



WENTWORTH-DOUGLASS
HOSPITAL
A Mass General Community Hospital

WINTER 2019/2020

WINDOWS

to your health
YOUR SOURCE FOR HEALTH INFORMATION



Photo Credit: perrysmithphoto.com

When Jason Miller of Dover experienced a heart attack in June, quick coordination and care from Dover Fire and Rescue and Wentworth-Douglass Hospital helped save his life. Pictured (L-R): Anthony Colarusso, Firefighter/Paramedic; Jason Miller; Dr. Greg Imbrie, Wentworth-Douglass Cardiologist; and Stephen Thunstrom, Firefighter/Paramedic.



A PUBLICATION OF:
WENTWORTH-DOUGLASS
HOSPITAL
A Mass General Community Hospital

wdhospital.org | (603) 742-5252

Windows to Your Health is published by the Community Relations Department. You can reach us at (603) 740-2818.

DAWN FERNALD
Director, Marketing & Public Relations

JENNIFER HARRIS
Editor & Manager, Public Relations, Content & Digital Strategy

JESSICA BEEBE
Designer & Manager, Marketing Collateral & Brand Strategy

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Jason's Story: Minutes Matter in a Heart Attack

Jason Miller of Dover had a heart attack in June. In his 40s, Miller is active, not overweight, has no family history of cardiac problems and no issues with cholesterol or high blood pressure.

“This could have happened to anyone,” says Miller: “I work as a carpenter, and I had spent the day laying down a floor. At first, I thought I had pulled a muscle, but then I started feeling discomfort on both sides of my chest. So I left work early and drove north to Dover. By the time I made it through the Spaulding Turnpike toll booth, both of my arms were numb, and I had cold sweats and terrible nausea.”

Miller pulled his car over, called his wife, and dialed 911. Dover Fire and Rescue arrived at the scene and immediately began transmitting vital information to the Wentworth-Douglass Hospital Emergency Department, which activated a STEMI team. STEMI (ST-Elevation Myocardial Infarction) is a true medical emergency. The most common symptoms are shortness of breath, nausea, and chest pain, which may travel from the chest into the shoulder, arm, neck or jaw, and last for more than a few minutes. One of the arteries that supplies oxygen and nutrient-rich blood to the heart muscle is blocked. In

See [JASON'S STORY](#), Page 06 →

10 REASONS to Choose Wentworth-Douglass in an Emergency

1. A 24/7 Cardiac Catheterization Lab and expert team always ready to care for patients experiencing a heart attack.
2. Advance certification as a Primary Stroke Center means we use the latest practices and diagnostic criteria to ensure you get the stroke treatment you need.
3. Level III Adult and Pediatric Trauma Center means we've proven ourselves capable of providing prompt assessment, resuscitation, surgery, intensive care, and stabilization of patients, for both children and adults.
4. All our physicians are board certified in emergency medicine, and our advanced practice clinicians and nurses have advanced emergency training.
5. Dedicated Child Life Specialists in the Emergency Room help minimize a child's fear and stress during their care.
6. We have a direct link to Massachusetts General Hospital resources and expertise.
7. At a hospital emergency room, you get fast access to lifesaving care the moment you need it.
8. Two walk-in Express Care centers in Dover & Lee offer a more affordable option for non-life-threatening emergencies.
9. Proudly serving the Dover community for over 110 years.
10. Winner of the 2019 Best of Seacoast Award for Best Emergency Room. Wentworth-Douglass also won Best Hospital, Best Urgent Care for Express Care, and Best Place to Have a Baby.

TOP REASONS NOT TO CHOOSE A FREE-STANDING EMERGENCY ROOM

1. **Not all services are onsite, potentially delaying life-saving care.** Free-standing emergency rooms are not attached to a hospital, so if advanced treatment is required for a heart attack, stroke, or surgical needs, specialists are not onsite, and patients will be transferred to an acute care hospital.
2. **Minor conditions will cost you more.** Seeking non-emergent care at freestanding emergency rooms will cost you more than if provided at an urgent care center, or walk-in care facility.
3. **It's confusing!** Free-standing Emergency Rooms look like urgent care centers but aren't. They offer emergency level care, but without the advanced care that is available at an acute care hospital. If you visit a free-standing ER and need to be admitted for further care, you might also be admitted to a different hospital than you intended. Each of these scenarios can cause confusion for you and your family.

Know where to go. Visit wdhospital.org/ER





A \$200,000 grant from the New Hampshire Charitable Foundation will fund innovative and compassionate care for pregnant and newly parenting women and their babies affected by substance use disorders.

Photo by Cheryl Senter, courtesy of the New Hampshire Charitable Foundation

A Brighter Future for Moms and Babies

Wentworth-Douglass Hospital is proud to announce a \$200,000 award from the New Hampshire Charitable Foundation to be used to improve outcomes for pregnant and newly parenting women and their babies affected by opioid and other substance use disorders.

“A bright and healthy future for babies born with Neonatal Abstinence Syndrome is no longer wishful thinking, but a concrete, realistic, achievable goal,” said Katie White, BSN, RN, who oversees the Neonatal Abstinence Syndrome (NAS) program at Wentworth-Douglass Hospital. This innovative program helps to provide optimal care and support for moms and their newborns; educate office practitioners; and connect pregnant women with appropriate care and services to facilitate a safe transition upon discharge. The two-year grant was made possible by an anonymous donor who made a \$3 million gift to the statewide organization, New Hampshire Charitable Foundation.

