

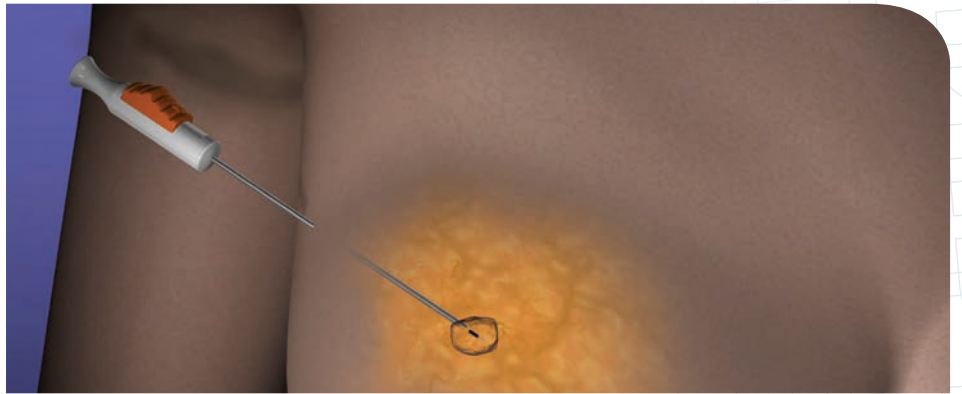


## A Savvy Option to Improve Precision in Breast Surgery

### Elevating the Technology of Breast Preservation with SAVI SCOUT®

CMC is introducing cutting-edge, FDA approved technology to improve the surgical experience for women who are having a lumpectomy, which is removal of a portion of abnormal breast tissue for cancer or non-cancerous reasons.

Often a lumpectomy is performed before the woman or her health care provider can feel the lump and is only identifiable with breast imaging. The non-palpable lump has traditionally been localized with a wire placed on the day of surgery, which serves as a guide for the surgeon.



*The physician gently inserts SAVI SCOUT in a closed position through a small incision, and then expands the catheters to conform to the shape of the cavity. The ends of the catheters remain outside the breast for radiation delivery. SAVI SCOUT remains in the breast during the entire course of treatment.*



Medical Park. The clip is completely contained within the breast and stays in place until it is removed during the lumpectomy. During the surgery, Connie Campbell, MD, Surgical Director of Breast Health, CMC Breast Care Center, uses a small sterile probe to communicate directly with the mini reflector clip that guides the precise localization of the non-palpable tumor. The reflector clip is removed with the tumor during outpatient surgery.

*continued on page 2*



## Pink Pumpkin Painting Party

Come enjoy an evening out and paint a pumpkin pink for Breast Cancer Awareness, or to show your support of someone you care about.

**WED, OCT 7-6:30 PM**

\$45 includes snacks & treats; wine & beer available for purchase. (\$20 to benefit our Breast Care Center)

**Canvas Roadshow**

**176 S River Road, Bedford NH**

You can choose to proudly display your pink pumpkins at your home, or donate it for display at CMC's Breast Care Center.

**RSVP: [TheCanvasRoadshow.com](http://TheCanvasRoadshow.com) or 603.943.2103**

Now SAVI SCOUT® can be used to localize the lump up to a week before surgery, which makes for a precise, more streamlined and relaxed surgical day.

"By placing the SAVI SCOUT on a day other than the surgical day, the patient is more relaxed," said Elizabeth Angelakis, MD, Chief of Breast Imaging, CMC Breast Care Center. Angelakis explains that placement of the mini reflector clip is similar to the technique of guide wire placement but that the end result, with the clip entirely within the breast, is a much more positive experience for the patient.

The SAVI SCOUT technology involves placement of a mini reflector clip into the breast at the site of the lump, similar to how a biopsy clip was placed under either mammographic or ultrasound guidance. This reflector clip can be placed up to a week before surgery at the Breast Care Center in the Bedford



# Medical News

## *A Savvy Option to Improve Precision in Breast Surgery, continued from page 1*

CMC is the first program in New England to offer Savi Scout to patients. "As the surgeon, I work with the radiologists and anesthesiologists to optimize the surgical experience for the patient. By uncoupling the localization process from the surgical day, it goes more smoothly for everyone," said Campbell. In addition to the Savi Scout probe, Campbell also uses a small 9 mm probe to identify lymph nodes, which may be involved with cancer during the surgery. The combination of these two probes allows for small, precise incisions that help patients recover more quickly with minimal scarring.

The team of breast health providers at the CMC Breast Care Center offers the latest in technology and practice for the detection and treatment of breast disease at its location in Bedford Medical Park on South River Road. They can be reached at 603.336.5270. 🇺🇸

## Risk Factor Screening for Breast Cancer

Thu, Oct 8, 2015

5:30-7:00PM

Assess your individual lifetime risk for breast cancer based on your age, medical and family history. Understand what factors contribute to the lifetime probability for breast cancer. Identify healthy behaviors that may help reduce cancer risks. Gain an understanding of the type of breast health monitoring plan recommended for your risk profile.

Presenter: Connie Campbell, MD,  
Surgical Director of Breast Health

**CMC Breast Care Center**  
9 Washington Place, Suite 203  
Bedford Medical Park  
Bedford, NH

FREE, registration required, call 603.626.2626.

## New Hope for an Embarrassing Problem

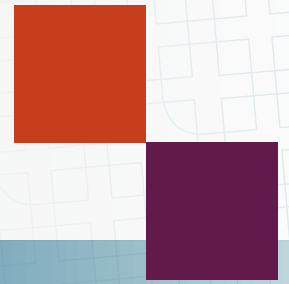
### Treating Fecal Incontinence



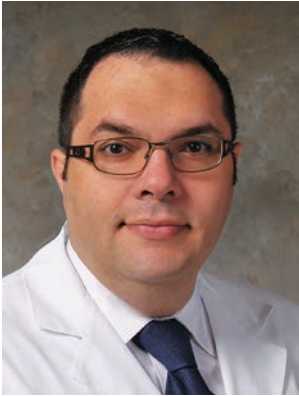
Losing control of your bowels is a frightening and embarrassing experience. For those living with a condition called *fecal incontinence*, basic bowel control is an everyday challenge. Individuals may not be able to sense a bowel movement or hold onto it long enough to get to a bathroom. This condition can even limit an individual's daily activities. Long walks, airplane travel, boating, and even the movie theater can appear risky. CMC offers a new treatment for fecal incontinence that can help restore bowel control for many people and lead to improved confidence and independence.

# Caring for you.

With heart.



## What is fecal incontinence?



Leandro Feo, MD

Leandro Feo, MD, Colorectal Surgeon. The Surgical Care Group at CMC, defines fecal incontinence as the involuntary loss of control of solid or liquid stools. The condition can be associated with diarrhea, muscle or nerve damage.

