

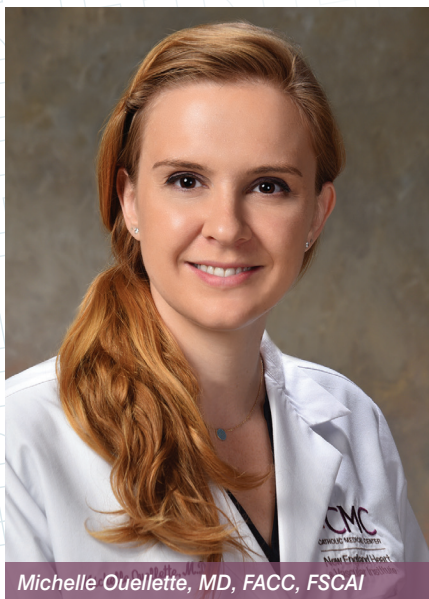


Women with Heart

CMC launching new women's heart health program

The statistic is striking and frequently repeated. Heart disease and stroke kill nearly one in three American women. Perhaps just as notable, yet less known, is the American Heart Association estimate that “80 percent of cardiac and stroke events may be prevented with education and action.”

“Women have unique cardiovascular risks and symptoms, yet many do not understand what those are,” says



Michelle Ouellette, MD, FACC, FSCAI



Interventional Cardiologist Michelle Ouellette, MD, FACC, FSCAI.

Dr. Ouellette is one of several providers at CMC's New England Heart & Vascular Institute launching a new program with providers who are focused on women's unique cardiovascular health issues.

Women—even otherwise healthy women—are susceptible to conditions like spontaneous coronary artery dissection (SCAD) and fibromuscular dysplasia. Several factors, like genetic history, onset of menopause, pregnancy complications, diabetes, kidney disease, smoking, and poorly-managed stress can all exacerbate a woman's cardiovascular risk.

“Our team is taking a dual approach for women who already have or are at high-risk for disease. We are treating

their condition if they have one but we are also working with them on prevention, education and lifestyle changes,” says Dr. Ouellette.

Women also may not experience cardiac events in the same way that men do.

continued on page 4

NEWMI is growing to help you lose this year!

Turn to page 4 for more about our expanded medical weight loss program.

Medical News

Service Spotlight: NEHVI's Carmen Petrin

What can one do in a 50-year career? If you're Carmen Petrin, APRN, MS, you can make a difference in many people's lives. Carmen is a nurse practitioner at CMC's New England Heart & Vascular Institute (NEHVI). She recently was recognized for 50 years of service to CMC. Last year, she was honored with an Excellence in Nursing award from New Hampshire Magazine.

"Realizing that my peers value my contributions to nursing means so much to me. I've been so fortunate throughout my life, supported by my family and colleagues, which has allowed me to work hard doing what I love and achieve my goals," says Petrin.

Carmen began her nursing career at a time when the art and practice of nursing looked very different from what it is today.



CARMEN PETRIN, APRN, MS and CMC President & CEO Dr. Joseph Pepe at the 2018 CMC Employee Service Awards

"We did not do office visits. Technology was less complicated. We hand-wrote orders and progress notes," she remembers, "But NEHVI was always visionary and forward thinking, practicing state-of-the-art cardiology."

She taught nursing students and continued to hone her own skills, becoming a critical nurse and an

advanced cardiac life support (ACLS) instructor with the American Heart Association in 1982.

When CMC began its cardiothoracic surgical program in 1986—the predecessor to the New England Heart & Vascular Institute—Carmen was there. Always learning, always growing, she became a nurse practitioner in 2005.

As an APRN, Carmen is the primary cardiology provider for many patients at NEHVI. Even after 50 years, she thrives off of her work, telling New Hampshire Magazine, "I am inspired by patients and families who tell me that I made a difference and had a positive impact on the quality of their lives."

Thank you, Carmen, for your dedication! 🇺🇸

Surviving SCAD: Sudden Coronary Artery Dissection

Paula Cavallo was a busy woman with many titles—daughter, mother, grandmother, and wife. She'd had symptoms similar to gastroesophageal intestinal reflux disease (GERD) over the years and didn't think much about it when they crept up again in October, 2017.

"Except," she remembers, "I also had an achy jaw that lasted for over an hour. My arms and wrists felt bad and I couldn't snap out of it."

The symptoms returned the next night. On night three she went to CMC.

"I walked in with chest pain, they took me to the cath lab and I connected with Dr.

(Michelle) Ouellette that night. I believe, truly, that's why my life was saved."

Dr. Ouellette, an interventional cardiologist with CMC's New England Heart & Vascular Institute, noticed a tear in Paula's artery—a sudden coronary artery dissection, or SCAD. Fortunately for Paula, Dr. Ouellette specializes in SCAD.

"A SCAD heart attack defies what we typically assume about a heart attack. It happens mostly to women who are often younger and otherwise healthy," says Dr. Ouellette. "Women who have a SCAD don't necessarily have clogged

continued on page 5



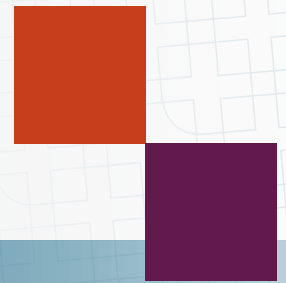
Paula Cavallo

Join us for a discussion on the latest research on SCAD, cardiomyopathy, angina, A-Fib and heart attacks in women at:

Women and Heart Disease: What's the Latest?