With this new funding, Wentworth-Douglass Hospital can reach moms earlier in pregnancy. A dedicated “navigator” will identify community resources for moms to help them maintain sobriety and nurture healthy babies.

Building trust and familiarity with the health care system for moms with substance use disorders is at the core of this new initiative.

“There’s a big difference in the way substance-exposed babies are treated today,” says White. “We’ve changed our approach from a pharmacological treatment/withdrawal assessment to more a functional approach with a clear end goal — every baby needs to be able to eat, sleep, and conserve energy, and every new parent needs to be able to console their newborn before they go home. Parents are now considered the first line of treatment.”

Lindsey Wyma, MSW, who works alongside White agrees: “We are empowering parents. Any time we can be helpful to one of these moms there is a ripple effect to others around her, especially her baby, who can start a new life in a positive way.”

The opioid epidemic continues to devastate and overwhelm communities. Approximately 60 moms with substance use disorders deliver at Wentworth-Douglass Hospital each year. Wentworth-Douglass Hospital is the region’s highest volume birth center with over 1,200 births each year.

The traditional score-based protocol to treat substance-exposed infants dates back to 1975. Babies were treated with morphine and then weaned over a hospital stay that typically lasted over three weeks, often separating moms and babies.

“We now know better how to help,” says White. Today’s “best practices” include a new researched-based protocol for caring for newborns born exposed to substances called “Eat, Sleep, Console.” This functional-based tool has resulted in decreased length of stay for infants, decreased use of morphine, and increased parental time interacting and bonding with their babies.

“Long-term success is improved when moms have the functional and emotional support they need for recovery,” says Wyma, “and it is often non-medical barriers — transportation, shelter, clothing and food — that impact a mom’s ability to maintain recovery. While we can help identify these services, if a mom has no transportation to get to treatment, it can jeopardize months of hard work and sobriety.”

Because the need is so clear, Wentworth-Douglass has implemented new programs to assess and identify resources to improve parenting outcomes, develop a Plan of Safe Care upon discharge, and interface with local agencies. Part of the patient’s care plan often includes referrals to community resources such as Early Head Start, SOS Recovery parenting groups, The Doorway and the VNA.

“By working together,” says White, “we can change outcomes for pregnant and newly parenting women and their babies affected by substance use disorders. We can treat them as all patients deserve to be treated — with compassion, encouragement, and concrete tools for success.”

Treatment for Mental Health, Substance Use Disorders Identified as Community Health Needs in Wentworth-Douglass Hospital’s 2019 Needs Assessment

Wentworth-Douglass is dedicated to improving the health of the communities we care for. Every three years, Wentworth-Douglass works closely with community representatives to conduct a Community Health Needs Assessment to identify how Wentworth-Douglass should focus programs and services to improve the overall health of the individuals and families we serve.

The 2019 Community Health Needs Assessment identified nine community health needs with mental health and substance use disorders and access to treatment for these services identified as the most critical health issues. To address these needs, Wentworth-Douglass plans to expand mental health services and substance use disorder screening, counseling, referral, treatment, and prevention services.

“There is a strong correlation between mental health and substance use disorders. It is important to screen for and treat both since one affects the other. By increasing access to mental health and substance use disorder services and working together with the community to reduce stigma, we are committed to helping improve access to these important services,” says Kellie Mueller, MEd, Assistant Vice President of Behavioral Health at Wentworth-Douglass Hospital.

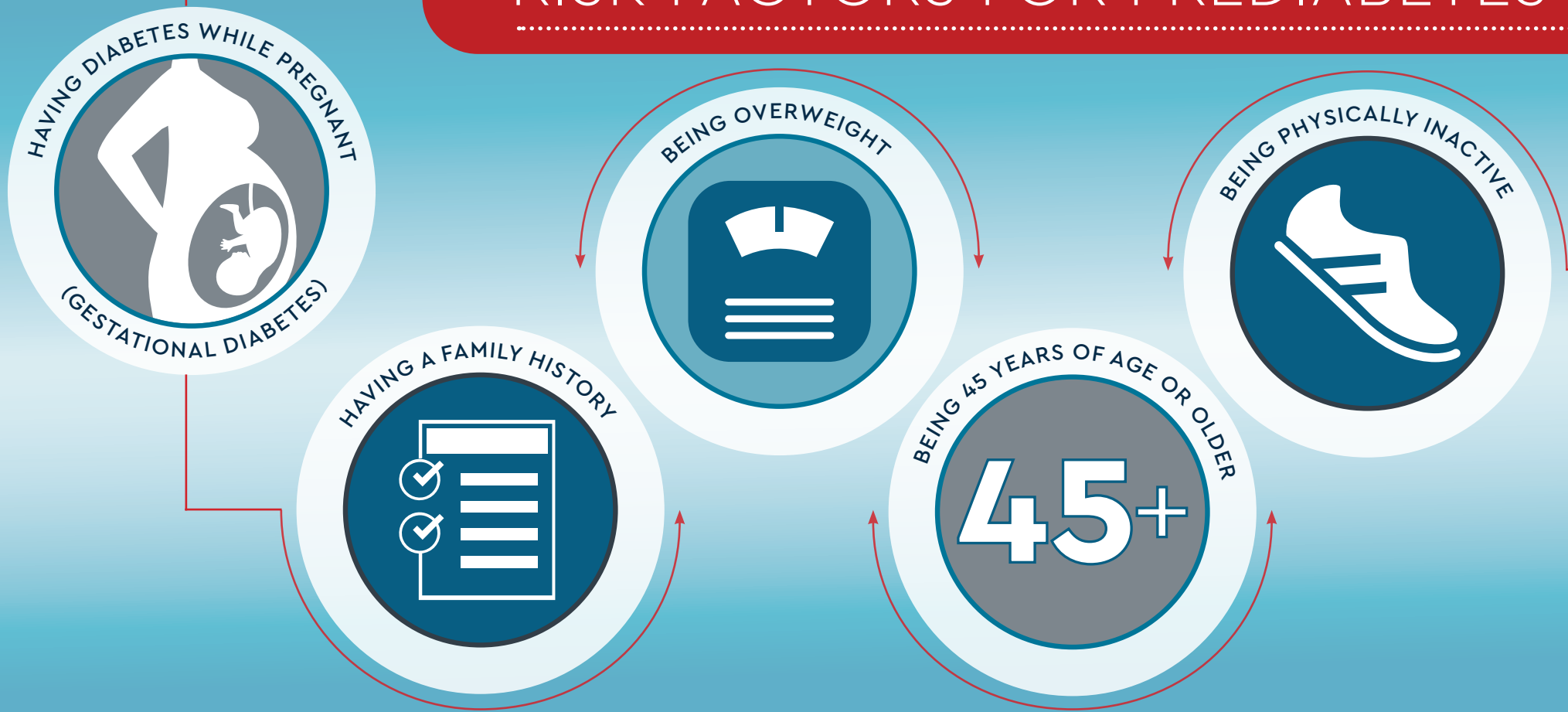
Tobacco use, heart disease and stroke were also found to be among the leading causes of death in the community. Tobacco use increases heart disease risk. To improve heart disease and stroke risk, Wentworth-Douglass will offer annual educational events and risk screenings, and participate in community awareness and prevention activities focused on heart disease and stroke.

