

Effective Treatments for Common Headaches

As you walked into work this morning, your boss moved up the deadline for your big report: tomorrow at 9:00 am. Your phone rang nonstop all day. Your computer malfunctioned at 4:00 pm. You remembered your children have soccer games tonight. At different fields. And now on the way home you are stuck in rush hour traffic. The tension headache that has been building all day finally takes over, pounding in your head like a hammer.

Approximately 90 percent of common headaches are tension headaches, followed by migraine and sinus headaches. "Most common, chronic headaches are treatable," says Robert J. Larkin, MD, of Webster Street Internal Medicine in Manchester, "either in keeping the frequency down or with medications that help make people feel better when a headache attacks."



Everyday tension headaches

A tension headache usually starts at the back of the neck and radiates to the top of the head. They can be triggered by stress, hunger, being overtired and gener-

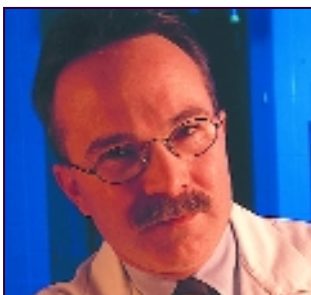
ally not feeling well and affect men and women about equally. Most people find headache relief from over-the-counter pain relievers such as aspirin, acetaminophen or ibuprofen. For those with chronic tension headaches, stress reduction techniques may be effective or their physician may prescribe a low-dose tricyclic antidepressant.

Coping with migraines

People who suffer from migraine headaches often have a family history of the ailment. Over twice as many women as men suffer from this type of headache. Women experience these headaches most frequently during their childbearing years, especially around the time of their menstrual period.

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Implantable Defibrillator Curbs Dangers of Irregular Heartbeat



Bruce Hook, MD, FACC
Director, Cardiac Electrophysiology
Laboratory, New England Heart Institute

Vice President Dick Cheney's recent hospitalization for the implantation of a cardioverter defibrillator brought new attention to the potential dangers of an irregular heartbeat, which can lead to sudden cardiac death. One of the leading causes of death in the U.S., sudden cardiac death kills more than 300,000 people each year.

"Key to reducing this number is identifying who is at risk. People who have had a heart attack or congestive

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The News at Catholic Medical Center

From the desk of Alyson Pitman Giles, President and CEO



What makes Catholic Medical Center different from other hospitals? Why would you choose to receive your medical care here? Every day I understand that this is my challenge – ensuring that CMC not only meets your expectations, but exceeds them!

People consistently want to receive their health care in a warm, caring center where the highest technologies and innovative treatments are available. It may be a cliché, but our patients tell us that CMC truly combines high technology with high touch. Patients, their families and friends are embraced by our highly qualified, dedicated physicians and staff who give of themselves every hour of every day. It's our people – at every level of the organization – who make the difference.

When a hospital has a heart program the size of CMC's, the expertise of our staff at every level of the organization must rise to the level of delivering top-notch cardiac medical care. Our doctors, nurses, technicians and support staff all work to a higher standard. Expertise permeates the entire organization.

We challenge ourselves every day to be forward thinking, and to find ways of making each patient's time with us a better experience.

That's why we suggest that the next time you need inpatient or outpatient medical care you ask your doctor to send you to CMC.

As you read this issue of Healthy Living News, you'll learn the "Good News of Common Headaches" and how an insulin pump can add freedom to the lives of people living with diabetes. Do you know the signs of an irregular heartbeat? Learn more about sudden cardiac death.

And finally, do you need a healthcare speaker for a meeting of your service club or organization? CMC now has a speakers bureau with a team of medical experts in a variety of fields to provide your group with the latest in medical technology.

As always, we welcome your suggestions. Please call **663.6552** or e-mail us via www.catholicmedicalcenter.org ©

Alyson Pitman Giles, President & CEO

ASK-A-NURSE® about Colds and Flu



Catching colds and flu

Get out of those wet clothes before you catch your death!" Sound familiar? Think you can catch a cold or flu from getting wet or cold? Think again.

"Cover your mouth!" "Wash your hands!" This is good advice. Colds and flu are viruses spread by airborne particles that we inhale when someone coughs or sneezes, or by germs that we come in contact with when we shake hands or use the same utensils or glassware used by someone who is infected.

Cold and flu symptoms

How do you know if you have the flu? If you have a temperature with muscle aches and extreme fatigue, along with a sore throat, cough and stuffy head, it is probably the flu. Most of us can treat the symptoms and recover within a week or two. For fever, aches and cough, nonprescription medications like acetaminophen and cough syrups are helpful. Always read and follow package instructions. Your pharmacist can help you choose the right medications for your symptoms. Be sure to drink plenty of fluids,



including eight glasses of water a day, and take time to rest. If you are considered at high risk for complications, such as having a chronic disease, speak with your doctor about treatment.

Getting your flu shot

Prevention is the best way to deal with the flu and a yearly flu shot can be the best prevention. If you are allergic to eggs or have had an allergic reaction to the flu vaccine before, speak with your doctor before you get a flu vaccination. The most common complaint following a flu shot is soreness at the injection site that can last a day or two. And you can't catch the flu from the vaccine. Since flu season coincides with the time everyone retreats indoors for the winter, the best time to get a flu shot is October and November.

So, "wash your hands" frequently and have a happy, healthy winter. Oh, and get out of those wet clothes or "you'll ruin the furniture!" 🤖

– By Jean Anderson, RN, ASK-A-NURSE® Resource Nurse

For more information on treating colds and the flu call ASK-A-NURSE® at **626.2626**.

