



Photo Credit: Jim White



Wentworth-Douglass Hospital's affiliation with Massachusetts General Hospital allows patients like Sharon Hall to benefit from expert, specialized care in our Gynecology-Oncology Program led by Dr. Amy Bregar and Kathy Quinn, BSN, RN, OCN.

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Sharon's Story: Mass General Care Close to Home

Kathleen Quinn, BSN, RN, OCN, Nurse Manager of Gynecology-Oncology at the Seacoast Cancer Center at Wentworth-Douglass Hospital, says the program's team is guided by one overriding principle: "Our patients are in the driver's seat. We're here to guide them every step of the way -- from initial evaluation, through treatment and follow-up care. We do whatever we can for our patients on an individualized, case-by-case basis, and this might mean an expedited referral to Massachusetts General Hospital for advanced surgical procedures. Quick turnaround times are our goal, because we believe that a patient's peace of mind is a huge part of their care." For patient Sharon Hall, that peace of mind has made all the difference. Hall was diagnosed with early-stage endometrial cancer following a biopsy at Wentworth-Douglass. She met with Dr. Amy Bregar, a Mass General surgeon who is on-site in Dover on a weekly basis. Says Hall, "I am a procrastinator and I was scared. I was so wound up that I ended up cancelling three surgical dates. By the third time, I think Dr. Bregar would have personally driven me down to Mass General. I was in tears, and she said, 'I want you to feel comfortable. Let's re-schedule in two weeks.' By then, I was packed and ready to get on the bus to Boston."

Dr. Bregar works side-by-side with the Seacoast Cancer Center's team of medical and radiation oncologists, nurse practitioners, and oncology nurses, offering patients local access to specialized care for gynecologic conditions, including cervical, endometrial, ovarian, and uterine cancer. Dr. Bregar also sees patients and performs surgeries at Mass General if necessary.

At Mass General, there are seven board-certified gynecologic oncologists, specialized gynecologic nurses, and pathologists who monitor every case. "When I am performing surgery," says Bregar, "nuance matters, and I want to be able to make split second adjustments while I'm in the operating room. As a surgeon, being able to consult with colleagues and make decisions in real time during surgery is a huge benefit."

Each case is automatically reviewed by radiation oncologists and pathologists. The recommendations for each patient's treatment plan draw on this wealth of expertise. For Hall, what mattered most was the unexpected personalized care she experienced at this large metropolitan facility: "The nurses and doctors at Mass General were amazing. My blood pressure was sky-high when I got there, probably due

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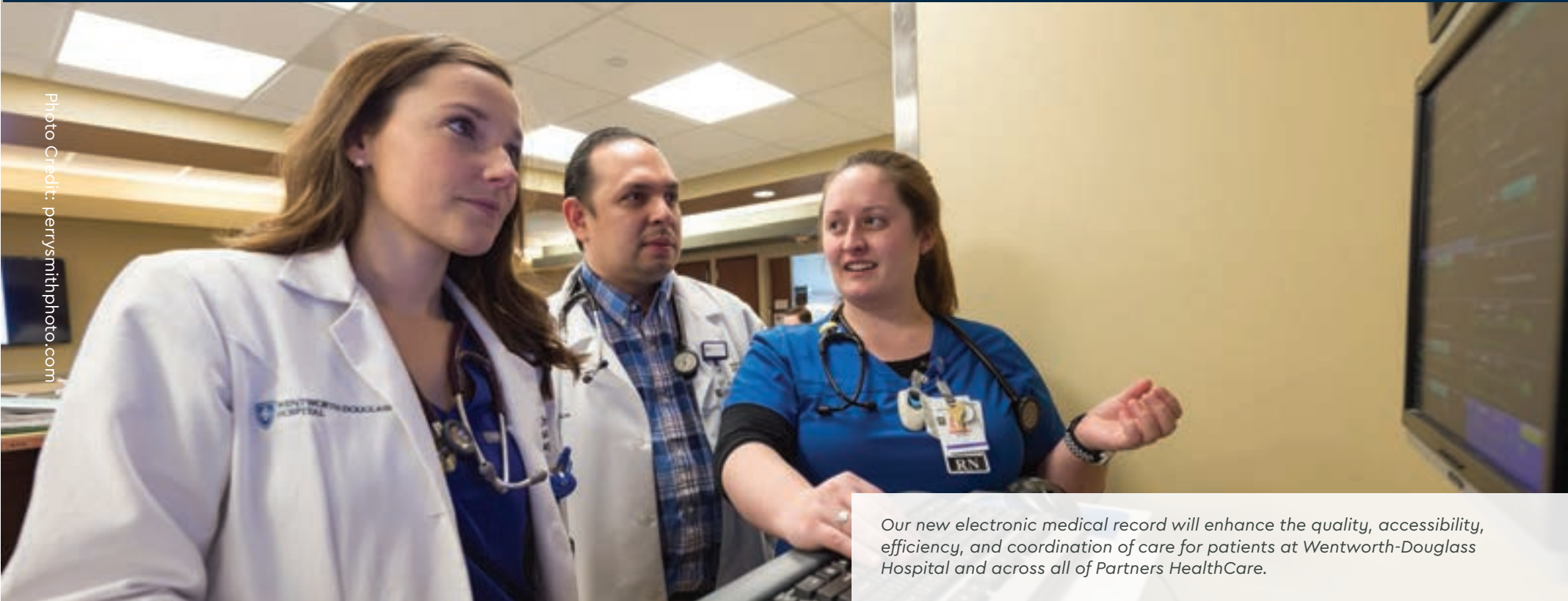
THREE YEARS IN: ADVANCES IN CARE SINCE JOINING THE MASS GENERAL FAMILY