Wentworth-Douglass Hospital will continue current programs, including free transportation through the Care Van service, financial assistance, and dental care for adults and children at the Community Dental Center. Other areas of focus to be addressed over the next three years include: Access to Health Services, Nutrition, Physical Activity, and Obesity; Older Adults; and the Social Determinants (Basic Needs & Transportation).

Wentworth-Douglass is grateful to our patients and the community. Thank you for allowing us to be part of your lives and for choosing us for your health care needs.

The 2019 Wentworth-Douglass Hospital's Community Health Needs Assessment is available online at wdhospital.org. For more information, contact the Community Relations Department at Wentworth-Douglass Hospital at (603) 740-2818.

RISK FACTORS FOR PREDIABETES



You Can Prevent Type 2 – Free Program

One out of three American adults has prediabetes, which amounts to 84 million people. Of this number, nine out of 10 don't even know they have prediabetes, meaning a significant portion of our national population is unaware that they are at higher risk of heart attack, stroke, and type 2 diabetes.

Prediabetes means that your blood sugar is higher than normal but not high enough to be diagnosed with type 2 diabetes. Risk factors for prediabetes include being overweight, having a family history of diabetes, living a sedentary or not active lifestyle, having diabetes while you were pregnant (gestational diabetes), and being over age 45. Without action, people with prediabetes are at risk of developing type 2 diabetes within five years. The good news: prediabetes can often be reversed.

Beginning in January, the Patient and Family Learning Center at Wentworth-Douglass Hospital is offering a lifestyle change program to help people with prediabetes. The program, Prevent Type 2, was developed as part of the National Diabetes Prevention effort and is backed by the Centers for Disease Control and Prevention – and it's scientifically proven to work.

Prevent Type 2 offers weekly small group meetings with a trained lifestyle coach. Together, the group discusses and supports goals to eat healthier, move more, reduce stress, and improve sleep. The second half of the program is designed to help individuals maintain the healthy changes they have learned and turn them into healthy habits. Research has shown that these lifestyle changes can reduce a person's risk of developing type 2 diabetes by half.

MAKE 2020 YOUR YEAR TO IMPROVE!

Prevent Type 2 is a free community program. The Patient and Family Learning Center will be hosting two information sessions to share how you can cut your risk of type 2 diabetes by at least half.

INFO SESSIONS: Thursday, January 9, 2020
OR Thursday, January 23, 2020

TIME: 5:30 – 6:30 pm

LOCATION: Wentworth-Douglass Hospital, Garrison Auditoriums
RSVP at wdhospital.org/events or call (603) 609-6027.

ARE YOU AT RISK?

Learn more about prediabetes and take the risk test at preventdiabetesnh.org



SEACOAST
HEALTHCARE INITIATIVE
Our Home. Our Hospitals. Our Health.

WENTWORTH-DOUGLASS
HOSPITAL
A Mass General Community Hospital

EXETER HEALTH RESOURCES
The Art of Wellbeing

MASSACHUSETTS
GENERAL HOSPITAL

Our Home. Our Hospitals. Our Health.

Wentworth-Douglass Hospital, Exeter Health Resources, and Massachusetts General Hospital have proposed an affiliation and formation of a new, regional, not-for-profit healthcare network. Working together, these hospitals can develop more expansive access to local, cost-effective coordinated healthcare services and make long-term investments in innovative, sustainable services. As not-for-profit healthcare systems our investments in the communities we serve will remain a top priority, including continuing support for mental health, treatment for substance use disorder, transportation, access to care, and other identified health needs.

