



## Expertise for Every Breast Personalized Care at CMC's Breast Care Center



More than two dozen breast cancer survivors – each with their own, unique story – gather with Dr. Connie Campbell at the 2017 Pink in the Rink fundraiser organized by the Manchester Monarchs. Each of these women may have a different breast cancer journey, but they all experienced compassionate excellence through the CMC Breast Care Center.

### Technology and a Tender Touch

Cancer doesn't keep a calendar. It can strike in the midst of a job change, around the holidays, or weeks before a loved one's wedding. Connie Campbell, MD, FACS, Surgical Director of Breast Health at the CMC Breast Care Center, knows there is no good time to get a diagnosis. "The most challenging time for people is between knowing they have an abnormality and knowing whether or not it's going to be a problem. It's important for me that they get those answers as quickly as possible because once we have a diagnosis we can make a plan."

That plan often includes leading-edge technology in diagnosis and treatment. From the SAVI SCOUT® surgical guidance system, to the wireless 9mm Neoprobe, to state of the art 3-D imaging, "we really have a technologically advanced center," says Dr. Campbell. These technologies have been vital in improving patient care, allowing for less-invasive procedures and timelier test results.

Comprehensive treatment, however, is a subtle mix of technology and a tender touch. "You have to have technical

excellence, both using the latest technology precisely and the artistic aspect of knowing how to handle tissue," says Dr. Campbell who goes on to explain that she also works with every patient and family to provide emotional support.

"Being compassionate is about understanding what somebody needs and figuring out what they're not voicing so those needs can be addressed. Most people need hope more than anything else."

### Advanced Screening for Dense Breasts

Women are urged to begin annual mammograms by age

40. The procedure is intended to establish a baseline of a woman's breast health and detect abnormalities early, when treatment is more effective. But not all breasts are created equal. Some require more detailed screening.

Dense breasts have more tissue – non-fatty, glandular tissue – than non-dense breasts. This trait can be inherited and puts a woman at a greater risk for cancer. Yet dense breasts make it harder for a mammogram to detect cancer.

Thanks to cutting-edge imaging technology, however, "We have saved lives," says Elizabeth Angelakis, MD, Chief of

*continued on page 2*



CATHOLIC MEDICAL CENTER

a member of GraniteOne Health

# Medical News

## Expertise for Every Breast, continued from page 1

Breast Imaging at the Breast Care Center at CMC. “3-D imaging, for example, has been a wonderful asset to allow us to better see through breast tissue to both determine that there is no malignancy or to detect an otherwise invisible malignancy.”



A QUALITY PROGRAM  
of the AMERICAN COLLEGE  
OF SURGEONS

*The CMC Breast Care Center is fully accredited by the National Accreditation Program for Breast Centers (NAPBC), a program administered by the American College of Surgeons. This designation ensures you have comprehensive care, close to home, which meets standards established by the NAPBC.*

Automated breast ultrasound (ABUS) screening is unique in the area and is the Breast Care Center’s new standard for patients with dense breasts – as well as high risk patients – in helping to detect early-stage breast cancer not seen on a mammogram.

In addition to 3-D imaging and ultrasound, “contrast enhanced mammography continues to amaze us.” This helps patients who have a palpable mass but had no visible finding on their mammogram or ultrasound due to breast density.

“We never know which way cancer is going to be best seen and some are very hard to detect. These advanced tools help us find cancer early and save lives.”



## Patient Education Videos

The Breast Care Center at CMC offers a comprehensive treatment approach, with the latest technology, medical and surgical expertise and a variety of support services. We are proud to offer our patient education video series as a resource about your breast care. These videos will help guide you through each stage of care—from routine screenings and diagnosis to surgery, and post operative care. Visit [CatholicMedicalCenter.org/Breast-Care-Center](http://CatholicMedicalCenter.org/Breast-Care-Center) to view them all!

## Our Newest Addition—CMC’s iBirth App

Pregnancy, birth, and baby—everything you need to know about having a baby at CMC

Women delivering their babies at CMC now have access to a fun, informative, and supportive customized app. CMC’s iBirth app lets you know what to expect during your pregnancy and baby’s first year. Features include:

- Daily health inspirations specific to mom’s estimated due date or baby’s birth date
- 24/7 evidence-based resource for making decisions regarding pregnancy, birth, and baby’s first year
- Tools and trackers to help monitor developmental milestones from fetal kicks through sleep and feeding habits
- Instructional videos
- Nutritional information
- Childbirth education class information and updates



The app is available in the iTunes App Store and Google Play Store. If you’re a patient at Dartmouth-Hitchcock OBGYN,

CMC’s Women’s Wellness & Fertility Center or Pregnancy Care Center, ask your provider for a unique code from your provider to get access to CMC-specific customized content.

Ready for a visit? Call The Mom’s Place at 603.626.2626 or visit us online at [CatholicMedicalCenter.org/Moms-Place](http://CatholicMedicalCenter.org/Moms-Place)



## Is Lung Cancer Screening Right for You?

Betsy Angelakis, MD, Chief of Breast Imaging, CMC  
Southern New Hampshire Radiology Consultants



Betsy Angelakis MD

Lung cancer remains the number one cause of cancer-related death in the United States, accounting for 28% of all cancer deaths in men and 26% of all cancer deaths in women. But a simple procedure at CMC is offering hope for early detection and successful treatment.


The National Lung Screening Trial (NLST) performed in 2010 showed that low-dose lung screening CT (LDCT) resulted

in a 20% reduction in lung cancer mortality. The NLST trial proved that patients at high risk for lung cancer, especially smokers between the ages of 55 and 74 years old, who smoked a minimum of 30 packs a year and quit for no more than 15 years, benefited from lung cancer screening with LDCT. These patients had improved survival of lung cancer because their tumors were caught early, at a smaller, more curable stage.

Without LDCT screening, these patients would likely not have been diagnosed until the cancer was large enough to cause symptoms like cough, chest pain, or increased difficulty breathing. The larger symptomatic lung cancer tumor is more invasive, a higher stage, and more difficult to treat.

Early detection with LDCT screening helps find lung cancer when it's more treatable, allowing for treatment options with lower morbidity and mortality, improving patient outcomes.

CMC, in partnership with Southern New Hampshire Radiology Consultants, is excited to offer the benefits of a quick and painless LDCT screening. CMC is an American College of Radiology (ACR) Designated Lung Cancer Screening Center. The procedure is a lower radiation dose than traditional CT scans and does not involve an injection. It is also covered by most insurance plans.