Insulin Pump Transforms Lives of Diabetes Patients

When Barbara Taylor of Hooksett walked down the aisle at her daughter's wedding this summer, no one suspected that under her form-fitting platinum dress her insulin pump was attached to her thigh, providing a steady flow of insulin and keeping her blood sugar level under control. Before last November, when she became the first patient at the Diabetes Resource Institute at Catholic Medical Center to use the insulin pump, a day focused primarily on the bride and groom would have been impossible for the Taylor family.

A type I diabetic for the past 33 years, Barbara frequently had several low blood sugar episodes a day with traditional syringe-based insulin therapy. While a normal blood sugar level is 60 to 110 milligrams per deciliter, her level often dropped to 20 or 30 mg./dl. before she had any sensation that something was wrong. Now, with the insulin pump, her level dips only a few times a week, and she usually recognizes the symptoms when her level drops to 60 or 70 mg./dl.

Using the pump has given Barbara new control of her life. Last Christmas was the first time that her family was able to sit down to eat when they wanted. "The pump has made my life so much more versatile," she says. "I finally have a life now."

How the pump works

The size of a beeper, an insulin pump can be hooked on a belt



Diane Schor (left) discusses using the insulin pump with patient, Barbara Taylor.

or a pocket. A length of small tubing runs from the pump under the patient's clothes to the insertion site, usually at the abdomen, thighs, buttocks or upper arm. Here, a tiny cannula inserts under the skin and can remain for two to three days before being changed. A reservoir inside the pump, which contains a three-day supply of insulin, delivers a continuous basal or base rate of insulin, while the buttons on the pump allow patients to administer a bolus or larger dose at meals. The bolus dose depends on the amount and types of foods eaten.

A piece of fruit contains about 15 grams of carbohydrates and would usually require a bolus dose of one unit of insulin.


"Using the pump is not difficult as it's simply a change in insulin delivery for patients who have had type I diabetes for quite a while," says Diane Schor, RN, BS, CDE, Assistant Diabetes Nurse Educator at CMC's Diabetes

Resource Institute. "They already know the importance of diet and exercise and their need for insulin and ketone testing, as well as all the other skills and concerns related to diabetes."

Getting started

First, a patient is referred to the Diabetes Resource Institute by an endocrinologist for an assessment of educational needs. Then, the patient learns how to insert and use the pump and has a trial run with saline solution. The next week, the patient begins insulin therapy and is monitored by telephone two or three times each week for the next several weeks. Once patients get used to the insulin pump, they find it less time consuming, claims Schor. She estimates that within six to eight weeks, patients feel comfortable and confident using the pump.

In June, the Diabetes Resource Institute held its first quarterly meeting of its Insulin Pump Support Group. The session allowed pump users to share experiences and learn more about advanced features of the pump.

Barbara Taylor, who also wore her insulin pump with ease at the beach this summer, claims that the pump's steady flow of insulin has not only reduced her varying high and low blood sugar levels, but has made her temperament much more even as well. "I'm so glad to be back to my happy self," she says. And she's sure her family is, too. 

For more information on the insulin pump or the support group, contact the Diabetes Resource Institute at Catholic Medical Center at **663.6236**.

Eric C. Chapman, MD
Catholic Medical Center
100 McGregor St.
Manchester, 663.6200
Dr. Chapman is board certified in psychiatry and internal medicine,

with special interests in outpatient and inpatient treatment of psychiatric illness in geriatric patients.



Thomas F. D'Aprix, MD
Granite State Emergency Physicians
Catholic Medical Center,
100 McGregor St.
Manchester, 626.2626

Dr. D'Aprix, is board certified in emergency medicine. He is certified in neonatal advanced life support, advanced trauma life support, pediatric advanced life support and advanced cardiac life support.

David J. Goldberg, MD
New England Heart Institute
Catholic Medical Center
100 McGregor St.
Manchester, 663.6888

Dr. Goldberg, a cardiologist with the New England Heart Institute, specializes in interventional cardiology.



Alexander Granok, MD
Infectious Disease Associates
10 Prospect Street, Ste. 201
595.1305

Dr. Granok is board certified in infectious disease and internal medicine with special interests in infection control and preventative travel disease.

Susan Lemei, MD
Willowbend Family Practice, Dartmouth Commons, 769 South Main St., Ste. 300, Manchester, 626.2626

Dr. Lemei is board certified in family medicine. Her interests include maternity care and full spectrum family practice.

Dmitry Nepomnayshy, MD
The Surgical Care Group
4 Elliot Way, Manchester, 627.1887

Dr. Nepomnayshy is a general surgeon specializing in vascular and laparoscopic procedures.

Barbara L. Steinbrecher, DO
Willowbend Family Practice
Dartmouth Commons
769 South Main St., Ste. 300
Manchester, 626.2626

Dr. Steinbrecher specializes in osteopathic medicine. Her interests include full spectrum family practice.

John Dwight Seidner, MD
Granite State Emergency Physicians
Catholic Medical Center
100 McGregor St.
Manchester, 626.2626

Dr. Seidner is a board certified emergency physician with special interest in EMS and medical informatics.

Peter George Christakos, MD
Pathology Specialists of New England
One Elliot Way
Manchester, 663.2583

Dr. Christakos is board certified in pathology and recently completed a cytology fellowship in Virginia.

