



WINDOWS to your health

YOUR SOURCE FOR HEALTH INFORMATION

SPRING 2017



Photo Credit: perrysmithphoto.com

Gretchen Vercauteren loves spending time at the stables and riding her three beloved horses, including Saachi, and now she's able to do it pain free thanks to specialized vascular care she received at Wentworth-Douglass Hospital.

A PUBLICATION OF:

Wentworth-Douglass Hospital

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

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

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Back in the Saddle

"I'm an outdoors freak," says Gretchen Vercauteren, who works five days a week at a horse barn in Lebanon, Maine.

When your daily routine includes responsibility for the care and well-being of four-legged creatures – one weighing over 1,500 pounds – it's hard to let health issues slow you down.

This was the challenge Gretchen faced last year. Not only was she unable to walk comfortably, but vascular disease affected her ability to ride her beloved German Warmblood horses. She could not feel her right leg when she dismounted.

"I was a person who never even caught a cold," says Gretchen. And then, "I hit a wall. I simply could not do

my job at the barn, which involves using a pitchfork and a wheelbarrow when you clean out stalls. And I am very fussy about doing everything right, not only for my own horses, but for others."

Now that debilitating numbness and weakness are behind her, thanks to the specialized treatment she received at Wentworth-Douglass Hospital's Cardiovascular Care Center by vascular surgeon Dr. James M. Estes.

The vascular team at Wentworth-Douglass is "the cream of the crop," according to Gretchen. "I was spoiled by their outstanding bedside manner and their medical know-how."

See **BACK IN THE SADDLE**, Page 06 →

The Newest Imaging Technology Moves into the OR

The new Hybrid OR, the only purely vascular hybrid operating room in the Seacoast, is up and running at Wentworth-Douglass Hospital. And it has the most sophisticated three-dimensional imaging system in the entire country - Toshiba's Infinix-i Sky, which was unveiled at a national radiology show for the first time this past November. This machine brings superior fixed X-ray imaging and fully integrated technology right into the operating room, providing a larger field of view and higher image resolution. But what really excites Timothy Nesmith, MSM, BSN, RN, CNOR, Director of Surgical Services, are the benefits for patients: "Enhanced imaging means enhanced outcomes. Now we can do minimally invasive procedures and surgeries in a sterile OR environment, with increased patient safety and faster recovery."

Initially, the Hybrid OR will focus on vascular procedures. According to Dr. James M. Estes, Director of the Cardiovascular Care Center, "We can now perform advanced minimally invasive aneurysm repair more efficiently and with less risk of complications." The fixed X-ray technology enables the surgical team to overlay precise imagery that is generated in real time, creating

a three-dimensional guide to pinpoint a blockage or occlusion, place stents, or repair an aneurysm. This all happens with less radiation exposure for the patient compared to conventional systems.

"Enhanced imaging means enhanced outcomes. Now we can do minimally invasive procedures and surgeries in a sterile OR environment, with increased patient safety and faster recovery."

The equipment's C-Arm (connecting the X-ray source and X-ray detector) can rotate 270 degrees, allowing the team to navigate from every possible angle. And this all happens in real time, maximizing pinpoint accuracy and minimizing the need for more invasive steps. According to Nesmith, "The new C-Arm moves on its own, can do rotational spins around the patient, and fully integrates this information with the patient and the actual operating table. Every element works together."

See **HYBRID OR**, Page 06 →

Wentworth-Douglass now a Massachusetts General Hospital

World-class care is in your backyard! Wentworth-Douglass Hospital is now officially part of the Massachusetts General Hospital family and Partners HealthCare as of January 1, 2017. Together, Wentworth-Douglass and Mass General will develop new health care services for our community – making care better right here on the Seacoast.

Wentworth-Douglass is the fourth hospital to be acquired by Mass General and joins Martha's Vineyard Hospital, Nantucket Cottage Hospital and Cooley Dickinson Hospital in Northampton, MA. While Mass General has clinical affiliations with other hospitals in this region, Wentworth-Douglass is now the only hospital in New Hampshire that is part of the Mass General system.

"Joining this world-class organization will provide a once-in-a-generation opportunity for Wentworth-Douglass to enhance its non-profit mission and expand clinical capabilities for the community," says Roger Hamel, chairman of the Board of Trustees for Wentworth-Douglass Hospital.