Of course, we know that smoking causes lung cancer; yet nicotine is highly addictive and it is incredibly difficult for people to stop. That's why, in addition to the benefits of our LDCT Lung Cancer Screening Program, CMC also offers several resources to help you quit smoking in a respectful, supportive setting. For more information on LDCT screening, call CMC Radiology Nursing at 603.663.5219. 

*According to the Centers for Disease Control (CDC); "Cigarette smoking is the leading cause of preventable disease and death in the United States, accounting for more than 480,000 deaths every year, or one of every five deaths. In 2015, about 15 of every 100 U.S. adults aged 18 years or older (15.1%) currently smoked cigarettes. This means an estimated 36.5 million adults in the United States currently smoke cigarettes. More than 16 million Americans live with a smoking-related disease. Current smoking has declined from nearly 21 of every 100 adults (20.9%) in 2005 to about 15 of every 100 adults (15.1%) in 2015." If you're ready to quit smoking, learn more about the Freedom From Smoking® class at CMC on page 12.*



## Oh My Aching Head: Migraine Treatment at CMC

Imagine having a migraine headache – with the side effects of eye pressure, nausea, double vision and more – four to seven times per week. Imagine going through that, with increasing intensity, for more than 20 years. Then imagine having all of that vanish in a matter of minutes.

That's what happened to Nancy Drouin, who had the SPG block procedure at Catholic Medical Center June 23rd. "I've had one migraine since," said Nancy six weeks after the procedure. "It's been wonderful."

The SPG (short for sphenopalatine ganglion) block is a minimally invasive, outpatient procedure which delivers a concentrated dose of lidocaine, a pain reliever, to the group of nerves at the root of migraine, face, and head pain. The procedure takes about 20 minutes, is virtually pain free and has no required preparation.

Nancy and her husband, Roger attended a recent community talk at CMC, "Headaches Be Gone," to learn more and "my husband said, 'you have nothing to lose.'" Her headaches were triggered by multiple culprits, including the weather and her allergy to MSG, a common food preservative. She had already tried multiple medication regimens, periodic IV treatments, chiropractor visits, and meditation, all with limited success. "The only thing I hadn't tried was yoga."


"Everyone's migraine story is unique – what causes them, what they feel like, what works for treatment, and how all of that changes over time," said Joseph Ullman, MD, with Southern New Hampshire Radiology Consultants who administers the SPG block at CMC. "Most patients who have this treatment find significant relief, and in some cases it happens almost immediately. The SPG block can also be repeated as necessary."

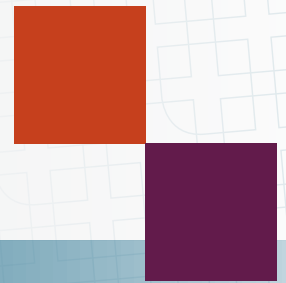
Nancy admits she was nervous going into the procedure, but "as the medication was taking effect I could feel the pressure



*Nancy Drouin found relief from persistent migraines with the SPG block at CMC.*

relieving on my eyes, my head. The nausea was going away and I was instantly starting to feel better."

Nancy, a newlywed, still takes a daily maintenance medication but marvels at all of the things she's been able to do in the absence of persistent migraines. "(My husband) and I have been able to go out to dinner, which we haven't in a long time. I'm able to focus. I don't curl up with the blanket every night after work and wait for the next dose of medication to get some sleep." 



## CMC First in Southern NH to Perform MitraClip® Procedure



Frank Tellier now has the strength to run heavy machinery on his farm.

At 85 years old, Frank Tellier still operates heavy machinery around his farm. Last year, he started to become extremely fatigued – an unwelcomed symptom of what turned out to be a leaky heart valve. “I was going downhill and everybody was checking the other valve,” says Frank of his many doctors’ visits. “When I had it checked at CMC, they saw the problem was from the mitral valve.”

The MitraClip®, offered by Abbot Vascular, is a minimally invasive procedure that closes the center of the mitral valve, allowing blood to flow to either side of the clip and decrease leakage. CMC is the first hospital in southern New Hampshire to offer this therapy. “I’ve been to other hospitals but the best one is CMC,” says Frank. “You feel confident the people you talk to give you the right answers.”

The MitraClip® helps patients who are suffering from symptoms of valve-related congestive heart failure but aren’t responding to medication treatment and aren’t suitable candidates for surgery. “There was a real strong unmet need in the community,” says Fahad Gilani, MD, FACC, a cardiologist with the New England Heart & Vascular Institute. “We were seeing this disease process in our patients and we didn’t have an option for them.”

“The last year and a half was difficult,” says patient Beverly Hannah, whose biggest symptom was shortness of breath. “I went from being a healthy person to having a heart attack and doing nothing.”




Beverly Hannah and Dr. Gilani shortly after she received the MitraClip®.

Dr. Gilani notes that the MitraClip® can reduce hospital readmissions for heart failure by as much as 75%. “The goal is to improve quality of life and reduce symptoms and so far we’re seeing those results in patients who’ve had the MitraClip®.”

Frank’s partner, Dick Tucker, says prior to the procedure, “he was really losing strength and endurance. Right afterwards he was almost back to normal. It improved everything.”

“I can do a lot more now,” says Beverly who recently went with her college-aged great-granddaughter to Portland, Maine. “I was so surprised I could keep up with her!”

For more information on the degenerative mitral regurgitation and the MitraClip®, call the New England Heart & Vascular Institute at 800.437.9666 



# Medical News

## Do You Know What to Do?

Oct 1-7 is Mental Health Awareness Week – Learn how you can help

Many of us in the course of our lives get a quick lesson in first aid – how to clean and bandage a basic wound, applying ice versus heat to an injury, maybe even how to administer CPR or use an AED. How many of us, though, know what to do when we encounter someone with an injury we cannot see? How many of us know how to administer mental health first aid?

Mental health first aid is “for the common, everyday person, not the person studying psychology who wants to be a therapist,” says Rik Cornell, MSW, ACSW, LICSW. Rik is the Vice President of Community Relations at The Mental Health Center of Greater Manchester, which provides a mental health first aid certification course. The most recent of these at CMC was offered in September.

“It could be a lawyer, or a doctor, or a secretary at the front desk at CMC,” says Rik of the program that was first developed in 2001 and has trained over one million people to date.

Along with providing a general understanding of common mental illness, the eight hour course teaches participants a five-step action plan, ALGEE, on how to recognize and then reach out to those who might be experiencing mental distress or substance misuse:


- Assess risk for suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate and professional help
- Encourage self-help and other support strategies

Oftentimes, people who witness a friend, colleague, or client have a panic attack or show signs of alcoholism don't know how to approach the situation or begin the conversation that can lead to healing. “The whole point is to be familiar with what mental illness is and be comfortable talking about it,” says Rik.