Robert P. Collins, MD
Granite State Emergency Physicians
Catholic Medical Center
100 McGregor St.
Manchester, 626.2626

Dr. Collins is an experienced emergency medicine physician. He is certified in neonatal advanced life support, advanced trauma life support, pediatric advanced life support and advanced cardiac life support.

Mathew Greenston, MD
Granite State Emergency Physicians
Catholic Medical Center,
100 McGregor Street
Manchester, 626.2626

Dr. Greenston is an experienced emergency medicine physician. His interests include developing a new methodology for establishing standards of care.

Herve J. LeBoeuf, IV, MD
ENT Specialists of Southern NH
30 Canton Street, Ste. 2
Manchester, 622.3623

Dr. LeBoeuf is experienced in otolaryngology head and neck surgery with special interest in surgical reconstruction of mohs defects and laryngeal preservation procedures.

Richard H. Lee, MD
Ear, Nose and Throat Physicians & Surgical, PA
130 Tarrytown Rd.
Manchester, 669.0831

Dr. Lee is board certified in otolaryngology and specializes in sinus and allergy surgery in both adults and children.

Physician lectures

Peter van der Meer, MD
Southern New Hampshire Radiology Center
29 Riverway Place, Bldg. 7
Bedford, 627.1661

Dr. van der Meer is board certified in radiology and specializes in diagnostic radiology.

Michael Paul Mortelliti, MD
Pulmonary Medicine Associates
31 Riverway Place
Bedford, 623.3516

Dr. Mortelliti specializes in pulmonary and critical care medicine and is board certified in internal medicine. Dr. Mortelliti has an extensive background in emergency medicine.

Romuald Norbert Sluyters, MD
NH Orthopedic Surgery, PA
700 Lake Ave.
Manchester, 669.5454

Dr. Sluyters is an orthopedic surgeon with special interest in all areas of orthopedic surgery.

Physicians on the Move



Jennifer Jeffries, MD has relocated and is now at **Jeffries Family Medicine, PLCC, 345 Cilley Road, Manchester.**

Dr. Jeffries is accepting new patients. Call ASK-A-NURSE® at **626.2626** for more information.

Paula Mahan, MD has joined **Bedford Health Associates, Liberty Park, 282, Route 101, Amherst, NH, 249.9740**

Dr. Mahon specializes in all aspects of family medicine and is accepting new patients.

Options to Relieve Ankle Pain

Hip and knee replacements have become standard treatment for people who suffer with osteoarthritis. Now more people are turning to ankle replacements to ease their pain.

Join orthopedic surgeon, Lance Macey, MD, on Wednesday, September 12 at 7 pm at Catholic Medical Center for a free lecture on "Options to Relieve Ankle Pain." Find out why more people are turning to ankle replacement surgery to ease their pain.



For more information or to register for this free seminar, call ASK-A-NURSE® at **626.2626**.

Coping with Common Headaches

Do you suffer from tension or migraine headaches? Learn about types of headaches and effective treatments when Robert J. Larkin, MD, discusses "The Good News about Common Headaches" on Wednesday, September 19 at 7 pm, at Catholic Medical Center.



To register for this free seminar, call ASK-A-NURSE® at **626.2626**.

Knee Pain Keeping You Down?

Orthopedic surgeon, Douglas Goumas, MD, will conduct a free seminar on "New Advancements in the Treatment of Knee Pain – Acute to Chronic" on Tuesday, October 23 at 7 pm at Catholic Medical Center's Roy Auditorium. Learn new treatment options and find out how you can keep knee pain at a minimum.



Parents, coaches and athletes of all ages are welcome. To register for this free seminar, call ASK-A-NURSE® at **626.2626**.

Heart Patient Donates Portrait to Hospital

To physically have taken my heart into your hands and returned it well again is truly a feat beyond compare,” said Helen Kaufman at a recent ceremony dedicating a painting she donated in honor of cardiothoracic surgeon David Charlesworth, MD, FACS, and the New England Heart Institute staff.

In 1998, Mrs. Kaufman painted a portrait of author and illustrator Tasha Tudor because Tudor’s joy for living had long been an inspiration to the Manchester resident. After her cardiac surgery on May 23, Mrs. Kaufman could think of no better home for her very special painting than at the New England Heart Institute. Mrs. Kaufman said the donation reflects her heartfelt gratitude for the joy shared so generously by the staff and for how deeply the gift of life is cherished by all those who helped her through her surgery and recovery.

Not long after Helen and Al Kaufman moved to Manchester nine years ago, they learned that Mr. Kaufman needed cardiac surgery. Not having a local physician, the Kaufmans looked through the Catholic Medical Center


New England Heart Institute



OF CATHOLIC MEDICAL CENTER

physician directory. When they saw Dr. Charlesworth’s photograph and read about him, they immediately felt he was the right choice for them. Since that time, their respect and admiration has only grown stronger.

“I was honored and humbled by your gift,” said Dr. Charlesworth. “I represent a truly dedicated team of professionals and, in addition to my gratitude to you, I remain grateful to the team that works with me. You are a testament to all that we stand and hope for.”

“My thanks and deep gratitude to Dr. Charlesworth and his team, the exceptional nurses, and the entire staff,” said Mrs. Kaufman. “You are all a blessing.” The portrait hangs near the visitor elevators on Level D at Catholic Medical Center. 



Dr. Charlesworth and Mrs. Kaufman pose in front of donated portrait.

