



Photo Credit: perrysmithphoto.com



Paul Holloway is managing his breathing problems with support from his comprehensive pulmonary care team at Wentworth-Douglass. Picture L to R: Janet Griffin-Vaughn, RN, BSN; Collette Carville, RN, BSN; Mark Doyle, RRT; Holloway; Ali Al-Alwan, MD; Ryan Page, exercise physiologist.

A PUBLICATION OF:



WENTWORTH-DOUGLASS HOSPITAL

MASSACHUSETTS GENERAL HOSPITAL SUBSIDIARY

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

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

- 02 → The Doorway Opens to Address Opioid Crisis
- 03 → Wentworth-Douglass Hospital Outpatient Center at Portsmouth
- 05 → Q&A with Mass General Neurologist Dr. Daniel Hoch
- 07 → The Seacoast's Travel Health Experts
- 08 → Community Programs & Events

Follow us!



Expert Diagnosis and Care Helps Paul Holloway Breathe Easier

When Paul Holloway started dozing off in the middle of meetings, he got worried. “During a conversation my head would drop for 10 to 15 seconds and it looked like I wasn’t paying attention, but I was falling asleep.” The cause was carbon dioxide in his lungs — it eventually reached dangerous levels, leading him to collapse. He was hospitalized at another health care facility.

After undergoing five days of multiple testing, a lung X-ray showed his left diaphragm was paralyzed, completely restricting the function in his left lung. No one could agree on the cause or treatment. He was sent home with oxygen tanks and a ventilator with very little hope of improvement.

Disappointed but not discouraged, Holloway sought a second opinion at Massachusetts General Hospital in Boston. They changed the treatment plan, gave him hope that his condition could improve, and recommended he see Dr. Ali Al-Alwan, a pulmonologist at Wentworth-Douglass, for long-term rehab and continual evaluation. Holloway recalls the February 2018 meeting when he first met Dr. Al-Alwan. “He’s a very, very bright guy, but also a very attentive person. What really impressed me was that he had read my file beforehand. He knew more about me than I did.”

After assessing Holloway’s condition, Dr. Al-Alwan recommended respiratory therapy and non-invasive ventilation — which means wearing a mask at night while he sleeps to mechanically assist his lungs with ventilation. “His lungs were not functioning well because the muscles were not strong enough to support his breathing,” explains Dr. Al-Alwan. “I prescribed a pulmonary rehab supervised exercise program so that he could focus on breathing exercises and building upper-body strength.”

“Dr. Al-Alwan put my mind at ease,” says Holloway, recalling the meeting. “He spent a lot of time explaining what the situation was and what had to be done, therapy-wise. When I walked out of there, I had a lot of confidence in that doctor.”

Soon, Holloway was working with a team that he now describes as “unbelievable.” He vividly recalls one of his initial meetings with Mark Doyle, a respiratory therapist in the Cardiac and Pulmonary Rehab Programs. “Mark spent about an hour going over how to breathe, how to recapture your breath, what we were going to do as far as the therapy goes. He said, ‘We’re going to be here for you, we’ll show you how, we’ll support you and take care of you, but we can’t do it for you.’”

See [PAUL HOLLOWAY](#), Page 06 →

Regaining Heart and Lung Health with Rehab

A patient who is recovering from a sudden cardiac event such as a heart attack, or a patient coping with chronic breathing issues often share the same overriding concern: how can I live longer and better, while reducing the risk of future health problems?

Addressing these concerns is why Collette Carville, RN, BSN, Cardiac and Pulmonary Rehab Program Supervisor at Wentworth-Douglass Hospital, finds her job so rewarding: “We take that element of fear, and help turn it into confidence for our patients – the confidence to return to daily activities, and the confidence to take control of their diagnosis.”

Carville supervises the Cardiac Rehab and Pulmonary Rehab Programs at Wentworth-Douglass. She says that the main difference between the two is that pulmonary conditions can involve a chronic disease, including lung

issues ranging from COPD (Chronic Obstructive Pulmonary Disease) to lung cancer and lung cancer surgery.

Cardiac rehab, on the other hand, is more likely to follow a specific event such as heart attack, angina, cardiac surgery, heart failure or heart transplantation.

These rehab programs share a dual focus on carefully monitored exercise and education. Both elements “are equally important,” according to Carville: “Our patients benefit from the combination of a structured exercise program monitored by nurses and our exercise physiologist, along with group education and support.”