Wed, Feb 20, 6-7:15 PM
195 McGregor Street, Lower Level, Suite LL22
FREE, registration required, call 603.626.2626
Learn more on page 9

Where **heart** meets health.



Catholic Medical Center First in New England With New PAD Treatment

Surgeons at Catholic Medical Center (CMC) are again leading the way with a new approach to treating peripheral artery disease (PAD).

PAD affects as many as 18-million Americans, but is believed to be widely under-diagnosed. It's caused by plaque buildup in the arteries, which reduces blood flow and causes pain, mobility problems, and wounds that don't heal. PAD most frequently occurs in the arteries in the leg.

An atherectomy scrapes away that plaque and prepares the artery for a balloon angioplasty or stent to help restore blood flow. These procedures involve inserting surgical tools through a catheter typically placed in the femoral artery, located in the groin. With new technology, surgeons can now access the diseased artery by going through the wrist instead.

It's a more comfortable, less invasive method that presents

continued on page 6



How the Concept of Hygge Can Get You Through a New England Winter

Have you ever enjoyed the feeling of reading a good book on a rainy day?

How about the feeling of drinking a warm cup of coffee in your most comfortable clothes while the snow fell?

This is hygge (pronounced hoo-gah). Chances are you've experienced it without even knowing it. Hygge is a Danish word and concept that embraces the cozy and simple moments in life.

Denmark is constantly ranked at the top of the list of the world's happiest countries, despite their infamously brutal and dark winters. Could hygge be the key to making the most of our New England winters?

According to Meik Wiking, the CEO of the Happiness Research Institute in Copenhagen, Hygge is a "defining feature of our cultural identity." 🇩🇰

Here are some easy ways to incorporate more hygge into your life this winter:

- Spend quality time with friends and family without distraction
- Dim the lights and practice safe candle use
- Pick up a book
- Go for a walk
- Attend the Soup's On! Class (turn to page 10) and learn how to make healthy, nutritious soups to keep you warm this season



Medical News

NEWMI Expands Medical Weight Loss Program

CMC's New England Weight Management Institute (NEWMI) is excited to welcome Melissa Scull, MD to the comprehensive medical weight loss team.

What is medical weight loss?

Medical weight loss includes all available non-surgical treatments. NEWMI's medical weight loss program strives to apply the most up-to-date research to help patients achieve a healthier weight. NEWMI's comprehensive program includes nutritional, exercise, and behavioral counseling, support groups, and meal replacement programs. For some patients treatment may include medications that can help with weight loss or, if possible, adjusting current medications that can contribute to weight gain. We also screen for medical conditions that can contribute to weight gain and address these conditions when needed.

What causes obesity?

One of the biggest misconceptions about obesity is that it is caused by a lack of willpower. Research is proving that obesity is a complex health condition, caused by a variety of factors including genetics, hormones, environment, medications

and neurology. Obesity commonly relapses, which, for many people, can lead to feelings of frustration or helplessness. Currently, there are multiple effective treatments for obesity and more are in development. As obesity medicine specialists, our goal is to help our patients understand the disease of obesity in a way that gives them confidence to take an active and informed role in their treatment.

Who is a candidate for the medical weight loss program at NEWMI?

We provide medical weight loss treatment to any patient who is struggling with weight management. Body mass index (BMI) is a ratio of height to weight that we use to define obesity. Patients with a BMI of 25-29 are considered overweight, while patients with a BMI of 30-34 are considered obese. Patients with a BMI over 35 may also benefit from both medical and/or surgical weight management. Additionally, we welcome patients who have previously had weight loss surgery and are struggling with weight regain.

How do I learn more?

To learn more about NEWMI's Medical Weight Loss Program please call the office at 603.663.7377. We look forward to meeting you! 🇺🇸



Melissa Scull, MD.

Dr. Scull is board certified in internal medicine and obesity medicine. She joins Reiko Johnson, MD; Alison Olsen, PA; and Jessica Pollack, APRN, on the medical weight loss team.

Women with heart, continued from cover

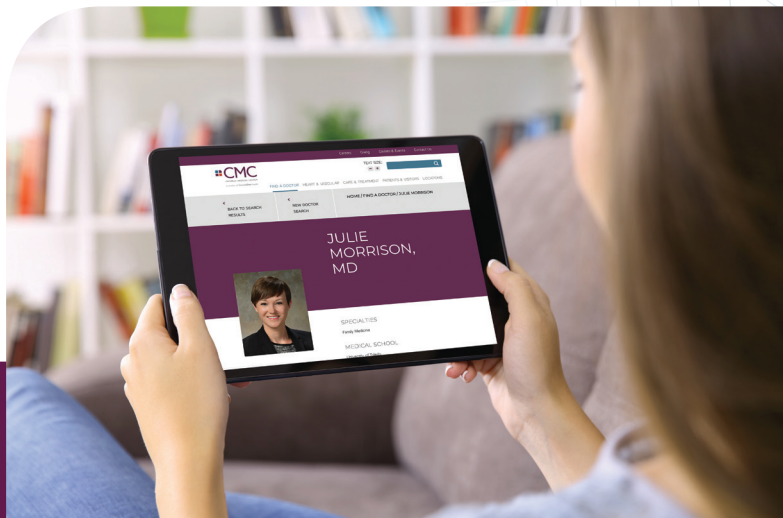
"They often have flu like symptoms and nausea instead of crushing chest pain. They'll go to bed not realizing they're having a heart attack," says Dr. Ouellette. "So we want to make women aware of their unique symptoms and empower them to get checked out if something really doesn't feel right."