“The first thing a person with fecal incontinence does in any situation is identify where the bathroom is,” said Feo. “They know where every bathroom is everywhere they go.”

The condition is common among those living with inflammatory bowel disease such as Crohn’s disease, ulcerative colitis, as well as rectal prolapse. It may also occur in those with a history of radiation treatment, obstetric injuries or multiple sclerosis. The risk for fecal incontinence increases with age.

## What are the symptoms of fecal incontinence?

Symptoms of fecal incontinence include:

- Diarrhea
- Inability to control gas, bloating or stool movement
- Skin irritation or sores as a result of fecal incontinence

Three or four daily accidents are common, which can vary from solid to liquid.

## What are the treatments for fecal incontinence?

There are several treatment approaches, depending on the causes. The first step is to make dietary changes. A diet rich in fiber, or medications that slow gastrointestinal transit can promote a more consistent stool. If the incontinence is a result of nerve or muscle damage, physical therapy (biofeedback) may also help. Setting a daily restroom schedule may also help reduce accidents.

## When other methods fail to help

When therapies that are more traditional fail, sacral nerve stimulation may be considered. This device has been used effectively for many years for urinary incontinence and more recently to treat fecal incontinence. Feo conducted the first sacral nerve stimulation procedure in NH in May. The approach has been used in Europe for many years, but is relatively new to the US.


InterStim® is a neurotranstimulation therapy that improves communication between the brain and the sacral nerves in the spine that control bowel function. Before implanting the device permanently, a temporary external device is placed by the tailbone for a week. It tests whether sacral nerve stimulation can reduce the frequency of accidental bowel movements by 50 percent or more. If the pilot test is a success, a permanent implant can be considered. InterStim is surgically implanted by the tailbone that attaches to the sacral nerves, which are located around the bowel area. This device sends electronic pulses of varying degrees to the surrounding nerves, which improve performance of sphincter muscles also known as continent muscles.

## What are the results of InterStim?

Studies of patients followed for one year found that seven out of every 10 patients experienced at least a 50 percent reduction in weekly accidents.

“InterStim can improve a patient’s lifestyle immediately,” said Feo. “They no longer avoid leaving the house, are able to go out with friends and do not have disturbances at work.”

## For more information

If you have questions about whether this treatment is right for you, contact The Surgical Care Group at CMC at 603.627.1887 to learn more. 



# Medical News

## Disease with No Known Symptoms

### Meet a Face behind Barrett's Esophagus

Steven Berg, age 56, was diagnosed two years ago with Barrett's esophagus, which has no known symptoms. He learned that Barrett's could increase his risk of esophageal cancer, which is why he turned to gastroenterologist Mark Silversmith, MD, who practices at Catholic Medical Center.



Danielle Gagnon, RN & Mark Silversmith, MD prep Steven Berg for the non-invasive procedure to treat Barrett's.

### What is Barrett's?

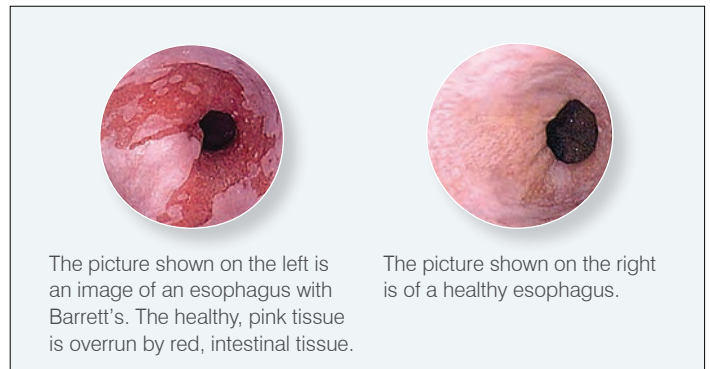
Barrett's is a condition in which the tissue in the esophagus turns into the tissue from the intestinal lining. The only known sign of Barrett's is gastroesophageal reflux disease or GERD, sometimes referred to as acid reflux or heartburn.

Silversmith recommends that after two years of GERD symptoms, patients contact their doctor for an endoscopy. That is how Steven knew he should be tested for Barrett's. "For 20 or so years I had acid reflux. I used over-the-counter antacids to try to manage my symptoms," said Berg

### What are my treatment options?

Doctors may have different approaches to treatment depending on the level of dysplasia. Dysplasia is the irregular growth of tissue as a result of abnormal cell development, which is considered a pre-cancerous condition.

Routine endoscopies monitor the development and progression of Barrett's. Originally, Steven was given medication to help with his GERD, but during a routine



The picture shown on the left is an image of an esophagus with Barrett's. The healthy, pink tissue is overrun by red, intestinal tissue.

The picture shown on the right is of a healthy esophagus.

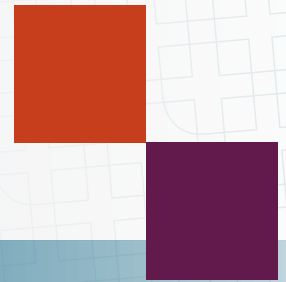
endoscopy, Silversmith identified signs of Barrett's and made the diagnosis. Steven had high-grade dysplasia, which is a very aggressive form of Barrett's. Silversmith and Steven decided to treat with radiofrequency ablation.

Radiofrequency ablation is a non-invasive procedure that usually takes less than 20 minutes. The procedure consists of sampling the tissue of the esophageal wall, followed by the burning of the intestinal tissue in the esophagus that appears to be Barrett's. The removed tissue is replaced by new, healthy, pink tissue. This may be done twice in the 20-minute period. The treatment takes, on average, two to four sessions a few months apart.

Immediately after the procedure, the patient is able to leave the hospital with little or no discomfort. This is Steven's second treatment, he understands what he can and cannot eat. "You would think that going home and eating something cold would feel good, but no way," he said. "Anything cold or hot can be really painful."

Steven plans to follow doctor's orders and opt for soft, room temperature foods for a few days. It is also encouraged that lifestyle choices be adjusted after the procedures. People facing an increased risk for cancer can reduce their susceptibility by quitting smoking, eating a balanced diet and reducing alcohol consumption.

To make sure his new esophageal tissue will not be damaged by stomach acid, Steven plans to change his food and beverage choices. "I need to avoid caffeine, chocolate, alcohol and spicy foods," he said. Steven will also have to be careful about what time of day he eats. "You can't eat right before you go to bed, that is really bad," he said. ■■



## Advanced Technology to Evaluate & Treat Dizziness and Vertigo



*RealEyes Monocular video goggles are ideal for testing eye movement and helping to determine that cause of vertigo.*

Many people suffer from vertigo or dizziness. Vertigo is the feeling that you or your surroundings are moving, giving you the sensation of spinning, leaning or falling. Vertigo is a prevalent problem and the third most common reason for doctors' visits in people over the age of 65. The causes of vertigo can be disruptions in the body's sensory system in the inner ear, middle ear or from a medical condition such as low blood pressure.