As a member of the Massachusetts General Hospital family, our goal is to provide access to the best specialized care on the Seacoast. Our community has benefited from joint clinical programs in stroke, trauma, gynecologic-oncology, cancer genetics and clinical trials, and thoracic surgery. Here are some new clinical advances Mass General has helped bring to Wentworth-Douglass since officially joining the family in 2017.

- Recruitment of top doctors, such as Psychiatrist Dr. Fuad Khan, who has a joint appointment with Wentworth-Douglass and Mass General.
- Local care for atrial fibrillation by Mass General specialists who also provide clinical training to our cardiac catheterization lab team.

- An epilepsy clinic headed by a Mass General epilepsy specialist and efforts to co-establish an epilepsy monitoring unit at Wentworth-Douglass.
- A neuropsychology clinic in Dover for the assessment and treatment of psychological disorders associated with brain-based conditions.
- The development of local programs for women's heart health, heart failure and traumatic brain injury.

The collaboration between Wentworth-Douglass and Mass General has meant more expert care available here locally. The new proposed affiliation between Wentworth-Douglass, Mass General and Exeter Health Resources will only help to bring more services to the Seacoast communities we serve. Learn more about this proposed affiliation at SeacoastHealthcareInitiative.org.



Our new electronic medical record will enhance the quality, accessibility, efficiency, and coordination of care for patients at Wentworth-Douglass Hospital and across all of Partners HealthCare.

New Electronic Medical Record Launches Soon at Wentworth-Douglass

Thanks to a new, robust electronic medical record system, beginning this fall all Wentworth-Douglass Hospital patients will have a comprehensive electronic patient record, as well as the option for easy online access to their clinical information, test results, appointments, bills and communications with providers. Called Partners eCare, the system will go live on October 26 across all of Wentworth-Douglass Hospital's services, including Wentworth Health Partners-affiliated practices and Express Care. eCare is a major milestone in joining the Massachusetts General Hospital and Partners HealthCare family. WDH became part of Mass General and Partners in January 2017. eCare will integrate most systems at Wentworth-Douglass, from clinical information and patient records to scheduling, registration and billing. In addition to giving patients online access to their information, it will allow Wentworth-Douglass to centralize registration, and simplify lab check-ins. "We had envisioned when we became part of Mass General that we'd be able to enhance access to world-renowned clinical capabilities for the community," says Gregory Walker, President and CEO of Wentworth-Douglass. "Now, with eCare, patients will benefit from the seamless sharing across the Partners network of medical, diagnostic, and pharmaceutical information through the shared, and protected, electronic medical record system."

HOW eCARE WILL WORK

Beginning on October 26, when a patient visits Wentworth-Douglass Hospital or one of its practices, WDH's staff will create a comprehensive electronic patient record for them, allowing the patient's full clinical care team easier access, in one place, to all information including medications, allergies, and medical history. Wentworth-Douglass and Partners teams have worked for more than a year to prepare for the eCare transition. "Our goal has been to make the transition to eCare as seamless as possible," says Lynda Powers, eCare Program Director at Wentworth-Douglass. "We've worked together to adjust workflows, update and replace equipment, and train our staff and all of our clinical providers." "Our transition to Partners eCare is one of the largest organization changes seen here at Wentworth-Douglass," Walker says. "It will enhance the quality, accessibility, efficiency and coordination of our patient experience and our patient-centered care."

One Patient. One Record. One Team. One Partners Statement.

As we transition to the Partners eCare electronic medical record system, you will see some changes to improve the coordination of your care across the Partners HealthCare system.

A NEW STATEMENT

Beginning October 26, we will have a new statement. New bills from Partners HealthCare will show all services provided by Wentworth-Douglass and any other Partners organization.



A NEW PATIENT PORTAL

Partners Patient Gateway will be Wentworth-Douglass's new patient portal – a convenient and secure way to access all of your clinical and billing information. This new portal experience will allow you to:

- View test results
- Manage your appointments
- Renew your prescriptions
- Pay your bill online
- And more

Patient Gateway will replace all current patient portals at Wentworth-Douglass. Patients can begin enrolling in Partners Patient Gateway on October 26 at wdhospital.org/portal.



Kathy Fagan, Med, CCC-SLP, works with Mark Lenzi to help him regain cognitive function after he was affected by a mysterious "silent energy attack" while he was working at the United States Consulate in Guangzhou, China in 2017 and diagnosed with mild Traumatic Brain Injury. Inset: Lenzi with his children in Guangzhou.

