GreenLight Laser therapy is often an outpatient procedure that can deliver short-term dramatic symptom relief with less potential side effects than previous more invasive procedures. Patients can frequently discontinue long-term expensive medications. More than 250,000 men worldwide have been treated with the GreenLight Laser Therapy. This treatment uses laser energy to vaporize the enlarged prostate tissue. The result is a more open voiding channel for urine to flow through.

BPH affects more than 26 million men in the United States each year. As the prostate enlarges, pressure can be put on the urethra restricting the flow of urine. Common symptoms of BPH include frequent urination, especially at night, weak urine flow, pain or burning during urination and an intermittent urinary stream. The inconvenience of these symptoms can have a devastating impact on the quality of life.

Urologist Roger A. Evans, MD, FACS, Manchester Urology Associates of Dover, said the new procedure is very effective in treating enlarged prostate. “I have seen a variety of new BPH procedures come and go over the years,” Dr. Evans said. “The data now supports the GreenLight ablative laser therapy as a well-tested option for a patient’s long-term relief.”

“The Greenlight Laser will be the new gold standard for the treatment of BPH,” said Sandy Chin, MD, also of Manchester Urology Associates of Dover. “Patients usually go home right after surgery, are able to stop their BPH medications, and are generally very satisfied with the results.”

Treatment options for BPH typically have been limited to a lifetime of medication, TURP (transurethral resection of the prostate), a more invasive surgical procedure or in rare cases an open surgical prostatectomy. Now men with BPH have the option to choose a less invasive well-tested procedure.

Choosing a treatment for an enlarged prostate involves careful consideration to determine if the treatment is right for the individual. Researching the different treatment options can help each patient determine the best individual option. For more information, please call Wentworth-Douglass Hospital’s Physician Referral Services at (603) 740-2377.

continued on page 6
Promises, Promises, Promises:
A closer look at the benefit claims of dietary supplements

There are five types of dietary supplements on the market. The major categories are vitamins, minerals, nutraceuticals, herbal medicines, and homeopathic remedies.

Claims made by the manufacturers of dietary supplements in the United States fall under DSHEA: Dietary Supplements and Health Education Act of 1994. This was a Congressional act that allows manufacturers to make certain claims regarding the health benefits of their dietary supplements. According to DSHEA, there are four types of nutritional support statements that can be made:

• Claim a benefit related to a classical nutrient deficiency or identify the US prevalence of a disease, for example “30-50 million people suffer from arthritis in the USA.”
• Describe the role of a nutrient or dietary ingredient intended to affect the structure or function in humans, for example: vitamin K in blood clotting.
• Characterize the documented mechanism by which a nutrient or dietary ingredient acts to maintain such a structure claim.
• Describe the general wellbeing from consumption of a nutrient or dietary ingredient.

DSHEA also allows for the use of “borrowed science” – the use of someone else’s study to make a claim about your product. Borrowed science can have negative implications. For example, the manufacturer of a calcium citrate product conducts a study regarding bone density. Another company that manufactures a calcium carbonate product uses this study to say their product which contains calcium also helps bone density, which may or may not be true. Another example of borrowed science is the statement, “calcium builds stronger bones” to help sell calcium containing food or product. This is not necessarily true. Another example of borrowed science is the statement, “calcium builds stronger bones” to help sell calcium containing food or supplements. Borrowed science can have negative implications. For example, the manufacturer of a calcium citrate product conducts a study regarding bone density. Another company that manufactures a calcium carbonate product uses this study to say their product which contains calcium also helps bone density, which may or may not be true. Another example of borrowed science is the statement, “calcium builds stronger bones” to help sell calcium containing food or product. This is not necessarily true. Another example of borrowed science is the statement, “calcium builds stronger bones” to help sell calcium containing food or product.

Vitamins and Minerals

Vitamins and minerals come in a number of different formulations. They present as synthetic supplements or as naturally occurring in our food. There are a number of vitamins and minerals found in a diet that is rich in deep green and orange vegetables, whole grains, brewer’s yeast, and wheat germ. Vitamins and minerals manufactured in the US are classically identified “USP” which stands for United States Pharmacopeia. This means only that it is produced in accordance to the standards set by the USP organization. Other confusing terms are “pharmaceutical grade” and “GMP” or good manufacturing procedures. A product can unfortunately meet or exceed these production standards and still be inferior if the raw materials are poor quality to begin with. These standards only deal with how a product is consistently produced, and have little bearing on the quality of the finished product.

Nutraceuticals

Another supplement category is a broad class known as nutraceuticals. A nutraceutical is any food or food ingredient considered to provide medical or health benefits including the prevention and treatment of disease. They are usually contained in a capsule, tablet or powder in a prescribed dose. Examples of this category include Fish Oil, Glucosamine Sulfate, Coenzyme Q10, Probiotics, Grape Seed Extract, Psyllium, Soy and 1-Carnitine.