Wentworth-Douglass Hospital will continue to be governed by its Board of Trustees which also will include trustees appointed by Mass General. The hospital will keep its name and a new logo is being developed that will signify the close relationship between the two organizations.

Wentworth-Douglass and Mass General have a history of productive clinical relationships dating back to 2008 when Wentworth-Douglass was the first in the area to contract with Mass General to provide remote TeleStroke service for patients presenting in the emergency department with stroke

symptoms. Additional joint clinical programs followed in trauma services, thoracic surgery, medical oncology, gynecologic oncology, cancer genetics and clinical trials for cancer patients. Thousands of patients have since benefited from these services. Together, Wentworth-Douglass and Mass General will continue to develop, grow and improve additional health care services to best serve the community.

"We are so pleased that Wentworth-Douglass Hospital has officially become a part of Mass General," says Peter L. Slavin, MD, Mass General president. "Wentworth-Douglass has long been known for its outstanding care and commitment to community. Together, we look forward to continuing to grow, shape and strengthen our already successful and thriving relationship to benefit patients in the region."

Plans for the acquisition were first announced in the spring of 2016. Public meetings were held in May and November where patients and community members were encouraged to share their feedback. Federal and state agencies reviewed the plan and the acquisition received a favorable determination from the New Hampshire Attorney General's Office Charitable Trusts Unit last November with stipulations that the hospitals make specific commitments for future community benefits to the Dover area and to increase mental health and substance abuse services. Last December, the NH Attorney General's Office issued a no action letter following its review of the antitrust implications of the transaction, clearing the way for the transaction to be finalized.

For more information, visit wdhospital.com/mgh.

WHEN HAVING A STROKE, EVERY MINUTE COUNTS.

Can you act F.A.S.T.? Here are four signs to help you recognize when someone is having a stroke.

FACE:

Ask the person to smile. Does one side of their face droop?

ARM:

Ask the person to raise both arms. Is one arm weak or numb? Does one arm drift downward?

SPEECH:

Ask the person to repeat a simple sentence. Is the sentence repeated correctly? Is the speech slurred?

TIME:

If the person shows any of these symptoms, call 911 or get to a hospital immediately.

If you see these F.A.S.T. signs, call 9-1-1 immediately. Talk to your doctor about your stroke risk factors.

As a Primary Stroke Center, Wentworth-Douglass provides the best practices in acute stroke care. Through our affiliation with Massachusetts General Hospital, we have full access to their expert clinicians through telemedicine, which allows stroke specialists in Boston to interact with patients and providers in real-time to diagnosis and make treatment recommendations.

Learn more at wdhospital.com/stroke.

NOTICE INFORMING INDIVIDUALS ABOUT NONDISCRIMINATION AND ACCESSIBILITY REQUIREMENTS AND NONDISCRIMINATION STATEMENT:

Wentworth-Douglass Health System complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Wentworth-Douglass Health System does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. Wentworth-Douglass Health System provides free aids and services to people with disabilities to communicate effectively with us, such as: Qualified sign language interpreters and written information in other formats (large print, audio, accessible electronic formats, other formats). WDHS provides free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages. If you need these services, contact the Communications department at (603) 742-5252. If you believe that Wentworth-Douglass Health System has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Patient Experience, 789 Central Avenue, Dover, NH 03820, 603-740-2823 (Telephone), 603-740-2240 (TTY), 603-740-2373 (Fax), PatientAdvocate@wdhospital.com. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance Patient Experience is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, D.C. 20201, 1-800-368-1019, 800-537-7697 (TDD). Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

Layanan Interpreter (Penerjemah Lisan) tersedia untuk Anda secara GRATIS. Silakan tentukan pilihan Bahasa Anda atau Hubungi 1-844-311-9901 untuk berkomunikasi dengan seorang Interpreter (Penerjemah Lisan).

Contamos con servicio GRATIS de intérpretes para usted. Por favor, indique aquí cuál es su idioma, o llame al 1-844-311-9901 para hablar con un intérprete.



Dr. Robert Harrington of the Wentworth-Douglass Center for Orthopedics and Joint Replacement and Donna Smith, RN, the hospital's Joint Replacement Program Manager, work together seamlessly to offer patients top quality joint care.

Your First Choice for Orthopedics and Joint Care

It's time to get back to doing the things you love to do. The team at the Wentworth-Douglass Center for Orthopedics & Joint Replacement is ready to get you there.

