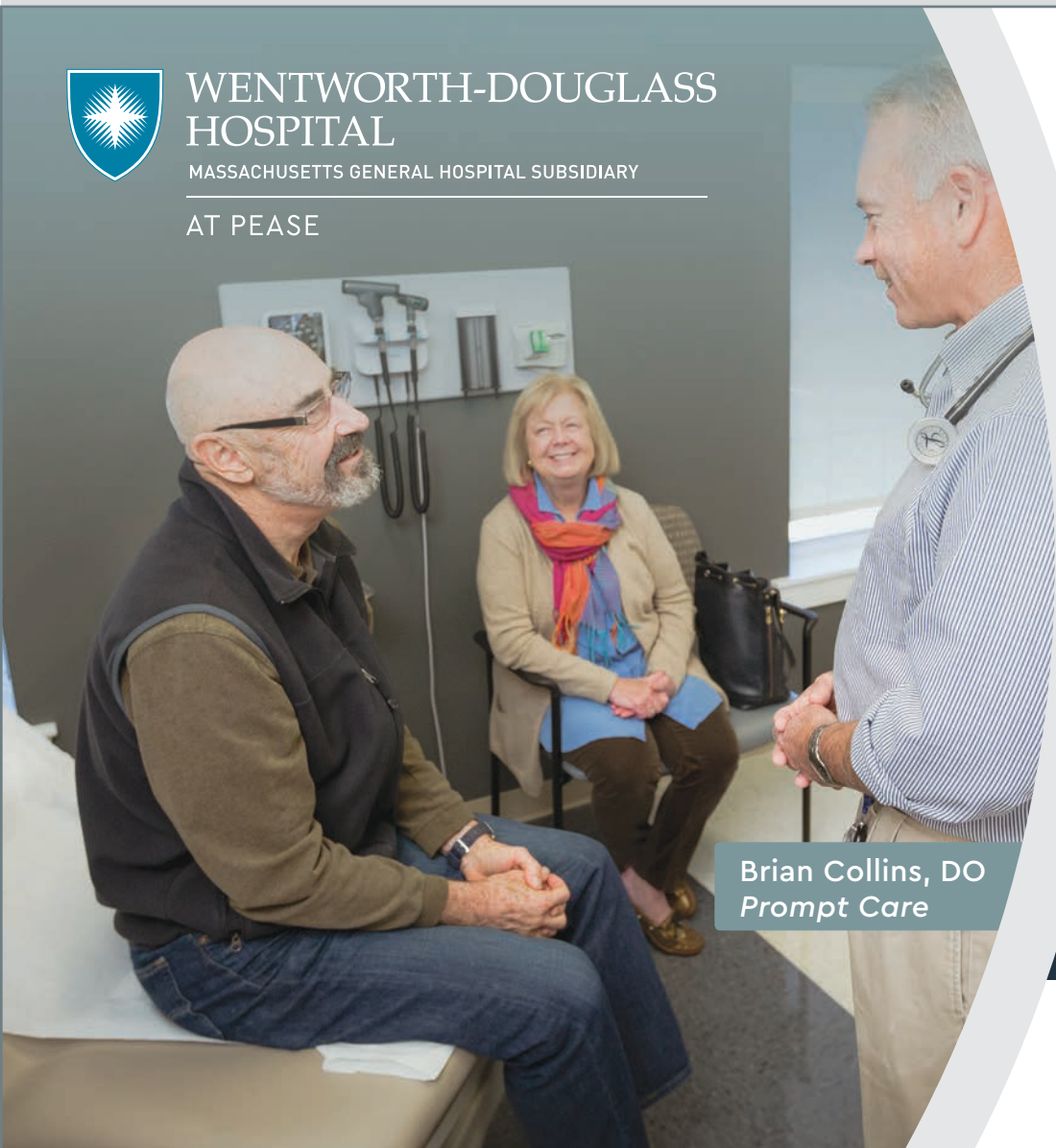
- Wentworth Health Partners OB/GYN & Infertility
- Dover Women's Health
- Garrison Women's Health
- Goodwin Community Health



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AT PEASE



Brian Collins, DO
Prompt Care

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- Laboratory Services
- And Much More to Come!

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Phone: (844) WD.PEASE



Recent renovations to the Seacoast Cancer Center include the addition of 28 new infusion spaces that offer patients more privacy and comfort during treatments.