### Isolating causes of vertigo

When patients experience vertigo they often have involuntary eye movements called nystagmus. CMC Outpatient Rehabilitation at Dartmouth Commons recently acquired the RealEyes xDVR video goggles, which assists the clinician in diagnosing vertigo. The goggles use hi-tech infrared cameras to record dizzy patients' eye movements. Wearing the goggles, patients assume positions often associated with dizziness such as sitting up, shaking your head and lying down. The infrared cameras record any involuntary eye movements or nystagmus. When and how the nystagmus occurs helps the physical therapist determine the cause of the vertigo. Once the cause of vertigo is determined, a treatment plan can be formulated.

For more information, call 603.641.6700. 

## Latest Approaches in the Management of Atrial Fibrillation

A free community education program for adults living with atrial fibrillation.

**Thu, Oct 29, 2015 4:30–6:30 PM**

Puritan Conference Center  
245 Hooksett Road Manchester NH  
FREE, registration required 603.626.2626

### 4:30 PM A-Fib Overview and Treatment

Jamie Kim, MD, FACC, Cardiology, Electrophysiology

Learn to recognize the symptoms and understand potential complications from atrial fibrillation. To manage the illness, Dr. Kim will discuss lifestyle considerations and the latest treatment options including medication and ablation for heart rate or heart rhythm control.

### 5:15 PM Hors d'oeuvres and refreshments

### 5:30 PM Advancements in Stroke Prevention

Connor Haugh, MD, FACC,  
Director of Cardiac Electrophysiology

Individuals with A-Fib face an increased risk of stroke. Medications can help reduce the risk, but come with certain side effects. Dr. Haugh will discuss the benefits and risks of traditional as well as newer medications for stroke risk reduction. He will also review a revolutionary new approach The Heart Institute is using for stroke risk reduction, the WATCHMAN Device. This device permanently closes the appendage in the heart where blood can pool and clot, allowing eligible patients to stop taking blood thinning medication a few months after their successful implant.



# Medical News

## CMC Physicians accepted to Provide Care to Local Veterans through new Federal Program

Veterans throughout NH will soon have broad access to CMC's wide range of services at locations around the state, thanks to a groundbreaking new approach to health care. The Veterans Administration (VA) formally approved dozens of programs to be included in its new "VA Veterans Choice" program. CMC can now be a first choice if a veteran uses the Choice Card, and wants to get care from CMC.

"We are honored to be able to care for the men and women who have devoted their lives to protecting and serving our country," said Joseph Pepe, MD, President & CEO, CMC. "We have close to 200 physicians in programs and practices throughout NH who are eager to provide high quality care in a timely manner."

Most notably the CMC New England Heart & Vascular Institute is included in the VA Veterans Choice program, which gives veterans access to award winning cardiology care in eight



different cities and towns in New Hampshire. Other CMC programs include surgery, internal medicine, family medicine, urgent care and behavioral health. CMC has offices in 13 NH communities from Berlin to Nashua. All of CMC's employed physicians are included in this program.

"Our specialty care services, including cardiology, vascular surgery and a new amputee care program, make us uniquely qualified to serve the health needs of those with military backgrounds," said Pepe. "We are tremendously proud to help improve veterans' access to essential health care." ■■

## Need a Shuttle?

Our free passenger shuttle runs regularly between several stops on the main hospital campus on the West Side.

The passenger van provides service continually from the main entrance of the hospital, to:

- Buildings across the street at 195 McGregor Street
- South entrance of the parking garage
- The weather shelter at the top of the parking lot, just off McGregor Street
- Throughout the large parking lot, simply wait near your car

(Please note the van does not fit in the parking garage)

**Shuttle hours: Mon-Fri 7 AM-6:30 PM**



# Caring for you.

With heart.

## Caring Hearts, Healing Hearts

### Volunteer Program Marks 10th Anniversary

For patients who have undergone heart surgery at CMC, Caring Hearts volunteers have been providing a dose of inspiration and hope for the past 10 years. These volunteers, who have had heart surgery themselves and received training in therapeutic listening, have visited nearly 2,200 heart surgery patients at CMC since the group began its visits on July 4, 2005.

"We're living proof that there's life after heart surgery," says Richard D'Amour, 70, who had quintuple bypass surgery 16 years ago and has visited patients two Sundays a month for the past decade. He listens to patients' concerns about their post-surgery activities — work, driving, exercise, intimacy — and offers advice on what to expect. Sometimes he shares that he climbed ceremonial ladders at Native American cliffs in New Mexico three months after his surgery.

### Origin of Caring Hearts program

George Donohue, who wished such a program existed when he underwent bypass surgery, initiated the Caring Hearts program. He worked with Sharen Fournier, RN, MEd, and Janet Troski, RN, MSN, Director of Cardiovascular Wellness at CMC, to start the program.

Caring Hearts volunteers visit patients at CMC four days a week, with each volunteer making visits twice a month, usually four days after a patient's heart surgery. Visits last 15 minutes to an hour. Two weeks after patients return home, they receive a friendly follow-up phone call from their Caring Hearts volunteer.

### Making a difference in people's lives

When Jim Dupuis, 83, also a 10-year Caring Hearts volunteer, made one follow-up call, he discovered that the man he had visited in the hospital had just returned from a family reunion in Rhode Island. Dupuis was pleased, because he tells patients the secret to recovery is diet, exercise and happy thoughts.

Caring Hearts volunteers must be dedicated exercisers to participate in the program. Dupuis works out at CMC's Wellness Center three days a week, when he is not fishing, cutting down trees or traveling the country.

**"We're living proof that there's life after heart surgery."**

Richard D'Amour  
Caring Heart volunteer



Caring Hearts volunteers Arlene Delahanty and Jim Dupuis work out at CMC's Wellness Center.

Arlene Delahanty, 82, currently the only female Caring Hearts volunteer and another 10-year member of the group, also visits the Wellness Center faithfully. As to why she has been a volunteer all these years, she says, "We get as much out of it as patients do. I get great joy from seeing them feel better and smile when I leave. And their families appreciate it too."

### Valuable volunteers

Other 10-year volunteers with the Caring Hearts program include Donald Boisvert, Vincent Giambartolomei, Kenneth Hauser, Frederick Myrdek, Armand Soucy and recently retired member Gordon Jackson. Edouard Forcier, Robert Lippman and Howard Wheeler more recently joined the program.