For example, Pulmonary Rehab classes include topics such as stress reduction and breathing, nutrition, oxygen safety, inhaler safety, and smoking cessation. Patients

See [REHAB](#), Page 06 →



The Doorway Opens to Help Address Opioid Crisis

Opioid and substance abuse are a daily reality for many people in New Hampshire – including many people right here in our own community.

Wentworth-Douglass is partnering with the New Hampshire Department of Health and Human Services to help meet a growing need for treatment and recovery services by operating The Doorway in Dover. The Doorway is a network of nine regional hubs located throughout the state to provide clear points of entry for any New Hampshire resident seeking treatment for a substance use disorder.

“The location of each of the nine Doorways will ensure that help for substance use disorders will be less than an hour away,” said Governor Chris Sununu in announcing the creation of The Doorway. “This new approach will provide an integrated, one-stop-shop model offering the full array of treatment, recovery and self-sufficiency services.”

People who visit a Doorway location will meet with a licensed alcohol and drug counselor (LADC) who will perform a comprehensive assessment and make referrals to an array community services to meet their individual needs. This could include medication-assisted treatment centers, long-term recovery support, mental health services, food banks, and job training.

“When someone visits The Doorway, our intent is to assess the patient and their full gamut of needs – insurance, substance abuse, mental health, finances, housing, and more, understanding that all these pieces affect people’s access to treatment and recovery,” says Kellie Mueller, MEd, Director of Behavioral Health for Wentworth-Douglass Hospital.

Patients can reach The Doorway network 24-hours a day, seven days a week, by calling 211.

The Doorway, operated by Wentworth-Douglas Hospital, is open Monday through Friday, 8:00 a.m. - 5:00 p.m. in a newly renovated location across the street from the hospital at 798 Central Avenue.

To learn more about The Doorway or to access immediate help and support, call 2-1-1 or (844) 888-6882. You may also visit thedorway.nh.gov.



Spring is in the air... cue the sneezing, wheezing, and watery eyes.

For allergy sufferers, spring is not always welcome relief from winter. Instead, it can be the start of a months-long battle against itchy, watery eyes, congestion and sneezing. No fun! Seasonal allergies are caused by the body’s immune reaction to allergens in the environment. During the spring, these include tree pollen, which makes an appearance as early as March, followed by grass pollen around May.

If you know that pollen triggers your allergy symptoms, you can track the pollen forecast in your area on many popular weather apps or on Pollen.com’s National Allergy Map.

For the best relief, start taking your over-the-counter allergy medications a few weeks before allergy season kicks off.

When the pollen counts do start to rise, there are some easy steps you can take to reduce your symptoms. These can include:

- Keeping windows and doors closed.
- Changing your clothes after spending time outside.
- Showering before bed.
- Scheduling your outdoor activities for the evening when pollen counts are lower.
- Changing your car’s cabin air filter.

Over-the-counter allergy medications can alleviate symptoms, but they are not a cure. If your allergies are worsening, talk to your doctor. There may be new treatment options available for you.

Experience Better. Experience Wentworth-Douglass.

New services and providers are joining our Portsmouth campus!

NOW OPEN

- Primary Care
- Walk-in Prompt Care

• Prompt Care provides convenient same-day, walk-in medical care when your primary care provider is not available. Open M-F, 7:00am-7:00pm.



- Lab Services & X-Ray
- Specialty Care

- Cardiology
- Electrophysiology
- Neurology
- Pulmonary Medicine & Pulmonary Function Testing

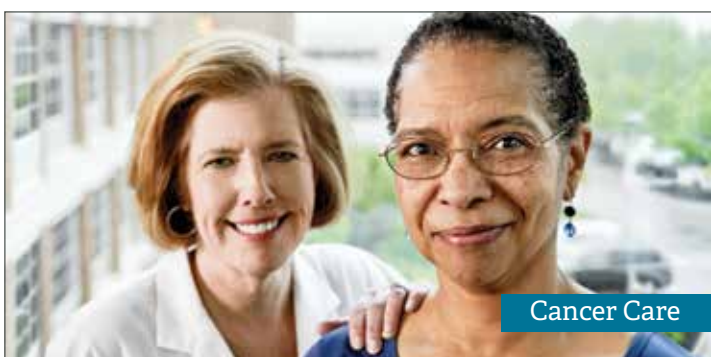
- Rheumatology
- Vascular Surgery
- Travel Clinic



COMING SPRING/SUMMER 2019

- General Surgery
- Expanded Neurology Care
- Plastic Surgery
- General Orthopedics & Sports Medicine
- Cancer Care

• The Seacoast Cancer Center's Portsmouth location will offer all the comprehensive services available in Dover, including medical oncology, radiation therapy, supportive care, and more.