Cancer Care (from page 1)

MORE TARGETED THERAPY TO REPLACE CHEMOTHERAPY
Dr. Civiello is excited about progress being made in providing customized therapy – orally or through an IV – which targets a specific protein that a tumor carries, or targets a specific mutation: “We now can analyze the molecular gene expression within the tumor. This can tell us who might have a higher risk for recurrence and help us to bring the patient down from a high risk to a lower risk.” For example, breast cancer patients whose risk of reoccurrence is low may be able to avoid chemotherapy in favor of endocrine therapy, which is delivered mostly in pill form.

Genetic counselors from Massachusetts General Hospital are on site in Dover each month for genetic testing and counseling to help patients weigh their individual risks for developing a new cancer. Patients can learn about any genetic mutations they’ve inherited, and benefit from computer models that can help guide their decision-making, often involving other family members who share similar genetic profiles.

“ROBUST” CLINICAL TRIALS PROGRAM

The directors of medical oncology, surgical oncology and radiation oncology refer to the Seacoast Cancer Center’s increased access to clinical trials as “robust.” According to Dr. Arul Mahadevan, Director of Radiation Oncology, “Our patients have access to advanced treatment technologies for radiation treatment, and drugs that are above and beyond what is typically available and expected in a community hospital. We offer leading-edge, innovative treatments right here.”

Clinical advances are not limited to drug therapies. They can also be procedures that help people survive and live longer and with better quality of life. One such example involves a National Cancer Institute (NCI)-approved approach to treating brain cancer, in which advanced techniques in precise radiation targeting and delivery spare the hippocampus, helping improve cognitive function and minimize memory loss.

“Our advanced linear accelerator delivers very precise radiation with high dose rates in about half the typical time,” according to Dr. Mahadevan. The benefits go beyond patient comfort and shorter treatment sessions to include safety; patients are monitored in real time so that the radiation dosage can be optimized. In addition, high dose radiation can be directed precisely to the tumor using fiducial markers – tiny implants, about the size of a grain of rice, that are placed in or near a tumor. The markers can be seen by X-ray, “allowing us to continuously monitor the target’s motion and deliver the maximum radiation dose to the tumor while sparing healthy tissue,” says Dr. Mahadevan.

A LEADER IN COMPREHENSIVE, PATIENT-FOCUSED CANCER CARE

Advanced technology, chemotherapy, targeted therapy, immunotherapy, biological therapy, radiation therapy, robotic surgery, access to clinical trials, genetic testing and counseling, and the resources of Mass General – the Seacoast Cancer Center at Wentworth-Douglass is delivering a comprehensive model of patient-focused care guided by the leadership of its multi-disciplinary team.

Renovation (from page 1)

During the first phase of construction, the hospital’s former birth center became the new cancer infusion area. This area on the 2nd floor now includes 28 new infusion spaces – each decorated in neutral tones with soothing beach scenes, space for visitors, and personal comfort controls to create a sense of calm for patients receiving treatment. This area also incorporates space for our oncology pharmacy, team-centered clinical areas for nursing staff, and separate spaces for advanced practitioners and other support team members so they can be in close proximity to patients during their visits.

During construction, all medical oncology services including office and infusion room visits were temporarily relocated while renovations on the first floor proceeded.

“Phasing of the expansion and renovations was necessary to avoid any interruptions in patient care,” says Gallagher. “It was not easy for staff and our patients and it required a lot of team work and patience, but the outcome will be well worth the challenges.”

The newly renovated first floor begins welcoming patients this spring. The former infusion area is now an expanded laboratory, new medical oncology exam and treatment rooms, and physician offices. This area will also be home to Massachusetts General Hospital specialty cancer clinics and a new, state-of-the-art technology room for tele-conferencing with other area hospitals and experts at Mass General. The technology room was designed and built with support from the Wentworth-Douglass Foundation and our generous donors.

“We are so appreciative of the funding and support we receive from our hospital and the donors to the Wentworth-Douglass Foundation who recognize the needs of our cancer patients and programs,” says Barbara Civiello, MD, Director of Medical Oncology.

Along with the expansion of our medical oncology and adjunct services, our radiation oncology department also installed a new linear accelerator in 2017. The new Varian Edge is the first of its kind in New England and offers many cancer patients the very best radiation therapy available with the latest technology, precision and speed they expect in their care. The impressive equipment is housed in a specially shielded room that is also designed for comfort and tranquility during visits that can be otherwise stressful over many days of treatment.