Speech Therapy Helps U.S. Diplomat Recover from 'Silent Energy Attack'

Mark Lenzi was working at the United States Consulate in Guangzhou, China in 2017 as a U.S. State Department Security Engineering Officer when he started feeling lightheaded and experiencing sleep issues, sensitivity to light, and relentless headaches. Perhaps scariest of all was short-term memory loss, which Lenzi feared was a sign of early-onset dementia.

Lenzi was not alone. Some of his co-workers including his closest American neighbor were experiencing similar symptoms, as were his wife and children – aged 3 and 7 at the time – who had frequent bloody noses. These issues were initially attributed to smog levels in China, but it was soon apparent that the cause was something much more insidious.

Lenzi, along with some of his Guangzhou, China co-workers, was featured in a CBS 60 Minutes story that aired this past March. Lenzi was interviewed wearing tinted glasses, due to ongoing issues with light sensitivity. His ability to work in China was compromised: "I was forgetting common names of tools I use every day. I could not remember 5-digit number codes, which is essential to my job as a security engineer."

The root cause of these problems has been characterized as "silent weaponry" in the form of a directed Radio Frequency (RF) energy attack in the microwave range that "bathes" a target's living quarters in microwave energy. According to investigative reports, this "silent energy attack" has targeted U.S. diplomats in both China and Cuba.

In April 2018, Lenzi's neighbor and co-worker was medically evacuated home to the United States. Lenzi and his family followed: "When I was injured, one of my first thoughts was getting back to Wentworth-Douglass Hospital. I was born at Wentworth-Douglass. I went to school at UNH. Most diplomats are used to a very transient way of life – traveling constantly and moving frequently. My long-term relationship with this hospital was such a reassuring feeling for me, knowing I would feel completely comfortable here."

Lenzi was initially evaluated at the University of Pennsylvania Center for Brain Injury and Repair, where he continues to be a part of an ongoing study of 41 affected diplomats from Cuba and China. The diagnosis: mild Traumatic Brain Injury (mTBI) which is often associated with athletes and football players. Says Lenzi about the University of Pennsylvania study: "It has been said that we are the only known people in human history to receive a diagnosis of traumatic brain injury without a blow to the head."

"I underwent hours and hours of neuro-psychological tests which showed that I was clinically functioning at a very high level on certain tests while at the same time functioning at only the 8th percentile on other tests I should have had corresponding high scores on. When I was told I needed to do speech therapy, I got defensive, I was resistant, and I was angry. I thought speech therapy was for people who didn't speak clearly."

That's how Lenzi began his work in October 2018 with Kathy V. Fagan, MED, CCC-SLP, Department of Rehabilitation Services, Speech-Language Pathology at Wentworth-Douglass Hospital. Fagan is one of four speech-language pathologists who evaluate and treat concussions as well as many other neurologic diagnoses, voice disorders, swallowing, and cognitive/communication deficits.

Says Fagan, "Mark's irritability and anger were real. These are classic post-concussion symptoms. Our approach to therapy is very specific. What is it that you need to get back to doing? With Mark, these were not only skills he needed for his work, but also at home with his young children."

For Mark, multi-tasking is a real-life skill that his therapy needed to "mimic," often by Fagan playing a story on the radio while Mark completed a separate exercise targeting a specific cognitive goal. He would then be asked about the story he heard. According to Fagan, "This is a big piece of cognitive therapy and cognitive endurance. We are training the brain to tolerate increasing stimulation and complexity of information needing to be organized or processed."

Says Lenzi, "Beyond the specific exercises, I had to learn how to harness my frustration. I'm a Type-A Engineer – and have always believed that if you work hard, you will succeed. This isn't necessarily the case with some of these exercises. Beyond the exercises, Kathy taught me how to channel my frustration into positive action with less negativity."

Fagan adds: "We often say to our patients, you may not be able to do it in the same way or as quickly as you used to, but you will hopefully be able to use your strategies to achieve the same goal in the end. Together, we develop new skills and new strategies by talking with people to learn about their preferences, interests and understanding their personal goals for therapy."

For Lenzi, this entailed memory exercises. In his previous jobs, he needed to memorize and recall 5-digit codes in real time: "I used to know dozens of codes in our embassies. But right before working with Kathy, I couldn't even remember the code to my son's pre-school." Fagan developed strategies to help Lenzi remember number sequences, recalling them even an hour after purposely introducing distractions.

Wentworth-Douglass started its concussion program six years ago. Securing the approval for treatment at Wentworth-Douglass from both the University of Pennsylvania program and Lenzi's neurology and neuromuscular medicine specialist in New York City was seamless: "I think Wentworth-Douglass Hospital's affiliation with Massachusetts General Hospital meant that other national institutions immediately recognized the quality of its programs, and this was a real blessing to me and my family."

These local ties have been crucial to Lenzi, "With proper diagnosis and treatment, my headaches no longer felt earth-shattering and my everyday functioning improved with patience and hard work."