"To ensure the future of the Caring Hearts program, we need more volunteers who are ambassadors of healthy living," says Fournier. "These volunteers are able to help patients in ways that staff can't."

"Being a Caring Hearts volunteer is fun," adds Dupuis. "You meet lots of interesting people."

If you are interested in becoming a Caring Hearts volunteer, please contact the CMC Volunteer Office at 603.668.3545. 



# Medical News

## Women's Health Forum 2015



### Taking Care of #1

Sat, Nov 7

8:45 AM—3:15 PM

Join us for a rejuvenating, fun and informative day! The Women's Health Forum, designed by women for women of all ages, is a joint effort by CMC and Dartmouth-Hitchcock Manchester, and is hosted by the Manchester Health Department.

9:45 AM

### Sleep Better: Tips for Getting a Good Night's Sleep

Christina M. Dickey, MS, PA-C

Poor sleep is linked to many health risks including cardiovascular disease, cognitive impairment, fatigue, mood disturbances and depression. Sleep Specialist Christina M. Dickey MS PA-C will offer helpful tips on how to unplug and get the restorative sleep your body needs to be mentally sharp, emotionally balanced and energized for the busy day ahead.

11:00 AM

### A Gut Feeling

Christine Lauer, RD MOE, RD, LD

"Leaky Gut Syndrome" has been linked to many chronic health conditions ranging from unpleasant to serious including constipation, bloating, eczema, chronic fatigue, autoimmune disorders, asthma, obesity and more. Learn what you might do to protect your gut health and promote healing.

1:00 PM

### "Friending" Yourself: Finding Your Inner Best Friend

Deb LeClair, Psy.D

Women are good at offering compassion to family, friends and often complete strangers. But what about offering it to themselves? This discussion will focus on identifying one's inner critic and inner hero, to help women befriend their psyches, as instruments of self-compassion and empowerment.

2:00 PM

### Your Visual Resume: Personal Style from the Inside Out

Ginger Burr, Fashion Stylist and Image Consultant

We often look at the image in our mirror and are unsure if the outward appearance authentically reflects who we really are. Our personal style indirectly portrays our creativity and self-awareness. In this fun and interactive session, we will learn to examine who we are on the inside and how well we represent ourselves on the outside.

Fee: \$45. Registration required. (Space is limited)

Call 603.626.2626.



# Philanthropy

## Development Updates

- At CMC's Wine & Beer Tasting event in May, more than 300 people sampled 36 wines and 19 beers and enjoyed delectable food prepared by the Bedford Village Inn to raise \$50,500 for the Poisson Dental Facility and Community Health Services. Many thanks to our sponsors and attendees!
- In early June, an unprecedented number of golfers and sponsors raised more than \$38,000 in support of the New England Heart & Vascular Institute at the 12th Annual CMC Golf Classic at Passaconaway Country Club. This more than doubled last year's proceeds!
- We gratefully acknowledge the receipt of \$50,000 from the Estate of Josephine M. Macek, which will be put toward improving CMC programs and services for patients.
- Total gifts for Fiscal Year 2015 (ending June 30, 2015) exceeded \$1 million. These funds help CMC carry out its mission of providing health, healing and hope to all. We do so with the support of the communities we serve—businesses and individuals, who realize that helping us helps themselves.
- In July, Joseph Pepe, MD, CMC President & CEO, gratefully received a check for \$1,260 from Southern New Hampshire University (SNHU). Several SNHU teams dedicated games to raise awareness and funds for the CMC Breast Care Center.
- In October CMC Board of Directors, Physicians and staff will name Richard Bunker as the 2015 Charles F. Whittemore Award recipient in recognition of his philanthropic spirit and commitment to the community. Richard will receive this special honor on Fri, Oct 23, 2015 at the annual CMC Gala Event, which will be held at the Manchester Country Club from 6-11 PM.

Funds raised through the 2015 Gala will benefit CMC Maternal Health Services, including the Pregnancy Care Center, The Mom's Place and Special Care Nursery. Tickets for this event are \$200 per person and are available on a limited basis. For additional information, please contact the CMC Development Office at 603.663.6056 or [kdegen@cmc-nh.org](mailto:kdegen@cmc-nh.org).

- **Save the Date—Pink in the Rink—Sat, Feb 6, 2016, 7 PM**

The Manchester Monarchs will again help raise awareness and money to fight breast cancer.

The night will feature pink ice and specialty pink jerseys; breast cancer survivors and patients will be honored in an on-ice ceremony. Last year, this event raised \$12,000! Be a part of the action!



*CMC physicians, staff and friends enjoy a day of golf in support of the New England Heart & Vascular Institute*



*Pictured with Dr. Pepe, from left, are SNHU's Catherine Stinson, Paul Calkins (men's lacrosse head coach), Mimi MacLeod, Olivia Conrad, Karen Pinkos (women's basketball head coach), Tom Wilkins (associate athletic director).*



# Health & Wellness

## Health Enrichment

### *Red Cross Blood Drive*

**Fri, Oct 9, 10 AM-4 PM**

Make an appointment: 603.626.2626; or online at [redcrossblood.org](http://redcrossblood.org). Walk-ins are also welcome.  
Roy Auditorium Level C, Catholic Medical Center

### *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 12, Nov 9 or Dec 7, 9 AM-4 PM**

195 McGregor St., Lower Level, Suite LL22

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

Registration required, call 603.626.2626.

### *All Natural Family Planning!*

Discover a highly effective way to manage your fertility without drugs or devices of any kind. A woman's body signals when she is entering and leaving her time of fertility. Knowing how to recognize these signs empowers couples to plan their family naturally and helps to identify and treat underlying reproductive disorders.

**Wed, Oct 21, Nov 18 or Dec 16, 6:30-8 PM**

195 McGregor St., Lower Level, Suite LL22

FREE educational session (\$20 fee for fertility kit if you enroll in extended program).

Registration required, call 603.626.2626

### *Going Green*

Whether you are thinking of becoming a vegetarian or simply want to improve your diet by adding more vegetables and fruits, this presentation is for you. You will learn the many health benefits of a plant-based, nutrient-rich eating style as well as how it can provide a balance of important nutrients. Join us and learn practical and fun ways to "Go Green".

**Tue, Oct 27, 6-7:30 PM**

Roy Auditorium Level C, Catholic Medical Center

FREE, registration required, call 603.626.2626.

### *Women's Health Forum 2015*

Join us for this rejuvenating, fun and informative day together. The Women's Health Forum is an event designed by women for women of all ages and is a joint effort by Catholic Medical Center and Dartmouth Hitchcock Manchester and is hosted by the Manchester Department of Health. See Page 8 for additional information.