*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.
For more information, call (603) 742-8787
or visit wdhospital.com/cancer.*



Q & A: The Benefits of Weight Loss Surgery

If you are ready to lose weight, Wentworth-Douglass Hospital's new Center for Weight Management & Bariatric Surgery has all the expertise, tools and support you need to be successful. Dr. Dmytro Havaleshko's extensive experience performing bariatric surgeries, including gastric bypass and vertical sleeve gastrectomy, has helped patients across the Seacoast discover their best life. Here, Dr. Havaleshko answers some questions about the benefits of weight loss surgery.

Q. Who do you recommend weight loss surgery for and why is it a good option?

DH: There is a lot of data showing that obesity is a complex disease, and it's a progressive disease. Data from the World Health Organization shows it's increasing worldwide. In the United States, obesity rates are around 36–39%. In New Hampshire, the rate of obesity is around 26%. We consider bariatric surgery for people with morbid obesity, meaning a body mass index (BMI) over 35. Patients are appropriate for weight loss surgery if they have a BMI over 40 with no comorbid conditions such as hypertension, high cholesterol, diabetes and others, or with a BMI over 35 with one of the above-mentioned comorbidities.

Q. How much weight do patients typically lose after surgery?

DH: Depending on the surgery, a patient can expect to lose between 50–60% of their excess body weight. Meaning, if they're 100 pounds overweight, then they will lose 50–60 pounds and that would be considered a good result. For gastric bypass, the percentage goes up to between 60–70%. For sleeve gastrectomy, there is a recent study from Israel of 212 patients that shows their weight loss at three years was almost 75% of excess body weight. However, after surgery all predictors of success are behavioral. Therefore, in our program, we pay particular attention to the behavioral modifications and learning what to do after the surgery.

Of course, weight loss is a good thing, but the resolution of co-morbid conditions is what people are actually looking for. Resolution of high blood pressure is around 60–70%, sleep apnea resolution is around 80–90%, and resolution of type 2 diabetes is around 70%.

Q. What services and support does Wentworth-Douglass offer to help patients prepare for surgery and be successful?

DH: The Center for Weight Management & Bariatric Surgery is going to be really different than any other center in New Hampshire. Our program will have medical and surgical weight loss options. Depending on the patient's preference and presence of comorbid conditions, we will help him or her make the best and most educated decision on which weight loss route to take. The bariatric surgery program will include pre-surgical optimization, which is very important for successful and sustainable weight loss. Patients work with our psychologist, dieticians, and physical therapy specialists. Our bariatric psychologist, who has approximately 15 years of bariatrics experience, will focus on behavioral modifications, stress management in the future, and how to make appropriate choices in life. And of course, there will be pre-operative optimization based on the patient's comorbid conditions. If they have sleep apnea, they will see a pulmonologist or sleep specialist; or diabetes educators to help manage diabetes. Bariatric surgery is quite safe because we operate on our patients after several months of surgical optimization.

Q. Besides weight loss, what other benefits might patients experience after surgery?

DH: The resolution of co-morbid conditions, diabetes, hypertension, among others, that's the main health benefit. When I see the patients in my office after the surgery, the only thing patients say they regret is they did not go through our program and surgery sooner. They feel like they have been given their lives back.

Information sessions are held the third Thursday of the month at 6:30pm at Wentworth-Douglass Hospital. To join us for a session or request more information, please call toll free 833-WD-NEW-ME or visit wdhospital.com/newme.

Be Stroke Aware

When having a stroke, every minute counts. Know the six BE FAST warning signs of stroke, and if you see them, call 911 immediately. Talk to your healthcare provider about your stroke risk factors.

MAY IS STROKE MONTH

Join us for a Stroke Awareness event on May 31.

See page 8 for details.

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BALANCE

Sudden loss of balance?



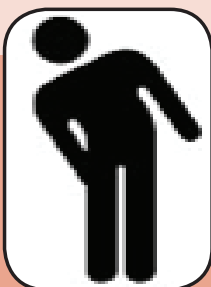
EYES

Loss of vision in one or both eyes?



FACE

Face looks uneven?



ARMS

Arm or leg weak/hanging down?



SPEECH

Speech slurred, trouble speaking or seem confused?



TIME

Call 9-1-1 now!