Joining Dr. Ouellette in this new program are Besiana Liti, DO; Sylvia Yang, MD; Jonathan Eddinger, MD; Kristine Ziembra, MSN, FNP-BC, CLS, AACC; and Adrienne Capen, PA-C, MS. More resources and educational tools on women's heart health and risk factors are available through the American Heart Association at goredforwomen.org. 🇺🇸

Where **heart** meets health.

WELCOMING...

We're excited to add these talented providers to the CMC family! To learn more about each provider, please visit CatholicMedicalCenter.org and use the **Find A Doctor** tab!



Comprehensive Neurological Care

Paul Barlow, PA-C

Critical Care

Samuel Kippenberger, PA-C, MPAS

New England Heart & Vascular Institute

Rebecca Morley, AGACNP, CCRN-CMC

Perfusion

Vianna Dornhecker, CCP

Primary Care

Marcy Keddy Boucher, MD
Willowbend Family Practice

Hannah Boutselis, APRN
Amoskeag Family Practice

Peter Cook, MD
Highlander Way Internal Medicine

Sara Kazanowski, APRN
Willowbend Family Practice

Julie Morrison, MD
Willowbend Family Practice

Melba Gussy Quitayen, PA-C
Queen City Medical Associates

Shari Sarris, APRN, CD
Queen City Medical Associates

The Surgical Care Group

Leah Blais, APRN

Teresa Cataldo, APRN

Wound Center

Cynthia Kolenda, APRN, NP-C

SCAD, continued from page 2

arteries or other signs of heart disease.”

Paula was 64 when her most recent SCAD heart attack happened, but it likely wasn't her first event. A very similar episode happened to her twenty years earlier, “but they didn't really know what SCAD was

back then,” she says.

Paula's SCAD has healed with medication. She has regular follow up with Dr. Ouellette, is active in SCAD support groups and looks forward to many milestones with her new title—survivor.

“My youngest son is getting married.

My tenth grandchild and third great grandchild are on the way. There are so many spiritual things happening to me and I feel like my mission isn't done. If Dr. Ouellette hadn't been there, having that knowledge and finding my SCAD, I don't know if I would have survived.”

Medical News


PAD Treatment, continued from page 3

fewer potential complications and allows for a quicker recovery time.

Doctors at CMC's state of the art practice, Vein & Vascular Specialists, performed the first surgery of this kind in New England.

If left untreated, PAD, or hardening of the arteries, can lead to serious problems like

organ damage or failure. Early diagnosis and treatment are important to restoring vascular health and avoiding those complications.

"Patients must also be committed to lifestyle changes, like eating healthy, exercising, and quitting tobacco, if they want to realize long term vascular health," says Dr. Furey, a vascular surgeon with the New England Heart & Vascular Institute. 




Peter Cook, MD
Highlander Way Internal Medicine

Doctor's Orders: Winter Safety Tips

The winter season is a time filled with celebrations and our favorite outdoor activities that make New Hampshire a fun place to live. But with all the excitement, let's remember to keep it safe this winter so that we can enjoy these snowy months to their fullest. Dr. Peter Cook at CMC's Highlander Way Internal Medicine offers his top 5 winter safety tips:

- 1. Take it slow.** When walking on ground that is slippery from ice or snow, take short, shuffling steps and wear shoes with good traction. Keep your hands free to help you balance and prevent falls.
- 2. Check carbon monoxide detectors.** There is an increased risk of carbon monoxide exposure with gas/oil powered devices such as generators, certain space heaters, etc. Make sure there is adequate ventilation and all carbon monoxide detectors are working.
- 3. Get moving.** In the winter months there is a slight risk of weight gain from lack of exercise and overeating around the holidays. Stick with your gym routine, bundle up to get in a walk outside, and eat a well balanced diet.
- 4. Sunny supplementation.** Consider taking a Vitamin D supplement to counter the lack of sun exposure in winter months. When you can, take a break and breathe in the fresh winter air outside.
- 5. Treat SAD.** Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons. Consider the use of a special light box. Light therapy mimics natural outdoor light and appears to cause a change in brain chemicals linked to mood.

Did you know? Your primary care provider doesn't want to only see you when you're sick. They are the best source of information for health, wellness, and preventative care, including, heart health. Use our online tool, or call our Primary Care Access Line at 603.314.4750, to find your partner in health. 

Philanthropy

Generous Donors Contribute \$540,000+ for Women's Health Care

Annual Gala brings in more than \$210,000

CMC celebrated the generosity of individual and corporate donors for raising more than \$540,000 for women's health care in New Hampshire in 2018. CMC's signature fundraiser—its annual Gala Event to benefit Maternal Health and Infant Services—contributed more than \$210,000 to that impressive total.

"Thanks to our dedicated supporters, CMC has been expanding access to women's healthcare services throughout New Hampshire," said Executive Vice President & Chief Operating Officer Alex Walker. "These include programs in cardiology, breast and cervical cancer screenings, maternal and prenatal care, and addiction recovery support for pregnant women."

The Gala, held in October, supports CMC's nationally-

recognized maternal health programs: The Mom's Place, Special Care Nursery, Pregnancy Care Center, and Roots for Recovery. The money raised helps fund equipment for infant and maternal care, as well as family education and support.