For more information on mental health first aid, visit [mentalhealthfirstaid.org](http://mentalhealthfirstaid.org) 



## CHANGE DIRECTION NH

Would you recognize a friend or family member in emotional distress? Knowing the five signs can help you help the ones you care about. To learn more about the Campaign to Change Direction and to make a pledge to learn and share the five signs, visit [changedirection.org/nh](http://changedirection.org/nh) 

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## Michael's Story

"Michael" is a slight man with a twinkle in his eye and an easy smile under an unruly beard. Arriving in Manchester as a refugee 20 years ago, he worked and lived independently for some time. When the trauma of genocide in his home country took a toll on his mental health, Michael lost the ability to support himself and became homeless.

Michael visited the Emergency Department at Catholic Medical Center in the summer of 2016, in danger of losing his leg. Inadequate housing and hygiene caused a small cut on his leg to become infected. Michael was admitted to the hospital. There, he met the Health Care for the Homeless (HCH) Outreach Team who visited him in the hospital to build a relationship and teach him about HCH clinic services.

The HCH clinic is a collaboration between CMC and Manchester Health Department and provides comprehensive primary care, integrated behavioral health care, and nursing case management at two shelter-based clinics in Manchester. HCH also has a clinical team that conducts daily street outreach. Their mission is to guarantee access to high-quality, comprehensive health care for all people who are homeless in Manchester in a way that respects their dignity. Michael, who was disconnected from the medical care system at the time of his hospitalization, was the perfect candidate for HCH's integrated care model.

Michael left the hospital with a comprehensive after-care plan, which included daily visits to change his wound dressings. But anxiety from his post-traumatic stress disorder kept him away from the emergency shelter. Michael chose to return to living on the streets. Over time, and after a second hospitalization, the HCH team helped him address his fear of the shelter, and he started sleeping there most nights. In doing so, he began taking better care of himself:



keeping his wounds cleaner, getting better quality sleep, eating better and making regular medical appointments.

Today, Michael lives in an apartment of the Housing First program of New Horizons for New Hampshire and is followed weekly by the HCH team at clinic and on home visits. Michael's success is one example of HCH's commitment to integrated, patient-centered, long term care that respects the self-determination and dignity of the homeless population. For more information, visit [CatholicMedicalCenter.org](http://CatholicMedicalCenter.org) and search "Health Care for the Homeless." ■■



# Medical News

## New Hampshire Gastroenterology




Digestive problems can be as hard to talk about as the discomfort they cause. That's why NH Gastroenterology at CMC has an

experienced, highly skilled staff to help you identify and treat a host of gastroenterology disorders, including:

- Celiac Disease
- Diverticulitis
- Esophageal and swallowing disorders
- Gastroesophageal reflux disease (GERD)
- Inflammatory conditions (Microscopic colitis, etc.)
- Inflammatory bowel disease (Crohn's Disease, Ulcerative Colitis)

- Irritable bowel syndrome (IBS)
- Disorders of the pancreas
- Liver/biliary disease

NH Gastroenterology has welcomed several new providers to their practice to bring you the best in digestive care. The practice is conveniently located at 9 Washington Place in Bedford and offers advanced screening and treatment services.

So if you've got a knot in your stomach – or anywhere else in your GI tract – reach out to us at 603.625.5744. 

## WELCOMING...

We're excited to add these talented providers to the CMC family!



**Eric Cameron, APRN**  
Amoskeag Family Practice



**Layal Esper, MD**  
Hospital Medicine



**Jinu John, MD**  
New England Heart & Vascular Institute



**Stephen Lehmkuhl, DO**  
Hospital Medicine



**Saleem Meerani, MD**  
Hospital Medicine



**Shannon Mehurg, MD**  
New England Heart & Vascular Institute



**Michelle Ouellette, MD**  
New England Heart & Vascular Institute



**Juliana Rodrigues, DO**  
NH Gastroenterology



**Michael Sherpa, MD**  
Hospital Medicine



**Hatem Shoukeir, MD**  
NH Gastroenterology



# Philanthropy

## 14th Annual CMC Golf Classic Supports Improved Access to Care for Cardiac Patients

Close to \$100,000 was raised to support patient-focused cardiac programs and the expansion of the treatment and recovery areas for cardiac patients at CMC's New England Heart & Vascular Institute (NEHVI) through the 14<sup>th</sup> Annual CMC Golf Classic on June 7<sup>th</sup> at Passaconaway Country Club. Fifty-six foursomes participated in the event by playing in either the morning or afternoon session. Thank you to all of our players and sponsors, and especially our major sponsors listed below.

- Aqueduct Technologies – Tournament Sponsor
- ITS, Inc. – Lunch Sponsor
- Spectrum Marketing Companies – Print/design sponsor
- Brandit Marketing Solutions – Gift Sponsor

- NH Healthy Families – Breakfast Sponsor
- Dunkin' Donuts – Breakfast Sponsor
- FairPoint Communications – Photo Sponsor
- Tufts Health Freedom Plan – Golf Cart Sponsor
- Optiv/Aruba – Snack Bag Sponsor



*Aqueduct Technologies was the Tournament Sponsor of the 14<sup>th</sup> Annual CMC Golf Classic, which raised \$96,000 for cardiac programs and the expansion of treatment and recovery areas for patients at CMC's NEHVI. Thank you to all of our players and sponsors!*

### Cocktails on the Coast

On Thursday, August 3<sup>rd</sup> CMC invited donors and other community members to attend Cocktails on the Coast at the One Hundred Club in Portsmouth, NH. During the evening, CMC Cardiologists Robert Capodilupo, MD, FACC and Jamie Kim, MD, FACC shared research and information about life saving advancements in the treatment of AFib and heart failure. Special thanks to Abbott and Boston Scientific for sponsoring the event. 🇺🇸

## CMC Participates in Giving Tuesday this November

CMC is excited to participate in #GivingTuesday to raise funds for the CMC Hope and Healing Fund. The holidays can be a difficult time for hospital patients – especially those who are able to go home and be with family but don't have the resources to do so. Patients recovering from a major trauma, like a fractured hip or back surgery often need adaptive equipment to use at home before they can safely be discharged



from the hospital. Some, however, find that the necessary equipment or supplies are not adequately covered by their insurance. What are they to do, especially at the holidays? CMC's Hope and Healing Fund is available to assist patients and families to successfully transition from hospital to home with the supplies they require. The fund is a last resort for patients who need medical equipment, supplies or medication. By donating

to CMC's Hope and Healing Fund on #GivingTuesday, you're helping to reunite families for the holidays – what better gift could you give than that?