UPCOMING CLASSES, PROGRAMS & EVENTS

Tuesday
May 1
6:00 – 7:00pm

Latest Advances in Hip & Knee Replacement
Join expert orthopedic surgeons from Wentworth-Douglass Hospital's Joint Replacement Program as they discuss the latest advances in hip and knee replacements, including the custom-fit ConforMIS knee replacement.
REGISTER: (603) 740-2818 or wdhospital.com/events
LOCATION: Sheraton Portsmouth Harborside Hotel, 250 Market Street, Portsmouth, NH

Thursday
May 3
5:00 – 8:00pm

Wentworth Plastic Surgery Open House
Come learn about the non-surgical options to help you feel more naturally you. Information and demonstrations of peels, injectable fillers, laser treatments, skincare and more. Treat yourself to a fun and relaxing night out!
REGISTER: (603) 516-4268 or wdhospital.com/events
LOCATION: Plastic Surgery Specialists, 10 Members Way, Suite 303, Dover, NH.

Tuesday/
Thursday
May 8 & 10
5:30 – 7:30pm

Skin Cancer Screenings with Dermatology & Skin Health
The Seacoast Cancer Center at Wentworth-Douglass Hospital and Dermatology & Skin Health are offering FREE SKIN CANCER SCREENINGS for those who are uninsured or underinsured in the greater Dover area.
REGISTER: If you meet the qualifications, please call (603) 740-2818 to sign up for your 5- minute appointment. RSVPs required.
LOCATION: Wentworth-Douglass Hospital Seacoast Cancer Center

Thursday
May 10
3:00 – 4:00pm

Treatment for Chronic Swelling & Lymphedema
At this FREE community lecture, Martina Shanley, MSPT, CLT/LANA, and Allyson Alexander, DPT, CLT, of Wentworth-Douglass Rehabilitation Services will share treatment strategies for people experiencing chronic swelling.
REGISTER: Call (603) 868-8520
LOCATION: Wentworth-Douglass Professional Center at Lee, 65 Calef Highway, Lee, NH

Thursday
May 31
11:00am – 1:00pm

Stroke Awareness Month Event
Pick up your stroke score card and be screened for risk factors. Learn about the best approaches to treatment from our expert providers. Plus, an ambulance tour and a healthy lunch!
REGISTER: (603) 740-2818 or wdhospital.com/events
LOCATION: Wentworth-Douglass Garrison Auditoriums

Thursday
June 7
6:00 – 7:00pm

Concussion & Exercise: Is it Safe?
Presenter Dr. David J. Cormier of Seacoast Orthopedics & Sports Medicine will discuss the safe return to sports and other activities following a concussion. Plus a Q&A with providers from Wentworth-Douglass's Concussion Rehab Program.
REGISTER: (603) 740-2818 or wdhospital.com/events
LOCATION: Wentworth-Douglass Garrison Auditoriums

Wednesday
June 13
5:00 – 7:00pm

Cancer Survivors Day
The Seacoast Cancer Center invites cancer survivors and their loved ones to celebrate life at our popular Survivors Day Party. Food, games and fun for the whole family!
REGISTER: (603) 740-2226 or wdhospital.com/events
LOCATION: Wentworth-Douglass Garrison Auditoriums

Monday
June 25
10:00am

Wentworth-Douglass Hospital Charity Classic
At the Wentworth-Douglass Foundation's annual sell-out golf tournament, teams compete for trophy recognition and prestigious green jackets while raising funds and awareness for the Women & Children's Center. Last year's event raised more than \$120,000 for pediatric care and services on the Seacoast. Join us! Sponsorship opportunities are also available.
INFORMATION: Call (603) 740-2687 or email foundation@wdhospital.com
LOCATION: Cochecho Country Club, Dover, NH

Sunday
Sept. 23
9:00am

Seacoast Cancer 5K
Save the date for the Seacoast's biggest & best 5K! Now in its fifth year, this event is set to exceed more than \$1 million raised for local cancer services since it began. Join the party! Registration opens in May.
INFORMATION: SeacoastCancer5K.org
LOCATION: Wentworth-Douglass Hospital

Win a **GETAWAY FOR 2**
to the Samoset Resort

And help raise funds for Children's Programs at
Wentworth-Douglass Hospital





Purchase tickets online at wdhospital.com/getaway

One winner receives a 2-night stay and dining/spa package at the Samoset Resort along with 2 rounds of golf (for two) on Samoset's 18-hole championship golf course! Valued at \$1,700. Must be used by 6/26/20.

RAFFLE TICKETS
\$25 EACH
5 FOR \$100
12 FOR \$200



WENTWORTH-DOUGLASS HOSPITAL
MASSACHUSETTS GENERAL HOSPITAL SUBSIDIARY
CHARITABLE FOUNDATION

Wentworth-Douglass Hospital IN THE COMMUNITY