**Sat, Nov 7, 8:45 AM-3:15 PM**

\$45. Registration required, call 603.626.2626

### *Healthy Beautiful Skin at any Age*

Whether you are concerned about acne, rosacea, sun damage or aging skin, there are steps you can take to achieve healthier skin. Join Dermatologist Dr. Anna Sarno Ryan to learn more about skin cancer, common skin ailments and how you can keep your skin healthy.

**Tue, Nov 10, 6-7:30 PM**

Roy Auditorium Level C, Catholic Medical Center

FREE, registration required, call 603.626.2626

### *Oh My Aching Joints!*

#### *Managing Joint Pain for Women*

Stiff aching joints slow many of us down and interrupt favorite activities. Orthopedic surgeon Dr. Kathleen Hogan will discuss the causes of joint pain and both surgical and non-surgical treatment options to help get you moving again. Learn the differences in how hip and knee replacement is approached and realistic expectations for recovery following joint replacement.

**Mon, Nov 16, 6-7:30 PM**

Roy Auditorium Level C, Catholic Medical Center

FREE, registration required, call 603.626.2626

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

Estate planning can be complicated, and myths abound that could have a negative impact on your estate. 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.

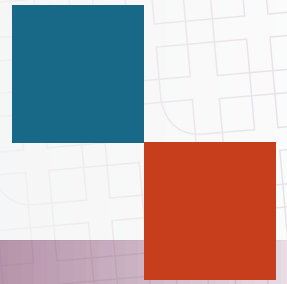
**Wed, Nov 18, 6-7:30 PM**

Roy Auditorium Level C, Catholic Medical Center

FREE, registration required, call 603.626.2626

# Caring for you.

With heart.



## ***Blue Christmas? Strategies for Coping with Holiday Stress and Sadness***

Not everyone feels a sense of happiness and excitement over the impending holidays. Grief, loneliness, financial stress and the general stress from trying to meet unrealistic expectations may make you feel overwhelmed and sad. This program will provide you with strategies to avoid triggers and manage your holiday stress as well as provide guidance on when and how to seek help.

Tue, Dec 1, 6-7:15 PM

Roy Auditorium Level C, Catholic Medical Center  
FREE, registration required, call 603.626.2626.

## ***Helping You Manage Your Cholesterol***

The Cholesterol Management Center helps you manage your cholesterol and reduce your cardiovascular risk. Our team provides a lifestyle plan of diet and exercise tailored to your needs rather than a “one size fits all” plan. In addition to a lifestyle plan, medications may be needed to normalize cholesterol values and reduce risk. We will work with you to determine a medication treatment plan to meet your individual needs, tolerances, and cholesterol goals. We can assist you in getting a physician referral.

To schedule an appointment, please call our office at 603.663.6549, option 2.

## ***Diabetes Education***

If you have pre-diabetes or diabetes, education is key to successful self-management. At the Diabetes Resource Institute at CMC, our Certified Diabetes Educators provide outstanding diabetes education and nutrition counseling. Education is customized to meet your needs and is provided in group and individual appointments. Early morning and late day appointments are available. A referral from a primary care physician is required. To schedule an appointment with one of our educators, please call our office at 603.663.6431.

If you would like to receive a copy of our monthly Diabetes eNewsletter, please send your email address to [diabetesconnection@cmc-nh.org](mailto:diabetesconnection@cmc-nh.org)

## ***Retired Men’s Association***

Third Tuesday of month.

10:30 AM-12:30 PM

195 McGregor St., Lower Level, Suite LL22

FREE, for more information, [nhretiredmen.org](http://nhretiredmen.org)

## ***Massage***

For information, or to schedule an appointment, call 603.641-6700.

## **Holistic Health Series**



## ***Mindfulness Refresher***

If you enjoyed a Mindfulness Course before but have gotten away from the practice lately, or just need to reinforce your practice, this program is for you. Come and reconnect with the practice of Mindfulness while you get ready to take on the busy holiday season ahead.

Thu, Nov 19, 6-7:15 PM

195 McGregor St., 3rd Flr, Suite 312

\$10. Registration required, call 603.626.2626

## ***Happiness is a Muscle: Introduction to Positive Psychology***

Positive psychology provides evidence and insight into what tools and behaviors help us to be happier and thrive every day. In this interactive session, experience how the science of positive psychology can help you become calmer, manage stress and promote happiness in your day-to-day life.

Tue, Nov 24, 6-7:30 PM

Roy Auditorium Level C, Catholic Medical Center

FREE, registration required, call 603.626.2626.



# Health & Wellness

## ***Becoming like a Rubber Band: Consciously Developing Stress Resilience***

Learn techniques that you can consciously use to strengthen your resiliency, manage your stress and improve overall health. In this interactive session we will look at daily habits, coping strategies and resilience building techniques that make a difference.

Mon, Nov 30, 6-7:30 PM

Roy Auditorium Level C, Catholic Medical Center  
FREE, registration required, call 603.626.2626.

## ***Jingle Jangle Zentangle: A Holiday Special Event***

Take time out from all the holiday rush and de-stress with Zentangle. This simple and unique art form will help you to calm down and relax while you create a unique holiday piece...maybe even a special gift! Even if you think you cannot draw... you can Zentangle.

Tue, Dec 8, 6-8 PM

Roy Auditorium Level C, Catholic Medical Center  
\$20 (materials included). Registration required, call 603.626.2626.

## ***Food as Medicine: A Diet for Healing***

Most of today's chronic health conditions cannot be cured until the diet is fixed. Obesity, diabetes, irritable bowel syndrome, gastric reflux, thyroid, autoimmune disorders, etc., may now be common, but were not so, throughout human history. Each two-hour workshop is a motivational food and lifestyle focused journey to rebuild health and age well.

Brain Health: Wed, Oct 14, 6-8 PM or

Gut Health: Wed, Dec 9, 6-8 PM or

Thyroid Health: Wed, Dec 30, 6-8 PM

Obesity Treatment Center, 769 South Main St., 3rd Flr, Suite 300, Manchester

\$19 per session or all for \$45. Registration required, call 603.626.2626.



## ***Hypnosis for Smoking Cessation***

Hypnosis is a powerful technique that fine-tunes your attention to achieve 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

Catholic Medical Center

\$115. Registration required, call 603.626.2626.

## **The Wellness Center**

### ***Staying Strong, Living Long***

With a focus on strength, flexibility and balance, we will use hand and leg weights, and resistance tubing. Perfect for the older adult or those new to exercise.

Tuesdays and Thursdays, 9-10 AM

195 McGregor St., Lower Level, Suite LL22

\$15 per month. Registration required, call 603.626.2626.