Herbal Medicines

Herbal medicines work by two primary mechanisms: pharmacological or physiological. They either induce a drug-like activity on the body or they are high in nutrients. Commonly used herbs include bilberry, black cohosh, echinacea, garlic, ginger, ginkgo, ginseng, hawthorn, licorice, milk thistle, saw palmetto, St. John’s wort, valerian, etc. Mushrooms are included in this category although they are not technically herbs. There are a number of ways to utilize an herb. It can be consumed in its most pure form, as either a fresh or dried herb in food. It can also be used as a spice and still offer medical benefits. It can be utilized as a water extract (tea), an alcohol/solvent extract (tincture), a concentrated extract, an encapsulated dried herb, a standardized herbal extract, a supercritical extract or it can be used as a topical in the form of cream, ointment, gel or salve. Finally, herbs can also be administered as a suppository.

Homeopathic Remedies

In 1999, over 6 million Americans reported using homeopathy in the preceding 12 months. The World Health Organization noted in 1994 that homeopathy had been integrated into the national health care systems of numerous countries, including Germany and the United Kingdom. Most homeopathic remedies are derived from natural substances and are not known to interfere with conventional drugs. A remedy is prepared by diluting the substance in a series of steps. Homeopathy asserts that this process can maintain a substance’s healing properties regardless of how many times it has been diluted. Many homeopathic remedies are so highly diluted that not one molecule of the original natural substance remains. Remedies are required to meet certain legal standards for strength, quality, purity, and packaging. They are sold in liquid, pellet, and tablet forms over the counter in the US. The FDA requires that all homeopathic remedies list the indications for their use, ingredients, dilutions, and instructions for safe use on the label.

Contributors:
WDH Integrative Therapy Committee members: Ron Stock, RPh, Kelley Hails, MD and Marianne Evans-Ramsay, RD, LD, CDE

“How long is’t now since last yourself and I were in a mask?” —Shakespeare

Wentworth-Douglass Hospital & Health Foundation
1st Annual Masquerade Ball
November 7, 2009

Wentworth-Douglass Hospital & Health Foundation will hold the first annual Masquerade Ball on November 7, 2009 at Cochecho Country Club. The event will feature a diamond necklace raffle and dancing until midnight. Space is limited.

Proceeds will support the Wentworth-Douglass Hospital’s “Touching Lives Through Community Assistance” Fundraising Campaign. Through this effort, the Hospital is helping families in the Seacoast who cannot afford medical and dental care and/or that need transportation to and from their appointments at the Hospital.

Tickets are $125 each. For tickets or more information, call the Foundation Office at 603-740-2687.
Chin was very nice,” he said. “I came in for my three month check-up and I’m doing good.”

Wentworth-Douglass Hospital’s Urology Services offers Robotic Laparoscopic surgery for prostate cancer and other urologic diseases. Wentworth-Douglass Hospital is the only hospital in the Seacoast area of NH and Southern Maine to offer urologic robotic laparoscopic surgery.

Middleton resident Glen Vigue, 58, remembers Christmas 2008 for a very special gift — the gift of life. Diagnosed with prostate cancer, Glen and his wife were referred for treatment in Boston. Instead, they met with Dover urologists Sandy Chin, MD and John Munoz, MD of Manchester Urology Associates at Dover. Dr. Munoz, a recognized expert in daVinci™ robotic laparoscopic surgery, trained Dr. Chin and brought the specialized program to Wentworth-Douglass Hospital in 2008.

Together, they discussed all the treatment options and decided upon laparoscopic surgical removal using the daVinci™ Robotic Surgical System at Wentworth-Douglass Hospital. “I felt more assured,” Dr. Munoz said, “if the prostate was totally removed.”

Through incisions the length of a dime, the daVinci™ Robotic Surgical System helps surgeons to operate as precisely as if there were an eight inch incision. For most patients, the procedure results in less blood loss and improved sparing of the nerves and muscles that control erections and urinary continence. Additionally, the procedure allows for a shorter hospital stay, less pain, and a faster recovery.

The surgery was done on Christmas Eve 2008 and Mr. Vigue went home the next day. “I had five small incisions in my abdomen and a catheter for about a week,” he reported. He went back to work, as a medical supplies assembler, in about three weeks. “Dr. Chin was very nice,” he said. “I came in for my three month check-up and I’m doing good.”

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Healthy Recipe

Italian White Bean Chicken

Prep time: 20 min.
Cook time: 20 min.
Ready in: 40 min.