"This is not a neat, linear recovery. I would reach plateaus, have setbacks, and feel frustrated. Kathy showed me that recovery is not about instant gratification. Now there's a trust level and gratitude that I can't adequately express. I can be completely honest with Kathy."

Another important local connection was Wentworth-Douglass Chaplain Julien Olivier, whom Lenzi has known all his life: "While concussion is a metabolic condition, I now know that dealing with the spiritual impact of this injury is a sign of strength, not weakness."

According to Fagan, "Working with Mark reinforced my love of what I do - how much you can help someone, how much you can be a part of positive, productive, and healthy change."

"I think Wentworth-Douglass Hospital's affiliation with Massachusetts General Hospital meant that other national institutions immediately recognized the quality of its programs, and this was a real blessing to me and my family."

For more information about Wentworth-Douglass Hospital Rehabilitation Services, Speech-Language Pathology, or Neuro-day Rehabilitation Program, call (603) 740-2101 or visit wdhospital.org/rehab



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."



Dr. Mark Cullen Joins SOSMed in Portsmouth

Wentworth-Douglass Hospital welcomes Mark Cullen, MD, to the orthopedic surgery team at Wentworth Health Partners Seacoast Orthopedics & Sports Medicine. He will lead the practice's new office location at Wentworth-Douglass Hospital's Portsmouth Outpatient Center.

Dr. Cullen has a breadth of experience in all aspects of orthopedic surgery. He specializes in advanced arthroscopic knee surgery and complex knee ligament reconstruction, as well as shoulder surgeries, including arthroscopic rotator cuff surgery, labral repair and shoulder stabilization.

As a collegiate athlete himself, Dr. Cullen has a passion for sports medicine. He has been the team physician for many high schools and club sports teams and was awarded the Southeastern Athletic Trainers Association Jack Hughson Sports Medicine Person of the Year during his time in Atlanta. Here, Dr. Cullen will be a team physician and orthopedic consultant for the UNH Wildcats.

Dr. Cullen earned his medical degree from Temple University School of Medicine and completed his residency in orthopaedic surgery and a fellowship in sports medicine and advanced arthroscopic surgery at the University of Cincinnati Medical Center. He is board-certified in Orthopaedic Surgery and Orthopaedic Sports Medicine.

Dr. Cullen and Seacoast Orthopedics & Sports Medicine are pleased to offer enhanced access to sub-specialty orthopedic care in the Portsmouth community. It joins a growing list of services at the Portsmouth Outpatient Center, including cancer care, primary care, walk-in care, cardiology, general surgery, plastic surgery, neurology and more.

To make an appointment with Dr. Cullen, call Wentworth Health Partners SOSMed at (603) 742-2007 or visit sosmed.org. To learn about the Portsmouth Outpatient Center, call (844) 937-3273 or visit wdhospital.org/Portsmouth.



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New providers as of
August 12, 2019

WENTWORTH HEALTH NEWS PARTNERS

NEW PRACTICE IN PORTSMOUTH - PLASTIC SURGERY SPECIALISTS

Experienced plastic and reconstructive surgeon Heidi Harrington, MD, is now seeing patients at the Wentworth-Douglass Hospital Portsmouth Outpatient Center. At Wentworth Health Partners Plastic Surgery Specialists – Portsmouth, Dr. Harrington will offer consultations for reconstructive and cosmetic surgeries, as well as office-based cosmetic procedures, including Botox and volumizing fillers.

"I am pleased to partner with Wentworth-Douglass Hospital to bring the highest level of cosmetic and reconstructive plastic surgery to the people of the Seacoast," says Dr. Harrington.

Dr. Harrington is a board-certified plastic surgeon. She offers a full array of surgical and noninvasive plastic surgery procedures, including body contouring, skin removal after weight loss, skin cancer removal/reconstruction, facial rejuvenation, and cosmetic procedures. She is well-known for offering cutting edge techniques in complex breast



surgery, including breast reconstruction after breast cancer and revisionary cosmetic breast surgery.

In addition to the Portsmouth office, Wentworth Health Partners Plastic Surgery Specialists will maintain its practice in Dover, led by Dr. C Wesley Bean and Lisa Plante, PA-C.

To schedule a consultation with Dr. Harrington, call Wentworth Health Partners Plastic Surgery Specialists – Portsmouth at (603) 610-8067.

DOVER WOMEN'S HEALTH JOINS WENTWORTH HEALTH PARTNERS

Wentworth Health Partners is pleased to expand its specialty care offerings with the recent addition of the highly-respected team at Dover Women's Health. Dr. Jeffrey Segil, Dr. Anna DeYoung, Dr. Joycelyn Vardo, and Dr. Melissa McGann offer personalized, comprehensive medical care to women, along with a team of certified nurse midwives and nurse practitioners. Wentworth Health Partners now offers more than 25 specialty care practices located throughout the Seacoast region to offer our community choices to meet their healthcare needs.

For more information about Dover Women's Health, visit doverwomenshealth.com or call (603) 742-2424.