Effective Treatments for Common Headaches continued from page 1

Headache Treatment Questions

If your headache is severe and requires a visit to the doctor, having answers to the following questions can help your doctor determine effective treatment for your headache:

- Where is your headache pain?
- What brings on your headache?
- What are your headache symptoms?
- When did your headache start?
- What time of day do you have a headache?
- What precedes your headache?
- What makes the headache better or worse?
- How severe is your headache?

Migraines are frequently preceded by an aura, such as a shimmering that crosses a person’s field of vision. Other symptoms include nausea, vomiting and light sensitivity. Resting in a dark, quiet room may bring relief.

“Most people can cope with tension headaches,” says Dr. Larkin. “With migraine headaches, people often see their doctor because of the headache’s severity or increasing frequency.” To stop or lessen the severity of a migraine, a patient’s physician may prescribe one of the newer triptan

drugs to be taken when the patient feels a migraine coming on. Options for prevention include beta blockers, calcium channel blockers and low-dose tricyclic antidepressants.

Seasonal sinus headaches

Headache pain that hits you between the eyes, around the face, and at the back of the neck is probably a sinus headache caused by seasonal allergies or an upper respiratory viral infection. Your sinuses may feel full, your ears stuffy and nose runny, or you may experience post nasal drip. Effective treatments include aspirin, acetaminophen or ibuprofen; topical nasal steroids; antihistamines; and avoidance of allergens.

Headache warning signs

“Tension headaches are usually benign,” says Dr. Larkin. “The time to get concerned is whenever a headache’s character or severity changes. Then it’s time to see a doctor.” Some warning signs include:

- ♦ Having a headache if you have never had one before, particularly after the age of 40.
- ♦ Developing the worst headache of your life, such as a “thunderclap” headache accompanied by neurological symptoms and nausea and vomiting.

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Implantable Defibrillator continued from page 1

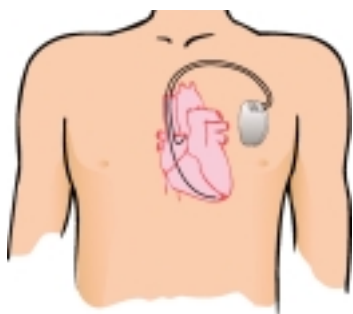
heart failure should be evaluated by a cardiologist or electrophysiologist to determine if they have a heart rhythm disorder and are a candidate for an implantable cardioverter defibrillator (ICD).” says Bruce G. Hook, MD, FACC, Director of the Cardiac Electrophysiology Laboratory at the New England Heart Institute of Catholic Medical Center. “Our goal,” he says, “is to identify patients before they suffer an episode of cardiac arrest, as only five percent of patients who experience cardiac arrest outside the hospital survive.”

Irregular Heartbeat Warning Signs

If you have had a previous heart attack and experience any of the following symptoms, contact your doctor to determine if you should be referred to a cardiologist or electrophysiologist:

- Dizziness or lightheadedness
- A fainting spell
- Palpitations or a racing heartbeat

This is the same proactive approach taken by Vice President Cheney’s physicians, who recommended he undergo noninvasive testing to determine if he was at risk for sudden cardiac death. An electrophysiology study indicated he was at risk and an ICD was implanted.



How an ICD works

About the size of a pager, an ICD contains a pacemaker that increases a patient’s heart rate, if needed, and a defibrillator, which slows an abnormally rapid and potentially fatal heart rate with an electric shock. The device is surgically inserted under the skin near the patient’s

collarbone in a one-hour procedure performed under local anesthesia. The patient is discharged the same day or the following day, usually with only minimal lifestyle restrictions. The ICD device operates five to seven years before it needs replacing.

CMC patient benefits from ICD

Clinical trials, which the New England Heart Institute has participated in, have shown that ICDs reduce sudden cardiac death by as much as 50 percent compared to antiarrhythmic drugs. “The overwhelming survival advantage demonstrated by the defibrillator has resulted in expanded use of the device,” says Dr. Hook, “and has led us to look more aggressively for patients who might benefit from this therapy.” Dr. Hook and fellow cardiac electrophysiologist Connor J. Haugh, MD, FACC, implant approximately 150 cardioverter defibrillators each year at the New England Heart Institute.



Patient, Dr. Dupuis (left) with Dr. Hook holding a similar ICD that was implanted in his chest.

One of these patients is Marcel Dupuis, MD, a retired family practice physician who had a heart attack thirty years ago. In June of 2000, he was brought to Catholic Medical Center’s Emergency Department after experiencing extreme lightheadedness. Following electrophysiology testing, an ICD was implanted in Dr. Dupuis’s chest. The device’s defibrillator needed to kick into action for the first time five months later, and the ICD’s jolt felt like getting a football thrown in the chest, he says.

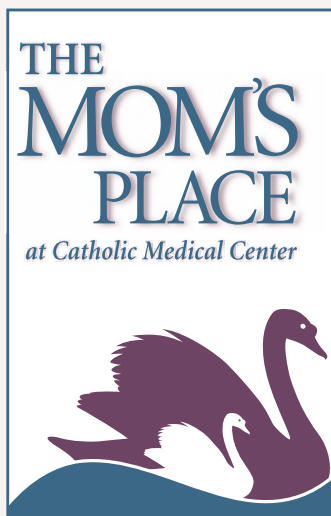
Recently, the ICD’s pacemaker did its job when his heart went into a rapid rate and he felt lightheaded. “The minute the pacemaker took over, the only thing I felt was my lightheadedness subsiding,” says Dr. Dupuis. “The pacemaker put me back into normal sinus rhythm so the defibrillator didn’t need to kick in.”