The Wentworth-Douglass Center for Orthopedics & Joint Replacement is our newest Wentworth Health Partners specialty practice. Respected orthopedic surgeon Robert Harrington, MD, previously with Seacoast Orthopedics & Sports Medicine, joins the practice to offer top-quality orthopedics and joint care, specializing in knee and hip replacements and minimally invasive surgical options.

Located at Wentworth-Douglass Hospital in Dover, the practice is part of the hospital's Musculoskeletal Health service line, which offers a full complement of orthopedic services to the community, including prehabilitation and surgical optimization, joint camp education and coordination, integrative therapy, a specialized inpatient team of nurses and rehabilitation experts; and outpatient rehabilitation programs in many disciplines, including neurological, orthopedic and post-concussion.

No matter your diagnosis or injury, we will help you understand all of your options and partner with you to prepare for a successful treatment or surgery.

Dr. Robert Harrington is a board certified orthopedic surgeon who has been practicing in the Dover area for many years. He offers expertise in chronic and acute orthopedic conditions with specialized training in the latest joint replacement techniques, including the direct anterior approach hip replacement and the Conformis 3D knee replacement.

Dr. Harrington earned his bachelor's degree from Boston University and his medical degree from the University of Vermont School of Medicine. He served his internship at the Naval Hospital in San Diego and completed a residency in orthopedic surgery at the National Naval Medical Center in Bethesda, Maryland. He is board certified by the American Board of Orthopedic Surgery and is a fellow of the American Academy of Orthopedic Surgeons. He is a member of the American Association of Hip & Knee Surgeons.

The new Wentworth-Douglass Center for Orthopedics & Joint Replacement opened on March 9.

Let's get you back in motion. Appointments are now available. For more information, call (603) 609-6260 or visit WDHOrtho.com.

DOES VERTIGO HAVE YOUR WORLD SPINNING?

By Jessica Bergeron, PT, CLT, and Lindsay Carrier, PT, DPT, CLT, CSRS, Wentworth-Douglass Rehabilitation Services

It happens suddenly. You roll in bed or get up quickly and your bedroom begins to spin. It only lasts a minute or so but it unravels your day and you feel nervous to move. This may be the sudden onset of Benign Paroxysmal Positional Vertigo or BPPV.

BPPV is a common problem of the vestibular system – or inner ear – which causes dizziness. The problem starts when small particles, known as calcium carbonate crystals (yes crystals!), begin to move freely in your inner ear canals. Usually these crystals are stuck in place and are not able to move when you move.

When the dizziness or vertigo occurs it may cause nausea, vomiting, and/or a sense of falling. BPPV may be caused by head trauma (including concussion), infection, advanced age or it may just happen on its own.

These freely floating crystals are non-life threatening, and this condition can be treated by a physical therapist who guides the patient through movement-based treatments to relocate the crystals and stop the dizziness. The most common maneuver is the Epley maneuver.

The sooner the BPPV is treated the better. Research shows that 90 percent of patients have no symptoms within one to three physical therapy treatment sessions. Some patients may also need additional balance and inner ear strengthening after the maneuvers. BPPV may reoccur 30-50 percent of the time; however, treatment is just as effective in these cases.

Sudden dizziness may also be a symptom of other issues, including a neurological problem. Contact your doctor right away when your world begins to spin.

At Wentworth-Douglass Hospital, our physical therapy team includes specialists in vestibular rehabilitation to care for people who have dizziness or balance problems. If you have questions about physical therapy for dizziness, or any questions regarding our Rehabilitation Services, please call (603) 740-2101.



JESSICA BERGERON, PT, CLT
Specialties: Vestibular Rehab, Neurological, Lymphedema, Concussion Management



LINDSAY CARRIER, PT, DPT, CLT, CSRS
Specialties: Neurological, Vestibular, Lymphedema, Concussion Management



MEET OUR NEW PROVIDERS

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



Welcome to Dr. Ritoban Sen

Wentworth-Douglass welcomes Dr. Ritoban Sen to our vascular surgery team, managing all aspects of vascular health, from stroke prevention, aortic aneurysms, peripheral arterial disease, carotid disease, dialysis, diabetic wounds and varicose or cosmetic vein disease.