COMING IN EARLY 2020

- Expanded Imaging Services
- Women's Health Center
- Expanded Orthopedics
- And MUCH, MUCH more!

Wentworth-Douglass Providers in Portsmouth

With new services, come new expert providers at our Portsmouth campus. These six physicians will join a team of providers who will be offering care you can count on at the Wentworth-Douglass Hospital Outpatient Center in Portsmouth.



DR. MOLLY BUZDON & DR. CYNTHIA PACIULLI

Dr. Buzdon and Dr. Paciulli specialize in minimally invasive general surgery, as well as bariatric weight loss surgery and breast cancer surgery.

"We are thrilled to be opening our practice at the new Wentworth-Douglass Hospital Outpatient Center. We are excited about the high-caliber care we can offer our Seacoast patients with all the resources of Wentworth-Douglass and Massachusetts General Hospital behind us."

Wentworth Health Partners
General Surgery - Portsmouth
(603) 610-8092, whpgeneralsurgery.org



DR. KHOSRO FARHAD

Dr. Farhad is a board-certified neurologist and neuromuscular specialist. He treats most neurological conditions. His major focus and research is on patients with neuropathy and autonomic diseases. He has been with Wentworth Health Partners for more than 5 years and is also a faculty member at Massachusetts General Hospital and Harvard Medical School.

Wentworth Health Partners
Coastal Neurology Services
(603) 749-0913, coastalneurologyservices.org



DR. CHRISTINE WASILEWSKI & DR. JEFFREY LEMONS

Dr. Wasilewski is a board-certified hematologist oncologist specializing in the treatment of non-cancerous and cancerous blood disorders and cancer oncology. Dr. Lemons is a radiation oncologist with Radiation Oncology Associates.

"Having radiation and medical oncology working together in one location truly allows for seamless care for the patient. We work together and with other specialists, including dietitians and nurse navigators, to create care plans tailored to each individual patient. It's a model of care that we are proud of in Dover and are pleased to bring to the Seacoast Cancer Center In Portsmouth."

Seacoast Cancer Center
(603) 742-8787, wdhospital.org/cancer



DR. HEIDI HARRINGTON

Dr. Harrington is a board-certified plastic surgeon, specializing in both reconstructive and cosmetic plastic surgery. This includes complex breast surgery, breast reconstruction after breast cancer and revisionary cosmetic breast surgery. Dr. Harrington joined Wentworth-Douglass in late 2018 and is thrilled to be re-establishing her practice in Portsmouth.

Wentworth Health Partners Plastic Surgery
Specialists - Portsmouth
(603) 610-8067, wentworthplasticsurgery.org

OPENS IN JULY

WENTWORTH-DOUGLASS HOSPITAL OUTPATIENT CENTER AT PORTSMOUTH

67, 73 & 121 Corporate Drive, Portsmouth, NH | (844) 937-3273
wdhospital.org/Portsmouth



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."

Seacoast Cancer Center Welcomes Mary Campbell, APRN



The Seacoast Cancer Center is pleased to welcome Mary Campbell, ACNP-BC, AOCNP, a certified advanced oncology practitioner, to its medical oncology team. Campbell brings more than 30 years of experience in cancer care. Before joining Wentworth-Douglass, Campbell was an oncology nurse practitioner at Massachusetts General Hospital in Boston, where she worked in various areas, including the Gillette Center for Women's Cancers, the Center for Lymphoma, and the Center for Head and Neck Cancers. Prior to becoming a nurse practitioner, Campbell was a staff nurse and nurse manager at several New England hospitals, including Dana-Farber Cancer Institute in Boston and Boston Medical Center. Campbell earned her Master's of Science in Nursing from the University of Massachusetts Boston. She also holds two post Master's certificates in acute care and adult primary care. She is a certified oncology nurse, as well as a certified acute care nurse practitioner and adult nurse practitioner.

"The rapidly evolving science in cancer care makes oncology an exciting field of practice for me, and I also love the connections I am able to form with patients," says Campbell. Outside of work, Campbell is passionate about art. "I love collecting art from both emerging and established artists as it provides great joy and hope. In my leisure time, I enjoy making and firing ceramic pieces," she says. At the Seacoast Cancer Center, our oncologists and multidisciplinary team work together to create targeted cancer treatment plans personalized for each patient and their specific cancer.