On November 28, make an online pledge at [CatholicMedicalCenter.org](http://CatholicMedicalCenter.org) or text CMC to 603.556.8996. 🇺🇸



# Health & Wellness

## Health Enrichment

Payment is due at time of registration

### AARP Smart Driver Program

AARP's program teaches drivers how to boost safety awareness, increase confidence and minimize crash risk.

Persons of any age may attend.

Mon, Oct 16, Nov 13, or Dec 11, 9 AM–4 PM

195 McGregor St, Lower Level, Suite LL22

\$20 (\$5 discount to AARP members)

Registration required, call 603.626.2626

### Three Beliefs

Three Beliefs is a Catholic guide on durable power of attorney for health care in New Hampshire published by the Diocese of Manchester. Three Beliefs gives valuable assistance to Catholics and others on end-of-life issues, explains Catholic teaching on life-sustaining treatment and care and includes the New Hampshire Advance Directive form modified in such a way to make it consistent with both Catholic teaching and New Hampshire law. Three Beliefs contains a helpful FAQ section and wallet cards that include important information for health care providers.

St. Anthony's Parish, Tetu Hall, Tue, Oct 17, 6:30–8 PM

St. Joseph Cathedral, Church Hall, Wed, Nov 1, 7–8:30 PM

FREE, for more information, call 603.663.8004

### Blood Drive

CMC is hosting a Blood Drive in cooperation with the American Red Cross on:

Tue, Oct 10, 10 AM–4 PM

Roy Auditorium Level C, CMC

Call to make an appointment: 603.626.2626 or online at [redcrossblood.org](http://redcrossblood.org). Walk-ins welcome.

### Freedom From Smoking®

The American Lung Association's Freedom From Smoking® (FFS) program is for adults who are ready to quit smoking. The program focuses almost exclusively on how to quit, not why to quit. The 8-session group program is based on proven addiction and behavior change models and offers a structured, systematic approach to quitting. Because no single cessation technique is effective for all smokers, the program includes a comprehensive variety of evidence-based cessation techniques. Betsy Angelakis, MD will attend

one of the sessions to discuss the low dose CT Lung Screening Program at CMC and why early diagnosis of lung cancer is so important.

Tue, Nov 7 to Dec 19, 6–7:30 PM

Level G, G5, CMC

\$49 (discount for couples available), registration required, call 603.626.2626



### All Breasts are Not the Same: Innovations in Screening for Breast Cancer and Breast Density

Breasts are made up of both fat and breast tissue and the amount of fat vs. breast tissue varies from woman to woman. When there is more breast tissue than fat, the breasts are considered dense which can make it harder to detect cancer on a mammogram. Betsy Angelakis, MD will discuss breast cancer detection using some of the latest procedures including 3D mammography, Screening Breast Ultrasound, Contrast Enhanced Mammography, Breast MRI and more. Early detection of breast cancer saves lives! Learn more about these procedures and discover if one is right for you.

Mon, Oct 23, 6–7 PM

Roy Auditorium Level C, CMC

FREE, registration required, call 603.626.2626

### Lighten Up to Reduce Your Risk for Cancer

According to the latest research from the American Cancer Society, American Institute of Cancer Research and U.S. Center for Disease Control and Prevention, excess body fat is a cause of more than 132,000 cancer cases each year in the U.S. Join Sarah Jacobson, RD, LD, as she explains the link between excess weight and an increased risk for cancer. She will list practical ways to modify your life style, make healthy foods choices and list resources available in the community to help promote a healthy weight and reduce your cancer risk.

Mon, Oct 30, 6–7 PM

Roy Auditorium Level C, CMC

FREE, registration required, call 603.626.2626



# Caring for you.

With heart.

## **Healthy, Wealthy and Wise: An Introduction to Estate Planning**

Estate planning can be complicated. Find out the facts about wills vs. trusts, estate tax rules and Medicaid rules for long term care. An expert from St. Mary's Bank will help you separate fact from fiction and show you how a little effort goes a long way toward peace of mind.

Mon, Nov 20, 6–8 PM

Roy Auditorium Level C, CMC

FREE, registration required, call 603.626.2626

## **Helping You Manage Your Cholesterol**

The Cholesterol Management Center can help you manage your cholesterol and reduce your cardiovascular risk. Our team works to provide a lifestyle plan of diet and exercise that is tailored to you rather than a "one size fits all" plan. If needed, we work with you on a medication treatment plan to meet your individual needs, tolerances, and cholesterol goals.

To schedule an appointment or obtain a physician referral, please call our office at 603.663.6549, option 2

## **Diabetes Education**

If you have pre-diabetes or diabetes, education is the key to successful self-management. At the Diabetes Resource Institute at CMC, our Certified Diabetes Educators provide group and individual appointments. A referral from a primary care physician is required.

To receive a copy of our monthly eNewsletter, email [diabetesconnection@cmc-nh.org](mailto:diabetesconnection@cmc-nh.org)

To schedule an appointment, call 603.663.6431



## **Massage**

Research supports the benefits of massage as an effective treatment for reducing stress, pain and muscle tension.

For information, or to schedule an appointment, call 603.641.6700



## **Greater Manchester Brain Injury & Stroke Support Group**

Join us for a support group for brain injury and stroke survivors, their families, and caregivers. This program provides a constructive, creative and safe opportunity for participants to share their experiences, exchange resources, and develop strategies for coping.

2<sup>nd</sup> Tue of month, 6–7:30 PM

RMU Level F, CMC

FREE, for more information, call 603.626.2626

## **Hearing Loss Peer Mentoring Group**

Do you or someone close to you have a hearing loss? According to the National Center for Health Statistics, 20% of American adults have some degree of hearing loss. The Hearing Loss Support Group provides support, and education about available resources, to help you learn how to maintain your independence and thrive!

2<sup>nd</sup> Tue of month, 2–3 PM

195 McGregor St. Lower Level, Suite LL22

FREE, for more information, call 603.626.2626

# Health & Wellness

## Holistic Health Series

### *Manage Your Mood: CBT Approaches for Treating Mood Disorders*



Donna Longworth, MA,  
MLADC

Cognitive Behavioral Therapy (CBT) is a form of psychotherapy used for the treatment of mood disorders and anxiety. CBT seeks to help individuals understand the role of their own perceptions and thought process in how they react/respond to life situations. This approach helps you work toward more mindful thinking and behavior that impacts overall mood status. Join Donna Longworth, MA, MLADC to learn about a variety of techniques used in CBT, some

advantages of this approach, and how it may help you or someone you know to see things in a different way.

