In 2012, Steve Dussault of Dover crossed a big accomplishment off his bucket list. He and his wife Michele rode their bikes across the country in 68 days. But, when it was time to tackle an adventure on his wife’s bucket list – hiking the Inca Trail to Machu Picchu in Peru – Steve knew his hips wouldn’t be able to make the steep mountain trek.

“The arthritis pain was getting to the point that it was affecting my lifestyle and my wife’s lifestyle. I couldn’t go hiking; I couldn’t go skiing. I couldn’t do any of the outdoor activities that I love,” says Steve.

The turning point came on the bunny slope of a favorite ski mountain. Steve made the run in tears because of the pain. At 50 years old, he decided it was time for his hip replacement surgery.

Steve was referred to Dr. Robert Harrington, now with the Wentworth-Douglass Center for Orthopedics and Joint Replacement. With more than 30 years of experience, Dr. Harrington has seen the difference joint replacement surgery can make: “It’s a real miracle, and it’s changed the lives of many people.” But the best results do not come from surgery alone. From prehab to rehab, all the elements work in concert to help patients achieve their best outcomes. (See page 9 for a timeline of a Wentworth-Douglass joint replacement surgery.)

Steve opted to have his left hip replaced first with the goals of rehabbing quickly and having his right hip replaced several months later. “Dr. Harrington told me he’d have me up walking on the day of surgery – and I was. I couldn’t believe it,” he says.

With his new hip replacements, Steve Dussault is able to enjoy all the activities he loves, including a scuba diving trip to the Caribbean.

Steve Gets His Go Back

As joint pain been preventing you from living your life to the fullest? After years of suffering, perhaps you are considering joint replacement surgery. Deciding to have surgery is a big decision, and like anything, the more you know and the better you are prepared, the more successful your outcome.

Wentworth-Douglass Hospital has developed a comprehensive process to help patients get back to doing the things they love. Every step is concerned with the patient’s overall health, not just the joint that needs replacement.

The first step is helping you prepare for surgery, so you feel ready, feel strong and feel confident knowing you will soon be getting your go back.

I AM READY
Surgical Optimization Center
You’ll start with an evaluation by an orthopedic surgeon to review your diagnosis and treatment options. Wentworth-Douglass is affiliated with board-certified surgeons at two practices, the Wentworth-Douglass Center for Orthopedics & Joint Replacement and Seacoast Orthopedics & Sports Medicine.

If you decide on joint replacement surgery, your surgeon will refer you to the Wentworth Health Partners Surgical Optimization Center (SOC), which launched last December to help patients achieve their best health before surgery. Your visit will include a complete health assessment, a review of your current medical problems, medications, functional and nutritional status and more in-depth services if necessary.

“The purpose of this program is to improve a patient’s satisfaction and overall health, and in turn, decrease the risk of surgical complications and readmissions and to reduce the length of their hospital stay,” says Dr. Jayanthi Wheeler, attending internist for the Surgical Optimization Center.
WHY I RUN
By Jane Vanni

A few weeks after my 39th birthday, my life stopped — and started again thanks to the Seacoast Cancer Center at Wentworth-Douglass Hospital. I am a Physician Assistant and Dietitian. I’m an endurance triathlete, skier, outdoor enthusiast, and devotee of taking care of myself. I was having a routine breast exam when my doctor asked, “Has this always been here?” She had found a mass. The next week was a blur of ultrasounds, biopsies, waiting, and appointments. At the end, I was sitting in the parking lot by myself, and I called my mom and finally started to cry. As I underwent surgery and chemotherapy at hospitals far from home, I realized my life was on hold.

When I was choosing a facility for my radiation treatment, I visited many hospitals, but when I walked into the Seacoast Cancer Center I realized I didn’t need to travel for my care. I wanted to be home. My life might be different during treatment, but I could continue to work, care for my two labs, and be with my friends.

At the Seacoast Cancer Center, everybody knew me, and they were warm, compassionate, and friendly. The treatment I received was personal; it was exceptional.

One day before a treatment, I picked up a brochure for the Seacoast Cancer 5K. I said, “I can do this!” I needed to get back to my life. I needed to start somewhere.

On September 23, I finished my radiation treatment and rang the special bell on the wall that all patients ring when they finish their treatment. Two days later, I ran the Seacoast Cancer 5K. I ran with two good friends and the support of many that day, raising nearly $2,000 for cancer care right here in the Seacoast region.

I support the Seacoast Cancer Center because I want to give back to the place that provides such exceptional cancer care for patients in our area. You don’t need to travel to have access to life saving therapies offered at larger city hospitals. We have that care right here at home.

My life had stopped. I just had to restart it again. And I did, thanks to everyone at the Seacoast Cancer Center.
SUMMERTIME BLACK BEAN SALAD

Serves 6
Adapted from Once Upon A Chef (www.onceuponachef.com)

INGREDIENTS:
- 2 15oz. cans no-salt black beans, rinsed and drained
- 3 ears fresh cooked corn, kernels cut off the cob
- 2 red bell peppers, diced
- 1 tsp. lime zest
- 1/2 cup fresh cilantro, chopped
- 2 avocados, chopped
- Salt to taste, if desired

DIRECTIONS:
Combine all ingredients in a large bowl except for avocados and mix well. Cover and chill for a few hours or overnight. Right before serving, add chopped avocado and mix gently, garnish with more chopped cilantro as desired and add salt to taste.