Your cancer care means the world to us. To learn more about the Seacoast Cancer Center, visit wdhospital.org/cancer or call (603) 742-8787.



HOLLY M. DENNARD, APRN
Psychiatry
Wentworth Health Partners
Great Bay Mental Health
(603) 742-9200



PETER Y. FIFIELD, LCMHC, MLADC
Behavioral Health
The Doorway, operated by
Wentworth-Douglass Hospital
(603) 609-6690



SUSAN HECHLER-LYNCH, PA-C
Family Medicine
Wentworth Health Partners
Prompt Care
(603) 609-6930



JOY L. HICKMAN, CRNA
Anesthesiology
North American Partners in Anesthesia
(603) 740-2651



MICHAEL D. LANE, MD
Anesthesiology
North American Partners in Anesthesia
Phone: (603) 740-2651



PAMELA LORD-VOSHELL, APRN
Family Medicine
Wentworth Health Partners
Hilltop Family Practice
(603) 692-6676



CHRISTINE D. MICHELSON, APRN
Hospital Medicine
Wentworth-Douglass Hospital
Hospital Medicine
(603) 740-2503



AMANDA MORGAN, MS, LGC
Genetic Counseling
Wentworth Health Partners
Center for Medical Genetics
(603) 516-0092



JOHN R. NICEFORO, MD
Radiology
Seacoast Radiology
(603) 516-1307



MARA SMITH, PA-C
General Surgery
Wentworth Health Partners
General Surgery - Portsmouth
(603) 610-8092



CAROL J. STILES, MLADC
Behavioral Health
The Doorway, operated by
Wentworth-Douglass Hospital
Phone: (603) 609-6690



JENNIFER M. STOUT, MLADC
Behavioral Health
The Doorway, operated by
Wentworth-Douglass Hospital
Phone: (603) 609-6690



EMILY K. TEAGUE, MS, LGC
Genetic Counseling
Wentworth Health Partners
Center for Medical Genetics
(603) 516-0092

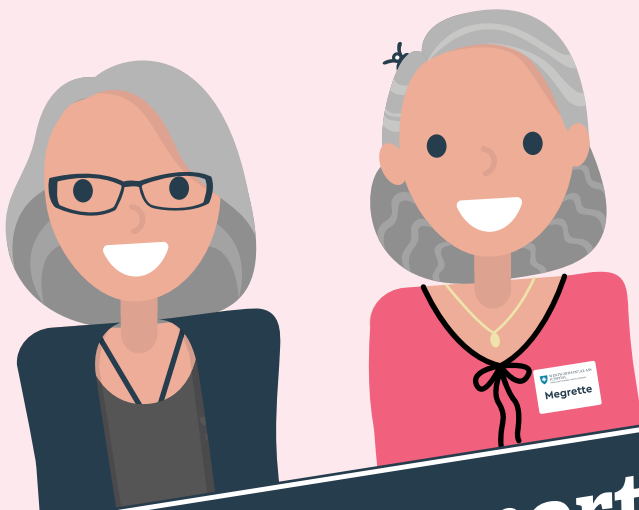
Sweet Support on the Go!

Take your diabetes educators with you on the go. Wentworth Health Partners Diabetes Educators Marianne Evans Ramsey and Megrette Fletcher have created the Sweet Support Podcast to offer diabetes management support and knowledge when you need it, where you need it.

EPISODE TOPICS INCLUDE:

- Meal planning
- Understanding Carbohydrates
- Mindfulness & Yoga
- And more

Visit wdhospital.org/diabetes to learn more.





Treating Seizures: A Q&A with Dr. Daniel Hoch

Epilepsy is the most common disorder of the brain, affecting people of all ages. People with epilepsy experience re-occurring seizures caused by abnormal bursts of electrical energy in the brain that disrupt the brain's functions. Seizures can be overwhelming and scary, and their causes can be hard to pinpoint, but with effective treatment and support, people with epilepsy can live full and healthy lives.

Through our affiliation with Massachusetts General Hospital, Wentworth-Douglass is pleased to offer patients on the Seacoast access to expert subspecialty care for epilepsy and related seizure disorders. Mass General Hospital Neurologist Daniel Hoch, MD, PhD, joined Wentworth-Douglass in 2017 to launch an Epilepsy Clinic at Wentworth Health Partners Coastal Neurology Services. This Clinic provides consultation, diagnosis, testing and EEG monitoring, and disease management to improve the lives and health of patients experiencing seizures. Here Dr. Hoch shares some of his expertise about epilepsy and how the partnership with Mass General is enhancing the care available in our community.