Mon, Nov 8, 6–7:15 PM

Roy Auditorium Level C, CMC

FREE, registration required, call 603.626.2626

### *Oh My Aching Head!*

Headaches have many causes but for some there is successful treatment without the need for medications. Headaches may be felt as pressure, throbbing, or a deep ache. It takes a comprehensive approach to address the physical, cognitive and social-emotional aspects of headaches. CranioSacral therapy addresses some of the structural and soft tissue restrictions that have accumulated in our bodies over the years or after an acute event, and may help to alleviate headaches. Join Nina Hopkins, PT to learn about this approach to becoming headache free.

Wed, Nov 15, 6–7:15 PM

Roy Auditorium Level C, CMC

FREE, Registration required, call 603.663.2626

### *Holiday Drum Circle*

Join us for a fun and unique activity with a seasonal theme that is sure to dissolve some holiday stress. A drum circle invites people to come together and share the joy, energy and spirit, while celebrating life through

rhythm and the experience of music as a community. No need to own an instrument but you may bring your own. All skill levels are welcome.

Wed, Dec 13, 6–7 PM

Roy Auditorium Level C, CMC

FREE, registration required, call 603.626.2626

### *Pure and Natural-Fertility Care*

Discover a highly effective system to understand and manage your fertility without chemicals or devices! A woman's body signals when she is entering and leaving her time of fertility. Knowing how to track these signs empowers a woman with the information to manage fertility and to identify possible underlying reproductive disorders.

2<sup>nd</sup> Wed of the month, 6:30–8 PM

ACR Conference Room, Level G, CMC

FREE, registration required, call 603.626.2626



### *Hypnosis for Smoking Cessation*

Hypnosis is a powerful technique that fine tunes your attention and impacts positively on your goal to be smoke free. An individual session with a certified hypnotist is provided. For reinforcement, a 40-minute CD is given for daily at home use.

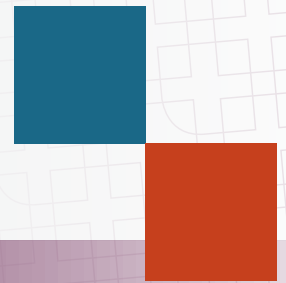
Thursdays, 1 PM

Level D, CMC

\$115, registration required, call 603.626.2626

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## Fitness

### Yoga Core

This yoga class targets the midsection and those muscles that support and assist the core including the lower back, pelvis and hips. By incorporating more repetition and longer holds, you will build strength, stability and endurance. Participants should be able to get up and down from the floor with ease throughout the class.

Thu, Jan 4–Mar 22, 12–12:45 PM  
195 McGregor St., Lower Level, Suite LL22  
\$90 (12 weeks), registration required, call 603.626.2626

### ZUMBA®

This energetic, dance-based program combines a mixture of Latin, hip hop, salsa, and much more for a great aerobic workout.

Thu, Jan 4–Mar 22, 5:30–6:30 PM  
195 McGregor St., Lower Level, Suite LL22  
\$90 (12 weeks), registration required, call 603.626.2626



### Yoga 101

Discover the benefits of yoga. In this beginner level class you will learn basic yoga postures and how to modify them as needed. Take time out of your busy day to refresh and learn the benefits of practicing yoga to improve strength, agility and the ability to manage stress. Participants should be able to get up and down from the floor with ease throughout the class.

Tue, Jan 2–Mar 20, 12–12:45 PM  
195 McGregor St., Lower Level, Suite LL22  
\$90 (12 weeks), registration required, call 603.626.2626

### Gentle Yoga

This gentle yoga series is a slower-paced class with a focus on stretching postures and gentle flows. You will be guided through a variety of postures, moving between sitting, standing and laying down, using props as needed. Participants should be able to get up and down from the floor with ease throughout the class.

Tue, Jan 2–Mar 20, 3:45–4:45 PM or  
Tue, Jan 2–Mar 20, 6:30–7:30 PM or  
Wed, Jan 3–Mar 21, 5:45–7:00 PM or  
Thu, Jan 4–Mar 22, 10:15–11:30 AM  
195 McGregor St., Lower Level, Suite LL22  
\$90 (12 weeks), registration required,  
call 603.626.2626



### Yoga Flow

This vinyasa flow style of yoga will build strength, stamina, and flexibility by using gentle, flowing sequences. We will end with stretching postures and relaxation exercises to reduce tension and calm our minds. Participants should be able to get up and down from the floor with ease throughout the class.

Mon, Jan 8–Mar 26, 6:45–7:45 PM, \$67.50 (9 weeks),  
no class 1/15, 2/19  
Wed, Jan 3–Mar 21, 4:00–5:00 PM, \$90 (12 weeks)  
195 McGregor St., Lower Level, Suite LL22  
Registration required, call 603.626.2626

### A Strong Core and More

Maintaining core muscle strength helps to stabilize, protect, and move the spine.

This class will focus on improving overall body strength with a strong focus on the core, including abdominal and back muscles.

Tue, Jan 2–Mar 20, 5:30–6:30 PM or  
Thu, Jan 4–Mar 22, 3:45–4:45 PM  
195 McGregor St., Lower Level, Suite LL22  
\$90 (12 weeks), registration required, call 603.626.2626



# Health & Wellness

## **The Wellness Center**

Whether you are a healthy individual interested in exercise or wanting to control your risk factors, The Wellness Center has something for you. The Center offers a variety of programs to help you achieve your goals including classes that are medically supervised by healthcare professionals. Our staff, through their expertise and support, can help you play a major role in your own health and wellness!

Come by for a tour, Mon, Wed or Fri

8:30 AM–12 PM or 3:30–5:30 PM

195 McGregor St., Lower Level, Suite LL23

Fee varies. For more information, call 603.663.8000

## **Nutrition and Weight Loss**

### **Nutrition Solutions**

The Outpatient Nutrition Center can help you cope with a multitude of health issues as it relates to nutritional needs within the scope of one's lifestyle, financial situation,



cooking abilities, etc. Our services include but are not limited to: general nutrition, weight management, cholesterol and hypertension management, pre-diabetes and gastro-intestinal health. We provide recommendations for cancer prevention, nutrition guidance during and after a cancer diagnosis, COPD, dysphagia (swallowing difficulty), kidney disease, wound healing, nutrition in pregnancy, and more.