NUTRITION FACTS: per serving

- 399 CALORIES
- 24G FAT
- 40G CARBS
- 11G PROTEIN
- 30MG SODIUM
- 12G DIETARY FIBER

Photography Credit: Elise Bauer

Celebrate summer’s bounty with this crowd-pleasing, make-ahead salad that doubles as a vegetarian entrée and delivers 11 grams of protein per serving! This salad can easily be tweaked to include extra veggies, such as diced red onion or edamame. Research has shown that eating a diet rich in plant foods and plant proteins, such as the beans in this salad, lowers risk of colorectal cancer by 22% over non-vegetarians! This salad also promotes healthy blood pressure by being very low in sodium and high in potassium.

- Leigh Davenport, RD, LD, CNSC, Registered Dietitian, Certified Nutrition Support Clinician, Wentworth-Douglass Outpatient Nutrition Clinic.

“‘Heading out for a bike ride? First, always wear a helmet. And, take steps to safely share the road with cars. Know your route. Use lights, signal your turns, and avoid busy streets. Go with the flow of traffic, and obey traffic rules. Watch for people opening doors of parked cars.’

DENISE BURNHAM, PA-C
Wentworth-Douglass Center for Orthopedics & Joint Replacement
(603) 609-6260, wdhortho.com

“‘While trampolines are a good source of fun and exercise during the summer months, they are also potentially dangerous. Some basic safety rules include: children 5 and under should not play on a trampoline; always have adult supervision; and only one child at a time should be allowed to jump on the trampoline.’

JOAN SMITH, MD
Wentworth Health Partners Primary Care at Pease
(603) 610-8050, peaseprimarycare.com
Wentworth Health Partners Barrington Health Center
(603) 644-2135, barringtonhealthcenter.com

“‘The smell of fresh cut grass is a surefire sign that summer is here! But, if this gives you a runny nose and itchy, watery eyes, you may have seasonal allergies. Get those treated! Don’t let seasonal allergies get in the way of your summer fun.’

JOHN M. O’DAY, MD, FACS
Wentworth Health Partners Head & Neck Specialty Group of NH
(603) 692-4500, headandnecknh.com

“‘There is no such thing as a healthy tan. Love the skin you are in and protect it every day with a sunblock of SPF 30 or more!’

NIKI BRYN, APRN, DCNP
Dermatology & Skin Health
(603) 742-5556, dermskinhealth.com

“There are ticks here! Symptoms for tick-related illnesses are highly variable – everything from rash, joint swelling, headaches, fever and numbness. If you start experiencing unexplained symptoms, always consider a possible tick exposure even if you are not aware of a bite. And always take precautions when you are outside – cover your skin and use a bug repellent with DEET.”

LUKAS KOLM, MD, MPH, FACEP
Seacoast Emergency Physicians and Chair of Wentworth-Douglass Hospital Emergency Medicine
(603) 742-5252, wdhospital.com/emergency
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. Daniel Hoch

Massachusetts General Hospital Neurologist Daniel Hoch, MD, PhD, joins Wentworth-Douglass Hospital and Wentworth Health Partners Coastal Neurology Services to provide expert subspecialty care for patients with epilepsy and related disorders.

Through our affiliation with Mass General, Dr. Hoch will lead Coastal Neurology’s new and growing Epilepsy Clinic to provide consultation, diagnosis, testing and EEG monitoring, and disease management to improve the lives and health of patients experiencing seizures.

Dr. Hoch’s clinical interest is the care of patients with epilepsy. In addition to seeing patients, he is active in research, participating in many clinical trials examining new potential therapies for epilepsy. He is the past outpatient medical director for neurology at Mass General and was a founder of BrainTalk.org, a collection of over 200 separate online support groups for individuals with neurologic disease.

Dr. Hoch earned a doctorate in neurobiology from the University of North Carolina before attending medical school at the University of North Carolina. He completed a residency and fellowship in neurology at UCLA Medical Center. He is board certified in neurology by the American Board of Psychiatry & Neurology and a Fellow of the American Academy of Neurology.

Coastal Neurology Services and our highly trained physicians offer expertise in all areas of neurology for adults and children, including treatment options for headaches, migraines, epilepsy, multiple sclerosis, Alzheimer’s disease, Parkinson’s disease, stroke, neuromuscular disease, sleep disorders (including sleep apnea) and more.

Appointments are available. To learn more about the Epilepsy Clinic at Wentworth Health Partners Coastal Neurology Services, visit coastalneurologyservices.com or call (603) 749-0913.

Andrew J. Cole, MD
Neurology
Massachusetts General Hospital & Wentworth Health Partners Coastal Neurology Services
(603) 749-0913

Christopher D. Lawson, MD
Cardiology
Wentworth Health Partners Cardiovascular Group
(603) 516-4385

Anita M. Dixon, PA-C
Orthopedic Surgery
Seacoast Orthopedics & Sports Medicine
(603) 742-2007

Jaimee L. Walters, PA-C
Medical Oncology
Seacoast Cancer Center
(603) 742-8797

Sarah L. Winslow, CNM
OB/GYN
Garrison Women’s Health
(603) 742-0101

Make Your Next Visit to Primary Care at Pease a Virtual Visit.

Hugh MacDonald, MD, and Jacqueline Irykl, APRN – providers at Wentworth Health Partners Primary Care at Pease – are now offering virtual visits for established patients for routine follow-up or for same-day appointments to treat minor ailments and injuries such as rashes, bug bites, allergies, or for conditions such as anxiety or depression.

Access these providers from anywhere in New Hampshire using your smartphone, tablet or computer. We are pleased to offer this service as a convenience to our patients.

Virtual visits are $49 due at the time of service.*

For more information, visit peaseprimarycare.com or call (603) 610-8050.

*Same insurance plans may provide coverage for virtual visits. Your final cost will be determined online prior to seeing your provider.

Virtual Health

Make Your Next Visit to Primary Care at Pease a Virtual Visit.