Dr. Whitney Coppolino is a cardiologist with fellowship training in cardiovascular disease and women's heart health.

3 Myths About Women's Heart Health

Knowing the truth about your risk of heart disease is an important step to better health. Learn the facts behind some common women's heart health myths to help you identify warning signs and prevent heart attack and stroke.

MYTH #1 - HEART DISEASE ONLY AFFECTS MEN

Heart disease is the leading cause of death among women in the United States. In fact, while the death rate for men is declining, it is rising for women. A lack of awareness of the risks and insufficient medical care are two contributing factors to this disparity. According to an American Heart Association survey, only 53% of women said they would call 911 if they thought they were having a heart attack. "Continuing to raise awareness about the very real risk of heart disease among women is crucial to turning these statistics around," says Dr. Whitney Coppolino of Wentworth Health Partners Cardiology at Pease.

MYTH #2 - CHEST PAIN IS THE SIGN OF A HEART ATTACK

One reason heart disease in women is so dangerous is that women often fail to recognize the subtle symptoms of a heart attack and don't seek medical treatment. As with men, the most common heart attack symptom for women is chest pain or discomfort. But, women are more likely to experience some of the other common symptoms, which can often be confused for other medical conditions. These symptoms include:

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest that lasts more than a few minutes, or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Cold sweat, nausea or lightheadedness.

"You know your body best," says Dr. Coppolino. "Trust your instincts. If you think something is different or wrong, talk to your doctor."

MYTH #3 – GENETICS IS THE BIGGEST RISK FACTOR FOR HEART DISEASE

It's the size of your jeans more than your family's genes that contributes to heart disease risk. Obesity causes high blood pressure, high cholesterol, type 2 diabetes, sleep apnea, and other breathing problems – all of which contribute to heart disease risk. The best way for women to lower their risk is by leading a healthy lifestyle. The American Heart Association promotes "Life's Simple 7" and recommends the following:

- Get active
- Stop smoking
- Manage blood pressure
- Control blood sugar
- Control cholesterol
- Manage weight
- Follow a healthy diet

"Living a healthy lifestyle is so important. If you can reduce your modifiable risk factors, such as your weight and blood pressure, and get them down to a normal range, your risk of heart disease can be similar to someone with no family history," says Dr. Coppolino.

WOMEN'S HEART HEALTH PROGRAM

At Wentworth-Douglass, we are experts in caring for the unique cardiovascular health needs of women. Our Women's Heart Health Program, in collaboration with the Massachusetts General Hospital Corrigan Women's Heart Health Program, provides expert diagnosis and treatment for a wide range of heart conditions specific to women. The program is led by Dr. Coppolino, who completed a fellowship in women's heart health at Mass General. Men and women experience heart disease in different ways, so it's important to work with a care team that is familiar with treating women. Whether your condition is simple or complex, we're here to develop a plan that is right for you – so you can live a happy, heart-healthy life.

For more information, contact Wentworth Health Partners Cardiology at Pease, at (603) 610-8070 or visit peasecardiology.org.

#ICHOOSEWDH

This summer, our employees took to social media to share why they choose to work and receive care at Wentworth-Douglass Hospital. Here are just a few of the more than 750 posts sharing why you should say: "Take me to Wentworth-Douglass."

"The amazing care we had during our stay allowed us to focus on going from a family of three to a family of four. That's why #IChooseWDH."

- Shannon Gagnon, OR

"Working at Wentworth-Douglass Hospital for 21 years, I can tell you it's an exceptional place to work. After care at the Cancer Center, Primary Care, Birth Center, Emergency Department, and several inpatient stays, including an unexpected one last week, I can also tell you it's an exceptional place to receive care."

- Kellie Mueller, Behavioral Health

"#IChooseWDH I am proud to work for an organization that gives back to the community in so many ways."

- Holly Goodell, Rehabilitation Services

"#IChooseWDH Not only do I work for a great organization, but I have been a patient at the cancer center for over 15 years. The nurses are so supportive and understanding. Dr. Civiello and Janet Stocker, APRN, always make me feel like I'm the most important person when they are with me. Thank you for listening to my needs and supporting every decision I make."

- Victoria Pinkham Donnelly, Quality

"#IChooseWDH as my healthcare provider and my employer. I have worked at Wentworth-Douglass Hospital for over 30 years. I had my two children there and last year had my knee replaced by Dr. David Thut and received excellent care. Wouldn't go anywhere else."

- Lynda Powers, Clinical Informatics

to my nerves. Everyone was so kind, so reassuring. I breezed through the surgery and was up and walking the same day.”

Quinn says, “I am so proud to be a part of a program that offers specialized gynecology-oncology services for women, and part of a team that offers patients direct access to top gynecologic oncologists.” According to Bregar, “My favorite part of this job is working with the incredibly special patients here. They have access to treatments that are above and beyond what is typically expected in a community hospital setting. For example, I can facilitate participation in a clinical trial by assessing and matching a patient’s needs with available studies.”