Ingredients
1 clove garlic, sliced
2 skinless, boneless chicken breast halves
2 zucchinis, sliced
1 (15.5 ounce) can white beans, drained
1 roma tomato, chopped
5 fresh basil leaves
ground black pepper to taste

Directions
1) Prepare a skillet with cooking spray and place over medium heat.
2) Cook the garlic in the skillet until browned.
3) Add the chicken and cook until slightly browned, about 3 minutes per side.
4) Stir the zucchini and white beans into the skillet; cover and cook about 5 minutes.
5) Scatter the tomato over the dish; cover again and cook another 2 minutes.
6) Add the basil leaves and cook 1 minute more.
7) Season with black pepper to serve.

Nutritional Information:
Servings Per Recipe: 2
Amount Per Serving
Calories: 430
Total Fat: 4.7g
Cholesterol: 69mg
Sodium: 93mg
Total Carbs: 55g
Dietary Fiber: 13.1g
Protein: 44g
A combination of advanced skills and new equipment now allows surgeons at Wentworth-Douglass Hospital to use a single, small incision for gallbladder, appendectomy and other surgery by replacing the more traditional method of three or four, half-inch incisions with a virtually invisible scar.

Single Incision Laparoscopic Surgery (SILS) is the latest, less painful advancement in laparoscopic surgery. All laparoscopic surgery uses tiny incisions that quickly heal and fade away, but the SILS creates only one tiny scar in the belly button that remains almost impossible to see.

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Surgeons Patricia Auty, MD, left and Paul Butler, MD recently perform a SILS procedure to remove a patient’s gallbladder.

When Less is More...

Surgeons offer Single Incision Surgery

Less incisions, less pain, and less recovery time using SILS.

A combination of advanced skills and new equipment now allows surgeons at Wentworth-Douglass Hospital to use a single, small incision for gallbladder, appendectomy and other surgery by replacing the more traditional method of three or four, half-inch incisions with a virtually invisible scar.

Single Incision Laparoscopic Surgery (SILS) is the latest, less painful advancement in laparoscopic surgery. All laparoscopic surgery uses tiny incisions that quickly heal and fade away, but the SILS creates only one tiny scar in the belly button that remains almost impossible to see. Seacoast General Surgeons David Coppola, MD and Patricia Auty, MD, explained the new surgical procedure.

“This technique will soon become the new standard for our patient population,” Dr. Coppola said. “The main advantage is cosmetic since the incision is completely hidden in the belly button and a majority of patients will qualify for this procedure. Fewer incisions also mean less pain and faster recovery.”

Single-incision surgery involves the use of flexible instruments that can easily move around inside the body and produce images from almost every angle. The procedure begins with the insertion of a specially designed SILS port in the umbilicus, or belly button. The surgeon inserts three hollow tubes or cannula into the port. Instruments with flexible tips are inserted into the tubes that allow 80 degrees of movement left to right and top to bottom. These instruments give the surgeon hand-like access to difficult anatomy with improved ease of use.

Dr. Auty said the single incision is much easier to close and its location in the body produces less wound pain than other areas of the abdomen. “Because there’s less muscle in that area patients experience less discomfort with this single incision than they might with the three or four incisions we used before SILS,” Dr. Auty explained.

Single incision surgery represents an important step for minimally-invasive surgical procedures. In addition to Drs. Coppola and Auty, Drs. Paul Butler and Joseph Rodriguez of Seacoast General Surgery also use the SILS procedure.

For more information, please call Physician’s Referral Services 603-740-2377.

FOR THE FIRST TIME, the average patient can easily compare quality and cost across all of New Hampshire’s 26 hospitals. And the picture is startling: the scorecard shows that those who pay the most do not necessarily get the best care. “You would think that there would be some measure of relationship between high quality and above average cost and that clearly is not the case,” states Monica Colfit, the administrator of risk and benefits for the State of New Hampshire, one of the purchasers that helped to produce the report card.

Most Americans only get about half of the recommended 25 grams of fiber each day! Fiber is important for more than just preventing constipation. Fiber may also help lower cholesterol, maintain more optimal blood sugar control, and help with weight loss by allowing you to feel fuller for longer. Fiber can be found in all plant-based foods, including fruits, vegetables, beans, legumes, nuts and grains.

Be sure to choose breads, cereal bars, breakfast cereals, rices and pastas with AT LEAST 3 grams of fiber per serving. Also be sure that the first ingredient is a WHOLE grain (enriched wheat flour doesn’t count).