Hugh MacDonald, MD, and Jacqueline Irykl, APRN – providers at Wentworth Health Partners Primary Care at Pease – are now offering virtual visits for established patients for routine follow-up or for same-day appointments to treat minor ailments and injuries such as rashes, bug bites, allergies, or for conditions such as anxiety or depression.

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Virtual visits are $49 due at the time of service.*

For more information, visit peaseprimarycare.com or call (603) 610-8050.

*Same insurance plans may provide coverage for virtual visits. Your final cost will be determined online prior to seeing your provider.

ENT Practice Joins Wentworth Health Partners

In June, the Head & Neck Specialty Group of New Hampshire became part of Wentworth Health Partners’ extensive network of primary and specialty care practices throughout the Seacoast region.

Wentworth Health Partners Head & Neck Specialty Group has been providing comprehensive diagnosis, treatment and surgical care for disorders of the ears, nose, throat, face and neck, including upper respiratory allergies, for more than 40 years.

Providers at this practice are John M. O’Day, MD, FACS; Steven Johnson, MD; Joseph Wilson, MD; and Jodie Voishnis, PA-C.

Appointments are available by calling (603) 692-4500 or visit headandnecknh.com for more information.
A MESSAGE FROM THE PRESIDENT

Quality care, great patient experiences, and continued growth describe another successful year for Wentworth-Douglass.

In 2016, we were honored for high quality care. We attained Magnet® recognition by the American Nurses Credentialing Center – a true testament to the outstanding nursing care we provide. In 2016 and again this year, we were awarded the Healthgrades Patient Experience Award, now for the 4th consecutive year - placing us among the top 5% of hospitals nationally andsignifying the high satisfaction patients in our community have with our services and our staff.

In 2016, we continued our path to grow services. We opened Wentworth-Douglass at Pease on the Pease Tradeport in Portsmouth, and are pleased with the response from the community. The site currently offers primary care with a walk-in center and several specialty clinics. Find out more by visiting GetBetterAtPease.com.

In 2016, we joined one of the top hospitals in the United States. We announced our intent to join the Massachusetts General Hospital and Partners HealthCare family and finalized the transaction at the end of the year. We are now the only New Hampshire hospital to be a full member of the Mass General Family.

All of these awards, recognitions, and initiatives support our vision to be the Seacoast’s regional hub for health care services.

Sincerely,
Gregory Walker, FACHE
President & CEO, Wentworth-Douglass Hospital
"We’ve had a long family history of supporting Wentworth-Douglass, it’s a source of pride that across generations we continue to support the excelent care the hospital provides to our community."
-Chad and Sheila Kagielsky

Flo-Tech
Mr. Frederick Flynn, Jr.
Mrs. Christina Francis
Friends of St. Thomas Hockey
Garrison Women’s Health
Dr. & Mrs. Neil Gail
Mr. Thomas & Mrs. Debra Gilmore
Mrs. Helen M. Grant
Mr. Timothy Hall
Mr. Roger L. Hamel, CPA &
Ms. Marlene Gadza
Mr. Charles Hart
HUB International New England
Mr. & Mrs. Jeffrey Hughes
Mr. & Mrs. Larry Raiche
Radiation Oncology Associates, P.A.
Mr. & Mrs. Malcolm Rosenson
in honor of Gertrude Raiche
Mrs. Pamela Poulin
Private Buchholz & Associates, Inc.
Ms. Christine Primiano
Radiation Oncology Associates, P.A.
Mr. & Mrs. Larry Raiche
in honor of Gertrude Raiche
Racine & Company CPAs
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Relco Sales, Inc.
Mr. & Mrs. Ted Ristaino
Dr. & Mr. Malcolm Rosenson
Seacoast Dermatology
Seacoast Emergency Physicians, PC
Seacoast Media Group
Seacoast Pathology/ Aurora Diagnostics
Mr. & Mrs. William H. Seed
in memory of Patricia C. Adams, MD
Dr. & Mrs. Patricia* Adams
in honor of Mary Preston
in memory of Charles Rossoll
Mr. & Mrs. Malcolm Rosenson
in memory of Everett Hersom
Mr. John & Mrs. Valerie Barbour
in honor of Donald & Wilma Gauthier
Mrs. John & Mrs. Valerie Barbour
in memory of Catherine Craven
Mrs. Patricia Coolidge
in honor of Catherine Craven
Mr. Joseph Cole
Dr. Matthew J. Goldberg
Kronos
Mr. Charles Hart
Mr. John & Mrs. Valerie Barbour
in memory of Donald & Wilma Gauthier
Mr. & Mrs. Anthony Barlow
Seacoast Emergency Physicians, PC
Seacoast Pathology/ Aurora Diagnostics
Mr. & Mrs. William H. Seed
in memory of Patricia C. Adams, MD
Dr. & Mrs. Patricia* Adams
in honor of Mary Preston
in memory of Charles Rossoll
Mr. & Mrs. Malcolm Rosenson
in memory of Everett Hersom
Mr. John & Mrs. Valerie Barbour
in memory of Catherine Craven
Mrs. Patricia Coolidge
in honor of Catherine Craven
Mr. Joseph Cole
Dr. Matthew J. Goldberg
**2016 Donors**

"From the moment we first walked into Wentworth-Douglass Hospital, we felt like part of their family... not to mention there is a Starbucks in the lobby! The truth is, everybody that enters "

- Saltwater Creative Agency

### It’s the Little Things

**How Your Philanthropy Supports Women & Children’s Services**

At Wentworth-Douglass, we’re not just delivering babies. We’re working hard to make sure every baby’s family goes home with practical tools to keep them safer and help them thrive,” says Karen MacDonald, BS, MSN, RNC NEA-BC, FACHE, Assistant Vice President of Women and Children’s Services. “So much of our ability to care for the whole family is due to the generosity of Wentworth-Douglass Foundation donors. The Foundation allows us to go well beyond the walls of this hospital – and beyond our immediate medical goal of putting babies to sleep on their backs. This is an important step in becoming a nationally certified Safe Sleep Champion, a long-term goal of Wentworth-Douglass’s Women and Children’s Center. The Foundation has also funded safe sleep training for clinicians that further demonstrates and achieves criteria for Safe Sleep Certification.