195 McGregor Street, Suite 312

To schedule an appointment or obtain a physician referral, call 603.663.8739

### **Surgical Weight Loss Options at the New England Weight Management Institute**

If you've had difficulty achieving your weight loss goals, weight loss surgery at our Bariatric Surgical Center of Excellence may be right for you. Our experienced surgical team has performed more than 2,300 bariatric surgeries including gastric bypass, gastric sleeve and adjustable gastric banding.

Free informational session.

Wed, Oct 4, Nov 1 or Tue, Dec 5

Roy Auditorium Level C, CMC

Registration required, call 603.663.7377

### **OPTIFAST®–CMC's Medically Supervised Rapid Weight Loss Program**

Achieve rapid weight loss with OPTIFAST®'s comprehensive, medically supervised, low calorie fasting program. On average participants lose 50 pounds in 12 to 22 weeks. Weekly support group and medical clinic occurs every Tuesday from 4:30–6:30 PM. For those that may need alternate scheduling, daytime appointments can be arranged. Fee varies per individual. Medical monitoring is required. See below for FREE info session schedule. Call 603.663.6297 for more information.

### **"Opti-Mistic" Lifestyle–OPTIFAST® Partial Fast Program**

This flexible program involves a combination of OPTIFAST® Meal Replacement products and self-prepared meals and snacks. Learn and implement proper meal structure from day 1. Get consistent results with easy to follow meal plans. Pay only for the cost of food\*. FREE optional monthly support group offered.

See below for FREE info session schedule. For more information, call 603.663.6297.

\*Cost is based on BMI & number of products required per week, call to get your personal quote.



### **FREE OPTIFAST® Information Sessions**

Learn about both the OPTIFAST® low calorie Full Fast plan for rapid weight loss and the "Opti-Mistic" Lifestyle Partial Fasting plan. Bring your questions, sample OPTIFAST® products, and complete the first step to getting started on either plan. Registration not required.

Wed, Oct 4, 18; Wed, Nov 1, 15 or Wed, Dec 6, 20

5:30–6:30 PM

New England Weight Management Institute, 769 South Main St., 3rd Flr., Manchester NH

## Parish Nurse Program

**CMC Parish Nurse Programs are closed if schools are closed due to weather conditions.**

The CMC Parish Nurse Program is present in 19 local faith communities in the Greater Manchester Area, providing spiritual, physical, psychological and social care to their members and neighbors of varied ethnic and religious affiliations. Parish Nurses provide a variety of health screenings, wellness education programs and patient advocacy. Find our monthly calendar on the CMC website.

Please find our services at the following locations:

Parish of Transfiguration (CMC Parish Nurse Main Office, 603.663.8004)

Mon, 9 AM–1 PM, Tue–Thu, 9 AM–3 PM, Closed Fri

Bedford Presbyterian Church, 3<sup>rd</sup> Mon, 5:30–7:30 PM

Brookside Congregational Church, Thu, 10–11:30 AM

Congregational Church, Goffstown, Wed, 10 AM–12 PM

Divine Mercy, Peterborough, 5–6 PM during community supper

First United Methodist Church, Tue, 8:30–10:30 AM

Litchfield Community Church, 2<sup>nd</sup> Wed, 10–12 PM & 2<sup>nd</sup> Sat 8:30–11:30 AM

Sacred Heart Church, call for more information.

St. Andrew's Episcopal Church, 1<sup>st</sup> and 3<sup>rd</sup> Tue, 8–9 AM

St. Anne- St. Augustine Parish, 2<sup>nd</sup> or 3<sup>rd</sup> Tue, 10:30–11:30 AM

St. Anthony Church, Thu, 9–11 AM

St. Catherine of Sienna, Wed, 11 AM–12 PM

St. Elizabeth Seton, Bedford, 1<sup>st</sup> and 3<sup>rd</sup> Tue, 8:30–10:30 AM

St. John the Baptist, Suncook, Mon, 9–11 AM

St. Joseph Cathedral, 1<sup>st</sup> Tue, Senior Group, 10–11:30 AM

St. Lawrence, Goffstown, 1<sup>st</sup> & 3<sup>rd</sup> Thu of the month, 9–11 AM

St. Matthew's Episcopal Church, Goffstown, Wed, 10 AM–12 PM

St. Pius X Church, Fri, 8:30–11 AM

St. Philip Greek Orthodox Church, Nashua, Wed, 10 AM–12 PM;  
last Sun, 11:30 AM–1 PM

St. Raphael's, Tue, 12:30–1:30 PM & Burns High Rise, 1:30–2:30 PM

Immaculate Conception Parish, Nashua, Sun, Oct 8, Nov 5, Dec 10,  
8–11 AM

## Historical Church Tour

The Historical Church Tour will begin at the Parish of Transfiguration, 9:15 AM; St Phillips Greek Orthodox Church, 500 West Hollis Street, Nashua, 10 AM; Immaculate Conception Church, 216 East Dunstable Road, Nashua, 11 AM. Bring your own brown bag lunch. Please bring a canned good to support our community pantries.

Tue, Oct 24, 2017

FREE, Registration required, for more information call 603.663.8004

## Flu Shots

CMC's Parish Nurse Program, in partnership with Walgreens pharmacists, is proud to offer free flu shots for the under/uninsured. Walk-in convenience with no appointment needed at the following locations:

St. Joseph Cathedral, Sun, Oct 1, 9:30–11:30 AM

First United Methodist Church, Tues, Oct 3, 10, 17, 24 or 31,  
8:30–10 AM

St. Elizabeth Seton, Tue, Oct 3, 9–10:30 AM

St. Andrew's Episcopal Church, Tue, Oct 3, 8–9 AM

Blessed Sacrament, Wed, Nov 1 or 8, 1–2:30 PM

St. Anne – St. Augustine Parish, Sun, Nov 5, 11 AM–2:30 PM

## 1:1 Medication Review

Bring your medications in a Brown Bag for your 1:1 FREE 30 minute session with a Pharmacist and Pharmacy Students of MCPHS University.

Wed, Oct 18, 11 AM–1 PM

Litchfield Community Church, 259  
Charles Bancroft Highway, Litchfield

FREE



## Balance Screening

CMC Physical Therapist will meet 1:1 to assess balance issues.

Wed, Nov 15, 11 AM–1 PM

Litchfield Community Church, 259 Charles Bancroft Highway,  
Litchfield

FREE

# Health & Wellness

## ***Grief & Loss Support Group***

The Grief & Loss Support Group provides a monthly opportunity for anyone who has experienced the death of a loved one to engage in mutual support in a confidential group setting. The group is open-enrollment and people can attend whenever they wish. Participants need not be members of Immaculate Conception Church. The group is facilitated by a Licensed Mental Health Counselor and will include educational, support, and spiritual components.