Learn more about this proposed affiliation at www.SeacoastHealthcareInitiative.org.



STROKE
is an
EMERGENCY –
CALL 9-1-1

Wentworth-Douglass was the first hospital in New Hampshire to earn Primary Stroke Center Advanced Certification by The Joint Commission, the nation's leading healthcare accrediting agency. As a Primary Stroke Center, Wentworth-Douglass provides the best practices in acute stroke care to achieve better outcomes for patients. We have also earned the Get With The Guidelines–Stroke Gold Plus Quality Achievement Award from the American Stroke Association, demonstrating our commitment for providing aggressive, proven stroke care.

Through our affiliation with Massachusetts General Hospital, we have full access to their expert clinicians through real-time telemedicine videoconferencing to assist with diagnosis and treatment options.

Learn more at wdhospital.org/stroke.



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.org and click “Find a Provider.”



Welcome Cardiologist Kristy Webster, MD

Wentworth-Douglass Hospital is pleased to welcome Kristy Webster, MD, to the cardiology team at Wentworth Health Partners Cardiovascular Group in Dover. The Wentworth Health Partners Cardiovascular Group includes fellowship-trained, board-certified, experienced cardiologists and vascular surgeons.

Dr. Webster is a board-certified physician with clinical and research experience encompassing a wide range of subjects related to cardiovascular disease. Her clinical training includes a Cardiovascular Disease Fellowship at Dartmouth-Hitchcock Medical Center and an Internal Medicine Residency at Brown University. While Dr. Webster will see patients with a variety of cardiovascular needs, she is particularly interested in hypertension, preventive cardiology, congestive heart failure, varying cardiomyopathies, valvular heart disease, coronary artery disease and arrhythmias. She particularly enjoys interpreting cardiac imaging tests such as echocardiograms and nuclear stress tests.

Dr. Webster earned her Doctor of Medicine degree from the University of Massachusetts Medical School in Worcester, Mass. A member of the American College of Cardiology and the American Heart Association, her personal interests include choir, travel, and humanitarian work. Dr. Webster has traveled to Anguilla to provide medical care for the underserved and coordinated a fundraiser to support Hurricane Irma relief efforts.

Dr. Webster will see patients at Wentworth Health Partners-Cardiovascular Group in Dover (19 Old Rollinsford Road, Building B).

To make an appointment with Dr. Webster, call Wentworth Health Partners-Cardiovascular Group at (603) 516-4265.



ANNE K. ALBERTO, CNM
Certified Nurse Midwife
Garrison Women’s Health Center
(603) 742-0101



CHRISTOPHER M. FREESE, MD
Radiation Oncology
Radiation Oncology Associates
(603) 742-8787



MATTHEW A. SREBNIK, PA-C
Orthopedic Surgery
Wentworth Health Partners Seacoast
Orthopedics & Sports Medicine
(603) 742-2007



KINLEY D. BECK, MD
Ophthalmology
Eyesight Ophthalmic Services, PA
(603) 436-1773



SAMEEN JAFARI, MD
Neurology
Wentworth Health Partners
Coastal Neurology Services
(603) 749-0913



STACY STAFFORD, PA-C
Family Medicine
Wentworth Health Partners
Barrington Health Center
(603) 664-2135



WILHELMINA S. CABALONA, MD
Hematology-Oncology
Seacoast Cancer Center
(603) 742-8787



SUNDARAVADIVEL LOGANATHAN, MD
Hospital Medicine
Wentworth-Douglass Hospital
Hospital Medicine
(603) 740-2503



ABBEY ROSE TEDFORD, PA-C
Orthopedic Surgery
Wentworth Health Partners
Seacoast Orthopedics & Sports Medicine
(603) 742-2007



KILEY L. DELGADO, MS, LCGC
Genetic Counseling
Seacoast Cancer Center
(603) 742-8787



CYNTHIA J. MIERS, APRN
Cardiology
Wentworth Health Partners
Cardiovascular Group
(603) 516-4265



DESIREE J. VILLENEUVE, PA-C
Medical Oncology
Seacoast Cancer Center
(603) 742-8787



KRISTIN L. FEDORCHAK, APRN
Gynecology
Wentworth Health Partners
Dover Women’s Health
(603) 742-2424



LONI ROWE, LICSW
Behavioral Health
Wentworth Health Partners
Great Bay Mental Health
(603) 742-9200



RACHAEL WIZWER, LICSW, MLADC
Behavioral Health
Wentworth Health Partners
Internal Medicine
(603) 609-6800



DEAN H. SANTERRE, MD
Hospital Medicine
Wentworth-Douglass Hospital
Hospital Medicine
(603) 740-2503

NEW ONSITE SERVICES: Wentworth-Douglass Now Offers Comprehensive Pain Care

The Wentworth-Douglass Center for Pain Management has expanded its procedure-based services to offer office consultations and additional services onsite at Wentworth-Douglass Hospital. The Center for Pain Management now offers a full spectrum of pain management services – from evaluation and diagnosis to medical therapies, including both medications and special procedures to treat short-term, long-term, or chronic pain.

“Patients can continue to count on our experienced multi-disciplinary care team for comprehensive, integrated, compassionate and personalized care for even the most difficult to treat conditions,” says Ellen L. Caille, FACHE, Executive Vice President at Wentworth-Douglass Hospital.