This training goes beyond the maternity unit itself. Staff members have participated in specialized instruction using the Safety and Simulation Center at Wentworth-Douglass, which was funded through philanthropy to increase quality care and patient safety. The Simulation Center’s realistic robots include a pregnant mother, enabling our maternity team and community first responders to be actively engaged and 'doing, not just observing,” according to Jessica Bacon, MSN, CNM, RNC-OB-C, C-CEM, Clinical Educator. “It used to take weeks to have the opportunity to observe certain delivery scenarios; now that’s available consistently and constantly – with interactive and immediate hands-on training using a robot that simulates labor, contractions, and fluctuating vital signs – teaching critical thinking and appropriate action.” The Simulation Center’s community outreach efforts include training first responders in emergency maternity situations, and the Dover Fire Department has had 100% participation in this exercise.

The car seat safety program is also funded by the Foundation, providing seed money for nurses to conduct car seat installation checks and more. “No baby leaves this hospital without a car seat,” according to Kelly Clark, Vice President, Wentworth-Douglass Foundation & Community Relations. While safe sleep techniques, car seats, and CPR training may not be strict medical necessities for a hospital, says MacDonald, "we are so grateful that we can go above and beyond, and provide services that have an ongoing positive impact on families. The Foundation broadens the scope of what we are able to do – ensuring safety, skill sets and peace of mind.”

**2016 WENTWORTH-DOUGLASS HOSPITAL SEACOA CANCER 5K**

The community came out in force for the 2016 Seacoast Cancer 5K, held last September at Wentworth-Douglass Hospital. More than 2,100 people walked, ran or volunteered during the event, which raised nearly $500,000 is support of the Seacoast Cancer Center. The event wants to everyone who played a part in making this event such a success, including all our sponsors, fundraisers and donors.

### TOP 15 DONORS

<table>
<thead>
<tr>
<th>Name</th>
<th>Amount</th>
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<tbody>
<tr>
<td>James O’Neill</td>
<td>$1,600</td>
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<tr>
<td>Eastern Propane Employees</td>
<td>$1,100</td>
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<tr>
<td>Jef LaChance</td>
<td>$1,000</td>
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<tr>
<td>Dr. &amp; Mrs. Jerry Daley</td>
<td>$1,000</td>
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<td>Susan Gallagher</td>
<td>$1,000</td>
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<td>Dr. John Novello</td>
<td>$500</td>
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<td>Thomas Hass</td>
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<td>Terry Robinson</td>
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<td>Bill Prettyman</td>
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<td>Kirsten Anderson</td>
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<td>Nancy Conley</td>
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<td>Michael Mackey</td>
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<td>John Andrews</td>
<td>$500</td>
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<td>Linda Spinney</td>
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**SEACOA CANCER CENTER**

JOIN US FOR THE 2017 SEACOA CANCER 5K ON SUNDAY, SEPTEMBER 24! REGISTER AT SEACOASTCANCERSK.ORG. (See Page 2 for details.)

**TOP 15 INDIVIDUAL FUNDRAISERS**

<table>
<thead>
<tr>
<th>Name</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Michael Steinberg</td>
<td>$3,381</td>
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<tr>
<td>Ms. Jane Vanni</td>
<td>$1,960.01</td>
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<td>Marianne Babylon</td>
<td>$1,590</td>
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<td>Ms. Hillary Myers</td>
<td>$1,525</td>
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<td>Ms. Gail Bradbard</td>
<td>$1,381</td>
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<td>Janice Murray</td>
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<td>Jeanne Harrell</td>
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<td>Rae Ann Chvace</td>
<td>$1,035</td>
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<tr>
<td>Gerald Daley</td>
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<tr>
<td>Mark Wilson</td>
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<tr>
<td>Susan Gallagher</td>
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<tr>
<td>Jeff Lachance</td>
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<tr>
<td>Ms. Becky Sherburne</td>
<td>$835</td>
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<tr>
<td>Jeff Hirsh</td>
<td>$835</td>
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<tr>
<td>LeighAnne Crowley</td>
<td>$789</td>
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</table>

**TOP 15 TEAM FUNDRAISERS**

In Memory of Barry Fletcher, $7,456
Rhythm Nation, $7,273
Cancer Center Crusaders, $5,556.76
Relyco, $4,681
Hoofer” for Henry, $4,135
D.F. Richard Energy, $4,935
The Minions, $2,800
Berkshire Hathaway Verani Realty, $2,746
Eastern Support Squad, $2,560
Heart & Sole, $2,528
Sweet Silla’s Cancer Killas, $2,140
Team Tyler, $1,998
Feisty Fenns, $1,980
Green with Envy, $1,805
Thermo Fisher Scientific, $1,670

**Supporting the Seacoast Cancer 5K enables the care team to provide supportive services to our patients that complement the medical care we are providing. These added resources that are supported by philanthropy help ensure we are caring for the whole patient through their whole experience here.**