This year's Gala recognized Manchester attorney and longtime friend of CMC, Eleanor Wm. Dahar, Esq., with the Charles F. Whittemore Award. CMC President & CEO Joseph Pepe, MD, presented Ms. Dahar the award in recognition of her outstanding philanthropic spirit and actions demonstrated toward Catholic Medical Center. "I believe that Eleanor relates so easily to CMC because she shares our institutional core values of compassion, human dignity and respect," said Dr. Pepe. 🇺🇸



Enjoying the Gala, l to r: Louis Fink, MD, FACC, Executive Medical Director, New England Heart & Vascular Institute; William Goodman, MD, MPH, Chief Medical Officer & VP of Medical Affairs; Robert Capodilupo, MD, FACC, Director, Cardiomyopathy Program, Non-Invasive Cardiology; Jeffrey Bleakley, MD, FACC, Cardiology.



CMC President and CEO, Joseph Pepe, MD and Rev. Gayle Whittemore present the Charles F. Whittemore Award to Eleanor Wm. Dahar, Esq. at the CMC Gala on October 19, 2018.



Please consider making a charitable gift to CMC by visiting CatholicMedicalCenter.org or by calling 603.665.2569. Your gift will help to provide Health, Healing and Hope to thousands of people in our local community.

Thanks for your consideration!



Robert Catania, MD, FACS, FASMBS, Director of Metabolic and Bariatric Surgery; Jennifer Torosian, MSN, RN, Associate Chief Nursing Officer; and Kathleen Catania enjoyed sparklers outside at the Manchester Country Club prior to a spectacular fireworks display provided by Entertainment Sponsor, EVR Advertising.

Philanthropy

Employees and Volunteers Raise \$146,000 to Help CMC Patients and the Community

When you call CMC, you may get Dolly Lemay on the end of the line. As operator and receptionist, she helps people connect with the right person or department. She works hard to do her job well, and she also serves on the Gift of Heart committee and donates to CMC through payroll deductions. Asked why she chooses to give back to CMC, Dolly explains, "CMC has a special place in my heart. We make a difference in people's lives. We provide quality care. Our work culture and principles match my personal beliefs—and the employees are fantastic!"

Judging from the success of this year's Gift of Heart giving campaign, many staff and volunteers share Dolly's

enthusiasm, raising \$146,000 to support the community. Donors could designate their donations to addiction support services, BeWell Cancer Survivorship Program, CMC Preventative Food Pantry, Health Care for the Homeless, veteran support services, Poisson Dental Facility, Pregnancy Care Center and/or the General Fund, which supports capital projects, equipment upgrades and Caring for Coworkers. They could also support patients' unmet needs through the Hope and Healing Fund or designate their donations to Granite United Way, or any other nonprofit organization.

"Our annual Gift of Heart campaign is a wonderful way for our employees and volunteers to give back to the

community. We are proud of our role as a healthcare leader and are pleased so many of our employees and volunteers share our commitment to our patients, our community and each other," said Jennifer Higgins Pitre, Vice President of Philanthropy. 



Save the Dates

■ Fun ways to support CMC's Breast Care Center

- **Southern New Hampshire University Women's and Men's Basketball games, Saturday, February 9, SNHU. Doors open at 12:30 PM**
- **Pink in the Rink, Saturday, February 9, Manchester Monarchs vs. Cincinnati Cyclones at SNHU Arena, Manchester, 6 PM**

- **CMC Donor Reception, Thursday, April 11 at the Manchester Country Club. People who donated \$100 or more in 2018, and corporate and foundation donors whose 2018 giving is \$5,000 or more will be mailed invitations**
- **Wine and Beer Tasting Event presented by Citizen's Bank, to benefit CMC Poisson Dental Facility, Thursday, May 23, at the Bedford Village Inn. For tickets or sponsorship information, contact Keri.Degen@cmc-nh.org**
- **16th Annual CMC Golf Classic, to benefit the New England Heart & Vascular Institute, Wednesday, June 5, at Passaconaway Country Club. For information, contact Brenda.Cannon@cmc-nh.org**

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, Jan 14 or Mon, Mar 11

195 McGregor St, Lower Level, Suite LL22

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

Registration required, call 603.626.2626



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, Jan 8 - Feb 19, 6-7:30 PM

G5, Level G, CMC

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

Call 603.626.2626



Community Sleep Wellness Fair

Get ready to spring ahead! Enjoy a tour of CMC's New England Sleep Center, meet our staff and learn about common sleep disorders. Light refreshments, giveaways and raffle prizes.

Sat, Mar 2, 10 AM-2 PM

The Holiday Inn-Manchester Airport

2280 Brown Ave, Manchester

FREE



Women and Heart Disease: What's the Latest?

While heart disease is generally thought of as a condition for older people, many women are unaware of their own personal risk for a cardiac event even in their younger years. Join Dr. Michelle Ouellette as she discusses the latest research on SCAD, cardiomyopathy, angina, A-Fib and heart attacks in women.

Wed, Feb 20, 6-7:15 PM

195 McGregor Street, Lower Level, Suite LL22

FREE, registration required, call 603.626.2626

Living with COPD

Maintaining an active lifestyle is often challenging for a person coping with a diagnosis of COPD. Join us for a discussion of the latest treatment and the advantages of incorporating integrative lifestyle strategies to promote optimum health and well being. You will be introduced to a comprehensive program that includes exercise, diet, stress management, and support.