The Center for Pain Management includes a team of board-certified pain management anesthesiologists, advanced practitioners and a dedicated clinical and office team to provide advanced care right at Wentworth-Douglass Hospital to help patients relieve their pain and restore function. Conditions the Center will treat, but are not limited to, include acute and chronic back pain, neck pain, cancer pain, complex regional pain syndrome (CRPS), Sacroiliac joint pain, nerve injuries, peripheral neuropathies, shingles pain, work-related injuries, and more.

Patients seeking treatment for chronic pain or other conditions at the Center for Pain Management are encouraged to speak with their provider or call the Center at (603) 609-6819.

To learn more about the Wentworth-Douglass Center for Pain Management, visit wdhospital.org/pain.



"Weight loss surgery gave me new life."



WENTWORTH-DOUGLASS
HOSPITAL
A Mass General Community Hospital

CENTER FOR
WEIGHT MANAGEMENT
& BARIATRIC SURGERY

Michelle Duarte lost more than 100 pounds with bariatric weight loss surgery.

At her heaviest, Michelle Duarte of Rochester weighed 293 pounds and had type 2 diabetes. Faced with growing health problems, more and more prescription medications, and dwindling confidence, Michelle was ready to make a change.

"I knew there was something out there, I just needed to do more research and find out what," she recalls. Then she found the Wentworth-Douglass Center for Weight Management and Bariatric Surgery, and her journey began.

"When I met Dr. Dmytro Havaleshko and he looked me in my face and told me that he could make my diabetes go away, I trusted him and I followed through with it and here I am a year later diabetes free," says Michelle.

Since her sleeve gastrectomy surgery, Michelle has also lost more than 100 pounds and gained a new life. But the surgery itself was just one step in her ongoing journey and Dr. Havaleshko just one member of her team.

"Our dedicated multidisciplinary team delivers the most advanced and comprehensive care for patients, including pre- surgery evaluation, nutrition education, and behavioral management training," says Dr. Havaleshko. "After surgery, patients are provided with unlimited and ongoing guidance and support."

"The support system I have had for the past year has helped me do so many things and go above and beyond my expectations," says Michelle. "When I was at my heaviest, I never thought I'd ever do any of the things I do today," she says. "Weight loss surgery gave me new life."



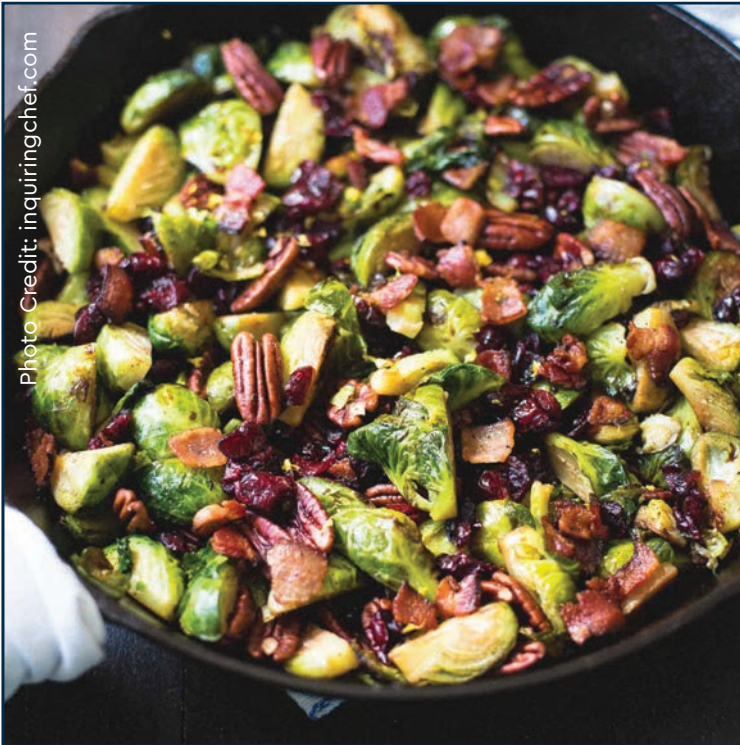
Every day, we help our patients pursue a healthier, happier lifestyle with personalized weight management and surgery plans. Because our weight loss surgery program is accredited by the American Society for Metabolic and Bariatric Surgery, you can feel confident knowing it meets the highest national standards for quality and safety.

Surgeons Dr. Dmytro Havaleshko, Dr. Molly Buzdon and Dr. Cynthia Paciulli offer the only fully-robotic Bariatric Surgery program in New Hampshire and Maine.

Watch Michelle's Story at wdhospital.org/newme.

To learn more about weight loss surgery, we offer free monthly information sessions in Dover & Portsmouth.

To sign up, call (833) 936-3963 or visit wdhospital.org/newme.



BALSAMIC ROASTED BRUSSELS SPROUTS WITH CRANBERRIES & PECANS

Serves 4
Recipe from Cookie & Kate (cookieandkate.com)

INGREDIENTS:

- 1 ½ lbs. Brussels sprouts
- 2 Tbsp. extra-virgin olive oil
- ½ cup dried cranberries
- ½ cup pecans, roughly chopped
- 1 Tbsp. balsamic vinegar
- ½ cup grated parmesan cheese
- Salt & pepper to taste

DIRECTIONS:

1. Preheat oven to 425°F. Spray a large, rimmed baking sheet with oil.
2. To prepare your Brussels sprouts, trim the nubby ends and any discolored leaves off the Brussels sprouts, then cut the sprouts in halves lengthwise.
3. On your prepared baking sheet, combine the halved sprouts, olive oil and salt. Toss until the sprouts are lightly and evenly coated. Arrange the sprouts in an even layer with their flat sides facing down.
4. Roast the sprouts until they are tender and golden on the edges, tossing halfway, about 20 to 25 minutes. When they're nearly done (about 3 to 5 minutes to go), add the pecans to the pan and return them to the oven (this is an easy way to toast the pecans).
5. Meanwhile, place the cranberries in a small bowl and cover them with warm water. This will plump them up. Set them aside while the sprouts are in the oven.
6. Transfer the roasted Brussels sprouts and toasted pecans to a serving platter or bowl. Drain the cranberries and sprinkle them on top. Drizzle the balsamic vinegar over the dish, then sprinkle with parmesan cheese. Season with salt and pepper, to taste. Serve warm.