- Seacoast Cancer Center physicians

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**FUNDING**

Windows to Your Health | 07
COMMUNITY GROUPS/ACTIVITIES
• Childsbook Ball
• Children’s Museum of New Hampshire
• Coos Arts Festival
• Daniel Webster Council/Boy Scouts of America
• Dover Chamber of Commerce
• Dover Fire & Rescue Department
• Dover High School Snowshoes
• Dover Ice Arena
• Dover Police Department
• Dover Police Charities
• Dover Rotary
• Dover Youth Baseball
• Great Bay Community College
• James W. Foley Legacy Foundation (5k)
• Krampank Center
• March of Dimes
• Hanford Youth and Athletic Programs
• Old Berwick Historical Society
• Oyster River Youth Association
• Portsmouth Chamber of Commerce
• Portsmouth Christian Academy
• Rollinford Youth Programs
• The Music Hall
• UNH - Age of Champions
• Woodmen House, 150th anniversary
• Workforce Housing Coalition of the Greater Seacoast

COMMUNITY EDUCATION
• 3D Knee Replacement: ConnectRx with Seacoast Orthopedics & Sports Medicine
• Assessment and Treatment for insomnia: Using Cognitive Behavioral Therapy
• Colon Cancer Awareness Month Open House
• Community HeartYaver CPR/AED
• Marketplace Enrollment Education Sessions & Assistance
• Medicare Open Enrollment Education Sessions
• Mindfulness-Based Stress Reduction
• National Nutrition Month: Gardening 101 & Seed Starting
• Type 1 Diabetes and Exercise Symposium
• Vaccination Myths & Misceptions

EVENTS HOSTED BY WDH
• American Red Cross Blood Drives
• Breast Cancer Awareness Month Open House
• Local Agrowalker CPR/AED
• Breastfeeding, Huntington Disease, Multiple Sclerosis, Autism, Opioid Overuse & Addiction
• Skin Cancer Screenings at the Seacoast Cancer Center
• Wound Healing Symposium

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Keith Bartlett, Chief Performance Officer
Malcolm Rosenson, MD, Chief Quality Officer & Safety Officer

WENTWORTH-DOUGLASS HOSPITAL \nWENTWORTH-DOUGLASS \nWENTWORTH-DOUGLASS \nWENTWORTH-DOUGLASS \nWENTWORTH-DOUGLASS \nWENTWORTH-DOUGLASS \nWENTWORTH-DOUGLASS \nWENTWORTH-DOUGLASS

2016 FACTS & FIGURES

WENTWORTH-DOUGLASS HOSPITAL
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WENTWORTH-DOUGLASS HOSPITAL

2016 AT A GLANCE

CONSOLIDATED BALANCE SHEET (AUDITED)
DECEMBER 31, 2016

Assets
Current 

Property, Plant & Equipment 

Other Long Term Assets 

Total Assets 

Liabilities & Fund Balances
Current Liabilities 

Current Assets 

Long Term Debt 

Fund Balance 

Total Liabilities & Fund Balances 

Wentworth-Douglass makes additional investments toward the health of our community through the funding of community benefits programming and services each year. In 2016, community benefit funding exceeded $20 million, which includes the programs listed here, as well as subsidized services, cost of charity care, supporting patients with marketplace and financial assistance enrollment, and community donations. In 2016, community benefit activities included ongoing support for programs such as the Community Dental Center and the Care-Van, as well as the expansion of mental health services and funding for substance misuse treatment and prevention programs in the community.
Our Prehab to Rehab Process

After years of suffering through joint pain, patients make the decision to undergo surgery. They are ready to begin the journey and start working toward recovery.

**STEP 1**

**ACCEPTANCE**

Meet with a surgeon to review diagnosis and treatment options.

Wentworth-Douglass Hospital is affiliated with board-certified surgeons at two practices – Wentworth-Douglass Center for Orthopedics & Joint Replacement and Seacoast Orthopedics & Sports Medicine.

**STEP 2**

**PREHAB**

Our team at the Surgical Optimization Center uncovers any potential risk factors the patient may experience and may recommend additional therapies or lifestyle changes prior to surgery.

Our Prehab team is here to help patients build confidence and gain strength prior to surgery.

**SURGICAL OPTIMIZATION CENTER & PREHAB**

**STEP 3**

**SURGERY & HOSPITAL STAY**

During their hospital stay, patients attend Joint Camp, where our inpatient-focused physical and occupational therapists help them regain strength, mobility and confidence.

Focusing on everyday tasks such as putting on shoes, walking down stairs and getting in/out of a car allows patients to seamlessly return to their everyday lives faster and safer.

**STEP 4**

**REHAB**

Beginning on the day of surgery, physical therapists, nutritionists, case managers and more are all focused on helping our patients regain their mobility, confidence and overall health.

From step one, our physicians, surgeons, nurses, physical and occupational therapists, nutritionists, case managers and more are all focused on helping our patients regain their mobility, confidence and overall health.

**STEP 5**

**HOME LIFE**

Patients who are post-rehabilitation can focus on continuing doing the things they love all while knowing they're in the capable hands of Wentworth-Douglass.

If you would like to learn more about our Orthopedics and Joint Replacement services, please contact Wentworth-Douglass at (603) 609-6135 or visit getyourgoback.com.

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**GETTING READY FOR JOINT REPLACEMENT SURGERY**

(from page 1)

After the initial assessment, Dr. Wheeler talks with the patient, surgeon and primary care provider about medical conditions that may significantly increase the person's risk during surgery. Conditions like uncontrolled diabetes, high blood pressure, COPD, tobacco use and being overweight or underweight can have negative effects on surgical outcomes. The aim is to uncover any potential risk factors the patient may experience and help to implement a plan to improve them before surgery.

This new program is for all patients undergoing elective joint replacement surgeries at Wentworth-Douglass.