### ***Chair Yoga Flow***

A gentle introduction to yoga using the support of a chair for seated or standing yoga postures. Like in all yoga, chair yoga can help you increase flexibility, gain physical and mental strength and improve overall feelings of health, vitality and peace. Chair yoga is a safe and effective way to practice yoga at any age and level of health, ability or mobility. Using a chair for support enables you to practice yoga with safety, security, integrity and confidence, while encouraging the body to stretch and lengthen.

Thu, Oct 15-Dec 10, 1:30-2:30 PM

195 McGregor St., Lower Level, Suite LL22

\$60 (8 weeks). Registration required, call 603.626.2626.

### ***ZUMBA® Fitness Program***

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

Mon, Nov 9-Dec 28, 7-8 PM or

Tue, Nov 10- Dec 29, 6:30-7:30 PM or

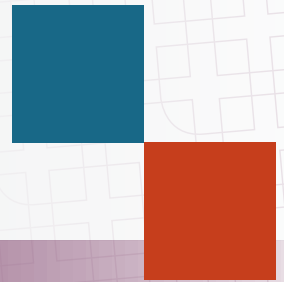
Thu, Nov 12-Jan 14, 5:30-6:30 PM

195 McGregor St., Lower Level, Suite LL22

\$60 (8 weeks). Registration required, call 603.626.2626.

# Caring for you.

With heart.



## *Yoga 101 Series*

Have you been curious about what yoga is all about? Here is your chance to learn the basic yoga postures and how to modify them to your own level of fitness. Take time out of your busy day to refresh and learn the benefits of practicing yoga regularly to improve strength, agility and the ability to manage the stress of everyday life.

Tue, Nov 10-Dec 29, 12-12:45 PM  
195 McGregor St., Lower Level, Suite LL22  
\$60 (8 weeks). Registration required, call 603.626.2626.

## *Gentle Yoga*

Yoga can help you increase flexibility, gain physical and mental strength and improve overall feelings of health, vitality and peace. This gentle yoga series is designed for various fitness levels. Poses and sequences will offer many modifications.

Tue, Nov 10-Dec 29, 3:45-4:45 PM or  
Wed, Nov 11-Jan 6, 6-7:15 PM or  
Thu, Nov 12-Jan 14, 10:15-11:30 AM  
195 McGregor St., Lower Level, Suite LL22  
\$60 (8 weeks). Registration required, call 603.626.2626.

## *A Strong Core & 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, Nov 10-Dec 29, 5:30-6:30 PM  
195 McGregor St., Lower Level, Suite LL22  
\$60 (8 weeks). Registration required, call 603.626.2626.

## *The Fitness Center*

Whether you are a healthy individual interested in fitness or want to control your risk factors for chronic illness, The Fitness 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, Mondays, Wednesdays or Fridays  
8:30 AM-12PM or 3:30-5:30 PM  
195 McGregor St., Lower Level, Suite LL23  
Fee varies. Registration required, call 603.663-8000.

## **Nutrition and Weight Loss**

### *A Healthy Weigh: My 30-Day Blitz*

Challenge yourself to a 30-day detox from foods, fluids and behaviors that keep you overweight and feeling sluggish. Are you ready for a rapid change? This 30-day blitz is an exciting beginning toward a healthier slimmer you.

Wed, Oct 21-Nov 11, 5:30 PM-6:30 PM  
195 McGregor St., 3rd Floor, Suite 312  
\$69 (4-week education series only)  
Registration required, call 603.626.2626.

### ***SPECIAL! New Combination Weight Loss Package!***

A Healthy Weigh: My 30-Day Blitz (see dates listed above) and a one Month Membership to The Fitness Center.

Studies show that weight loss and weight maintenance depend on both a healthy diet AND exercise! Join us for four Healthy Weigh nutrition classes and add a 30-day membership to The Fitness Center where you'll enjoy a variety of classes including aerobics, cardio equipment, strength training and stretching. This combination package is the gateway to your transformation!

Healthy Weigh Classes: 195 McGregor St., 3rd Floor, Suite 312  
Fitness Center Classes: 195 McGregor St., Lower Level, Suite LL23  
Introductory Price, \$99!  
Registration required, call 603.626.2626.



# Health & Wellness



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

Have you repeatedly lost and regained the same pounds? There is more to losing weight than just dieting. Nutrition, behavior and exercise are the keys to successful weight management. CMC's medically supervised rapid weight loss program is here for you. Pre-screening session is required.

Tue, 5:30-6:30 PM

Obesity Treatment Center, 769 South Main St., 3rd Flr, Suite 300, Manchester

Fee varies per individual.

Registration required, call 603.663.6297.

## ***Optimistic Lifestyle—Partial Fast Program***

Weight management is an ongoing process requiring intermittent behavioral, nutritional and exercise intervention. Persistence, not perfection, is the key. This flexible program involves some OPTIFAST® meal replacements and some of your own healthy food.

Obesity Treatment Center, 769 South Main St., 3rd Flr, Suite 300, Manchester

FREE weekly weigh-ins. Fee for food products varies.

For more information or to schedule an appointment, call 603.663.6297.

## ***Surgical Weight Loss Options At CMC's Bariatric Surgery Center Of Excellence***

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 1,700 bariatric surgeries including gastric bypass, gastric sleeve and adjustable gastric banding. Free informational session.

Wed, Oct 14, Nov 11 or Dec 9

Catholic Medical Center

Registration required, call 603.663.7377.

## ***Maintenance Motivation: A Healthy Weigh***

Reinvigorate, reinforce and renew weight and lifestyle skills gained in any prior Healthy Weigh program. Continue your journey to a healthier slimmer you.

Tue, Oct 20, Nov 17 or Dec 15, 7-8 PM

Obesity Treatment Center, 769 South Main St., 3rd Flr, Suite 300, Manchester

\$8 per session or all for \$20.

Registration required, call 603.626.2626.

## ***Weighing in on Your Weight Loss Options at CMC***

Learn about nutritional options for weight loss and long-term weight maintenance.

Wed, Oct 7, Oct 11, Nov 4, Nov 18, Dec 2 or Dec 16

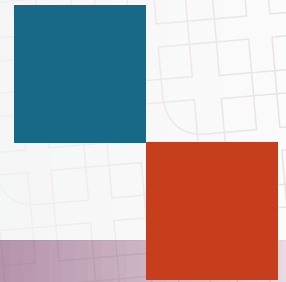
5:30-6:30 PM

Obesity Treatment Center, 769 South Main St., 3rd Flr., Suite 300, Manchester

FREE, registration required, call 603.663.6297.

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With heart.