Q. How is epilepsy diagnosed?

Dr. Dan Hoch: Unfortunately, there is no specific test we can use to diagnose epilepsy. The best diagnosis comes from getting a detailed personal history. Often, the most critical thing you need is a witness who can provide the best possible description of what happens to the person suffering the seizure. Epilepsy symptoms can be amazingly varied – it all depends on what part of the brain is being affected. Some people experience warning signs before a seizure; some have no warning at all. A witness's description can help us get the best picture of a seizure in order to make a diagnosis.

Q. How does having access to specialized care for epilepsy benefit patients?

DH: Seeing a physician who specializes in epilepsy can be beneficial in a couple ways. The first is in making a diagnosis. An epilepsy specialist talks to seizure patients every day. The more patient histories you hear, the more sensitized you are to their symptoms and whether their seizures may be caused by epilepsy or something else.

Then there's an additional benefit when it comes time to expand on the diagnosis and look for what's causing the seizures. The clinical affiliation between Mass General and Wentworth-Douglass opens the door to various testing and technology not available here at WDH. For instance, we can take people down to Boston for long-term, inpatient EEG monitoring. Right now, that's only available at Mass General, although we are hoping to provide a similar service at WDH in the future. Additionally, Mass General has additional imaging technology such as specialized MRI sequences designed to show seizure related abnormalities in the brain. Some of this technology is not even available at other academic medical centers.

Finally, Coastal Neurology Services has very talented general neurologists, including Dr. Samhitha Rai who has specialized training in epilepsy. Through her work in our Epilepsy Clinic, she can maintain her sub-specialty focus in epilepsy even while practicing as a general neurologist.

Q. Are there promising new treatments available or on the horizon for patients with epilepsy?

DH: One of the newest treatment options are neuro stimulators. They have only been commercially available for a few years, but Mass General has been using them for close to 10 years during the clinical testing. In the case of responsive neurostimulators, if we can figure out where the seizure starts in the brain, electrodes can be put in that area to sense abnormal electrical activity and disrupt the seizure before it spreads. This treatment requires a real team effort including neurologists, neurosurgeons, neuroradiologists and behavioral health experts in addition to specialists, like me, who program the stimulator devices.

Deep brain stimulation is another approach that is now available for epilepsy. These stimulators are implanted deep in the brain to deliver small regular electrical pulses that have been shown to stop or lessen the number of seizures in some people.

We are also involved in the development of new potential treatments through clinical trials, including immunomodulatory treatments targeting patients' immune systems. My colleagues in pediatric epilepsy are also looking at various therapies related to diet, so we also have that expertise available to use.

For more information about Wentworth-Douglass Hospital's Epilepsy Clinic, call Wentworth Health Partners Coastal Neurology Services at (603) 749-0913.

When Emergency Strikes... "Take Me To Wentworth-Douglass"



At Wentworth-Douglass Hospital, we don't just offer an emergency room – we offer a full-service emergency department.



Wentworth-Douglass Hospital is a full-service Emergency Department with advanced certification as a Primary Stroke Center and a Level III Adult and Pediatric Trauma Center. Our team board-certified physicians and advanced practitioners from Seacoast Emergency Physicians, along with nurses, clinicians and paramedics, offer complete care using the latest emergency protocols, and, because we are a full-service hospital, we offer fast access to extensive, lifesaving care the moment you need it.



If you'd like learn more about emergency care at Wentworth-Douglass Hospital, please visit WDHospital.org/ER.

Holloway jumped right in to therapy and the results have been life-changing. He goes to two, one-hour rehab sessions a week and also does exercises at home. “I wouldn’t be here if it wasn’t for Wentworth Douglass,” says Holloway, who credits his rapid recovery to his rehab team, including Collette Carville, BSN, RN, cardiac and pulmonary rehab program supervisor; Ryan Page, exercise physiologist; and Janet Griffin-Vaughan, BSN, RN, along with Dr. Al-Alwan and Doyle.

“I’ve been to a lot of hospitals and Wentworth-Douglass stands out,” says Holloway, whose name is well known in New Hampshire for the car dealerships he founded. “I always told my employees that customers don’t come to us because my name is on the building, they come because of how you treat the customer. Everyone at Wentworth Douglass is remarkable. They create a positive atmosphere. I look forward to going. It gets challenging but that’s what it’s all about.”

“He’s been a great patient,” says Carville. “He works so hard on his breathing techniques and his exercise tolerance. His improvement has been so impressive.”