Dr. Sen earned his medical degree from BP Koirala Institute of Health Sciences in Dharan, Nepal. He completed his medical residency at St. Louis University Hospital and a fellowship in vascular surgery at the University of Oklahoma. Dr. Sen is board certified in general surgery by the American Board of Surgery.

Dr. Sen was born in Kolkata, India, and has lived all over the world, including Canada, Nepal, Turkey, Cambodia and Myanmar, and recently moved to the Seacoast from Tulsa, Oklahoma. When not working, he enjoys reading, cooking, traveling and playing cricket.

Dr. Sen joins an expert team of vascular specialists at Wentworth Health Partners Cardiovascular Group, including Dr. James M. Estes and Dr. Stephen Gemmett. These highly trained providers are skilled in both open surgery and minimally invasive endovascular techniques.

"The endovascular cases are technically challenging, with the opportunity of meticulous creative planning and utilization of the latest techniques and technology, all through the smallest of incisions," says Dr. Sen. "The results are usually apparent immediately and are satisfying for both the patient as well as the surgeon."

Appointments are available. To learn more about vascular surgery and the Wentworth Health Partners Cardiovascular Group, visit whpcardiovasculargroup.com or call (603) 516-4265.



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Planning a Trip?

Travel Medicine Clinic now at Wentworth-Douglass at Pease

International Travel Medicine can help ensure your good health, whether you are traveling for business, a vacation or humanitarian work.

This new specialty service at Wentworth-Douglass at Pease provides prescriptions and vaccinations for many common travel-related illnesses based on an assessment of your medical history, travel itinerary and Centers for Disease Control and Prevention guidelines. Travelers with specific medical needs and concerns, including chronic disease and pregnancy, can also get their questions answered.

Appointments for individuals, couples, families and groups are available Wednesdays from 10:00 a.m. - 2:00 p.m. at Wentworth-Douglass at Pease, 73 Corporate Drive in Portsmouth. Call (603) 610-8065 to schedule a visit.

This is the newest service available at Wentworth-Douglass at Pease, which opened in November and also offers primary care, walk-in Prompt Care, pulmonary medicine, vascular and rheumatology specialists.

For more information on International Travel Medicine, visit getbetteratpease.com.



Cindy Brown of Somersworth received care throughout her pregnancy and delivered her son Ryder with Susan Penney, certified nurse midwife at Wentworth Health Partners OB/GYN & Infertility in Dover.

What's a Nurse Midwife?

A nurse midwife was by Susan Penney's side 20 years ago when she delivered her son at Wentworth-Douglass Hospital's Women & Children's Center. "I'd never heard of a nurse midwife before I delivered, but her personal care and the support she was able to provide me during labor and postpartum were just amazing," says Penney. Today, Penney is a certified nurse midwife (CNM) at Wentworth Health Partners OB/GYN & Infertility in Dover, which offers comprehensive care for all stages of a woman's life, including pregnancy.

Unlike the centuries-old image of a midwife, today's nurse midwives have master's degrees in nursing and specialized midwifery training and licensing. Similar to nurse practitioners, they can prescribe medications and order tests. They help women through labor, deliver babies and assist with C-sections when necessary. At OB/GYN & Infertility, the nurse midwives work closely with Dr. Lauren Lessard and Dr. Leia Card to help all women and families experience the pregnancy and birth that they envision.

"There's a misconception that if you have diabetes or preeclampsia or have a scheduled C-section that you can't receive care from a nurse midwife. In fact, we collaborate with our physicians and Wentworth-Douglass Hospital's maternal fetal medicine specialist to establish a personal care plan based on your needs," says Penney.

Another common misconception about nurse midwives is that they do not offer pain relief during labor. Not true – nurse midwives are experts in helping women cope with labor pain. It's what they do best. They can suggest techniques to lessen pain, as well as order medications and epidurals. "Nurse midwives have no biases when it comes to you and your labor plan," says Penney. "We are there to support your choices and offer evidence-based information to help you make those choices."

At Wentworth-Douglass Hospital's Women & Children's Center, there are many options for non-medicated and medicated labor, including a Jacuzzi for comfort, birth balls, pain medications, nitrous oxide (laughing gas) and epidurals. This personalized approach to birth is one reason it's the Seacoast's most popular birth center.