“The device doesn’t limit me in any way,” he adds. “It makes me a little more confident because I’ve got a backup system if I have any problems. It gives me added protection.”

For more information on sudden cardiac death and implantable cardioverter defibrillators, contact the New England Heart Institute of Catholic Medical Center at **663.6894**.

We’re Expecting – Are You?

Maternity services will return to
Catholic Medical Center, February 2002.



The place for families to be.

Meds for Manchester Delivers Free Medications

PRIME TIME

The Center for Healthy Aging

A Community Service of Catholic Medical Center

Lower income people in the Greater Manchester area no longer need to choose between buying prescription drugs and the other necessities of life. The new Meds For Manchester program arranges for free prescription medications for those without prescription coverage, especially seniors on Medicare whose family income, in some cases, is as much as \$25,000 a year.

“For many seniors, affording medications is a huge hardship because they’re on a limited retirement income, and the number and price of their medications keeps going up,” says Connie Jones, Director of Prime Time, The Center for Healthy Aging, which oversees Meds For Manchester as part of Catholic Medical Center’s Community Service Program.

In the first two months of the program, Meds For Manchester saved 93 people over \$60,000 on nearly 500 prescriptions.

Instrumental in starting Meds For Manchester is Prime Time volunteer, George Pressly, who began a similar program in Nashua last year. He oversees the detailed application process for patients. “I’ve never done anything else where I’ve gotten such immediate payback for very little effort,” says Pressly. “Any volunteer can take just an hour of their time and make a real difference to somebody. We encourage more volunteers to help us.”



Applying is simple

While many pharmaceutical companies offer free prescription drugs to eligible patients and some physicians assist patients in procuring these medications, the application process can be challenging for

patients. Meds For Manchester takes the difficulty out of applying.

Patients fill out a Meds For Manchester application that requests their income and prescriptions. After

returning the form, the patient receives an application for each medication. Once the patient signs and returns these forms, Meds For Manchester fills out the rest of each detailed application and delivers the completed form to the patient’s physician, who attaches a prescription before sending it to the appropriate pharmaceutical company. If the company approves the patient’s eligibility, a free 90-day supply of the medication arrives at the doctor’s office in four to six weeks. The patient must then begin the process again to continue receiving free medications. ☺

For an application for free prescription medications or to volunteer to assist the program, visit Meds For Manchester at Prime Time at 1000 Elm Street, Manchester, or call **663.6333**.



Are You Depressed?

Where do you rank on the depression scale? What type of treatment is best for you? Find out at a free, anonymous screening on National Depression Screening Day on October 11. Screenings will take place from 10 am to noon at Prime Time, the Center for Healthy Aging, at 1000 Elm Street, and from 2 to 6 pm at Catholic Medical Center, 100 McGregor Street, Manchester.

Signs and Symptoms of Depression:

- ◆ Loss of pleasure in usual activities
- ◆ Restlessness
- ◆ Sadness

- ◆ Feelings of hopelessness, helplessness, worthlessness
- ◆ Loss of energy
- ◆ Changes in sleep and appetite
- ◆ Thoughts of death or suicide

Depression is a highly treatable illness, with most sufferers showing improvement in just eight weeks. Screening attendees may also talk one-on-one with a mental health professional. To register for a free depression screening, call ASK-A-NURSE® at **626.2626**.

Keeping Healthy • Staying Fit

Family Health and Education

Breast and Cervical Cancer Screening

Saturday, September 8
or Saturday, November 3 • 8 am to Noon
Location • Catholic Medical Center
For women ages 18-64 with limited income and limited or no insurance. Registration required. Call the CAncer REsource Line at **663.5787. Free.**

Options To Relieve Ankle Pain. Is Ankle Replacement For You?

Wednesday, September 12 • 7 to 9 pm
Location • Catholic Medical Center
Presenter • Lance Macey, MD
New designs in artificial ankle joints have given new life to ankle replacement surgery and offered fresh hope to people struggling with pain from rheumatoid or osteoarthritis or from traumatic injury. Are you a good candidate for ankle replacement surgery? Orthopedic surgeon Lance Macey, MD, will discuss options for relieving ankle pain to return to an active lifestyle and totally pain-free life. Call ASK-A-NURSE at **626.2626. Free.**

Learn How To Care For Your Fertility Naturally - Introductory Session

Wednesday, September 12, October 10, or November 14 • 7:30 pm
Location • 195 McGregor Street, 3rd Floor
Presenter • Nancy Malo, Program Coordinator
Manage fertility “naturally” to avoid or achieve pregnancy. Highly effective, this method approaches fertility as part of health and wellness. Registration required. Call **663.8706. Fee: \$15 per couple.**

‘N S.H.A.P.E. Weight Management Group

Thursdays, September 13 to November 1 • 6 to 7 pm
Location • Catholic Medical Center
Presenter • Marilyn Mills, MS, RD
Dynamic lifestyle management program designed for gradual weight loss and body reshaping by applying strategies of eating behaviors, physical activity and healthy food choices. Registration required. Call ASK-A-NURSE at **626.2626. Fee: \$195 (8 weeks).**

Immunization/Lead Screening Clinics

Thursday, September 13 • 10 am to Noon
Location • Brookside Church, Parish Nurse Office
Friday, October 12 • 9:30 to 11:30 am
Location • St. Edmond Church, Parish Nurse Office
Wednesday, November 7 • noon to 2:00 pm
Location: Blessed Sacrament Church
Even small amounts of inhaled or swallowed lead can be harmful. Vaccines can prevent a number of diseases such as Chickenpox, Measles, Mumps, Hepatitis, Tetanus, etc. Public Health Nurses will be available to administer immunizations and test for lead poisoning. Registration required. Call ASK-A-NURSE at **626.2626. Fee: \$5 Tetanus, \$10 Pneumovax, all others and lead testing are free.**