With a spring in his step, Holloway is bringing renewed energy to the many boards and organizations that he assists. After serving for an unprecedented 16 years on the University of New Hampshire Board of Trustees, including three years as chairman, Holloway went on to chair the Community College System of New Hampshire (CCSNH). CCNSH recently named the Student Success Center at Great Bay Community College after him. Holloway and his wife, Anna Grace, also run the Little Harbor Charitable Foundation, which provides grants to Seacoast organizations working for the health, education, and welfare of children. Holloway is a New Hampshire Lottery commissioner and an owner of the Wentworth Marina in New Castle.

Holloway credits Wentworth-Douglass with his ability to resume the activities he enjoys. “We are very fortunate to have a hospital like Wentworth-Douglass, that supports our community and should be supported by our community,” says Holloway. “Because of the doctor and my rehab team, I feel better today than I did eight years ago. I’m starting to drive people crazy again.”

The physicians at Wentworth Health Partners Seacoast Pulmonary Medicine offer a broad spectrum of specialized services for patients with all types of pulmonary and respiratory diseases, including obstructive and restrictive lung diseases, respiratory failure, lung cancer, occupational lung disease, and more. Call (603) 740-9713 or visit seacoastpulmonary.org.

can improve daily living with certain tools and techniques, learn to get around the house more easily, and maximize their lung function.

Cardiac Rehab classes cover basic heart anatomy, nutrition, exercise, medications, and smoking cessation. Teaching and instruction is based on American Heart Association guidelines.

“Our collaborative approach goes well beyond the walls of our gym, and extends throughout the entire hospital,” says Carville. “Our team includes pharmacists, nutritionists, and practitioners of integrative therapies – such as relaxation massage for stress reduction and circulation improvement.”

“We, as a team, are able to say to patients, ‘We know you can do this.’ We surround our patients with reassurance. Ryan Page, our exercise physiologist, is there to encourage and guide, while our nurses assess activity tolerance and safety. There is constant medical monitoring of every patient’s heart rate and vital signs as they exercise throughout each rehab session.”

To help promote healthier lifestyles, a dietician is present once a week in the same room with patients, so that they can connect easily and communicate directly, without the need to make a separate appointment.

Pulmonary rehab patients can improve endurance and muscle strength, decrease symptoms, and maintain healthy habits and behaviors, such as exercise, good nutrition, and smoking cessation. Cardiac rehab goals “can be a bit different,” according to Carville: “Our patients often want to get back to where they were before the heart attack or surgery. We focus on lowering their risk for a repeat event by focusing on factors the patient has control over, especially diet and exercise.”

Exercise has been proven to help control heart disease symptoms, such as chest pain or shortness of breath, stop or reverse damage to blood vessels in the heart, and improve stamina and strength. The Cardiac Rehab Program is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) which sets standards of care, staff competencies, and standardized protocols for reporting and measuring patient outcomes.

According to AACVPR, there is strong evidence of the benefits in participating in early outpatient rehabilitation, including reduced cardiac mortality, reduced cardiovascular events, and reduced readmission rates to the hospital. AACVPR statistics point to improved patient adherence with preventive medications, improved function and exercise capacity, and improved quality of life.

“Not that long ago, after any surgery, the thought was ‘don’t get out of bed,’” says Carville. “We now know that movement is better. There is so much well-documented evidence supporting exercise in general, and specifically to its positive impact on rehabilitation. Now physicians are our champions. Together with our patients, we can set goals that are realistic and attainable, and build confidence and a deep sense of well-being.”

For more information about the Cardiac or Pulmonary Rehab Programs, call Wentworth-Douglass Hospital Rehabilitation Services at (603) 740-2101.



cookinglight.com

Looking for meal that will keep you full for hours and is nutritious? Then look no further. These bowls provide a healthy dose of fiber, protein, and fat and will keep you feeling full and satisfied. As an added bonus, they are full of health promoting nutrients, including omega-3 fats, fiber, phytochemicals, and antioxidants. To get maximum benefit, make sure you buy omega-3 eggs which can be found at the grocery store. Omega-3 fats protect against cardiovascular disease and are found in highest concentrations in cold water fish; however, eggs can also be a source when the hens are fed certain foods. Omega-3 eggs are a great way to get these fats, especially for people who don’t eat the recommended two servings of fish per week. Another reason to love this recipe is that it can be modified. Get creative, add roasted or fresh vegetables, use a different whole grain as a base, top with hot sauce, use a different bean . . . the options are endless!