Easy ways to add more fiber to your diet:

1. Sprinkle fresh or frozen berries on your breakfast cereal or yogurt.
2. Smoothies make quick and easy breakfasts or snacks. Blend a couple ice cubes with a banana, blueberries or other fruit of your choice and 1 cup of low-fat milk. Pour into travel mug and go.
3. Garnish salads with flaxseed, nuts or leftover whole wheat pasta.
4. Add beans to your canned soups for a more filling meal.
5. Snack on fresh fruits instead of fruit juices.
6. Serve brown rice as a side dish instead of white.
7. “Healthy” taco night with whole wheat tortillas and black beans.
The state’s first cost and quality scorecard comparing 26 NH hospitals, issued by The NH Purchasers Group on Health and the Citizens Health Initiative, ranks Wentworth-Douglass Hospital in the top three for low cost and high quality patient care.

According to The NH Purchasers Group on Health website, they “created the NH Hospital Scorecard in response to the need for more information about the cost and quality of health care in NH. As four of the largest public entities in NH, purchasing healthcare for more than 120,000 members, we felt it was our responsibility to not only highlight the quality and cost of care in our state, but that it was imperative that we do something to improve quality where lacking.”

New Hampshire Public Radio’s health reporter Elaine Grant reported on June 11, 2009, two out of the top three highest quality hospitals (Concord and Wentworth-Douglass Hospital) are also in the lowest cost quartile.

Steve Ahern, President of the NHHA, interviewed on this program, said this report card was only one way to get information on hospitals and accessing information is “a bit of a challenge.” Ms. Grant ended the program with, “but it’s a good start.”

The scorecard is available at www.nhpghscorecard.org/hospitalratings.cfm.

Just sitting down is concerning for people with hemorrhoids. Yet, most suffer in silence. Traditional hemorrhoid surgery is often followed by weeks of painful recovery — the reason most patients avoid it. A new stapling procedure now available at Wentworth-Douglass Hospital offers relief from the discomfort of hemorrhoids with less pain and faster recovery.

Procedure for Prolapse and Hemorrhoids or PPH essentially “lifts up” the hemorrhoidal tissue and places it back where it belongs.

General Surgeon Patricia Auty, MD, Seacoast General Surgery, described the benefits of the “virtually painless” procedure. “We use a stapling device to pull up the tissue inside the anal canal and staple it in an area that has very few nerve endings, unlike the opening to the canal which is extremely sensitive,” she said. “The procedure disrupts the blood supply and begins to shrink the hemorrhoids immediately. Some patients may experience a mild discomfort but it is extremely well-tolerated and most patients do not have any discomfort. No bowel prep is generally needed and patients recover much faster than they do from the more traditional surgery.”

Hemorrhoids are swollen veins that at times may extend outside the body, a condition called prolapse. Symptoms may include itching, pain, swelling, cracking and bleeding. Until recently only two methods were used to remove advanced hemorrhoids — surgical removal of the tissue, or a hemorrhoidectomy, or the use of tiny rubber bands to cut off the blood supply, or a rubber band ligation. A third option, PPH offers relief from the pain of hemorrhoids without adding the intense pain of surgery. The PPH procedure is performed in the operating room under general and local anesthesia. “Most patients go home the same day and are back to work in three to five days,” Dr. Auty said.

More than half the population will develop symptomatic hemorrhoids after age 30. Some occur for no apparent reason. Others are related to pregnancy due to the strain of carrying the baby and giving birth, being overweight, straining to move bowels, sitting too long on the toilet, standing too much, lifting too much, increased risk with age and increased risk if parents had hemorrhoids.

For more information and physician referral, call 603-740-2377.

Why wait when you can eliminate your risk of developing esophageal cancer! Wentworth-Douglass Hospital’s Endoscopy Unit and Robert Ruben, MD, of Gastroenterology Professional Association, now offer BARRX Medical’s HALO ablation technology to treat Barrett’s esophagus. Barrett’s esophagus is a pre-cancerous condition affecting the lining of the esophagus, the swallowing tube that carries foods and liquids from the mouth to the stomach.

The ablation technology is designed to remove the Barrett’s pre-cancerous cells in a short, well-tolerated endoscopic procedure and offers an alternative to “watchful waiting” for patients with Barrett’s esophagus. Wentworth-Douglass Hospital’s state-of-the-art Endoscopy Unit offers advanced procedures including endoscopic ultrasounds, biliary and pancreatic interventions, as well as little wait times for screenings such as colonoscopies.

(Pictured left to right are Wentworth-Douglass Hospital’s Karen Creteau, LNA, Endoscopy Technician, Christy LaRose, RN, Joanne Roy, RN, James McKenna, MD, of Atlantic Anesthesia and Robert Ruben, MD.)
Dr. Bacon elected Specialty Fellow in Pediatrics

G lenn S. Bacon, DO, Chairman of the Department of Anesthesiology at Wentworth-Douglass Hospital, has been elected as a Specialty Fellow of the American Academy of Pediatrics, in the section of Anesthesiology and Pain Medicine. A Specialty Fellow is a physician board certified in a specialty other than pediatrics and is chosen for their involvement in the care of pediatric patients within their own specialty.