Tue, Oct 17, Sat, Nov 4 and Dec 2, 10 AM–12 PM  
Immaculate Conception, 216 East Dunstable Road, Nashua  
FREE

## ***Adult Grief Workshop***

Sat, Oct 7, 8 AM–1 PM  
Immaculate Conception, 216 East Dunstable Road, Nashua  
FREE, for more information call 603.888.0321



## ***Alzheimer's Support Group***

Alzheimer support group for patients and caregivers.  
4<sup>th</sup> Wed, 10:30–11:30 AM  
Parish of Transfiguration  
FREE

## ***S.H.I.N.E.***

This supportive service for older adults provides a weekly experience of social interaction, information sharing, and health guidance.

Wed, 10:30–11:45 AM  
St. Matthew's Episcopal Church, Goffstown  
FREE

## ***Prayer Shawl Program***

Parish of Transfiguration, 1<sup>st</sup> Wed, 10:30 AM–12 PM  
St. Joseph Cathedral Rectory, 2<sup>nd</sup> Tue, 1–2 PM  
St. Pius X, 1<sup>st</sup> Fri, 9 AM

St. Elizabeth Seton, 1<sup>st</sup> Mon, 6–7:30 PM  
St. Lawrence, 3<sup>rd</sup> Thu, 10 AM  
FREE

## ***Chair Exercises***

Wed, 10 AM, Congregational Church, Goffstown  
Tue, 9:00 AM, St. Elizabeth Seton, Bedford, NH  
Thu, 9:30 AM, Parish of the Transfiguration  
FREE

## ***Indoor Walking, 1-2 miles***

Tue, 9:30 AM  
Parish of Transfiguration  
FREE

For more information about any of the Parish Nurse Programs, please call 603.663.8004

## **BeWell Cancer Survivorship Program**

***Caring for You During Your Cancer Journey-Body, Mind and Spirit***

At CMC, we understand that a cancer diagnosis and treatment for you or a loved one can be a challenging time. In an effort to support you and your family, we offer a quarterly educational and supportive eNewsletter. To receive a copy, e-mail us at [bewellsurvivorship@cmc-nh.org](mailto:bewellsurvivorship@cmc-nh.org)

## ***Free Wig Bank***

For cancer patients coping with hair loss from cancer treatment (all wigs are new and have been donated by the American Cancer Society).

Norris Cotton Cancer Center  
FREE, appointment required, call 603.629.1828

## ***Look Good, Feel Better***

This program focuses on teaching women how to cope with skin changes and hair loss





# Caring for you.

With heart.

during cancer treatment using cosmetic and skin care products donated by the cosmetic industry.  
Last Tuesday of the month, 6–8 PM  
FREE, for more information, contact the Norris Cotton Cancer Center at 603.629.1828

## **Living with Cancer Support Group**

This support group provides education and support for patients who are undergoing treatment for cancer or their loved ones and caregivers.  
Second Wednesday of the month, 3–4 PM  
FREE, registration required, call 603.629.8683

## **Oncology Exercise Program**

This program is for patients who are undergoing cancer treatment or are in the recovery phase following treatment. Our staff will develop a personal exercise program for you to maintain your strength through and beyond your journey with cancer.  
Mon, Wed, Fri, ongoing, various class times  
The Wellness Center, 195 McGregor St., Lower Level, Suite LL23  
FREE 90 day membership, registration required, call 603.663.8000

## **YogaCaps**

A gentle, therapeutic, seated yoga class for individuals and their caregivers who have had or have cancer. No previous yoga experience needed.  
Thursdays, 6:30–8 PM  
The Wellness Center, 195 McGregor St., Lower Level, Suite LL23  
FREE, registration required, call 603.674.3770

## **Lymphedema Support Group**

This class aims to empower, inspire and assist in the needs of patients, caregivers and health care providers faced with all forms of lymphatic issues.  
Tue, Dec 5, 5:30–6:30 PM  
Breast Care Center, 9 Washington Place, Suite 203, Bedford  
For more information or to schedule an appointment, call Becky at 603.641.6700

To learn more about the BeWell Cancer Survivorship Program and to see a complete listing of our services and classes go to [CatholicMedicalCenter.org/BeWell](http://CatholicMedicalCenter.org/BeWell) or call 603.663.6535.

## **Screenings**

### **Functional Movement Screening**

CMC is now offering a screening and consultation with specially trained physical therapists using the Functional Movement Screening. This 30 minute screening will utilize 7 movement tests to assess mobility and stability, along with observation of muscle imbalances. Also included will be a review of the findings, and individualized corrective exercises to assist in restoring maximal function.  
\$25. For more information or to schedule an appointment, call 603.641.6700



## **Patient Assistance Services**

### **Breast and Cervical Cancer Screening**

Free breast and cervical cancer screenings for women who meet certain requirements.  
Breast Care Center, CMC  
Registration required. To see if you qualify for a free cancer screening and to register for an appointment, call 603.626.2626



CATHOLIC MEDICAL CENTER

a member of GraniteOne Health

# Health & Wellness

## **Medication Assistance Program**

The Medication Assistance Program helps uninsured and underinsured patients obtain long term prescription medication from major pharmaceutical companies.

CMC staff assists patients in determining eligibility and completing the necessary paperwork.

Patient eligibility criteria in general includes: US residency, limited household income and must not be eligible for any other type of prescription coverage including Medicaid, VA and private insurance.

For an appointment, call 603.663.8752

## **Pregnancy, Birth and Beyond**

The Mom's Place childbirth and parenting programs are offered by nurses specially trained to work with families on their birth and parenting journey. Join us to learn, grow and connect with others. For more information on any of our classes or services please call 603.626.2626 or email Farrah at Farrah.Deselle@cmc-nh.org.

### **Welcome Visits at the Mom's Place**



Do you want to learn more about having your baby at CMC and what to expect during your stay? Are you unsure where to go for your prenatal care? Expectant moms and their partners or support persons are encouraged to join us, ask questions, meet staff, explore our birthing suites and learn the essentials about your stay. We look forward to welcoming you!

FREE, registration required, call 603.626.2626

### **Preparation for Breastfeeding**

Prepare for your breastfeeding experience at our officially designated Baby-Friendly™ hospital. Learn basics for getting started, to meet both the infant's and mother's needs.

Tue, Oct 3, Wed, Nov 1 or Tue, Dec 5, 6:30–8:30 PM

Level E, CMC

FREE, registration required, call 603.626.2626

## **Cesarean Birth Awareness**

This program is designed for couples looking to deepen their knowledge about cesarean birth. Discussion will include practical strategies that may help prevent the need for a cesarean birth. We also discuss preparation for a cesarean birth should it become necessary, expectations, risks, common fears, and how you can actively participate in the process of birth. Postpartum expectations and recovery are included. Parents are encouraged to bring questions and concerns and are given the opportunity to develop decision making tools.