CPR for Family and Friends

Saturday, September 15 • 8 am to Noon
or Saturday, October 20 • 12:30 to 4:30 pm
Location • Cardiovascular Wellness Center
Instructor • Cindee McDonald, RN
or Wednesday, October 24 • 6 to 10 pm
Location • 195 McGregor Street, 3rd Floor
Instructor • Tim Parsons, BS
One of the American Heart Association's newest CPR courses, this course is for all community members who want to learn CPR for adults, children and infants. Participants will learn the critical importance of phoning 911 and the signs and symptoms of heart attack, cardiac arrest, stroke and choking. Registration required. Call ASK-A-NURSE at **626.2626. Fee: \$25.**

The Good News about Common Headaches

Wednesday, September 19 • 7 to 9 pm
Location • Catholic Medical Center
Presenter • Robert Larkin, MD
Does stress at work give you a tension headache? Are you ever debilitated by a migraine headache? Do your seasonal allergies bring on a sinus headache that doesn't quit? Learn about these common headaches and headache danger signs, as well as effective headache treatments. Registration required. To register, call ASK-A-NURSE at **626.2626. Free.**



Infant/Child First Aid

Wednesday, September 19 • 6 to 10 pm
Location • 195 McGregor Street, 3rd Floor
Instructor • Tim Parsons, BS
This course covers a wide range of safety and injury prevention issues of First Aid, with a focus on infants and children. Learn how to provide First Aid for situations such as a burn, wound, or choking infant or child, as well as how to respond to an emergency. Ideal for child care providers, parents and grandparents. Registration required. Call ASK-A-NURSE at **626.2626. Fee: \$25.**



Historic Church Walk

Tuesday, October 2 • 10 am to 2:30 pm
Location • Meet at St. Joseph Cathedral
This fifth walk in our series embraces the history, architecture and traditions of St. Peter and Paul Orthodox Church, St. Joseph Cathedral and Gethsemane Lutheran Church. Become aware of the impact each church played in the development of the culture of Manchester while participating in a healthy walk of approximately 2.9 miles. Support is provided by the Lila Wallace Reader's Digest Fund, Art Builds Community! grant. Registration required. Call ASK-A-NURSE at **626.2626. Free.**

Cholesterol Education Program

Cholesterol Screenings
Fridays, October 12, 2001, January 11 and April 12, 2002 • 8 to 9 am
Location • Prime Time, The Center for Healthy Aging

Educational Presentations

Wednesdays, October 17, October 24, 2001, January 16 and March 6, 2002 • 6 to 8 pm
Location • St. Edmond Church
Presenter • Kim Kennedy, RN
This six-month educational program about cholesterol includes four educational presentations and three lipid profiles (cholesterol levels). You will learn what your cholesterol level is, what the numbers mean, why it matters, other risk factors you may have for coronary heart disease and steps you can take to improve your cholesterol and heart disease

risk profile. It is important to attend all sessions so that together we may track your progress. Registration required. Call ASK-A-NURSE at **626.2626**. Fee: **\$75**.

Adult First Aid

Wednesday, October 17 • 6 to 10 pm
Location • 195 McGregor Street, 3rd Floor
Instructor • Tim Parsons, BS

This course covers a wide range of safety and injury prevention issues, including First Aid for the more common concerns such as sprains, cuts and burns, as well as how to respond to adult emergencies such as heart attack, stroke and choking. Registration required. Call ASK-A-NURSE at **626.2626**. Fee: **\$25**.

New Advancements in Knee Pain Treatment

Tuesday, October 23 • 7 to 9 pm
Location • Catholic Medical Center
Presenter • Douglas Goumas, MD

Is knee pain keeping you down? Learn about new treatments for chronic and acute knee pain and how you can keep knee pain to a minimum. This session may be of particular interest to parents, coaches and athletes of all ages. To register, call ASK-A-NURSE at **626-2626**. **Free**.

Decoding the "Boy Code" – Understanding Our Boys' World

Wednesday, November 7 • 7 to 9 pm
Location • Catholic Medical Center
Presenter • Nancy Marston, MEd

In today's world, society is sending boys unhealthy messages called the "boy code." Understand the impact that our culture has on boys and learn how to use more effective ways to parent and interact with them to

establish a healthy new "boy code." Recommended for parents, grandparents, counselors, teachers or any community member who has a desire to realize the value of our boys.

Call ASK-A-NURSE at **626.2626**. **Free**.

Heartsaver AED

Saturday, November 17 • 8 am to Noon
Location • Cardiovascular Wellness Center
Instructor • Cindee McDonald, RN

A new American Heart Association CPR course for community members such as police, firefighters, security personnel, lifeguards, office workers and individuals who want to complete a course in public access defibrillation. This course teaches CPR, use of the Automated External Defibrillator (AED), and relief of choking for the adult victim. Registration required.

Call ASK-A-NURSE at **626.2626**. Fee: **\$25**.