“I consider it a personal and professional honor, as taking care of children is a wonderful privilege that I am passionate about,” said Dr. Bacon.

As a Specialty Fellow, Dr. Bacon will have constant access to information to stay up-to-date on the latest advances in pediatrics; will have the opportunity to participate in state and federal-level advocacy; and will have the opportunity to contribute to educational programming and participate in research activities and projects.

After graduating from the United States Naval Academy, Dr. Bacon received his medical degree from Philadelphia College of Osteopathic Medicine. He completed his internship and residency from the National Naval Medical Center in Bethesda, MD. He also completed a fellowship in Pediatric Anesthesiology at Children's National Medical Center in Washington, D.C.

As a veteran of many pediatric surgical missions overseas, Dr. Bacon will be serving as the pediatric anesthesiologist on an Operation Smile mission to Peru in October.

continued from front page

Wentworth-Douglass Hospital Opens Walk-In Urgent Care Center in Lee

The Walk-In Urgent Care Center's staff provides high quality comprehensive medical care for non-life threatening illness or injury for the entire family. They "fill the gap" between primary physicians and the Emergency Department and offer diagnostic capabilities that include x-ray services, EKG and point of care laboratory testing.

Treatment is available for non-life threatening illnesses and injuries such as respiratory infections/illness; ear, nose, eye and dental complaints; soft tissue infections and injuries; skin complaints; gastrointestinal, genitourinary and musculoskeletal complaints; headache/minor head injury and fever.

The Walk-In Urgent Care Center is not a substitute for emergency care. Serious or life threatening problems, such as chest pain, seizures, severe burns, difficulty breathing, deep cuts and severe bleeding, numbness and vomiting blood should be treated in an Emergency Department.

For more information call Wentworth-Douglass Hospital’s Walk-In Urgent Care Center in Lee, NH at 603-868-8507.

Community Assistance Programs offer help in tough times

U ntil it becomes personal the impact of a national recession, rising unemployment and soaring healthcare costs are just headlines in the morning news. But for more and more Seacoast citizens the reality of lost jobs, lost incomes and lost health insurance makes access to medical care more and more difficult.

In 2008 Wentworth-Douglass Hospital's Community Assistance Programs provided over $14 million in free transportation, medications and and dental care at no charge for over 11,000 patients. This amount is expected to exceed $16 million in 2009.

According to hospital President Gregory Walker, the hospital's community assistance efforts are making positive differences in the lives of Seacoast families. "I get phone calls and letters from patients telling me how they can now get a job because we fixed their teeth, or they can finally eat without hurting," he said.

“They no longer have to choose between buying food or buying medications thanks to our Medication Assistance Program. Each of our programs is helping a local family in some important way."

Wentworth-Douglass Hospital’s four Community Assistance Programs include:

- Financial Assistance
- Care-Van, Medication Assistance and Wentworth-Douglass Community Dental Center
- The Hospital's 2008 Community Assistance Report and more information on Community Assistance Programs is available on the hospital’s website at www.wdhospital.com or by calling Community Relations, 603-740-2818.

Kids Who Care: Thank You!

Dover Middle School students donated $1,000 to Wentworth-Douglass Hospital’s Seacoast Cancer Center as part of the school’s Kids Who Care program. This is the third year the school has donated to the Center. Thank you to the students for all their hard work.

Now Open...

The Wentworth-Douglass Professional Center at Exit 9 in Dover

Practices in the new location include:

- Adult and Children's Medicine
- Primary Care of Dover
- Adult and Children’s Medicine
- Primary Care of Dover
- Manchester Urology at Dover
- Dover Internal and Geriatric Medicine
- Primary Care of Dover
- Strafford Medical Associates
- Wentworth Internal Medicine
- Manchester Urology at Dover
- Primary Care of Dover
- Strafford Medical Associates
- Wentworth Internal Medicine
- Manchester Urology at Dover

The Wentworth-Douglass Professional Center at Exit 9 off the Spaulding Turnpike in Dover.

WDH Services at Exit 9:

- Lab: (603) 742-1123
- Imaging (x-ray): (603) 740-3218
- Non-Invasive Cardiovascular Services (603) 742-2332

All practices are affiliated with Wentworth-Douglass Hospital.

Community Benefits

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When she was just seven years old, Dover native Nancy Reynolds Boyle knew she wanted to be a nurse. Her grandfather James Lee Estey's debilitating stroke launched a remarkable career centered on compassion and caring for others. “I learned so much from taking care of my grandfather in a hospital. I learned to pull the cover off his toes and hold a glass down low so he could sip without dripping water down his neck. He couldn’t talk and I know he tried to smile. If he could have talked he would have said, ‘Oh, thank you honey, I love you so much.’”