NUTRITION FACTS: Nutrition information is per serving

CALORIES 200	FAT 16G	CARBS 26G	PROTEIN 10G
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"Traditional vegetable holiday side dishes are often loaded with added sugar or fat. This Brussels sprouts recipe uses balsamic vinegar, cranberries, and nuts to naturally flavor the vegetables. Roasting brings out the natural sweetness of the Brussels sprouts, making them less bitter tasting. Brussels sprouts are high in fiber, vitamin A, vitamin C, and vitamin K."

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



Heart Failure Care: A Q&A with Dr. Ahmet Afsin Oktay



Dr. Ahmet Oktay, Cardiologist,
Wentworth Health Partners
Cardiovascular Group

Q: What is heart failure?

AO: Heart failure is an often-misunderstood condition. Simply put, when you have heart failure it means your heart is losing its ability to pump blood efficiently. This often happens because the heart muscle either weakens or stiffens, and this affects the heart's ability to pump enough blood supply to meet the body's needs. Classic symptoms of heart failure include shortness of breath, trouble breathing while lying down, swelling in the feet, legs, and stomach, a general feeling of fatigue, and exercise intolerance.

Q: How do you approach caring for a patient with heart failure?

AO: Heart failure is a serious condition that often gets progressively worse over time, but there are steps we can take to relieve symptoms to improve quality of life, slow the progression of the disease, and help patients live longer.

When we first see a patient with heart failure, the most important aspect of our approach is understanding the cause of their heart failure. If you can understand the root cause, you can treat it more efficiently. This requires teamwork from the cardiologists, nurses and primary care physicians, as well as commitment from the patient.

We have well-established medications for the treatment of heart failure. Over the past five years, we have also had very exciting improvements in the field and our medication options have broadened. For instance, when we see patients with diabetes and heart failure, we work closely with our medicine and endocrinology colleagues to get our patients on some relatively new diabetes medications which control blood sugar and improve heart failure at the same time.

We have an excellent cardiac rehabilitation program at Wentworth-Douglass and our experienced physical therapists help our heart failure patients regain their strength to have a healthy lifestyle. Most of our heart failure patients enjoy participating in this comprehensive and very beneficial program.

Q: How does the Heart Failure Clinic at Wentworth-Douglass help patients?

AO: When you have heart failure, regular office visits with expert providers are very important. The Heart Failure Clinic supports this goal in helping our patients with education, symptom management and improving their overall comfort. The clinic's team includes dedicated Heart Failure Nurse Navigator Hilary Niesuchouski, RN, who is available to answer questions and coordinate appointments. Pam Levesque, APRN, a nurse practitioner specialized in heart failure helps patients manage their symptoms, adjust medications, and collaborate with our expert cardiologists. I feel lucky to work along with an outstanding team.

Our goal is to prevent the need for advanced medical and surgical therapies in our heart failure patients. But for patients who do need that level of care, through our collaboration with Massachusetts General Hospital, we have expert support from the Corrigan Minehan Heart Center's Advanced Heart Failure Program. The Mass General team is only a phone call away and are a great resource, when it's needed.

*To learn more about the Heart Failure Clinic,
please call (603) 609-6417.*

Jason's Story – Cont. from Page 1

Miller's case, this blockage was a "complete and total occlusion." An occlusion occurs when a coronary artery is closed or blocked off – a major cause of almost all heart attacks. Over time, a coronary artery can narrow from the build-up of various substances, including cholesterol (atherosclerosis) – a condition called coronary artery disease. During a heart attack, one of these plaques can rupture and spill cholesterol and other substances into the bloodstream. A blood clot forms at the site of the rupture. If large enough, the clot can completely block the flow of blood through the coronary artery.

All heart attacks are serious, but STEMI is among the most dangerous -- in which a major artery to the heart is completely blocked -- and is often referred to as a widow-maker heart attack.

Miller was transported to Wentworth-Douglass, and the STEMI Team was already in place when the ambulance arrived. He stayed on the stretcher (called a "hot stretcher") and was brought immediately into the Cardiac Catheterization Lab.

He calls the rapid response and treatment he received "record breaking perfection." It was just 23 minutes from his arrival at Wentworth-Douglass to the re-establishment of blood flow to his heart. According to Dr. Gregory A. Imbrie, Interventional Cardiologist, this speed is "the result of an amazing synergy between the EMS (Emergency Medical Services) team and the Hospital's Cardiac Cath team. Because Wentworth-Douglass is full-service center, we have exceptional data on how rapid our response is, often called 'door to device.' In this case, it was 23 minutes. And what's even more remarkable is that because of the thorough assessment the patient received from the Dover Fire and Rescue team – from the initial diagnosis, to the digital transmission to the hospital of the patient's EKG results -- we were able to immediately activate our STEMI team and stand ready to treat an acute heart attack."