"It is an honor to be in the room when a new person draws their first breath," says Penney. But the skills of a nurse midwife extend well beyond pregnancy and birth. Nurse midwives can provide health care services to women of all ages – from general health check-ups, gynecologic care, treatment of sexually transmitted infections and menopause. "One of the things I enjoy most about my job is helping teens make birth control choices and empowering them to be in control of their bodies," she says.

Wentworth Health Partners OB/GYN & Infertility offers comprehensive and personalized care in a small practice atmosphere, taking time to know each patient and her personal needs. To learn more, please call (603) 749-4963 or visit obgynandinfertility.com.

To learn more about delivering your baby at Wentworth-Douglass Hospital's Women & Children's Center, visit seacoastbabies.com.

OUR NURSE MIDWIVES

More than 10 experienced nurse midwives from three local OB/GYN practices are part of the team that cares for laboring moms at our Women & Children's Center.

OB/GYN & INFERTILITY
GARRISON WOMEN'S HEALTH
DOVER WOMEN'S HEALTH

To see *the team that delivers*, visit seacoastbabies.com.



Kathie Routhier, Assistant Nurse Manager of the Women & Children's Center, pictured with President & CEO Greg Walker, was honored as this year's President's Award winner for her outstanding work on behalf of patients and in the community.

2016 PRESIDENT'S AWARD WINNER

And the winner is Kathie Routhier, RNC-OB,C-EFM,IBCLC! Our Assistant Nurse Manager in the Women & Children's Center won the 17th annual President's Award, Wentworth-Douglass's most prestigious honor.

Kathie has been a labor and delivery nurse for 26 years. Whether she is guiding a woman through labor, stabilizing a critical baby, or helping a mom learn to breastfeed, she puts the family and the patient first, recognizing this is truly a unique and special experience for every mom.

A tireless advocate for women, Kathie also volunteers in Haiti with the Haitian Health Foundation and is a board member of Hope on Haven Hill, an organization that helps mothers addicted to opiates.

"She has a great mix of compassion, humor and skill helping families get through some of the most vulnerable and intense parts of their lives," says Dr. Janet Perkins, MD, FACOG, of Garrison Women's Health.

President & CEO Greg Walker selected Kathie from among the deserving nominees: Caron Bourque, RN, Endoscopy; Chris Dodier, BS, RN-BC, Wentworth Health Partners; Beth Driscoll, RN, Express Care - Lee; Cheryl Morrissey, Seacoast Cancer Center; Lori Pellatt, RN, Wentworth Health Partners; and Stacey Rhyne, APRN, Hilltop Family Practice.

The Wentworth-Douglass Hospital President's Award is awarded annually to one staff member, volunteer or medical staff member nominated by peers and chosen by the hospital's President and CEO Greg Walker.



Photo Credit: perrysmithphoto.com

Wentworth-Douglass Hospital's new Hybrid Operating Room is equipped with the most state-of-the-art imaging technology in the country, allowing for more minimally invasive procedures to be performed in the OR.

The Future of Care

Donations to the Wentworth-Douglass Foundation help to provide the most advanced, state-of-the-art care, right here on the Seacoast. To make a gift, visit wdhospital.com/donate.

Hybrid OR (from page 1)

While the Hybrid OR's initial use will focus on vascular surgery, it will have a hospital-wide impact on orthopedics, urology, and general surgical procedures. One example is spine surgery, often involving extremely delicate procedures that will greatly benefit from three-dimensional technology.

These and other minimally invasive procedures mean that patients often can be under local sedation, and not necessarily general anesthesia. In addition, more procedures can be done as same day surgeries, without the need for an overnight hospital stay.

"Our staff is excited about the amount of training and preparation we've done prior to opening," says Helen Baker, BSN, RN, CNOR, CSSM, Perioperative Nurse Manager. "We've made sure that everyone is comfortable and knowledgeable about this new equipment. Best of all, it's been a collaborative effort between our OR, catheterization lab and radiology departments – we're sharing staff and utilizing this amazing new technology for the benefit of our patients."

Nesmith agrees: "This is a phenomenal step forward for patients. We want to be the regional leader in state-of-the-art imaging, faster and safer procedures, shorter recovery times, and better outcomes. I think it's a great example of investing in forward-thinking medical care that puts the patient first. This is precise, interactive technology at its best."

For more on the surgical options at Wentworth-Douglass Hospital, call (603) 609-6213 or visit wdhospital.com/surgery.