Tue, Mar 19, 6-7:15 PM

195 McGregor Street, Lower Level, Suite LL22

FREE, registration required, call 603.626.2626

Health & Wellness

Soup's On!

During the winter months nothing can warm you like a good bowl of soup. Join one of CMC's registered dietitians and learn how to make a heart healthy soup that is packed with nutrition rather than with sodium. Please come and share a favorite recipe of your own.

Tue, Feb 19, 12-1PM
YMCA Kitchen Teen
and Senior Center
30 Mechanic Street,
Manchester
FREE, Registration
required, call
603.626.2626



Oh My Aching Feet!

Chronic pain in your feet can certainly slow you down and interrupt your lifestyle. This discussion will include symptoms and treatment for common concerns such as tendonitis, plantar fasciitis, bunions, and arthritis and how orthotics could help.

Wed, Mar 27, 6-7:30 PM
195 McGregor Street
Lower Level, Suite LL22

FREE, registration required, call 603.626.2626

SPEAK OUT® and The LOUD Crowd®!

Catholic Medical Center is pleased to offer a two-part speech therapy program to help individuals with Parkinson's regain and maintain effective communication. SPEAK OUT® places an emphasis on speaking with intent and converting speech from an automatic function to an intentional act. The participant and their speech-language pathologist work together through a series of speech, voice, and cognitive exercises outlined in the SPEAK OUT® workbook. Upon completion of the program, the participant is transitioned to the The LOUD Crowd® maintenance program which consists of weekly group sessions led by a speech-language pathologist. Participation in the program and daily practice provides the participant with support, encouragement, and the ability to maintain communication skills throughout the progression of Parkinson's.

For more information call Larissa J. Hebert, M.A., CCC-SLP
Speech-Language Pathologist, Outpatient Rehabilitation Services
603.641.6700

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, with extended early-morning and late-day appointments available. A referral from a primary care provider is required. To receive a copy of our monthly eNewsletter, email diabetesconnection@cmc-nh.org. To schedule an appointment call 603.663.6431



You Can Prevent Type 2 Diabetes

If you are at risk for, or currently have pre-diabetes, the Diabetes Prevention Program is designed to empower you to take charge of your health. This program is now a covered service by Medicare and many other insurance companies. You'll meet with trained CMC lifestyle coaches where you will learn ways to incorporate healthier eating, physical activity, and stress reduction into your daily life. To qualify for this program you must be at least 18 years of age and meet one or more of the following criteria:

- Be overweight
- Have a fasting blood sugar of 100-125 mg/dl
- Have an A1C of 5.7 to 6.4%
- Been told by your health care provider that you have pre-diabetes, high blood sugar or are at risk for developing diabetes
- Have a history of high blood sugars during pregnancy

This program is not designed for those who already have diabetes.

For more information about this program, call 603.626.2626

Where **heart** meets health.

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, kidney disease, wound healing, pregnancy, and more.

195 McGregor Street, Suite 312

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

Greater Manchester Brain Injury & Stroke Support Group

Greater Manchester Brain Injury & Stroke Support Group is a support group for brain injury & stroke survivors, their family members, and their care givers. This program provides a constructive, creative, and safe opportunity for participants to share their experiences, exchange resources, and develop strategies for coping.

2nd Tue of month, 6-7:30 PM

RMU Level F, CMC

FREE, for more information, call 603.626.2626

Holistic Health Series

Readiness for a Change

Have you had the desire to change a habit or been told that it is necessary for optimum health? Wanting to make a change in your life that is designed to break a bad habit and promote a healthy lifestyle is an important decision. Actually doing it successfully may be a challenge. The first step is discovering where you are in your readiness to change and what the obstacles are. We will discuss how to make a plan for success to move your life in a more positive direction.

Thu, Jan 17, 6-7:15 PM

195 McGregor Street, Lower Level, Suite LL22

FREE, registration required, call 603.626.2626

Back on Track—Strategies for a Healthier 2019

Time to make a solid plan for those New Year's resolutions! Getting started for most of us is sometimes the greatest challenge. Discussion will include how to begin a safe exercise plan that fits your current lifestyle and conditioning, organizing the kitchen to promote healthier food choices and incorporating stress management strategies.

Thu, Jan 24, 6-7:15 PM

195 McGregor Street, Lower Level, Suite LL22

FREE, registration required, call 603.626.2626

2019

HAPPY NEW YEAR!

Zentangle Your Heart

Looking for a way to unwind from stress, focus your thoughts, or even just explore your creative side? Learn the basics of Zentangle's creative and relaxing method of art. By using this easy to learn method of repetitive patterns and pen strokes, you'll create an abstract piece of art while allowing yourself to become more relaxed and focused, and that is good for your heart. In this session, you will create a lovely, heart-themed, work of art that you will be proud to bring home or perhaps use as a Valentine for a loved one. Even if you think you can't draw... you can Zentangle.

Tue, Feb 5, 6-7:30 PM

195 McGregor Street, Lower Level, Suite LL22

\$25, registration required, call 603.626.2626

Write Away

Journaling is more than writing in your diary. For many it is a powerful tool for stress management that can clarify thoughts that lie beneath the surface of our conscious mind. While very helpful as an exercise to manage daily stress, it may be particularly helpful in coping with the stress of a new or chronic illness. Participants will be guided with a choice of topic and specific directions to help navigate thoughts on the topic. Participants will not be required to share their journal writing experience unless they choose to.