Body & Soul: Complementary Medicine Programs

Introduction to Yoga

Tuesdays, September 18 to November 6 or Tuesdays, November 20 to January 15, 2002 • 6 to 7:30 pm
Location • St. John The Baptist Church

Instructor • Ginnie Bottino, certified Kripalu Yoga Instructor

Thursdays, September 6 to October 25 • 3 to 4:30 pm
Location • Prime Time, The Center For Healthy Aging
Instructor • Jim Ready

Yoga improves strength, flexibility, and balance and can also help you feel better about yourself, relieve tension, and improve concentration and sleep. Registration required. Call ASK-A-NURSE at **626.2626**. Fee: **\$60** (8 weeks).

Introduction to T'ai Chi

Mondays, October 8 to November 26 • 5:30 to 6:30 pm
Location • Prime Time, The Center For Healthy Aging
Instructor • Chris McKenna

Tuesdays, October 9 to November 27 • 1 to 2 pm
Location • Prime Time, The Center For Healthy Aging
Instructor • Chris McKenna

Thursdays, September 13 to November 1
Thursdays, November 15 to January 10, 2002 • 6:15 to 7:15 pm

Location • St. Edmond's Church
Instructor • Michael Coulon, certified Bujinkan Dojo T'ai Chi Ch'uan Program Instructor
T'ai Chi is a system of rounded, flowing and balanced movements that improve flexibility, tone muscles and reduce stress. The dynamic exercises performed during T'ai Chi can help to develop concentration and coordination. Research shows that T'ai Chi can reduce the risk

of falls, as well as improve balance and strength in adults of all ages. Registration required. Call ASK-A-NURSE at **626.2626**. Fee: **\$35** (8 weeks).

Level II T'ai Chi

Thursdays, September 13 to November 1 or Thursdays, November 15 to January 10, 2002 7:30 to 8:30 pm • Location: St. Edmond Church
Instructor • Michael Coulon, certified Bujinkan Dojo T'ai Chi Ch'uan Program Instructor
This level of T'ai Chi is a continuation of our Introduction to T'ai Chi Program, or an opportunity to move to the next level of a T'ai Chi program. Registration required. Call ASK-A-NURSE at **626.2626**. Fee: **\$35** (8 weeks).

Reiki

This therapy for balancing and transferring healing energy is performed by a trained practitioner. Reiki has been shown to improve circulation, decrease stress and anxiety, and stimulate the immune system. This gentle hands-on practice has a soothing effect on all parts of the body. Offered in church parishes throughout Greater Manchester. Registration required. Call The Parish Nurse Program at **625.4018** for locations, dates and times.

Feng Shui – Creating Balance and Harmony for Health

Wednesday, October 17 • 7 to 9 pm
Location • Catholic Medical Center
Presenter • Victoria Levesque, Healing Arts Practitioner
Embrace a new spirit of change. Feng Shui is an ancient philosophy and information system that reveals how a home or workplace can affect health. Feng Shui helps us understand how we impact and in turn are impacted by our environment. Learn the basic principles of Feng Shui, as well as easy-to-implement changes to help you create the appropriate balance to benefit all aspects of your health and well-being. Call ASK-A-NURSE at **626.2626**. **Free**.

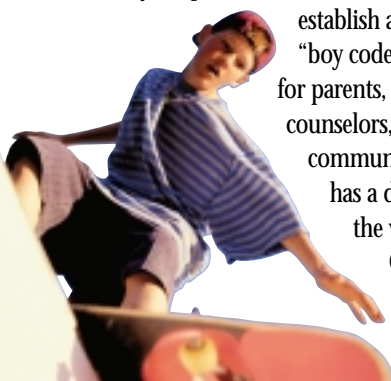
Exercise and Fitness

Strong Living Program

Wednesdays and Fridays, September 12 to December 5 • 8:30 to 9:30 am

Location • Prime Time, The Center for Healthy Aging
Instructor • Marie Dewitt

or Mondays and Thursdays, September 10 to December 6 • 6:45 to 7:45 pm
Location • Prime Time, The Center For Healthy Aging
Instructor • Tim Parsons, BS
Current research shows the overwhelming



need for women and men over the age of 40 to participate in regular strength training exercises. This scientifically proven program reverses bone loss and improves strength, energy and balance. Taught by instructors certified through Tufts University, The Strong Living Program by Miriam Nelson, Ph.D., is provided in partnership

with New Hampshire Celebrates Wellness.

Call Prime Time, The Center For Healthy Aging at 663.6333.

Fee: \$35 (12 weeks).



Pilates

Mondays, October 1 to November 26 •

Noon to 1 pm

Location • St. Edmond's Church

Instructor • Debbie Zarnay

These exercises deliver simultaneous stretching and strengthening in a non-impact, balanced system of body/mind control. The exercises also improve flexibility and joint mobility. Registration required. Call ASK-A-NURSE at 626.2626. Fee: \$40 (8 weeks).

Line Dancing

Tuesdays, October 16 to December 4 •

6:30 to 7:30 pm

Location • Cardiovascular Wellness Center

Instructor • Moe Brown

Improve fitness and energy levels, coordination and have fun at the same time! This invigorating form of dancing offers a different level of relaxation to the sounds of country music. Registration required. Call ASK-A-NURSE at 626.2626. Fee: \$35 (8 weeks).

Strength Training Maintenance Classes

Wednesdays & Fridays • 10 to 10:45 am

Location • Brookside Church

Tuesdays & Thursdays • 6 to 6:45 pm

Location • Prime Time, The Center For Healthy Aging

Ongoing classes are for people who have gone through The Strong Living Program. Continue to reap the benefits of exercise! The fee is prepaid monthly and participants may attend classes at either location. Fee: \$10 (prepaid monthly).