**I AM STRONG**

**Prehab**

A little hard work prior to surgery will help you make gains more quickly during recovery. Through our Prehabilitation, or “Prehab,” program, patients work with a physical therapist to develop individualized programs to prepare for joint replacement surgery.

Research demonstrates that patients who participate in Prehab are more likely to discharge home and have shorter length-of-stay at the hospital, explains Katrina Lampros, MPT, OMT, a physical therapist specializing in joint care with Wentworth-Douglass Hospital’s Rehabilitation Services.

Working with a physical therapist on some targeted exercises helps patients improve the range of motion and muscle activation of the joint. The increased strength of trunk, upper body and non-operative leg can also be immensely beneficial during recovery. Sessions can be spent working with a physical therapist to develop an individualized Prehab exercise program or in a Group Prehab exercise class supervised by a PT/PTA.

“I have never worked with a patient who hasn’t been able to participate in some form of exercise prior to surgery,” says Lampros. “Plus, an appropriate Prehab exercise program can even help reduce arthritic pain.”

**I AM CONFIDENT**

**Education & A Trusted Team**

Knowledge is power – and we think it reduces anxiety and builds confidence too. During our pre-op classes, patients, along with a friend or family member, meet the surgery team members, including a nurse, physical therapist, occupational therapist, and case manager.

The class also teaches helpful "Sail Through Surgery" relaxation techniques to help you feel calm as the big day approaches.

Finally, you’ll feel confident knowing you are heading into surgery with one of the most experienced Orthopedics and Joint Replacement teams in the region.

From step one, our physicians, surgeons, nurses, physical and occupational therapists, nutritionists, case managers and more are all focused on helping our patients regain their mobility, confidence and overall health.

**Steve Gets His Go Back**

Steve also took part in The Works Family Health & Fitness Center’s Rx Program, which is designed to address fitness needs following joint replacement surgery. Patients work with a medical wellness specialist, in conjunction with their surgeon’s recommendations, through an eight-week program to strengthen the new joint and muscles and get them on track to an active and healthy life.

“I’ll be honest, it was a long road and just a little embarrassing when an 82-year-old woman is passing me on the walking track, but I just kept on going. The Works Rx programs helped me do the right exercises so I could rehab as quickly as possible,” says Steve.

With his new hips, Steve is doing all the activities he loves – including hiking the Inca Trail with his wife and, most recently, taking a scuba diving trip in the Caribbean.

You can also find him on a stationary bike alongside Dr. Harrington during spin classes as The Works.

‘After surgery the pain goes away but people can also regain function. I see them skiing, playing with their grandkids,” says Dr. Harrington. “It’s so gratifying to see my patients enjoying their lives again.’

Ready to get your go back? Contact Wentworth-Douglass Hospital for more information about our Orthopedics and Joint Replacement services at (603) 609-6135 or visit getyourgoback.com.
The Edge Linear Accelerator: Accurate and Aggressive Cancer Treatment

The Varian Edge Linear Accelerator is found at some of the top academic medical centers across the country, and now it’s right here on the Seacoast. Wentworth-Douglass Hospital’s Seacoast Cancer Center recently invested in this state-of-the-art technology to offer patients with cancer the most comprehensive and most precise radiation treatments in the region.

“This is the first Edge in New England, and it is configured to treat every cancer and every patient whose care plan includes radiation therapy – from the most common cancers to the most advanced treatments. We are offering world class cancer treatments closer to home for Seacoast residents,” says Arul Mahadevan, MD, FRCS, Medical Director of Radiation Oncology at the Seacoast Cancer Center.

Radiation therapy is one of the most common treatments for cancer. It uses high-energy particles or waves, such as X-rays, gamma rays, electron beams, or protons, to destroy or damage cancer cells. Depending on a patient’s treatment plan, treatment can be just a few days, or for some cancers, daily treatments over a span of several weeks.

Stereotactic radiosurgery, which The Edge provides, enhances the radiation therapy options and makes them available to more patients. It delivers accurate and aggressive treatments to tumors of the lung, brain, spine, and other areas of the body – pinpointing tumors with the highest dose rate available for faster treatment times.

“This is a win for patients who need daily treatments for weeks at a time. They’ll notice much shorter treatment times, and in some cases, we can cut the total treatment time in half,” says Dr. Mahadevan.

The high doses are possible because the Edge is coupled with real-time, high-quality imaging to target the tumor location and protect the surrounding healthy tissues. And during treatment, advanced cameras monitor thousands of points on the skin to track a patient’s natural movements, like breathing. If the patient’s treatment area moves outside an acceptable tolerance, by even a millimeter, the radiation dosage is paused until the patient is back in an optimal position.

“This motion monitoring is particularly beneficial for left breast cancer treatment. Because the beam stops with motion outside tolerance, it protects against radiation exposure to the nearby heart,” says Dong Meng, M.S. DABR (T, D), Chief of Physics and Dosimetry at the Seacoast Cancer Center.

Radiation therapy is used alone or in combination with other therapies, such as chemotherapy, biological therapy or surgery. The Seacoast Cancer Center offers these comprehensive cancer services, along with a full complement of support and wellness programs, from acupuncture and social workers to financial counselors.

For more information about cancer care at the Wentworth-Douglass Hospital Seacoast Cancer Center, call (603) 742-8787 or visit wdhospital.com/cancer.

A Patient’s Perspective

John L. Cogan of Dover wrote a letter to Wentworth-Douglass following his hip replacement surgery, and he’s agreed to let us share it with our readers.

I had hip replacement surgery at your hospital this week and I wanted to send you a quick note about the experience; in a word, fantastic.