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 risks and current health.

\$75 or \$125 per couple

Includes an overview of the results with our physician after the screening.

PREVENTATIVE SCREENINGS FOR:

- Arrhythmias (issues with heart rate/rhythm)
- Abdominal aortic aneurysms (AAA)
- Peripheral Artery Disease (PAD)
- Carotid artery disease
- High blood pressure

Vascular Health Screenings are available by appointment every

TUESDAY AFTERNOON FROM 12:30 – 4:00pm

Call (603) 740-2671 to schedule an appointment.

Back in the Saddle (from page 1)

The first step was an ultrasound which showed "severe blockage" in the femoral artery of Gretchen's right leg.

"I was getting foot sores because of the lack of circulation," Gretchen says. Gretchen met with Dr. Estes, who explained to her why the blockage was causing pain: "As demand for blood flow increases with exercise, it exceeds the actual delivery of oxygen and results in a build-up of lactic acid," he says.

According to Dr. Estes, Gretchen "was an unusual case because she is also a cancer patient. So we needed to come up with a way to treat her in a minimally invasive way, since an open surgical approach was not an option. Fortunately, we have a lot of tools in our toolbox, so we can discuss the best options with our patient to make an informed decision about what is both appropriate and safe."

Her leg responded well with only angioplasty. No stent was needed. In most cases, this is a day surgery procedure, but Gretchen stayed overnight in order to monitor her blood pressure. "Since I was not expecting to stay overnight, I didn't even pack a toothbrush. But the floor nurses made sure I was given everything I needed. I got a bad headache around midnight, so I buzzed for help and started off by saying 'I hate to bother you.' The nurse replied, 'You're not bothering me. This is why I'm here.'"

Gretchen was a supervisor at American Airlines working out of Logan Airport for 30 years. "I was the lead agent at the gate overseeing departures, so I know the importance of customer service," she says. "My care team was so solicitous and fun. The techs helping Dr. Estes, the nurses on the floor, everyone kept me laughing and their level of personal attentiveness was amazing."

Dr. Estes puts a premium on teamwork: "There is a strong infrastructure and coordination of care here at Wentworth-Douglass. In Gretchen's case, Dr. Khosro Farhad of Coastal Neurology Services recognized her vascular issues (an Arterial Duplex Study showed blockage), and we were able to coordinate with her cancer treatment here at the Seacoast Cancer Center and with Dr. Syed Naqshbandi of Seacoast Pulmonary Medicine."

Our vascular care providers – Dr. Estes, Dr. Stephen Gemmett and Dr. Ritoban Sen – manage all aspects of vascular health including carotid disease/stroke prevention, artery blockages, aneurysm disease, and vein problems. "We can offer the full spectrum of endovascular treatment. We were trained in open surgical procedures, and we can couple that with catheter techniques. We treat the whole patient, for example, making sure they are on the right medications for the long term – beyond the immediate medical concerns," says Dr. Estes.

Gretchen agrees. "Right from my very first appointment, I felt like I was in good hands. It was so reassuring to know that I could get exactly what I needed here locally. I'm back at the barn every day, and yesterday I cleaned seven stalls and then rode for an hour. The horses are happy, and so am I."



VASCULAR SURGERY

James Estes, MD

Wentworth Health Partners Cardiovascular Group
(603) 516-4265
whpcardiovasculargroup.com

Dr. James Estes recently was named one of New Hampshire's Top Doctors by New Hampshire Magazine.

know the five signs.



not feeling like u?



feeling agitated?



r u withdrawn?



caring 4 yourself?



feeling hopeless?

Know the Five Signs of Suffering

Nearly one in every five people, or 42.5 million American adults, has a diagnosable mental health condition, according to the U.S. Department of Health and Human Services. Often our friends, neighbors, co-workers, and even family members are suffering emotionally and don't recognize the symptoms or won't ask for help.

Granite Health and its partnership of six health systems in New Hampshire, including Catholic Medical Center, Concord Hospital, Exeter Health Resources, LRGHealthcare, Southern New Hampshire Health and Wentworth-Douglass Hospital, are supporting the Change Direction New Hampshire Campaign, which aims to change the culture around mental health in America.