As one granddaughter gently taught Nancy about caring, her other grandfather, Dover Dentist, Dr. Fred I Reynolds, taught her about the value of giving. Dr. Reynolds donated to the first dental clinic at Dover District Nursing and when the Wentworth-Douglass Community Dental Center opened in 2004, Nancy honored her grandfather with annual donations in his name.

This year, Nancy extended her generosity to name Wentworth-Douglass Hospital as one of the recipients of a trust in her will. She designated $50,000 of the trust for Wentworth-Douglass Hospital’s unrestricted use. “The hospital has always been part of my life,” she explained. “I had my tonsils out in 1940 and my appendix out in 1948. I’ve been thinking about it for some time. Wentworth-Douglass Hospital is part of my family history and hopefully wise people will know what to do with the money once I’m gone.”

Just as the hospital is a part of her life, there’s a part of Nancy that has touched the lives and hearts of visiting nurses, Rotarians both local and international, First Parish Church parishioners, a world of consummate

knitters and so many more. Of course, her great love was John E. Boyle. They married shortly after she graduated from nursing school in Boston. “Johnie didn’t want me to work, so I volunteered at bloodmobiles, polio clinics and vaccine clinics. That’s how I met Helen Goggin who ran Dover District Nursing. I helped out in the office, it was just a temporary thing. She retired three years later. I had a key to the office and the Board asked me to step in. It was 1959 and we only had two nurses and I was one of them.”

Dover District Nursing grew over the years and merged with Oyster River Home Health Agency in the late ‘80s and changed its name to Squamscott Visiting Nurses. In 1994 Wentworth-Douglass Hospital acquired the agency eventually changing the name to Wentworth-Douglass Homecare & Hospice. As planned, Nancy retired six months later after 36 years of nursing. “It was a great time to be in healthcare. I saw so many new discoveries; I saw the discovery of insulin and advances in neuro-surgery. They really were exciting years.”

Nancy’s love of people extends to love of places around the world. She’s been to all the continents except Antarctica and she’s hoping that’s coming soon.

Thanks, Nancy

Honoring a Lifetime of Giving Nancy Reynolds Boyle

Nancy’s love of people extends to love of places around the world. She’s been to all the continents except Antarctica and she’s hoping that’s coming soon.

E aching year the Wentworth-Douglass Hospital Auxiliary gives scholarships to local students going to college in a healthcare-related field. (Pictured left to right): Auxiliary Scholarship Chair Sue Brown; Oyster River High School graduate Sarah Trombley, attending UNH for Occupational Therapy; Portsmouth Christian Academy graduate Emily Rusecki, attending UNH for Biochemistry with a concentration in Pre-Med; Noble High School graduate Shelby Hall, attending UMO for Nutrition; Marshwood High School graduate Morgan Tromblee, attending University of Vermont for Pre-Med; Dover High School graduate Chelsea Mower, attending UNH for Biochemistry; Somersworth High School graduate Taryn Heon, attending University of Vermont for pre-med; and Auxiliary President Judy Lovely.

WDH Auxiliary scholarships awarded to local students

Water Works swim program
Nov. 5 - Dec. 17
Water Works is a unique aquatic program designed specifically for children with a medical and/or developmental diagnosis that would make traditional swim programs challenging. The cost is $30 per child. Classes are offered once a week for 6 weeks with a maximum of 4 students per class. Call Wentworth-Douglass Hospital’s Family Resource Coordinators at (603) 740-2574 to register.

It Takes Two to Talk Oct. 7, Dec. 2
It Takes Two To Talk is a Hanan Centre program for parents of children with language delays. It is suitable for parents of children who are not yet communicating or are communicating non-verbally (i.e., gestures and sounds). It is also appropriate for parents of children who are starting to use single words and to combine two or three words together. The cost is $50 per family. For more information or to request a brochure, please call Wentworth-Douglass Hospital’s Family Resource Coordinators at (603) 740-2574.

Jiving Jitterbugs dance class Sept. 26 to Oct 31
Jiving Jitterbugs was created in partnership with Dance N’ Motion to give children ages 3-5 with physical impairments/disabilities an open environment in which to explore movement. Children will move their bodies in a variety of ways through the use of props, games and other activities while also working on balance and flexibility. Proper dress is recommended. Cost is $20 per session. Call Wentworth-Douglass Hospital’s Family Resource Coordinators at (603) 740-2574 to register.