Miller's blockage was cleared with a procedure called aspiration thrombectomy, along with the placement of a drug-eluting stent (a small mesh-like tube). According to Dr. Imbrie, "The patient received an advanced stent that is coated with a drug to help prevent re-blockage. Think of the artery as a cave that has given way and needs its sides reinforced, after we've cleared out all of the rocks and debris that were clogging it up in the first place." The procedure was done using the team's trans-radial approach that provides radial artery access through the wrist and forearm.

Says Miller: "I was awake the whole time. The nurses were fantastic, keeping me alert and focused, while reassuring me that everything was going well. From the back of my knees up to my earlobes, I had felt severe cramping, such intense pain. As soon as the blockage was cleared, Dr. Imbrie said to me, 'You should start feeling some relief now.' Before he could even finish that sentence, I felt like someone had turned off the faucet, and the pain was just gone."

According to Dr. Imbrie, the adage that "time is heart muscle" applies perfectly to Miller's outcome: "He has no scarring, and he has completely preserved heart function. I remember his wife saying to me, 'How could you be done? I just got off the phone with him.' (The time from Miller's first medical contact when EMS arrived at his car to the placement of the stent and restoration of blood flow at Wentworth-Douglass was 42 minutes.) And I have every reason to believe that our response times will only continue to improve."

Says Miller: "It was truly a team effort, and I feel so grateful to the entire medical team and to my wife and family. The Cardiac Cath nurses came to visit me the next day, which was really touching. I feel amazing. My stamina is back and I can put in my usual 50-plus hours a week in carpentry work. I am one lucky guy."

EXPERT CARDIAC CARE

We provide general cardiology services as well as device clinics and testing at two Wentworth Health Partners physician practices:

THE CARDIOVASCULAR GROUP
19 Rollinsford Road, Dover
(603) 516-4265

CARDIOLOGY AT PEASE
Portsmouth Outpatient Center
73 Corporate Drive (Building B)*, Portsmouth
(603) 610-8070

**This practice will be moving to Building A (67 Corporate Drive) in late January.*

Start the Conversation: ADVANCE CARE PLANNING

- 92% of people say that talking with their loved ones about end-of-life care is important, but only 32% have actually done so.
- 97% of people say it's important to put their end-of-life wishes in writing, but only 37% have actually done it.

If something happened to you and you were unable to make healthcare or financial decisions for yourself, would your loved ones know your wishes? Establishing advance directives like a Durable Power of Attorney for Healthcare (DPOA-HC), a Living Will, or a Durable Power of Attorney for Finances, will help alleviate the burden for your loved ones if they need to make personal decisions for your care during a stressful and emotional time.

Advance directives are instructions you give regarding your future care. Family, friends and medical providers attempt to understand and fulfill your instructions, no matter what form they are in. However, to ensure that everyone understands your instructions, the State of New Hampshire recognizes a written advance directive as a legal document with two parts: a Durable Power of Attorney for Health Care and a Living Will.

A Durable Power of Attorney identifies your health care agent (often called “proxy”). This is the person that you trust to act on your behalf if you are unable to make health care decisions or communicate your wishes.

A Living Will gives your medical team guidance on the type of care you want at the very end of your life.

A Durable Power of Attorney (financial) is a legal document that authorizes another person to make financial and legal decisions on your behalf. This is not a part of your health care record.

But where to start...

TALKING MATTERS

“Just sitting down and having a conversation with a family member or loved one is a great place to start,” says AnneMarie Lamson, RN, BSN, ACM-RN, CHGCN, Director of Care Coordination at Wentworth-Douglass. “Sharing what matters most to you about your end of life care will be a big help. Each conversation you have helps to provide a shared understanding of your hopes and wishes. This helps your health care proxy when the time comes to make decisions,” Lamson adds.

The Institute for Health improvement created The Conversation Project to help individuals and families through what can be a difficult conversation. Conversations about the end of life can be daunting but tools from The Conversation Project can guide people through the process to make sure their own wishes, and their loved ones wishes, are shared and respected. Learn more at www.TheConversationProject.org.

HOW WE CAN HELP

Social Workers at Wentworth-Douglass Hospital are available at no cost to help you navigate the advance directives process and answer questions. Advance directives appointments are available Monday through Friday, between 8:30 a.m. and 4 p.m.

To make an appointment with the Social Work Department, call (603) 740-2826 or email SocialWorkServices@wdhospital.org.

Experience better. Experience Wentworth-Douglass.



In late January 2020, Building A, the third and largest building on the Portsmouth Outpatient Center campus will open to offer these new and cutting edge services:



BREAST HEALTH CENTER
Cutting edge 3-D mammography and ultrasound.



CENTER FOR HEART HEALTH
Specialized prevention, diagnosis, and treatment of heart conditions, including women's heart health, electrophysiologists from Massachusetts General Hospital, heart failure clinic, anticoagulation clinic, and more.



CENTER FOR ORTHOPEDICS & SPORTS MEDICINE
A multidisciplinary approach to care for orthopedic injuries and conditions. Our physicians include specialists in orthopedic surgery, physiatry, women's sports medicine, pain management, and rheumatology.



CENTER FOR WOMEN'S HEALTH & WELLNESS
Prevention, early disease detection, primary care, obstetrics, and sub-specialists, all in one location to offer personalized care for women.