Dr. Bregar performs surgeries in Dover or at Mass General, while everything else – diagnostics, radiology, imaging, post-op visits, follow-up chemotherapy and radiation treatment – is based at Wentworth-Douglass, maximizing the comfort and convenience of being close to home.

Quinn says, “We follow the same guidelines as Mass General – and this close tie-in benefits our patients and our entire medical team of oncologists, radiologists, and gynecologists. It also facilitates our close working relationship with our patients’ local gynecologists and primary care physicians.” Bregar agrees: “I can’t say enough about the team here. We work together seamlessly. We put the patient first. Patients here are given care that is absolutely comparable to Mass General. I simply could not do my job without this level of trust.”

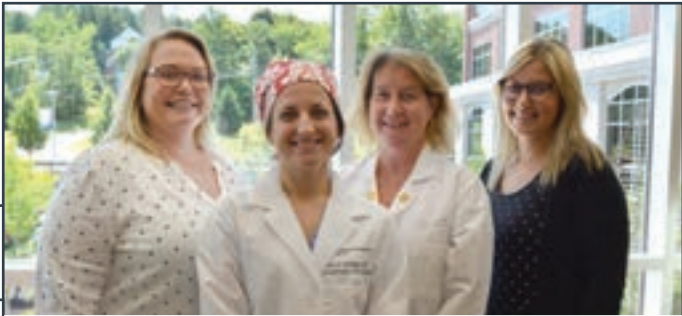
The Seacoast Cancer Center surrounds patients with services that go beyond immediate diagnosis and treatment. “Our social workers are fantastic,” says Quinn: “A cancer diagnosis can be a very emotionally challenging situation, and we’re here to give extra support, education, and access to lifestyle resources such as nutrition counseling. I am so proud of our team on both a professional and personal level. I was born at this

hospital, and was a Candy Striper here as a teenager. I’ve worked here for 26 years. This is my home.”

Hall is thrilled with the outcome of her surgery, and even more appreciative of the way she was treated at both Mass General and Wentworth-Douglass: “It’s the little things that mean the most. I am getting older, so when I had a chance to review my patient notes online and read the first line describing me as a ‘lovely, 63-year old woman’ -- I mean, wow! That just made such a difference for me. Surgeons are typically there for the diagnosis and the surgery, but Dr. Bregar and the entire team bent over backwards for me. I feel like I could tell her anything. She made me feel completely at ease, even at my worst. She’s the total package -- a highly skilled surgeon and a good, kind-hearted person.”

Hall now considers herself an advocate, urging women to get timely medical care and not procrastinate: “If I knew then what I know now, I would have never postponed my treatment. I have told three other people I know, do not wait. Keep that appointment. Get in there. Don’t do what I did. And, yes, I am happy to go with you.”

For more information about the Gynecology-Oncology Program at Wentworth-Douglass Hospital, please contact us at (603) 609-6024.



The WDH Gynecology-Oncology Program team includes Mary Beth Masse, program coordinator; Dr. Amy Bregar; Laura Kelly, RN, MPH; and Megan Flood, LNA.

Gynecologic Cancer: What You Should Know

Each year in the United States, more than 100,000 women are diagnosed with gynecologic cancers. Gynecologic cancer starts in a woman’s reproductive organs. The most common diagnoses are:

- Ovarian Cancer
- Cervical Cancer
- Endometrial Cancer
- Uterine Cancer
- Vaginal and Vulvar Cancer.

While they are often discussed as a group, each gynecologic cancer has its own set of distinct symptoms and risk factors. Some possible symptoms include abnormal vaginal bleeding or discharge, feeling full too quickly after eating, pelvic pain or pressure, bloating, and more frequent or urgent need to urinate, among others.

Since Massachusetts General Hospital Cancer Center Gynecologic Oncologist Dr. Amy Bregar joined Wentworth-Douglass in October 2018, she’s seen more than 100 new patients in the Gynecology-Oncology Program. The most common diagnosis the program has seen in the past year is endometrial cancer followed by pre-endometrial cancer, cervical dysplasia and ovarian cysts.

The Gynecology-Oncology Program, in coordination with the Mass General Cancer Center, has offered women on the Seacoast local access to expert specialized care for gynecologic cancers since 2010. At the heart of the program is offering women seamless access to the care they need, whether in Boston or locally at the Seacoast Cancer Center.

Learn more about the Gynecology-Oncology Program at Wentworth-Douglass Hospital, or contact Kathleen Quinn, BSN, RN, OCN, Gynecology-Oncology Program Manager, at (603) 609-6024.



“Cassoulet is a classic French baked bean dish. In this vegetarian version, beans are the primary protein. Beans are nutritional powerhouses! Not only are they great sources of protein and fiber, but they are also rich in cancer-fighting phytochemicals, compounds that are found naturally in plants that appear to protect our cells from damage that can lead to cancer.”