Create Your Weight for Kids Sept. 15 – Nov. 3
Create Your Weight is an 8-week program for children ages 7 to 12 and their parents or caregivers. The program encompasses nutrition education, physical activity, wellness, and weight management for the entire family. The cost is $50 per family. $25 is reimbursable upon attendance for 6 or more weeks. To register or for questions, please call Leigh Davenport, RD, LD at (603) 740-2547.

Lance-a-lot for TEENS Sept. 18 to Sept. 20
Lance-a-lot for TEENS is an overnight adventure weekend for teens with Diabetes. Held in the beautiful Ossipee Mountains of Eastern New Hampshire, teens have full use of Camp Meriwether facilities while participating in exciting activities and socializing with other teens with Diabetes. The group activities include climbing and waterfront activities. The weekend is run by talented program leaders as well as medical staff. This weekend adventure is appropriate for teens ages 13 –17 years. The cost is $320 per teen. Please contact Kris Ferullo at (603) 740-2861 if you have any questions.

Sibling Support Group Sept. 19 and 26
The Sibling Group is a collaborative effort between Wentworth-Douglass Hospital and Community Partners. The meetings are for children ages 8-12 who have a sister or brother with a developmentally disabled sibling. The group is facilitated by Graham Griffin whose background is Recreation Management and Policy and has many years of experience working with children. Meetings are usually 1.5 hours in length and take place at The Works Family Health & Fitness Center. Please call Betty Carroll at (603) 716-6900 to register or for more information.

Children’s Diabetes Day Sept. 26
Wentworth-Douglass Hospital and The American Youth Foundation are teaming up for a special event for children ages 4-10 years old with Diabetes. Qualified medical staff will be present to assist children with medical needs. Call Wentworth-Douglass Hospital’s Family Resource Coordinators at (603) 740-2574 to register or for more information.

WDH’s Chest Clinic National Smoke Out Event November (date and time to be determined)
Cold Turkey? The Patch? Hypnosis? Meet with former smokers who struggled to quit and find out what they found successful. Ask questions about their symptoms after they quit so you know what you can expect. Hear from our physicians and clinical staff to learn more about the myths of quitting. Find out about the many options available to support your attempts at quitting.

Seacoast Diabetes Expo Nov. 14 from 9 a.m. to 12:30 p.m.
The third annual Seacoast Diabetes Expo presents guest speakers, healthy snacks, cooking demonstrations and information about Type 1 and Type 2 diabetes. The Expo will be held at The Works Family Health & Fitness Center from 9 a.m. to 12:30 p.m. on Saturday, November 14 and is sponsored by Wentworth-Douglass Hospital and Portsmouth Regional Hospital.

WINDOWS TO YOUR HEALTH 7
Meet Our New Physicians

Abhishek Bose, MD
Wentworth-Douglass Hospital – Hospitalist Dept. 789 Central Ave. Dover, NH 03820 (603) 742-5252
Degree: MD, Kasturba Medical College, India
Internship: Internal Medicine at Lincoln Medical and Mental Health Center, New York
Residency: Internal Medicine at SUNY Health Science Center, New York
Fellowship: Geriatric Medicine at SUNY Health Science Center, New York
Board Certification: Internal Medicine

Jonathan Bridges, MD
Seacoast Cardiology
Central Commons
750 Central Ave., Suite U
Dover, NH 03820
(603) 742-9373
Degree: MD, University of South Carolina School of Medicine
Internship: Beth Israel Deaconess Medical Center, MA
Residency: Beth Israel Deaconess Medical Center, MA
Fellowship: Cardiomyopathy/Heart Failure Institute at Beth Israel Deaconess Medical Center, MA
Board Certification: Internal Medicine and Cardiovascular Disease

For more information visit www.wdhospital.com

Peter Dicks, MD
Edgewood Centre
928 South St.
Portsmouth, NH 03801
(603) 766-2300
Degree: MD, Dartmouth Medical School, NH
Residency: Internal Medicine at Hennepin County Medical Center, MN
Board Certification: Internal Medicine and Palliative Medicine

Margret Garcia, MD
Lee Family Practice
65 Calef Highway
Lee, NH 03861
(603) 868-3300
Degree: MD, University of the Philippines College of Medicine
Internship: Penn State University/The Good Samaritan Hospital, PA
Residency: Penn State University/The Good Samaritan Hospital, PA
Fellowship: Penn State University/The Good Samaritan Hospital, PA
Board Certification: Family Practice

Don McNeil, MD
WDH Walk-In Urgent Care Center
65 Calef Highway
Lee, NH 03861
(603) 868-8507
Seacoast Emergency Physicians
Wentworth-Douglass Hospital
789 Central Ave.
Dover, NH 03820
(603) 742-5252
Degree: MD, University of New England College of Osteopathic Medicine, ME
Internship: Family Practice at Millcreek Community Hospital, PA
Residency: Family Practice at Millcreek Community Hospital, PA
Board Certification: Family Practice