Wed, Feb 27, 6-7:30 PM

195 McGregor Street, Lower Level, Suite LL22

FREE, registration required, call 603.626.2626



Health & Wellness

Hypnosis for Smoking Cessation

Hypnosis is a powerful technique that fine tunes your attention and advances 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

Fitness

NEW! Introduction to Strength Training

This program is designed for individuals who have had some health challenges and need to build strength, improve balance and promote resilience. Participants will be introduced to the safe use of weights, resistance tubing, and core strengthening exercises.

Tue, Jan 15-Apr 12, 6:30-7:15 AM

195 McGregor St., Lower Level, Suite LL22

\$90 (12 weeks), registration required, call 603.626.2626



Staying Strong, Living Long!

We'll use hand weights, leg weights, and resistance tubing to focus on strength, flexibility, and balance. This class is perfect for those new to exercise or for adults looking to stay strong and active. Ongoing... join at any time.

Tue & Thu, 9-10 AM

195 McGregor St., Lower Level, Suite LL22

\$20 month, registration required, call 603.626.2626

Parkinson's Dance Class

Join us for specialized dance classes that empower people with Parkinson's Disease (PD) to explore movement and music in a safe and creative environment. Dance has proven to be beneficial in addressing PD specific concerns such as balance, flexibility, and coordination. The classes are open to the participants, their friends, family, and caregivers. No dance experience necessary.

Tue, 1-2:15 PM

195 McGregor St., Lower Level, Suite LL22

\$40 (8 weeks), registration required, call 603.626.2626

Barre

This total body conditioning class is a fusion of yoga, Pilates, and strength training, with a focus on overall body and core strength, flexibility, balance, and stability. It's easy on the joints, helps develop muscle definition, and improves mobility. Use of disks, core balls, tubing, and weights will be incorporated into the class. Participants should be able to get up and down from the floor with ease throughout the class.

Thu, Feb 21-May 9, 12-12:45 PM

195 McGregor St., Lower Level, Suite LL22

\$90 (12 weeks), registration required, call 603.626.2626

Chair Yoga

Strengthen your muscles, improve your balance, and increase your flexibility through a gentle, supportive yoga practice. Reap all the benefits of yoga while practicing with the stability and security of a comfortable chair. We will use our breath to bring awareness to our movements and reduce our stress, creating a sense of calm to our mind and body. No experience needed!

Thu, Feb 21-May 9, 1-2 PM

195 McGregor St., Lower Level, Suite LL22

\$90 (12 weeks), registration required, Call 603.626.2626



Where heart meets health.

NEW! Chair Yoga 2

If you are ready to improve your balance through a deeper chair yoga practice, this program is for you. Using a **chair for support**, this class will focus on flow through traditional yoga to bring strength, flexibility and centering to your body and mind. **Please note: In this stronger chair yoga class, we will not be seated for most of the movements.**

Thu, Jan 17-Apr 4, 2-3 PM

195 McGregor St., Lower Level, Suite LL22

\$90 (12 weeks), registration required, Call 603.626.2626

Get Fit Boot Camp

This great interval training workout is designed to help you build strength and cardiovascular endurance using weights and aerobic conditioning exercises. This class is designed for those who are ready for a more vigorous exercise program.

Thu, Feb 21-May 9, 5:30-6:30 PM

195 McGregor St., Lower Level, Suite LL22

\$90 (12 weeks), 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. This class is designed for those who are ready for a more vigorous exercise program.

Tue, Feb 19-May 7, 5:30-6:30 PM or

Thu, Feb 21-May 9, 3:45-4:45 PM

195 McGregor St., Lower Level, Suite LL22

\$90 (12 weeks), registration required, call 603.626.2626

NEW! Zumba Gold

This class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.

Come ready to sweat, and prepare to leave empowered and feeling strong.

Wed, Feb 20-May 8, 1-2 PM

195 McGregor St., Lower Level, Suite LL22

\$90 (12 weeks), registration required, call 603.626.2626



Yoga 101

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, Feb 19-May 7, 12-12:45 PM

195 McGregor St., Lower Level, Suite LL22

\$90 (12 weeks), registration required, call 603.626.2626

Gentle Yoga

Yoga can help increase flexibility, gain physical and mental strength, and improve overall feelings of health, vitality, and peace.



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, Feb 19-May 7, 10:15-11:15 AM or

Tue, Feb 19-May 7, 3:45-4:45 PM or

Tue Feb 19-May 7, 6:30-7:30 PM or

Thu, Feb 21-May 9, 10:15-11:15 AM

195 McGregor St., Lower Level, Suite LL22

\$90 (12 weeks), registration required, call 603.626.2626

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. Through their expertise and support, can help 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

Health & Wellness

Nutrition and Weight Loss

Weight Loss Options at CMC's New England Weight Management Institute

If you've had difficulty achieving your weight loss goals, CMC's New England Weight Management Institute has a comprehensive program with both surgical and non-surgical weight loss options. Our non-surgical medical providers use the most up to date treatment strategies in conjunction with nutrition and exercise specialists to create a treatment plan tailored to your needs. Our experienced surgical team has performed more than 2,500 bariatric surgeries including gastric bypass, gastric sleeve, adjustable gastric banding, and revisional surgeries.



Surgical Weight Loss Options at CMC's New England Weight Management Institute

If you've had difficulty achieving your weight loss goals, weight loss surgery at our New England Weight Management Institute may be right for you. Our experienced surgical team has performed more than 2,500 bariatric surgeries including gastric bypass, gastric sleeve and adjustable gastric banding.