- Andrea Jackson, RD, CSO, LD, Board Certified Specialist in Oncology Nutrition, Seacoast Cancer Center

CASSOULET

Recipe from “Moosewood Restaurant Low-Fat Favorites”
8-ounce serving

INGREDIENTS:

- | | |
|---|--|
| • 1 teaspoon olive oil | 1 cup peeled and diced carrots |
| • 6 garlic cloves, minced or pressed | ¾ cup diced celery |
| • 1 ½ cups chopped onions | 1 cup diced potatoes |
| • ½ teaspoon dried thyme | 1 cup diced tomatoes |
| • 3 bay leaves | ¾ cup diced pepperoni seitan* |
| • ½ teaspoon dried marjoram | 1 tablespoon molasses |
| • 1 teaspoon minced fresh or dried rosemary | 1 tablespoon Dijon mustard |
| • ½ cup dry red wine | 1 ½ cups cooked kidney beans (15 oz. can, drained) |
| • Salt and ground black pepper to taste | 1 ½ cups cooked cannellini beans (15 oz. can, drained) |

DIRECTIONS:

Preheat the oven to 350 degrees. In a medium saucepan, warm the olive oil. Add the garlic, onions, thyme, bay leaves, marjoram, and rosemary and sauté for 2 minutes. Add the wine, cover and simmer until the onions are soft, about 5 minutes. Stir in carrots, celery, potatoes, and tomatoes, cover, and simmer for 10 minutes, stirring occasionally. Add the seitan, molasses, mustard, and both kinds of beans. Return to a simmer, stirring gently, just until the seitan and beans are heated through. Add salt and pepper to taste. Transfer to a casserole dish that has been prepared with cooking spray, cover, and bake for 45 minutes.

* Seitan is also known as wheat gluten. If seitan is unavailable, you can add other protein substitutes, such as tempeh or even another variety of beans.

NUTRITION INFORMATION: Per 8-ounce serving:

CALORIES	FAT	CARBS	PROTEIN	SODIUM	DIETARY FIBER
237	2G	43G	12G	164MG	5G





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



RUN OR WALK

Community Supporting Community

Boston hoops favorite and game analyst Brian Scalabrine will be the special guest at the Seacoast Cancer 5K on Sunday, September 22, at Wentworth-Douglass Hospital in Dover. Scalabrine, along with more than 3,000 expected runners and walkers, will rally to support cancer care in the Seacoast community.

“The camaraderie and enthusiasm are powerful - and something you won’t want to miss! I am honored to be invited back for the 2019 Seacoast Cancer 5K and encourage you to join me, as we rally to raise money and support for cancer patients, survivors and families in the Seacoast,” says Scalabrine.

Since it started in 2014, the Seacoast Cancer 5K has raised more than \$1 Million and has become one of the region’s largest fundraising events. Proceeds stay in the community to support lifesaving care and services for patients with cancer and their families at the Seacoast Cancer Center. The cancer center, now with locations in Dover and Portsmouth, offers the most comprehensive cancer care in the area.

REGISTER TODAY: SEACOASTCANCER5K.ORG



SPECIAL GUEST BRIAN SCALABRINE

THANK YOU TO OUR SPONSORS!

(SPONSORS AS OF AUGUST 9)



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Michelle Goodwin (center) crossed the finish line with her team Goody's Girls while in treatment for Stage 3 breast cancer.

Why I Walk: "Because I Conquered It"

Michelle Goodwin will admit she was a reluctant participant in last year’s Seacoast Cancer 5K. On that September morning, Michelle was just beginning a strenuous course of treatment for stage 3 breast cancer that ultimately included 15 rounds of chemotherapy, 30 rounds of radiation therapy, and nine months of follow-up chemotherapy. “I couldn’t run it. I wasn’t sure I’d even be able to finish, but my team encouraged me to try, and we did the whole thing,” she recalls.

Goody’s Girls – as her team dubbed themselves – was with her during those 3.1 miles and on every step of Michelle’s cancer journey, which continues to this day. “There are no good words to describe them,” she says of her “work family” at Wentworth Health Partners Endocrinology & Diabetes Consultants, where she has been a medical assistant for more than 20 years. “There are amazing men and women here. It didn’t matter what I needed; they said, ‘Get it done’ and they had me covered.”

Their daily support helped her face the difficult side effects of her treatments – everything from giving her extra time with patients to wearing matching pink-ribbon bracelets. And at home, Michelle’s dad drove her to work every day and to every appointment; and her son made dinner every night.

Of her team at the Seacoast Cancer Center, Michelle says: “Amazing. It takes a special person to do what they do. They just have this light about them, and they bend over backwards to get you what you need.”

“I hated every minute of treatment, but I finished it – and I feel fortunate that I was able to,” says Michelle, who on race day this September, will hopefully have just one final round of chemotherapy in front of her.

Says Michelle of this year’s Seacoast Cancer 5K: “This year, I want to be there because it means so much more – because I conquered it.”