- Brooke Gowdy-Johnson, MS, RD, CSO, LD, Registered Dietitian and Health Coach at The Works Family Health and Fitness Center

QUINOA BOWLS WITH AVOCADO AND EGG



Serves 2

INGREDIENTS:

- 2 tsp extra virgin olive oil
- 1 tsp red wine vinegar
- 1 cup hot cooked tri-color quinoa (cook per product instructions)
- 1 cup grape tomatoes, halved
- ½ cup canned unsalted black beans, rinsed, drained and warmed
- 2 tablespoon chopped cilantro
- 2 large omega-3 eggs
- ½ ripe avocado, sliced

DIRECTIONS:

1. Whisk together 1 ½ teaspoon oil, vinegar and dash of salt.
2. Combine quinoa, tomatoes, beans, cilantro. Toss gently and distribute between two bowls.
3. Heat a medium non-stick skillet on medium heat. Add ½ teaspoon oil; swirl to coat. Crack eggs, one at a time into pan. Cover; cook until whites are set and cooked to desired doneness. Drizzle dressing over quinoa mixture; top with eggs and avocado. Garnish with additional cilantro if desired.

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

CALORIES 343	FAT 16G	CARBS 35G	PROTEIN 15G	SODIUM 323MG	DIETARY FIBER 9G
------------------------	-------------------	---------------------	-----------------------	------------------------	----------------------------



The Seacoast's Travel Health Experts: Your Passport to a Healthy Trip

You've planned the trip, booked your travel, and have your passport. International travel can be an exciting, often life-changing opportunity to step outside of normal routines and broaden horizons. Careful pre-trip planning can enhance these experiences, and that includes a pro-active approach to health care. Before those bags are packed, travelers can take advantage of the customized health services offered through the International Travel Medicine Clinic at the Wentworth-Douglass Hospital Outpatient Center in Portsmouth.

The Travel Clinic gives the public access to travel health experts like Elizabeth Kirby, APRN. Kirby says she is "passionate about my job. I enjoy meeting people who are traveling all over the world, and for so many different reasons. Patients range from students who are studying abroad, to seniors who have been planning their 'bucket list' trip for years." She also works with people who travel because of their jobs, relatives reconnecting with family members abroad, and volunteers who may be going to underdeveloped countries as part of orphanage and education missions, medical clinics, or clean water and environmental initiatives.

"Some of these destinations are in very remote places, so it's important that I drill down into each person's travel itinerary, and provide an individualized travel plan that factors in where they are going, how long they will be there, and what they will be doing. That way, we can determine exactly what they need, and – just as important, what they don't need."

The result is definitely not a "one size fits all" travel health plan. While it may include medications, prescriptions, and vaccinations, it is not necessarily limited in scope to infectious diseases, such as malaria, typhoid fever, meningitis, and hepatitis A and B. According to Kirby, "We also address issues such as altitude sickness, motion sickness, jet lag, insect bite prevention, and food and water precautions." These problems can affect anyone, regardless of fitness level and overall health. For example, Kirby has met with hikers planning to climb Mt. Kilimanjaro, counseling them on how to ascend into unfamiliar altitude levels with a slow and steady pace.

"We want to create a customized treatment and prevention plan to help ensure not only good health, but safety, too. Some of these destinations can be quite remote with limited access to medical care." This preparation is especially important for travelers with specific medical needs, including chronic disease and pregnant travelers, who can ask questions at the Travel Clinic and get advice about potential risks and prevention strategies.

Kirby works under the guidance of Dr. Artemio Mendoza, Infectious Disease Specialist at Wentworth-Douglass Hospital, and with Jacqueline Irzyk, APRN. The staff has seen a steady increase in patients over the years, as more and more travelers see the value in advance health care planning that translates into peace of mind. Visits are available for individuals, couples, families and groups. Kirby suggests scheduling appointments at least one month prior to trip departure if possible.

For more information about the International Travel Medicine Clinic, call (603) 610-8065 or visit wdhospital.org/travelclinic.



**WENTWORTH
HEALTH
PARTNERS**

**PROMPT
CARE**

Walk In Primary Care – When You Need It Most.

Sometimes you need immediate care for a sickness or minor injury and waiting for an appointment doesn't fit your schedule. Walk in to Prompt Care for expert care right away, at two convenient locations.