Frank Pacheco, DO
Wentworth-Douglass Hospital
789 Central Ave.
Dover, NH 03820
(603) 742-5252
Degree: DO, University of New England College of Osteopathic Medicine, ME
Internship: Family Practice at Millcreek Community Hospital, PA
Residency: Family Practice at Millcreek Community Hospital, PA
Board Certification: Family Practice

Minesh Patel, MD
Wentworth-Douglass Hospital – Hospitalist Dept. 789 Central Ave. Dover, NH 03820 (603) 742-2366
Degree: MD, Charles R. Drew School of Medicine and Science, CA
Residency: Pediatrics at Rainbow Babies and Children’s Hospital/MetroHealth Medical Center, Case Western Reserve University School of Medicine, OH
Fellowship: Pediatrics Gastroenterology and Nutrition at Rainbow Babies and Children’s Hospital/MetroHealth Medical Center, Case Western Reserve University School of Medicine, OH
Board Certification: Pediatrics and Pediatric Gastroenterology

Anthony Repucci, MD
CHA at Wentworth-Douglass Hospital
789 Central Ave.
Dover, NH 03820
(603) 742-2366
Degree: MD, SUNY University at Buffalo, NY
Residency: Gastroenterology at SUNY University at Buffalo, NY
Board Certification: Gastroenterology

Dave Pak, DMD, MD
Dave C. Pak, DMD, MD, PLLC
123 Washington St.
Rochester, NH 03839
(603) 332-0818
Degree: MD, SUNY University at Buffalo, NY
Residency: Dental Surgery at SUNY University at Buffalo, NY
Board Certification: Dental Surgery

Dave Pak, DMD, MD
Wentworth-Douglass Hospital – Hospitalist Dept. 789 Central Ave. Dover, NH 03820 (603) 742-2366
Degree: MD, Charles R. Drew School of Medicine and Science, CA
Residency: Pediatrics at Rainbow Babies and Children’s Hospital/MetroHealth Medical Center, Case Western Reserve University School of Medicine, OH
Fellowship: Pediatrics Gastroenterology and Nutrition at Rainbow Babies and Children’s Hospital/MetroHealth Medical Center, Case Western Reserve University School of Medicine, OH
Board Certification: Pediatrics and Pediatric Gastroenterology

Cindy Beske, CNM
Dover Women’s Health
700 Central Ave.
Dover, NH 03820
(603) 740-2366
Degree: CNM, SUNY University at Buffalo, NY
Residency: Family Practice at SUNY University at Buffalo, NY
Board Certification: Family Practice

Candace DeLisio, CNM
Garrison Women’s Health Center
770 Central Ave.
Dover, NH 03820
(603) 742-0101
Degree: CNM, SUNY University at Buffalo, NY
Residency: Family Practice at SUNY University at Buffalo, NY
Board Certification: Family Practice

Scott Ellis, PA-C
Wentworth-Douglass Hospital – Emergency
789 Central Ave.
Dover, NH 03820
(603) 742-5252
Degree: PA-C, SUNY University at Buffalo, NY
Residency: Emergency Medicine at SUNY University at Buffalo, NY
Board Certification: Emergency Medicine

Kristin Joltes, PA-C
Wentworth-Douglass Hospital – Anesthesia
789 Central Ave.
Dover, NH 03820
(603) 742-5252
Degree: PA-C, SUNY University at Buffalo, NY
Residency: Anesthesia at SUNY University at Buffalo, NY
Board Certification: Anesthesia

Janice King, PA-C
Wentworth-Douglass Hospital – Anesthesia
789 Central Ave.
Dover, NH 03820
(603) 742-5252
Degree: PA-C, SUNY University at Buffalo, NY
Residency: Anesthesia at SUNY University at Buffalo, NY
Board Certification: Anesthesia

Stacey Riley, PA-C
Seacoast Orthopedics & Sports Medicine
7 Marsh Brook Dr.
Somersworth, NH 03878
(603) 742-2007
Degree: PA-C, University of New Hampshire Hospital – Hospitalist Dept.
Residency: Physical Medicine and Rehabilitation at University of New Hampshire Hospital – Hospitalist Dept.
Board Certification: Physical Medicine and Rehabilitation

Laura Williams, CNM
Garrison Women’s Health Center
770 Central Ave.
Dover, NH 03820
(603) 742-0101
Degree: CNM, SUNY University at Buffalo, NY
Residency: Family Practice at SUNY University at Buffalo, NY
Board Certification: Family Practice

Meet Our New Healthcare Providers

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