Free informational session.

Tue, Jan 8, Wed, Feb 6, Thu, Mar 7, 4:30-6 PM

The Falls Event Street

21 Front Street, Manchester

Registration required, call 603.663.7377

OPTIFAST® - 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 who 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 and 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.

5:30-6:30 PM

Wed, Jan 2 & 16, Feb 6 & 20, Mar 6 & 20

The New England Weight Management Institute, 769 South Main St., 3rd Floor, Manchester

FREE, registration requested, call 603.663.6297

Where heart meets health.

Parish Nurse Program

The CMC Parish Nurse Program is present in 21 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. CMC Parish Nurse's main office is located at Parish of Transfiguration and available by phone at 603.663.8004. Find our monthly calendar on the CMC website.



Please find our services at the following locations:

Parish of Transfiguration, Tue-Thu, 9 AM-3 PM, Closed Mon & Fri
Congregational Church, Goffstown, Wed, 10 AM-12 PM
Divine Mercy, Peterborough, Jan 10, Feb 14, Mar 14, 9-10 AM
First United Methodist Church, Tue, 8:30-10:30 AM
Litchfield Community Church, 2nd Wed, 10 AM-12 PM
Sacred Heart Church, 3rd Tue, 8:35-10:30AM
Salvation Army, 3rd Thu, 9-11 AM
St. Andrew's Episcopal Church, 1st and 3rd Tue, 8-9 AM
St. Anne-St. Augustine Parish, 2nd or 3rd Tue, 10:30-11:30 AM
St. Anthony's, 2nd & 4th Thursday, 9-11 AM
St. Catherine of Sienna, Wed, 11 AM - 12 PM
St. Elizabeth Seton, Bedford, 1st and 3rd Tue, 8:30-10:30 AM
St. John the Baptist, Suncook, Mon, 9-11 AM
St. Joseph Cathedral, 1st & 3rd Tue, 10-11:30 AM
St. Lawrence, Goffstown, Call for information
St. Matthew's Episcopal Church, Goffstown, Wed, 10 AM-12 PM
St. Pius X Church, Fri, 8:30-11 AM
St. Raphael's, Tue, 12:30 -1:30 PM & Burns High Rise, 1:30-2:30 PM
Immaculate Conception Parish, Nashua, Jan 19, 6 PM & Jan 20, 8-11 AM; Feb 16, 6 PM and Feb 17, 8-11 AM; Mar 16, 6 PM and Mar 17, 8-11 AM

Grief & Loss Support Group

The goal of this confidential group is to provide a monthly opportunity for people who have experienced the death of a loved one to engage in mutual support. The group is open-enrollment and people can attend whenever they wish. Participants do not need to be members of Immaculate Conception Church. The group is facilitated by a licensed mental health counselor and will include educational, support, and spiritual components.

Sat, Jan 12, 10 AM-12 PM

Sat, Feb 2, 10 AM-12 PM

Sat, Mar 9, 10 AM-12 PM

Immaculate Conception, 216 East Dunstable Road, Nashua
FREE, call 603.663.8004 for information.



S.H.I.N.E.

S.H.I.N.E is a senior support group offering sociability, education, nutritious food and exercise.

Wed, 10:30-11:45 AM

St. Matthew's Parish House, 5 N. Mast Street. Goffstown
FREE

Prayer Shawl Program

Parish of Transfiguration, 1st Wed, 10:30 AM-12 PM

Immaculate Conception 2nd Wed, 6-8 PM

Sacred Heart 2nd Tue, 10:30-11:30 AM

St. Elizabeth Seton, 1st Mon, 9 AM

St. Joseph Cathedral Rectory, 2nd Tue, 1-2 PM

St. Lawrence, 3rd Thu, 10 AM

St. Pius X, 1st Fri, 9 AM

St. Raphael's 2nd Wed, 7 PM

FREE

Chair Exercises

Congregational Church, Goffstown, Wed, 10 AM

Parish of the Transfiguration, Thu, 9:30 AM

St. Elizabeth Seton, Bedford, Tue, 9:00 AM

FREE

Indoor Walking, 1-2 miles

Parish of Transfiguration, Tue, 9:30 AM

FREE

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

Health & Wellness

BeWell Cancer Survivorship Program

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

NEW! BeWell Cancer Survivorship Education and Support Series

The cancer experience is a process of stages that link together from diagnosis, treatment decisions, completing treatment, recovery, and lingering concerns about sustaining remission. Bi-weekly classes offer insight into strategies that address the emotional, spiritual, social, and lifestyle challenges of cancer. The purpose of the program is to promote the ability to recognize and to harness inner strengths, develop a healing perspective, and improve the quality of life throughout the journey. Caregivers and family support members are welcome. Participants can come to any or all of the classes. Topics include intro to mindfulness, stress management strategies, nutrition, music therapy, art therapy, aromatherapy, self care and compassion and more. See the BeWell Cancer Survivorship calendar on the web site for the topic of the week.

Classes begin Wed, Jan 9, 12-1 PM
195 McGregor St., Lower Level, Suite LL22
FREE For more information, call 603.626.2626 or 623.6535



Classes begin Wed, Jan 9, 12-1 PM
195 McGregor St., Lower Level, Suite LL22
FREE For more information, call 603.626.2626 or 623.6535

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 Allyson Foor, Patient Navigator 603.629.8756

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.