PRIMARY CARE AT PEASE*
New location with expanded services to offer truly integrated care with on-site health coaches, behavioral health consultants, and pharmacists.
*Moving from Building B.



DIAGNOSTICS & TESTING
Lab, X-ray, Ultrasounds, CT scan, and MRI. State-of-the-art technology and convenience.

Existing Services

BUILDING B:
Walk-in Prompt Care
Lab & X-ray
Travel Medicine

BUILDING C:
Cancer Care
Dover Women's Health
General Surgery
Neurology
Plastic Surgery
Pulmonary Care
Vascular Surgery

UPCOMING CLASSES, PROGRAMS & EVENTS

Wednesday
Jan. 8
6:00 – 7:00pm

Monthly Hip and Knee Replacement Community Education Series
Are you or a family member in need of or want more information on Hip or Knee Replacement? Join us for our free monthly community education series and hear from a Wentworth-Douglass Hospital Orthopedic Surgeon and Rehabilitation Specialist. Can't make our January 8 event? This series will be held once per month in either Dover or Portsmouth. Future dates and locations include Wednesday, February 12 in Portsmouth and Wednesday, March 11 in Dover.
REGISTER: wdhospital.org/events or call Donna Smith, RN, BSN, Joint Replacement Program Manager, at (603) 609-6135
LOCATION: Wentworth-Douglass Garrison Auditoriums

Thursday
Jan. 9
or
Thursday
Jan. 23
5:30 – 6:30pm

Prevent Type 2 Program Information Sessions
Learn more about participating in Prevent Type 2, a program proven to help participants cut their risk of developing type 2 diabetes through lifestyle modifications. These information sessions will outline program details and commitment. The Prevent Type 2 program is FREE for those who have been diagnosed with or who are at risk of developing prediabetes.
REGISTER: wdhospital.org/events or (603) 609-6027
LOCATION: Wentworth-Douglass Garrison Auditoriums

Thursday
Jan. 30
4:00 – 5:00pm

Chronic Pain Support Group
Do you live with chronic pain? Would you like to get and give support to others like you? Consider joining our new support group led by Holly Roche, of Wentworth-Douglass Integrative Therapies. Additional sessions will be held March 26, May 28, July 30, September 24, and November 19.
REGISTER: Call (603) 609-6027
LOCATION: Wentworth-Douglass Hospital Patient & Family Learning Center

Thursday
Feb. 6

An Evening about Women
New in Portsmouth – learn about women's heart health at our new building at the Portsmouth Outpatient Center. Join us for light hors d'oeuvres, drinks, and informative conversation about this important health risk for women.
REGISTER: wdhospital.org/events or (603) 740-2818
LOCATION: Portsmouth Outpatient Center, 67 Corporate Drive (Building A), Portsmouth

Friday
Feb. 14
11:00am – 1:00pm

Women's Heart Health Lunch and Learn and Health Fair
This popular sell-out event is back for its third year to mark Women's Heart Health Month in February. Join experts from Wentworth-Douglass Hospital and Massachusetts General Hospital to learn more about your risk factors for heart disease through presentations and interactive displays.
REGISTER: wdhospital.org/events or (603) 740-2818
LOCATION: Wentworth-Douglass Garrison Auditoriums

Thursdays
April 9 – 23
5:30 – 7:30pm

LIFE Program – Portsmouth
Are you interested in making positive changes to your lifestyle to help reduce the risk of cancer or cancer recurrence? The LIFE (Lifestyle Interventions for Everyone) Program is geared to cancer survivors, their caregivers or anyone who wants to learn more about reducing their cancer risk. Topics will include nutrition, mindfulness, and greening your home. This session will take place at the Seacoast Cancer Center's Portsmouth location for three consecutive Thursdays, starting April 9, 16 & 23.
REGISTER: Course fee is \$30. Call (603) 740-2226 or [wdhospital.org /events](http://wdhospital.org/events)
LOCATION: Portsmouth Outpatient Center, 121 Corporate Drive (Building C), Portsmouth



Experience the joy
of giving with a
Donation
to the Wentworth-Douglass
Hospital Foundation

your generosity can provide a car seat for a newborn, a ride to and from treatment in our Care-Van, educational opportunities for our nurses, clinical trials for cancer patients, therapeutic programs for our pediatric patients and so much more. Making your donation today will help Wentworth-Douglass Hospital offer the best, most personalized and compassionate care on the Seacoast.

wdhospital.org/donate

To learn more about the various ways to give, please reach out to us by phone at (603) 740-2581 or by email at Christine.Carbone@wdhospital.org.



**WENTWORTH-DOUGLASS
HOSPITAL**
A Mass General Community Hospital

CHARITABLE FOUNDATION

INTRODUCING: Partners Patient Gateway



Managing Your Health Care Information Just Got Easier

Introducing Partners Patient Gateway, a convenient and secure way to manage your health care information and connect with your providers online – at Wentworth-Douglass Hospital and across the Partners HealthCare system.

The Partners Patient Gateway website and mobile app provide a fast, convenient, free way to:

- View test results
- Manage your appointments
- Send a message to your provider
- Review visit summaries
- Renew your prescriptions

There Are Two Ways to Enroll:

1. Visit patientgateway.org and select the "Enroll Now" button. You do not need an activation code to complete the enrollment process. Just select "Enroll Now" again at the bottom of the page.
2. Your provider's office can give you an activation code and help you complete your enrollment in the office.

ENROLL NOW!



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