Here are Change Direction's "5 Signs of Suffering" to help you recognize if someone is in emotional pain and might need help:

1. PERSONALITY CHANGE

You may notice sudden or gradual changes in the way someone typically behaves. He or she may behave in ways that don't seem to fit the person's values, or the person may just seem different.

2. AGITATED

You may notice the person has more frequent problems controlling his or her temper and seems irritable or unable to calm down. People in more extreme situations may be unable to sleep or may explode in anger at minor problems.

3. WITHDRAWAL

Someone who used to be socially engaged may pull away from family and friends and stop taking part in activities he or she used to enjoy. In more severe cases the person may start failing to make it to work or school. Not to be confused with the behavior of someone who is more introverted, this sign is marked by a change in someone's typical sociability.

4. POOR SELF-CARE

You may notice a change in the person's level of personal care. For instance, someone may let his or her personal hygiene deteriorate, or the person may start abusing alcohol or illicit substances or engaging in other self-destructive behavior.

5. HOPELESSNESS

Have you noticed someone who used to be optimistic and now can't find anything to be hopeful about? That person may be suffering from extreme or prolonged grief, or feelings of worthlessness or guilt. They may say that the world would be better off without them, suggesting suicidal thinking.

If you recognize someone in your life who is suffering, connect with them, inspire hope and offer help. There are many resources in our communities. If everyone is more open and honest about mental health, we can prevent pain and suffering, and those in need will get the help they deserve.

LEARN MORE AT: changedirection.org/nh.



Vegetarian diets are clearly associated with a number of health advantages, including lower blood cholesterol, lower blood pressure levels and incidence of hypertension, lower risk of type 2 diabetes and lower overall cancer rates. In fact, the American Institute for Cancer Research states that diets highest in dietary fiber convincingly lower the risk of colorectal cancers. Adults should aim for 28 grams of dietary fiber each day. Plant-based protein foods, including tempeh, beans and lentils, edamame, nuts and tofu are excellent sources of fiber as well as protein. Try swapping your animal protein for a plant-based protein a few times each week. This favorite stir fry makes it easy! I often add broccoli and julienned carrots as well.

- Leigh Davenport, RD, LD, CNSC, Registered Dietitian, Wentworth-Douglass Hospital Nutrition Services

SWEET & SOUR TOFU

Serves 4

Adapted from www.cilantroandcitronella.com

INGREDIENTS:

- 1 lb. extra firm tofu
- 2 tsp. ginger
- 2 cups brown rice, cooked
- ½ cup pineapple juice
- 1 cup pineapple chunks
- 1 cup chopped red peppers
- ¼ cup seasoned rice vinegar
- 2 Tbsp. olive oil
- 1 cup chopped green peppers
- 1 Tbsp. cornstarch
- 6 tsp. reduced-sodium soy sauce
- ¼ cup honey
- 2 garlic cloves

GARNISH:

- ¼ cup peanuts
- ¼ medium green onion raw (whole)

DIRECTIONS:

- 1.) Drain and press the tofu between absorbent towels under something heavy for 30 minutes. Then cut it into cubes. Heat a wok or large pan over medium high heat. Add oil and sauté the tofu until golden brown on all sides, about 10 minutes.
- 2.) While the tofu is sautéing, in a small bowl mix together the pineapple juice, rice vinegar, honey, and reduced-sodium soy sauce. In a separate bowl, stir together the water and cornstarch. Add the cornstarch slurry to the sauce and set aside.
- 3.) When the tofu is golden, add the garlic, ginger and peppers. Stir fry until the peppers are crisp tender, about 2 minutes. Add the pineapple chunks. Pour over the sauce and bring to a boil while stirring constantly. Reduce the heat and simmer until the sauce has thickened.
- 4.) Serve over rice and garnish with chopped peanuts and green onions.

NUTRITION FACTS: per serving

CALORIES
471

FAT
16G

CARBS
63G

PROTEIN
15G

SODIUM
494MG

DIETARY FIBER
5G

INTERESTED IN A CAREER AT WENTWORTH-DOUGLASS?

Join our growing team of talented and dedicated professionals passionate about making a difference in the lives of the patients we serve.

Browse our job openings and apply online!
wdhospital.com/careers





Upcoming Classes, Programs & Events

Tuesday

May 2

6:30 – 8:00pm

How to Talk to Your Doctor About Your Pain

Paul Arnstein, PhD, RN, FAAN, clinical nurse specialist for Pain Relief at Massachusetts General Hospital, and Holly Roche, MS, LMT, of WDH Integrative Therapy, will share expert insights on how to talk about pain and mind-body tools for coping with pain. Presented by the WDH Bioethics Committee's Jesse Galt Lecture Series.