DOVER*

OPEN 7 DAYS A WEEK
Mon-Fri 7am-7pm and
Sat-Sun 8am-2pm
10 Members Way, Suite 200
(603) 609-6930

PORTSMOUTH

OPEN WEEKDAYS
Mon-Fri 7am-7pm
Wentworth-Douglass Hospital
Outpatient Center at Portsmouth
73 Corporate Drive
(603) 610-8051

* The Dover Prompt Care location is open only to patients of Wentworth Health Partners primary care practices. Contact us to become a patient today!
Visit wdhospital.org/promptcare to see wait times and book your visit online.

UPCOMING CLASSES, PROGRAMS & EVENTS

Tuesday
**May 7 &
Tuesday
May 14**
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: Please call (603) 740-2818 to sign up for your 5-minute appointment. RSVPs required.
LOCATION: Wentworth-Douglass Hospital Seacoast Cancer Center

Thursday
May 9
5:00 – 7:00pm

Spring Into Fitness & Seacoast Cancer 5K Kickoff
Kick off your spring with a free event full of healthy living and fitness information, screenings, demos, vendors, giveaways and more, presented by the Patient & Family Learning Center and the Wentworth-Douglass Foundation. While you're there, register for the Seacoast Cancer 5K and learn about the event's philanthropic impact!
REGISTER: wdhospital.org/events
LOCATION: Wentworth-Douglass Garrison Auditoriums and the Patient & Family Learning Center

Thursday
May 9
5:00 – 7:00pm

Wentworth Health Partners Plastic Surgery Specialists 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.org/events
LOCATION: Plastic Surgery Specialists, 10 Members Way, Suite 303, Dover, NH.

Tuesday
May 14
6:00 – 7:30pm

Conformis Total Knees: The Progression to Same-Day Surgery
Join expert orthopedic surgeon Dr. David Thut and members of our joint specialized physical therapy team to learn about advances in knee replacements.
REGISTER: (603) 740-2818 or wdhospital.org/events
LOCATION: Wentworth-Douglass Garrison Auditoriums

Wednesday
May 15
5:30 – 7:30pm

Technology Addiction
This event will explore behavioral addictions and help you learn to identify the signs of technology addiction (social media, gaming, etc.). We will also provide practical tools you can use and simple behavior changes you can adopt to minimize the harmful effects of technology. This lecture is part of the Family Wellness Series, funded by the Wentworth-Douglass Hospital Foundation.
REGISTER: wdhospital.org/events. Childcare for ages 2-13 is available with pre-registration.
LOCATION: Wentworth-Douglass Garrison Auditoriums

Thursday
May 30
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, a healthy lunch!
REGISTER: (603) 740-2818 or wdhospital.org/events
LOCATION: Wentworth-Douglass Garrison Auditoriums

Wednesday
June 12
5:00 – 7:00pm

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

Monday
June 24
10:00am – 5:00pm

25th Annual Wentworth-Douglass Hospital Charity Classic
Join us for the Seacoast area's leading, sell-out golf tournament to benefit Wentworth-Douglass Hospital's Women & Children's Center. The event includes a day of golf, lunch on the course, and dinner, as well as gifts for all golfers. There will also be an awards ceremony, raffle, live auction, and fund-a-need! Don't miss out on a memorable day on a beautiful golf course.
FOR MORE INFORMATION AND TO REGISTER: wdhospital.org/golf or call (603) 740-2687
LOCATION: Cochecho Country Club, Dover, NH

SAVE THE DATE REGISTRATION OPENS IN MAY



Wentworth-Douglass Hospital IN THE COMMUNITY



Dr. Whitney Coppolino, of Wentworth Health Partners Cardiology at Pease, and Dr. Maria Vivaldi, of the Massachusetts General Hospital Heart Center, spoke about the myths and facts of women's heart health during a special Lunch & Learn on February 14. More than 120 people joined us to raise awareness of this important issue. Pictured are Dr. Coppolino, Dr. Vivaldi, Kathleen Gallen, RN, director of Network Development for the Mass General Heart Center, and Kimberly Chapman, MS, RN, Clinical Nurse Leader for Heart Failure at Wentworth-Douglass.



The St. Thomas Aquinas Boys and Girls hockey teams recently held their 10th Annual Pink Fundraising Game. This year's tremendously successful fundraiser raised more than \$9,600 to benefit Wentworth-Douglass Hospital's Seacoast Cancer Center. Thank you so much to both teams for their support of cancer care in our community! Congrats to the boys on their recent championship!

RUN. RAISE. RALLY. ROCK!

OR WALK

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

SUNDAY, SEPTEMBER 22 | 9:00AM
DOVER, NH
SeacoastCancer5K.org
LIKE US ON FACEBOOK!

#seacoastcancer5K