I am always gauging the success of an organization by the quality and type of customer service it provides to its customers; not only by those charged with that task, but those in support positions as well. On all accounts, the staff at WDH excelled at providing me not only with superior healthcare, but with an outstanding commitment to customer service.

I stayed in the hospital for a couple of nights, and I would quiz the staff on where they went to school or where they worked prior to coming to WDH. To a person, they were all thrilled with being at Wentworth-Douglass, and it clearly showed in their approach to me and my care. It was refreshing to see that they were motivated by more than a paycheck and truly loved what they were doing and where they were doing it.

Now, I am not going to try to name each person I met, because I frankly don’t remember all of their names and I am afraid I would forget somebody. But the list is long and includes not only the caregivers, but the nice lady who took my food orders on the phone, the young man who delivered it to me, and the woman who cleaned my room. I want to work there!

Congratulations to you on assembling a First Rate team that conveys a strong sense of purpose and executes top notch care to those of us unfortunate enough to need it, but fortunate enough to get it from such a high quality staff.

On behalf of me and my family, I say a most sincere thank you.

Sincerely,

John L. Cogan
New Right Hip and Loving It
GOLFING FORE A GREAT CAUSE!
THE 23rd ANNUAL WENTWORTH-DOUGLASS GOLF TOURNAMENT ON JUNE 26TH RAISED OVER $100,000 FOR THE WOMEN & CHILDREN’S CENTER.

SPECIAL THANKS TO ALL OUR SPONSORS:

TUFTS HEALTH FREEDOM PLAN
MARKET BASKET
ALPCO DIAGNOSTICS
DERMATOLOGY & SKIN HEALTH
AMERICAN AMBULANCE
GENERAL LINEN SERVICE
E4H ENVIRONMENTS FOR HEALTH ARCHITECTURE
ELEMENTS MASSAGE

SODEXO
SALTWATER CREATIVE AGENCY
 SERVICE CREDIT UNION
PRIME BUCHHOLZ & ASSOCIATES, INC.
RAICHE & COMPANY

OCEAN PROPERTIES, LTD.
ROUNDPOWER TECHNOLOGIES, INC.
LEONE, McDONNELL & ROBERTS, PA
MARTEL PLUMBING HEATING & COOLING
NEOREAST CREDIT UNION
NORTH EAST REHABILITATION HOSPITAL NETWORK
PRIME BUCHHOLZ & ASSOCIATES, INC.

RAND WHITNEY CONTAINER NORTHEAST
EASTERN BANK
JACKSON LEWIS, LLP
EMC CORPORATION

ROUNDTOWER TECHNOLOGIES, INC.
AMERICAN AMBULANCE
BILL DUBE FORD
CINTAS HEALTHCARE
DEEP GREEN WASTE & RECYCLING
DUPONT’S SERVICE CENTER
E4H ENVIRONMENTS FOR HEALTH ARCHITECTURE
ELEMENTS MASSAGE
GENERAL LINEN SERVICE
HELMS & COMPANY, INC.
LEONE, McDonnell & Roberts, PA
MARTEL PLUMBING HEATING & COOLING
NEOREAST CREDIT UNION
NORTH EAST REHABILITATION HOSPITAL NETWORK
PRIME BUCHHOLZ & ASSOCIATES, INC.
RAIN CH & COMPANY

SEACOAST EMERGENCY PHYSICIANS, PC
SEACOAST PATHOLOGY/AURORA DIAGNOSTICS
SEACOAST RADIOLOGY, PA
TRINET HEALTHCARE CONSULTANTS
YANKEE LAUNDRY EQUIPMENT SALES & SERVICE
7TH SETTLEMENT BREWERY

EMERGENCY, EXPRESS CARE, PROMPT CARE OR DOCTOR’S OFFICE?
What’s the right choice?

Knowing where to seek treatment could save you time, money and even, your life. This information will help you decide which option is best for your particular health situation. If you are ever uncertain of where to get care, you can always contact your primary care provider who will guide you to the right place.

FOR CARE FOR A COMMON, NOT LIFE-THREATENING CONDITION.
• cold symptoms
• earaches
• sore throats
• low-grade fevers
• limited rashes
• sprains & strains
• bruising
• urinary infections

For symptoms such as these, contact your Wentworth Health Partners Primary Care office. Or, walk right in to Wentworth Health Partners Prompt Care, which offers walk-in primary care for the cost of an office visit.

visitedyouroffice

FOR URGENT MEDICAL CARE TODAY FOR A MINOR INJURY OR ILLNESS.
• minor breaks, sprains or fractures
• cold or flu symptoms
• low-grade fevers
• minor injuries or cuts
• dislocations
• neck & back pain
• bites & stings
• dehydration

Choose Wentworth-Douglass Express Care for urgent care needs. Express Care offers urgent care locations in Dover and Lee, open 7 days, 8am-8pm.

whhospital.com/expresscare

WHEN YOU DON’T FEEL SAFE TO WAIT.
• chest pain
• severe asthma or emphysema
• trouble breathing
• severe abdominal pain
• sudden onset of severe headache
• numbness/weakness
• uncontrolled bleeding
• any condition you feel is life-threatening

As a Level III Adult and Pediatric Trauma Center, the Wentworth-Douglass Hospital Emergency Department and providers from Seacoast Emergency Physicians are ready to treat almost every injury and illness.