Ongoing Education Programs/Services

Babysitting and Beyond

Learn the necessary skills to become a successful babysitter. Participants must be 11 years old. For more information call ASK-A-NURSE at 626.2626. Fee: \$40.

Blood Pressure Screenings

Screenings offered throughout Greater Manchester. Call ASK-A-NURSE at 626.2626. Free.

Cardiovascular Exercise Classes

Regular exercise classes and aerobic equipment classes for those interested in cardiovascular health and fitness. For more information call 627.3808.

Comprehensive Wound Healing Center

Provides high-quality, cost-effective treatment for problem, non-healing wounds. The Center also offers the first Hyperbaric Oxygen Therapy Program in the state. For more information call 663.6000.

Diabetes Education

Comprehensive one-on-one or group classes for individuals of all ages. Physician referral required. For more information, call the Diabetes Resource Institute at 663.6431.



Flu Clinics

For individuals 60 years and older or those who have a chronic disease such as asthma, high blood pressure or diabetes. Ongoing clinics throughout Greater Manchester. Flu shots should be available in October and November. For more information, call 663.8750.

GREAT Day

A health resource for men and women over the age of 60 on fixed incomes. GREAT Day provides services and information to assist

individuals in achieving healthy, active and productive lives. For more information, call 663.6535.

Medical Nutrition Therapy and Nutrition Counseling and Management

Individualized appointments are available for weight education, diabetes, heart disease, pregnancy, eating disorders and food allergies. Counseling for sports nutrition and healthy meal planning for all ages. For more information, call 663.6297.

Parish Nurse Program

The role of the parish nurse includes health counseling, education, wellness, health screenings, referrals, advocacy and spiritual support. For more information, call 625.4018.



Partial Hospitalization Program

A group-focused therapy program for adults with mental and emotional problems who have difficulty managing their day-to-day routine effectively. For more information, call 663.6940.

Prime Time, The Center For Healthy Aging

A comprehensive resource center for those age 50 and older and their families and caregivers. For more information, call 663.6333 or 1.800.223.2040.

New England Sleep Center

A comprehensive sleep center offering diagnosis and treatment for a variety of sleep disorders ranging from insomnia to sleep apnea. For a consultation, call 663.6395.

Support Groups

The following support groups are FREE:

- Aphasia Support
- Brain Injury Support Group
- C.A.S.E. (Women and Heart)
- Diabetes Support Group
- Fibromyalgia Support Group
- Sight Support Group
- Stroke Support Group

Call ASK-A-NURSE at 626.2626.

Eye Institute at Catholic Medical Center Informational Seminar Schedule

Barban Eye Associates, PC & Optical

526.2020, Fireside Inn, Lebanon
Free individual screenings are done at patient's convenience.

Bellows, Goodman, & Shaker Medical Center

668.2020, 250 North River Road, Manchester
Free individual screenings are done at patient's convenience.

Eye Center of Concord

(Dr. Fogel) 228.1104
9 South Spring Street, Concord
Free individual screenings are done at patient's convenience.

New Hampshire Eye Associates

(Drs. Brown and Corbit) 669.3925
1415 Elm Street, Manchester
August 23 6 pm Dr. Corbit
September 6 6 pm Dr. Brown
October 4 6 pm Dr. Corbit
October 18 6 pm Dr. Brown
November 15 6 pm Dr. Corbit
November 29 6 pm Dr. Brown

Northeast Corneal Consultant

(Dr. Lasonde) 800.882.6161
272 Cottage Street, Sanford, ME 04073
Free individual screenings are done at patient's convenience.
August 29, 6:30 pm Crown Plaza, Nashua
September 11, Harbour Health, Portsmouth



Nutfield Ophthalmology

(Dr. Lamy) 421.0022
55 Crystal Ave, Hood Commons, Derry
Free individual screenings are done at patient's convenience.

Physician Eye Center

(Dr. Glassman) 668.3772, September 12, 6 pm
Executive Health & Sports Center, Manchester

Dr. Prabhakar Shetty

524.8020, Village West II, Gilford
Free individual screenings are done at patient's convenience.

Effective Treatments for Common Headaches continued from page 6

- ♦ Developing severe high blood pressure and a headache.

Patients with any of these symptoms should call their doctor immediately. While some patients may worry that a severe headache is a sign of a brain tumor, this is a rare occurrence. If you have questions about the severity of your headaches, call your doctor. ☺

Coping with Common Headaches

Do you suffer from tension or migraine headaches? Learn about types of headaches and effective treatments when Robert J. Larkin, MD, discusses "The Good News about Common Headaches" on Wednesday, September 19 at 7 p.m., at Catholic Medical Center. To register for this free seminar, call ASK-A-NURSE® at **626.2626**.



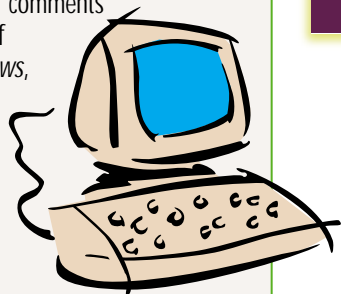
Your Thoughts Please

We welcome your comments about this issue of *Healthy Living News*, and encourage your ideas about future stories. Please contact us through the Catholic Medical Center web site,

www.catholicmedicalcenter.org or call Monica Bardier, Manager of Community Relations, at **663.6055**. ☺

Healthy Living News is published quarterly by the Marketing & Communications Department at Catholic Medical Center. For more information on services and programs, please call ASK-A-NURSE® at **626.2626**, or visit our website: www.catholicmedicalcenter.org.

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