## Parish Nurse Program

The CMC Parish Nurse Program is present in 17 local faith communities in the Greater Manchester Area, providing spiritual, physical, psychological and social care to their members and neighbors. Parish Nurses provide a variety of health screenings including blood pressure, hearing and weight screenings, as well as wellness education programs and patient advocacy. The CMC Parish Nurse Program serves people of all ages, and welcomes people of all ethnic and religious affiliations. Find our monthly calendar on the CMC website.

**FREE Flu Vaccines** in collaboration with the Walgreen Pharmacists:

- First United Methodist Church: Tue 10/6; 10/13; 10/20;  
10/27—8:30-10AM
- Blessed Sacrament: Wed 10/21; 10/28—1-3PM
- Parish of Transfiguration: Sat 10/17—3-3:45PM and  
Sun 10/18—8:30—9:15AM
- St Anne's-Augustin: Sun 10/25—11AM-2:30PM  
(longer if volume requires)
- St Raphael's: Mon 10/26—6-7PM
- St Andrews: Tue 10/6—8-9AM
- St Joseph's Cathedral: Sun 10/11  
after 8:30 & 10:30AM mass
- St Elizabeth Seton: TBA

**Free** for uninsured or underinsured and free for medicare clients

## Faithfully Fit Forever

A program that combines mind, body and spirit, through low-impact exercise, health information and devotions.

Wednesdays, 9:30—10 AM (Walking Session)

10—10:30 AM (Educational Session)

- Sep 9 Scam Updates
- Sep 16 Varicose Vein Management & Chronic Vein Disease
- Sep 23 Healing Power of Prayer
- Sep 30 Pneumonia Vaccine Updates
- Oct 7 Caregivers: Tips and Tools
- Oct 14 Medicare Changes and Updates
- Oct 21 Violence Against Older Women
- Oct 28 Oral Health
- Nov 4 Wound Care and Treatment
- Nov 11 Stay Young with Good Nutrition and Exercise
- Nov 18 Aging Gracefully
- Parish of the Transfiguration
- Donations accepted. Registration required, call 603.663.8004.

## SHINE

Supportive services for older adults.

Wed, 10:30-11:45 AM

St Matthew's Episcopal Church, Goffstown  
FREE

## Chair Exercises

Tue, 10-11 AM

Bedford Presbyterian Church

Tue, 9:30-10:30 AM

St. Elizabeth Seton, Bedford, NH

Thu, 9:30 AM-10:30 AM

Parish of the Transfiguration & St. Anthony Church  
FREE

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

## Cancer Education and Support

### How to Build a Healthier You Breast Cancer Workshop Series

Renew yourself and reduce future risks for breast cancer. Recover and rebuild during and after treatment.

Wed, Oct 28: Nutrition, 5:30-6:30PM

Wed, Nov 4: Mindfulness, 5:30-6:30PM

Wed, Nov 11: Building a Support System for Healing,  
5:30-6:30PM

Wed, Nov 18: Exercise, 5:30-6:30PM

FREE, registration required. Call 603.629.8683.

CMC Breast Care Center

Bedford Medical Park, 9 Washington Place, Suite 203

Bedford NH

## 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).

Dartmouth-Hitchcock Norris Cotton Cancer Center

FREE, appointment required, call 603.629.1828.



# Health & Wellness

## ***“I’m A Survivor”***

The “I’m a Survivor” group is geared towards those patients who have completed or are living with a long-term diagnosis of cancer.

FREE, for more information, contact Dartmouth-Hitchcock Norris Cotton Cancer Center at 603.629.8683.

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

This program focuses on teaching women how to cope with skin changes and hair loss 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 Dartmouth-Hitchcock 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.

FREE, for more information, contact the Dartmouth-Hitchcock Norris Cotton Cancer Center at 603.629.8683.

## ***Oncology Exercise Program***

Our staff will develop a personal exercise program for you to maintain your strength through and beyond your journey with cancer.

Ongoing

The Wellness Center, 195 McGregor St., Lower Level, Suite LL23

Fee varies, registration required, call 603.663.8000.

## ***YogaCaps***

A gentle, therapeutic yoga class for patients and their caregivers who have had or have cancer. No previous yoga experience needed.

Thu, 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, Oct 6, 5:30-6:30 PM

Breast Care Center, 9 Washington Place, Suite 203, Bedford

For more information or to schedule an appointment, call 603.641.6700.

## **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 seven movement tests to assess mobility and stability, along with observation of muscle imbalances. Also included in this 30-minute session will be a review of the findings and individualized corrective exercises to assist in restoring maximal function.

Fee: \$25.

For more information or to schedule an appointment, call 603.641.6700.

## **Patient Assistance Services**

### ***Breast And Cervical Cancer Screening***

FREE screenings for women with limited income, who have no health insurance or have a high deductible. Registration required.

Catholic Medical Center

To see if you qualify, call 603.626.2626.

### ***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.

### ***Additional Community Health Resources:***

Community Education and Wellness	603.626.2626
Fertility Health Education	603.663.8706
Healthcare for the Homeless	603.663.8718
Parish Nurse Program	603.663.8004
Poisson Dental Facility	603.663.6226
Advance Directives	603.626.2626
West Side Neighborhood Health Center	603.663.5382



# Caring for you.

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## 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 additional information on any of our classes or services please call 603.626.2626 or email Farrah at [fdeselle@cmc-nh.org](mailto:fdeselle@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 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 the basics for getting started to meet both the infant's and mother's needs.

Thu, Oct 1, Nov 5 or Dec 3, 6:30-8 PM

Catholic Medical Center

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 and are given the opportunity to develop decision making tools. A tour of The Mom's Place is included.

Thu, Nov 12, 6-8:30 PM

Catholic Medical Center

\$30. Registration required, call 603.626.2626.



### *Preparation for Birth*

Parents-to-be prepare their body, mind, heart and 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. An in-depth series offering you what you cannot get from a book or online. A tour of The Mom's Place is included.

Sat and Sun, Oct 17 & Oct 18, or Nov 7 & Nov 8, or Dec 12 & Dec 13

9 AM-2 PM (2 sessions)

Tuesdays, Nov 3-Nov 24

6-8:30 PM (4 sessions)

\$120. 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.

Thu, Oct 8, 6-9 PM

Catholic Medical Center

\$40. Registration required, call 603.626.2626.



# Health & Wellness

## ***Childbirth Education Reunion***

In this reunion gathering, families who have attended any of the childbirth education classes are welcome to reunite and introduce their newborns to the community. Enjoy the opportunity to connect, feel supported and share stories of the joys and surprises of parenthood. Light refreshments will be served.

Sun, Dec 6, 10 AM-12:30 PM

Catholic Medical Center

FREE, registration required, call 603.626.2626.