Call for dates.

Level E, CMC

\$40, registration required, call 603.626.2626

### **Preparation for Birth**

In this series, parents-to-be prepare their body, mind, heart and changing relationship for labor, birth and early postpartum. This class helps parents learn practical information about labor and birth and fosters awareness, flexibility, determination and resourcefulness. It builds coping practices and facilitates a deeper connection between the birthing mom and her partner or support person. This class offers you what you can't get from a book or online. Refreshments are provided and a tour of The Mom's Place and birth suites is included.

Sat & Sun, Oct 14 & 15, Nov 4 & 5 or Dec 9 & 10

9 AM–2:30 PM (2 sessions)

Wed Oct 4–25 or Tue, Nov 7–28

6–8:30 PM (4 sessions)

Level E, CMC

\$130, registration required, call 603.626.2626

### **Birthing Again**

This class offers parents the opportunity to give special attention to a pregnancy and birth following other births. Topics include preparing yourself, relationships and siblings for the new baby and changes to come as well as pain coping practices and partner support. Time is provided for processing past birth experiences and their impact on the upcoming birth.

Call for dates.

Level E, CMC

\$40, registration required, call 603.626.2626

# Caring for you.

With heart.

## ***CPR and Safety Class for Caregivers of Infants and Children***

Learn how to prepare and care for infants and children in emergencies including life threatening situations. Learn about injury prevention, basic life-saving skills, and CPR with a Special Care Nursery registered nurse in a comfortable, relaxed environment. This program is appropriate for expectant parents or parents and caregivers of infants and children up to the age of 8. This is a non-certification class.

Sat, Oct 21, 9:30 AM–12:30 PM

\$20 per person, registration required, call 603.626.2626

## ***Parenting Your Newborn***

This program helps prepare parents-to-be and new parents for the physical and emotional needs of their baby and their own experience as parents. Topics include normal newborn appearance and behavior, crying and soothing, sleep, feeding, recognizing illness, common concerns and building coping practices. This class offers you an opportunity to explore the expected joys and challenges of parenting, to have open, lively discussions about today's parenting topics and build confidence in parenting your newborn.

Thu, Oct 26, Nov 15 or Dec 14, 6–8:30 PM

Level E, CMC

Couples fee: \$40 or \$20 if taken in addition to Preparation for Birth Series.

Registration required, call 603.626.2626

## ***Prenatal Yoga***

Join other expecting moms and enjoy the wonderful benefits of yoga during this very special time! This gentle class helps ease the stresses and discomforts of the changing pregnant body while also teaching to quiet your mind and connect with your baby. Prenatal yoga helps keep your core toned, encourages correct posture and balance, releases tension and enhances circulation.

What to bring/wear: yoga mat, water, comfortable clothing. All stages of pregnancy welcome. No prior yoga experience needed.

Mon, 6:15–7:15 PM

Level E, CMC

\$50 for 6 week session or drop in \$10 per class, ongoing.

Registration required, call 626.2626

## ***Becoming A Big Sister Or Big Brother***

This class prepares children, ages 2 to 6 to become new big siblings. They will receive a warm welcome to The Mom's Place including a tour especially for them. Siblings-to-be will learn what to expect at the



hospital and at home, make a hand print and take home a keepsake certificate. Children are welcome to bring a doll or stuffed animal to join them.

Sat, Oct 21, Sat, Nov 18 or Sat, Dec 16, 2:30–3:30 PM

Level E, CMC

Family fee: \$10. Registration required, call 603.626.2626

## ***Lactation Services***

Officially designated Baby-Friendly™ hospital, CMC offers one-on-one education and encouragement for new moms before the birth, during the hospital stay and after going home.

FREE. Lactation Line is 603.663.6686. For after hours or weekends, call the Mom's Place at 603.663.6667

## ***A Mother's Journey: A Group for Growing Moms and Babies***

This weekly program provides support for new moms as they begin or continue on their parenting journey. Each week focuses on a different topic that is important to moms in our community and culture, including postpartum emotions. Join us to talk, listen and be in a nurturing environment. Light refreshments will be served. Infants up to crawling are encouraged to join their moms.

Special Care Nursery Classroom, Level E.

Mondays, 1–2:30 PM

FREE, registration required, call 603.626.2626



CATHOLIC MEDICAL CENTER

a member of GraniteOne Health

# Women's Health Forum 2017

**Saturday, October 21**

**8:45 AM–3:15 PM**

**Puritan Conference Center**

Designed for women by women of all ages. Join us for a rejuvenating, fun and informative day! The Women's Health Forum is a joint effort by Catholic Medical Center and Dartmouth-Hitchcock Manchester.



**\$59\* registration fee includes continental breakfast and lunch. Please register early, space is limited.**

**To register or for more info, please call 603.626.2626.**

\*Cancellation Refund Policy: 2 weeks prior to event.

Presented by:



The Women's Health Forum is a joint effort by Catholic Medical Center and Dartmouth-Hitchcock Manchester.



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## TAKING CARE OF **NUMBER ONE!**

### Begin With Yes

**Paul Boynton, President & CEO**

Learn to be positive and optimistic while grounded in reality. Find out what happens when "The Law of Attraction" meets the "The Law of Action."

### Maintaining the Flow

**Patricia Furey, MD, FACS**

Vascular disease does not happen overnight. Learn why good blood flow is an important part of your body's overall function and health.

### Evolution of the American Diet

**Laura Wolfer-Dunwoody, BA, MS, MA,  
Certified Health Coach**

Learn about the major historical events that shaped today's Western diet, and how to make it healthy again!

### Coping with the Ups & Downs

**Claire Fisher, CNM, APRN**

From PMS to perimenopause and menopause, fluctuating hormones can greatly affect our moods. Learn how to navigate this process.

### Plus Lunch, Exhibits, Door Prizes and More!

Catholic Medical Center is an approved provider of continuing nursing education by the Northeast Multi State Division, an accredited approver by the American Nurses Association Credentialing Center's Commission on Accreditation. Four (4) contact hours will be awarded for this program.

Sponsored by:



## your thoughts

We welcome your comments and encourage your ideas about future stories in *Healthy Living News*. Please contact us at [CatholicMedicalCenter.org](http://CatholicMedicalCenter.org) or e-mail [info@cmc-nh.org](mailto:info@cmc-nh.org).



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