2nd Wed of the month, 3-4 PM

FREE, registration required before day of group, 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



Thriving with YogaCaps

A gentle, therapeutic, mat-based 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

To empower, inspire and assist in the needs of patients, caregivers and health care providers faced with all forms of lymphatic issues.

Tue, Mar 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 or call 603.663.6535.

Where heart meets health.

Screenings

Functional Movement Screening

CMC's Outpatient Rehabilitation Center offers a screening and consultation with specially trained physical therapists using the Functional Movement Screening. This 30 minute screening will use seven 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



Complimentary Vein Screening

Your legs can tell a lot about your overall health. If you've been wondering about the cause of your varicose veins, aching, itchiness, pain, heaviness and/or swelling in your legs, join the experts at CMC's Vein & Vascular Specialists for a complimentary 10-minute vein screening clinic.

2nd Thu of the month, 5-6 PM

Vein & Vascular Specialists, 160 S. River Rd, Bedford
FREE, to schedule an appointment, call 603.665.5150

Vascular Screening

Vascular problems can lead to life threatening conditions like heart attack, stroke and limb loss. Vascular disease occurs when plaque builds up in the arteries and diminishes blood flow. Risk factors include smoking, age and high cholesterol. Symptoms can be hard to detect, but most often occur in the legs and may include; trouble or pain with walking, poor wound healing, cool skin or sores on the legs, visual problems, high blood pressure.

\$50, to schedule an appointment, call 603.665.5150



Lung Cancer Screening

Lung cancer is the number one cause of cancer related death in the US and in the world. Lung cancer kills more women than breast, ovarian and uterine cancer combined and more than prostate cancer for men. If you are aged 55-77, have a 30 pack year smoking history (calculated by your provider), currently smoke or have quit within the last 15 years, you may be eligible for a FREE lung cancer screening. Check with your provider to see if you qualify or call 603.663.5219 for more information.

Patient Assistance Services

Breast and Cervical Cancer Screening

Breast and cervical cancer screenings are an essential tool of early detection and an important part of women's health. CMC's Breast and Cervical Cancer Screening program offers free screenings to women who have a low income and no insurance.

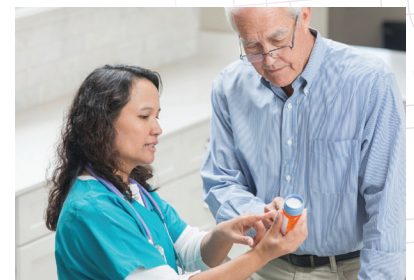
Breast Care Center, CMC

To see if you qualify, call 603.663.8726

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



Health & Wellness

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.



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 information to manage fertility and to identify possible underlying reproductive disorders. Highly effective to achieve or avoid pregnancy "naturally".

Wed, Jan 16, Feb 13, and Mar, 13 6-8 PM

Women's Wellness & Fertility Center

88 McGregor Street, Suite 201

FREE, registration required, call 603.626.2626

Welcome Visits at the Mom's Place

Are you unsure where to go for your prenatal care? Do you want to learn more about having your baby at CMC and what to expect during your stay? Expectant moms and 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.

Wed, Jan 2, Feb 6 or Mar 6, 6:30 – 8:30PM

Pregnancy Care Center

FREE, registration required, call 603.626.2626



Preparation for Birth

In this series, parents-to-be prepare their bodies, minds, hearts 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. A tour of The Mom's Place and birth suites is included in this in-depth series.

Sat & Sun, Jan 12 & 13, Feb 9 & 10, Mar 9 & 10 (2 sessions)

Thu, Jan 3-24, Thu, Feb 7-28, Thu, Mar 7-28 (4 sessions)

195 McGregor St., 1st Floor, Suite 110

\$130, registration required, call 603.626.2626

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 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, Jan 19, 9 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.

Wed, Jan 9, Feb 13, or Mar 13

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

Registration required, call 603.626.2626

Where **heart** meets health.

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.

Sun, Jan 6, 1-2 PM

Sun, Feb 17, 1-2 PM

Sat, Mar 23, 1-2 PM

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 of their baby, 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.

Thursdays 1-2:30 PM

195 McGregor Suite 110

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 associated with cesarean birth, 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.

Call or check website for future dates

\$40, registration required, 603.626.2626

Exploring and Preparing for Vaginal Birth after Cesarean (VBAC)

Have you had a cesarean birth and are expecting again? Is VBAC an option for you? Come and learn more to help you make the decision and to prepare your mind, body and heart for the journey ahead. Topics include: labor process, preparing your body, partner support, pain coping practices and preparing for the unexpected and unknown.

Call or check website for future dates, 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 or check website for future dates

\$40, registration required, 603.626.2626



CATHOLIC MEDICAL CENTER

a member of GraniteOne Health



IT'S TIME!

Did you know? Colon cancer and rectal cancer can be prevented. Colorectal cancer screening can also detect cancer early — when it is most curable. If you're 50 or older, it's time for a colonoscopy.

Talk to your primary care provider or call NH Gastroenterology at 603.625.5744.

your thoughts

We welcome your comments and encourage your ideas about future stories in Healthy Living News. Please contact us at CatholicMedicalCenter.org or e-mail info@cmc-nh.org.

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 CMC Connect App

Catholic Medical Center is a fully accredited hospital of the Joint Commission. Requests for a public information interview can be made by contacting the Joint Commission at jointcommission.org. ©2019 CMC. All rights reserved.