## ***CPR and Safety Class for Caregivers of Infants & 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 eight. This is a non-certification class.

Sat, Dec 5, 3-5 PM

Catholic Medical Center

\$30 (includes two parents or one parent with caregiver).

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.

Tue, Oct 6 or Dec 8, 6-8:30 PM or Sat, Nov 21, 9-11:30 AM

Catholic Medical Center

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. Classes help prepare your mind and body for labor and birth.

Mon, Nov 3- Dec 7, 6-7 PM

Catholic Medical Center

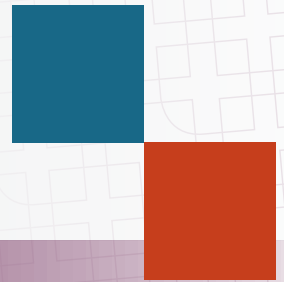
\$50 (6 week series).

Registration required, call 626.2626.



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With heart.



## ***Yoga with Your Baby or Tot***

Research shows that infants and young children who experience touch and physical attention from caregivers have improved learning and self-regulation as they develop. Take a break from your busy day and join us to give you and your baby or toddler some special time to connect. No yoga experience is needed.

### **Baby (6 weeks—crawling)**

Through gentle guided movement, massage and song, parents will bond with their infant while encouraging emotional and physical development. Classes are laid back. Soothing crying babies, changing and feeding during class are the norm. Join us to relax, have fun and connect with other new parents.

Mon, Nov 3-Dec 7, 10:30-11:15 AM  
\$50 (6-week series)

### **Tots (crawlers—36 months)**

Crawlers and walkers move through simple yoga poses while sitting, walking, jumping and standing with the assistance of their parents.

Mon, Nov 3- Dec 7, 9:30-10:15 AM  
\$50 (6-week series)  
Registration required, call 626.2626.

## ***Becoming a Big Sister or Big Brother***

This class prepares children, ages two to six 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 may bring a doll or stuffed animal to join them.

Sat, Oct 3, Nov 14 or Dec 5, 12:30 PM

Catholic Medical Center

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 663.6686. For after hours or weekends, call the Mom's Place at 603.663.6667.

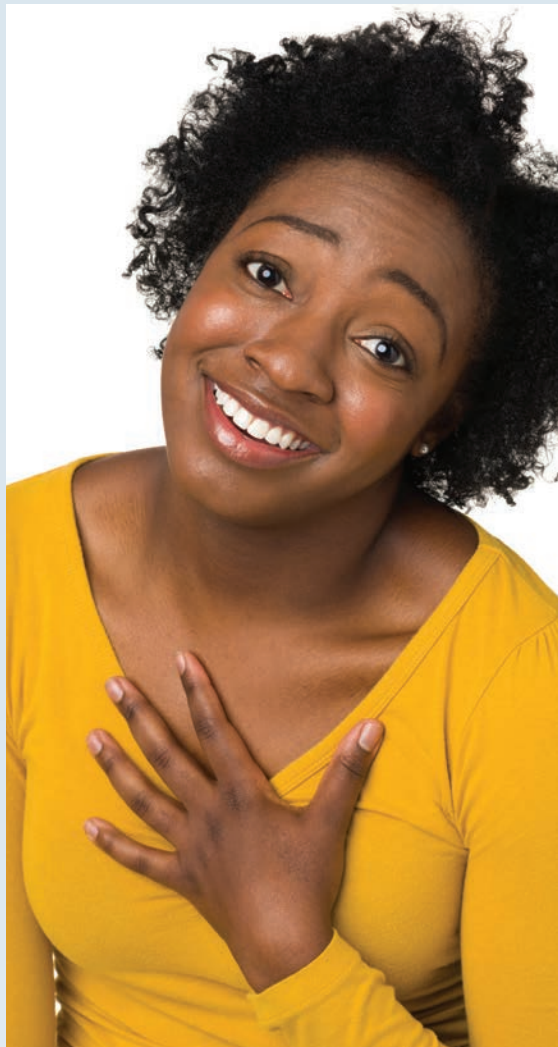


## ***A Mother's Journey: A Group for Growing Moms and Babies***

This weekly program is offered to provide 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. Join us to talk, listen and be in a nurturing environment. Infants up to crawling are encouraged to join their moms.

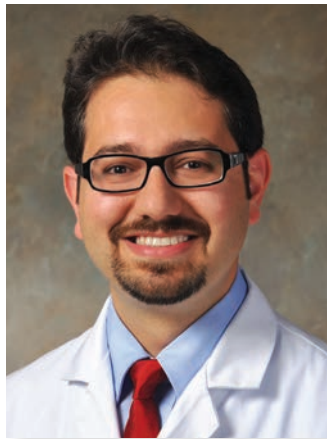
FREE, registration required, call 603.626.2626.





## Provider Profile

### CMC Welcomes Vascular Surgeon Dr. Toufic Imam



**Specialty:** Vascular Surgery

**Board Certification:** General Surgery

**Medical School:** Tishreen University, Syria

**Affiliation:** American College of Surgeons, Society for Vascular Surgery and the Syrian Doctors Association

**Specialized Interests:** Aortic aneurysms and carotid disease.

**Contact:** The Surgical Care Group 603.627.1887

## What a relief! Open seven days a week!

Falls and the flu can crop up at the most inconvenient times. Thankfully, we're here after hours and weekends. With a convenient location, hours and check-in, CMC's Urgent Care is here to care for you. Call: 603.314.4567

Walk-in hours:

Mon—Fri: 8 AM–8 PM

Sat—Sun: 9 AM–5 PM

Location:

5 Washington Place, Suite 1B

Bedford Medical Park, Bedford, NH

Online check-in: [cmc-urgentcare.org](http://cmc-urgentcare.org)

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](http://jointcommission.org). ©2015 CMC. All rights reserved.

## 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).

### Q&A with Dr. Imam

#### What was your favorite subject in school as a kid?

"Biology was my favorite subject in school as a kid. I loved studying the body and playing doctor with other kids. I always have had a passion for taking care of people."

#### When you have a free afternoon, how do you spend it?

"You can find me spending time with my family. I am a very family-oriented person. I also love playing the piano and listening to classical music."

#### How would your coworkers describe you?

"I think coworkers would describe me as extroverted and a good listener. I think they would also bring up that I try to make everyone's patient experience as professional as possible, yet personable at the same time."

#### What is one way that you differentiate your practice from others?

"I like to make sure that the patient and their loved ones understand the procedure that I will be doing. I like to make either digital or hand-drawn diagrams so that the patient can see what will happen. I also like to give patients as many options as possible for treatment and assure them that they are the one making the decision. I think that's very important."