whhospital.com/emergency
### UPCOMING CLASSES, PROGRAMS & EVENTS

<table>
<thead>
<tr>
<th>Thursday</th>
<th>Aug. 3 to Aug. 31</th>
<th>6:00 – 7:00pm</th>
<th>Prenatal Yoga</th>
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<tbody>
<tr>
<td></td>
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<td>This 5-week series is offered to you at any stage of your pregnancy and at any level of practice. Yoga will help you prepare to give birth in an active and intuitive way, stretch and tone your body for an easier delivery and faster recovery. Taught by our Women &amp; Children’s Center nurses trained at Kripalu in prenatal yoga. Course fee is $60.</td>
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<tr>
<th>Thursday</th>
<th>Sept. 14 to Nov. 2</th>
<th>5:30 – 7:30pm</th>
<th>LIFE Program</th>
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<tbody>
<tr>
<td></td>
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<td>Are you interested in making positive changes to your lifestyle to help reduce the risk of cancer or cancer recurrence? The next 8-week session of the LIFE (Lifestyle Interventions for Everyone) Program starts September 14. This wellness course is geared to cancer survivors, their caregivers or anyone who wants to learn more about reducing their cancer risks. It is generously supported through donations to the Wentworth-Douglass Foundation. Course fee is $80. Call (603) 740-2226 or wdhospital.com/events.</td>
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<table>
<thead>
<tr>
<th>Sunday</th>
<th>Sept. 24</th>
<th>9:00am</th>
<th>Seacoast Cancer 5K Walk/Run</th>
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<tbody>
<tr>
<td></td>
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<td></td>
<td>Run! Race! Rally! Rock! Join more than 3,000 participants for a morning of family fun benefiting cancer care and services at Wentworth-Douglass Hospital. Runners and walkers welcome on the USAFT-Certified 5K Course. Plus, new 1-mile option for walkers. Early Bird Registration before August 15 is $25 and includes a race shirt. Children 12 and under are free. Pre- and post-race festivities include food, entertainment, kid’s activities and more! Rally your team and join us for one of the largest and best 5Ks in the region! For more information on sponsorship and volunteer opportunities, call (603) 740-2887 or email <a href="mailto:foundation@wdhospital.com">foundation@wdhospital.com</a>.</td>
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<tr>
<th>Wednesday</th>
<th>Sept. 27</th>
<th>10:00am – 1:00pm</th>
<th>Communications Access Technology &amp; Support Exposition</th>
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<tbody>
<tr>
<td></td>
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<td>Learn more about services and support available for those who are deaf, hard of hearing, have vision loss, speech impaired or with limited English proficiency in our community.</td>
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<table>
<thead>
<tr>
<th>Wednesday</th>
<th>Sept. 27</th>
<th>6:00 – 8:00pm</th>
<th>The Gift of Anxiety &amp; Depression Prevention: Skills We Can (and Should!) Be Teaching Our Children</th>
</tr>
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<td></td>
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<td>This workshop will discuss concrete approaches to help children, teens and their parents understand anxiety as it impacts them currently in school, and also serve to prevent the development of anxiety and depression later in life. Presented by Lynn Lyons, LICSW, through the Wentworth-Douglass Family Wellness Series. Childcare available with pre-registration.</td>
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<tr>
<th>Friday</th>
<th>Sept. 29</th>
<th>5:00pm – 1:30pm</th>
<th>Camp Lance-A-Lot for Teens</th>
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<tbody>
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<td>Held in the beautiful Ossipee Mountains of Eastern New Hampshire, Camp Lance-A-Lot brings together teens with diabetes in grades 6 and up to socialize with one another and participate in exciting activities like climbing, hiking and survival activities. The weekend is run by talented program leaders and experienced medical staff. Camp fee is $50.</td>
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<tr>
<th>Wednesday</th>
<th>Oct. 11</th>
<th>3:00 – 5:00pm</th>
<th>Breast Cancer Awareness Month Tea</th>
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<td>Join us for the Seacoast Cancer Center’s 2nd annual afternoon tea in honor of Breast Cancer Awareness Month in October.</td>
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**Wentworth-Douglass Hospital**

**Wentworth-Douglass Hospital Has a New Logo!**

**LIKE OUR NEW LOOK?**

Our new logo – with our own version of the iconic Massachusetts General Hospital shield – signifies that we are a member of the Mass General and Partners HealthCare families. Wentworth-Douglass is now the only New Hampshire hospital to be a full member of the Mass General family.

This is just the start. You’ll see our new logo as we work with Mass General to strengthen, grow and enhance the quality care available for patients and their families here on the Seacoast.

Visit wdhospital.com/mgh for more information.

**If you missed the Seacoast Cancer 5K Walk/Run registration deadline, you can register at the event!**

**For more information, call (603) 740-2887 or email foundation@wdhospital.com.**

**For more information on sponsorship and volunteer opportunities, call (603) 740-2226 or email foundation@wdhospital.com.**

**Seacoast Cancer 5K Walk/Run**

**Run! Race! Rally! Rock! Join more than 3,000 participants for a morning of family fun benefiting cancer care and services at Wentworth-Douglass Hospital. Runners and walkers welcome on the USAFT-Certified 5K Course. Plus, new 1-mile option for walkers. Early Bird Registration before August 15 is $25 and includes a race shirt. Children 12 and under are free. Pre- and post-race festivities include food, entertainment, kid’s activities and more! Rally your team and join us for one of the largest and best 5Ks in the region! For more information on sponsorship and volunteer opportunities, call (603) 740-2887 or email foundation@wdhospital.com.**

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**Wentworth-Douglass Hospital IN THE COMMUNITY**

**The University of New Hampshire’s Kappa Sigma Fraternity and Swimming & Diving teams hosted their annual Laps for Life event in April, raising more than $4,300 for the Seacoast Cancer Center. “We are constantly hearing about how cancer is a problem and how it affects people’s lives, let’s be part of the solution!” the brothers said. To learn more about holding your own community fundraiser, please contact the Wentworth-Douglass Foundation at foundation@wdhospital.com.**