UPCOMING CLASSES, PROGRAMS & EVENTS

Sunday
Sept. 22
9:00am

Seacoast Cancer 5K
Join 3,000 walkers, runners, spectators and volunteers as we rally together to raise funds and make a difference in the lives of cancer patients and their families in the Seacoast. There's fun from beginning to end, from the cheering crowds along the route to the finish line block party with music, food and activities. The Seacoast Cancer 5K is one of the region's largest fundraising events. *See more on page 7.*
REGISTER: SeacoastCancer5K.org
LOCATION: Wentworth-Douglass Hospital

Thursday
Sept. 26
8:00am – 6:00pm

Sharps Exchange Program
Exchange your full, sealed containers of sharps at Wentworth-Douglass Hospital. Anyone who uses syringes, needles, lancets or pen needles at home for routine medical care is eligible to use the Sharps Exchange Program.
FOR MORE INFORMATION: wdhospital.org/events
LOCATION: Wentworth-Douglass Hospital Main Lobby

Tuesday
Oct. 8
6:00 – 7:00pm

Hip and Knee Replacement – What's New, What's Happening
Dr. Robert Harrington and Dr. Joseph Konopka, expert orthopedic surgeons from Wentworth-Douglass's Joint Replacement Program, and Katrina Lampros, MPT, from our joint specialized physical therapy team, will discuss the latest advances hip and knee replacements.
FOR MORE INFORMATION: wdhospital.org/events or (603) 740-2818
LOCATION: Wentworth-Douglass Garrison Auditoriums

Wednesday
Oct. 9

Supporting Families Through Grief & Loss
Dr. Pamela Gabbay, author of *Understanding and Supporting Bereaved Children: A Practical Guide for Professionals*, will lead grief and loss trainings covering topics such as bereavement after a loss due to suicide or an overdose, interventions and modes of helping bereaved families, and supporting grieving students in a school setting. Two daytime sessions, 8:00 a.m. – 11:00 a.m. and 1:00 – 4:00 p.m., focused on treating children with grief, are geared to educators and other professionals. Community members are invited to a session from 6:00 – 8:00 p.m. These workshops are part of the Wentworth-Douglass Family Wellness Series.
REGISTER: wdhospital.org/events or (603) 609-6964
LOCATION: Wentworth-Douglass Garrison Auditoriums

Thursday
Oct. 17
6:30 – 8:00pm

Surgical Weight Loss Information Session
Considering weight loss surgery? Join us for our free monthly information sessions to learn more about the surgical weight loss procedures available at Wentworth-Douglass's Center for Weight Management & Bariatric Surgery. Can't make October 17? Sessions are held twice per month in Dover and Portsmouth.
REGISTER: (833) 936-3963 or wdhospital.org/newme
LOCATION: Wentworth-Douglass Garrison Auditoriums

Tuesday
Oct. 22
11:30am – 7:30pm

Spiritual Care Conference
The theme of the 11th annual Spiritual Care Conference is *Spiritual Care and Cancer: Addressing the Whole Person*. A panel discussion and afternoon workshops will explore the dimensions of living with cancer and caring for the cancer patient. During the evening presentation, participants will hear from keynote speaker Elana Rosenbaum, MS, LICSW, author of *Here for Now: Living Well with Cancer through Mindfulness and Being Well (even when you're sick)*. The event includes dinner and the presentation of the 2019 Bob Ervin Spiritual Care Award. Cost for dinner/keynote \$15.
REGISTER: wdhospital.org/events
LOCATION: Wentworth-Douglass Garrison Auditoriums

Saturday
Nov. 2
10:00am – 3:00pm

Babysitting Class
Wentworth-Douglass Hospital offers a babysitting course for 11 to 14-year-olds to review various babysitting responsibilities and basic first aid. The cost is \$30. Lunch is provided.
REGISTER: wdhospital.org/events
LOCATION: Wentworth-Douglass Hospital

Nov. 1 – Dec. 15
By Appointment

Marketplace Open Enrollment Assistance
During the open enrollment period, certified application counselors will be available to help answer your questions, access information online and enroll in insurance plans. Call our office to schedule an appointment.
FOR MORE INFORMATION: (603) 740-3234 or wdhospital.org/insurancemarketplace
LOCATIONS: Wentworth-Douglass Hospital and Wentworth-Douglass Financial Assistance Office, 121 Broadway, Dover, NH.

Wentworth-Douglass Hospital Awards & Recognitions



Wentworth-Douglass Hospital IN THE COMMUNITY



Siblings Ryan and Jaina Kaine recently held a lemonade stand to raise funds for Wentworth-Douglass to show their gratitude to Dr. Greg Imbrie, of Wentworth Health Partners Cardiovascular Group, for saving their Grampy's life after her suffered a heart attack. Dr. Imbrie (left) made sure to stop by to enjoy a cold cup with the kids and their grandfather Steven Hawkes.



Members of Wentworth-Douglass Hospital's Diversity & Inclusion Committee represented the hospital at Portsmouth PRIDE Day on June 22. The group collected many great ideas from community members on how we can better meet the needs of the LGBT community to ensure everyone feels affirmed and safe with their health care providers. Wentworth-Douglass is proud to be inclusive of all members of the communities we serve! Pictured: Viviane Bowen, Imaging Services; Marissa Romanovitch, Great Bay Mental Health; Sherry Wells, Wentworth Health Partners; and Michael Johnson, Seacoast Arthritis.