REGISTER: (603) 740-2818 or wdhospital.com/events

LOCATION: Wentworth-Douglass Garrison Auditoriums

Thursday

May 4

5:00 – 8:00pm

Wentworth Plastic Surgery Open House

Learn about the latest and greatest products and services available. Giveaways, raffles and interactive displays.

REGISTER: (603) 516-4268 or wdhospital.com/events

LOCATION: Plastic Surgery Specialists
10 Members Way, Dover, NH

Monday

May 8

3:00 – 5:00pm

Hand Function Screenings

Meet with an occupational therapist for a brief assessment of the range of motion, strength and function of your hands. Learn some tips and tricks to keep your hands functioning well. Presented by WDH Occupational Therapy.

REGISTER: (603) 868-8520

LOCATION: Wentworth-Douglass Professional Center - Lee
65 Calef Highway, Lee, NH

Tuesday & Thursday

May 9 & 11

5:00 – 7:00pm

Skin Cancer Screenings with Dermatology & Skin Health

Dermatology & Skin Health and the Seacoast Cancer Center at Wentworth-Douglass Hospital 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

Wednesday

May 10

6:00 – 7:00pm

What's Your Plan

Having a baby is exciting, and there's no doubt you want to be as prepared as you can be for the big day. Birth plans are a popular way to help you arrange your thoughts and let your preferences be known. But what do you include? What should be left out? Does a written plan set up unrealistic expectations? Join childbirth educator Lyndi Sargent, CCE, LMT, and obstetrician Janet Perkins, MD, in a discussion about birth planning. Bring your questions!

REGISTER: (603) 740-2867 or wdhospital.com/childbirth

LOCATION: Wentworth-Douglass Garrison Auditoriums

Tuesday

June 6

6:00pm

to
Wednesday

June 7

6:00pm

NH Gives Day

NH Gives Day is a statewide fundraising event to build community and connect donors to local nonprofits. Join in supporting Wentworth-Douglass and help make care better for our community.

DONATE: Online at wdhospital.com/donate or call the Wentworth-Douglass Foundation at (603) 740-2687

Wednesday

June 21

5:00 – 7:00pm

Cancer Survivors Day

The Seacoast Cancer Center invites cancer survivors and their loved ones to join us for a celebration of life. Food, games and fun for the whole family!

REGISTER: (603) 740-2226 or wdhospital.com/events

LOCATION: Wentworth-Douglass Garrison Auditoriums

Monday

June 26

10:00am

Wentworth-Douglass Foundation Golf Tournament

Thirty golf teams compete for top billing, trophy recognition and prestigious green jackets while raising funds and awareness for Wentworth-Douglass Hospital's Women & Children's Center. Sponsorships and volunteer opportunities are available.

INFORMATION: Call (603) 740-2687 or email foundation@wdhospital.com

LOCATION: Cochecho Country Club, Dover, NH

SAVE THE DATE!



SEACOAST CANCER 5K at Wentworth-Douglass Hospital

RUN. RAISE. RALLY. ROCK!
SUNDAY, SEPTEMBER 24
REGISTRATION OPENS IN MAY

ROCK WITH US.

To become an Event Sponsor
or Team Captain,
call (603) 740-2687 to learn more.

SeacoastCancer5K.org



Wentworth-Douglass Hospital IN THE COMMUNITY



Child Life Specialist Alison Zirpolo recently picked up 11 backpacks from the Pieces of Home Backpack Project. Each backpack is filled with essentials for children who are entering foster care. The kits contain items like blankets, socks, toys, books, clothing, toiletries and more. The bag goes with the child and gives them something that is theirs in a new space. We are so grateful for this thoughtful gift!



The St. Thomas Aquinas Hockey team organized "Skate for a Cure" to benefit the Seacoast Cancer Center. Money was raised through the sale of program books, admission fees, raffles, and donations during the St. Thomas and Dover hockey games this season, resulting in a total donation of over \$7,000! Thanks for all their efforts! To learn more about holding your own community fundraiser, please contact Mary.DavidsonWilliams@wdhospital.com.