A New System of Caring Takes Shape

CHASE FAMILY DISCOVERS THE VALUE OF CARE MANAGEMENT

Earl Chase, 80, of Rochester, NH has a lot of women in his life but only one “Guardian Angel” - Care Manager Sue Rogers, RN. Joan Chase, Earl’s wife of 61 years and their three daughters also call Sue their Guardian Angel and laugh about tattooing her phone number on their arms. Earl was found unresponsive in acute renal and respiratory failure on March 8, 2012 while vacationing in Florida. “These two (wife Joan and daughter Linda Anderson) really know what happened,” Earl said. “I don’t remember.”

(continued on page 2)

First Baby Born in NEW Women & Children’s Center

First baby born in the new Garrison Wing, Adam Myassar, with mom Amal Bensouda

Our Women & Children’s Center had a successful move to the new Garrison Wing and welcomed the first babies born there on February 5th.
The Garrison Wing at Wentworth-Douglass Hospital is now open.

(continued on page 7)
Wentworth-Douglass Hospital (WDH) and Goodwin Community Health (Goodwin) recently began a Community Outreach program in the WDH Emergency Department (ER) to assist patients with accessing quality, affordable, preventative care. The new Community Outreach Worker in the WDH Emergency Department, Lisa Duffey, meets with patients who do not have a primary care provider and who have no insurance or have Medicaid prior to their discharge from the ER.

The program guides the patients to use Goodwin for follow-up care after an emergency room visit and to choose a primary care provider to avoid unnecessary trips to the ER. Duffey talks to patients about their particular situations and discusses services Goodwin can provide. She can also schedule the patient for an appointment at Goodwin while they are meeting in the ER at WDH.

“Patients are thrilled,” said Duffey. “They are happy we can help them find the best way to get the healthcare they need and book them an appointment right away.”

WDH President & CEO Gregory Walker says the hope is to decrease costs for the healthcare system and influence a shift in patient behavior by utilizing hospital services for more urgent needs and Goodwin for preventative care and services.

“Through this initiative, we hope all patients will get regular care to treat chronic conditions like high blood pressure and diabetes, reducing the likelihood of emergencies and improving their quality of life,” said Walker.

Goodwin is the only level three, National Committee for Quality Assurance Patient-Centered Medical Home and Federally Qualified Health Center serving the Strafford county area. The center provides primary, dental and behavioral health care based on household income and ability to pay.

“Uninsured and underinsured populations often feel like their only option is the emergency room,” said Janet Atkins, Executive Director of Goodwin Community Health. “We are thankful to Wentworth-Douglass for this opportunity to get the word out that primary, dental and even behavioral health services are available, affordable and right up the road at Goodwin Community Health. Both of our organizations have something to contribute and patients benefit from increased health education and services, and a more proactive approach to good health.”

A New System of Caring Takes Shape

After her husband’s sudden illness Joan called Earl’s doctor, Alison Sollee, MD, to review his case and soon met Sue Rogers, Care Manager for Primary Care of Dover, for the first time via phone. Sue kept in touch with Joan the entire time the Chases were in Florida, responding to questions and preparing the family for Earl’s return home.

During his Florida hospitalization Earl’s heart stopped in the ICU, he acquired a urinary track infection and was found unresponsive for a second time following a reaction to insulin. Weeks later he was discharged with follow-up to his PCP, a nephrologist, pulmonologist, cardiologist and urologist or a ‘village of caregivers’ according to his daughter Linda.

Joan Chase continues today to work closely with Sue to keep a record of Earl’s weekly blood pressures, multiple doctors’ appointments and changes in his lengthy list of medications.

A construction worker for many years, Earl spends his retirement enjoying his four grandchildren, making breakfast and working as the ‘official shredder’ for his daughter Laurie’s business. In good spirits and better health today, Earl concludes his collection of caregivers are “very, very competent people and I feel good for the first time in a year.”

**CARE MANAGEMENT PROGRAM**

Signed into law in March 2010, the Patient Protection and Affordable Care Act’s value and deficiencies may be debated for years to come but most will agree a new healthcare delivery system is rising from the core of its 900 plus pages.

*The Wentworth-Douglass Health System began its transformation in healthcare with the implementation of three initiatives: the Care Management Program, Project RED and the Goodwin Outreach Worker Program (see page 2). These approaches highlight the shift from episodic care to more connected care systems accountable for the healing and health of their patients.*

The Care Management program began in 2011 with one nurse Care Manager. Today, six Care Managers intensely monitor 75-100 patients in their practices with multiple chronic conditions, repeated hospitalizations and multiple emergency visits. They help patients and family members manage medications, keep doctors appointments and connect to community agencies. Care Managers sort through social issues, mental health concerns and work closely with the patient’s providers - the doctors, nurse practitioners and physicians assistants in the practices - to give patients the best possible experience.

Care Manager Monique Drouin, RN said her patients tell her, “It’s like having a nurse in your family.” She also explained the program’s value to the providers. “Providers have more time to talk to patients when all the paperwork and medication reconciliation is done before the patient visit,” Monique said. “It’s a true partnership.”

Wentworth Health Partners’ Care Managers include: Jai Bahai, RN, Iris Taylor, RN, Sue Rogers, RN, Ellen Reeves, RN, Rebecca Stiffies, RN and Monique Drouin, RN.

**PROJECT RED**

Care Managers work closely with members of the Hospital’s Project RED (Re-Engineered Discharge) team to transition patients from the Hospital to home. Project RED is based on the work of a research group at Boston University Medical Center that develops strategies to improve the hospital discharge process.

According to the Hospital’s Discharge Advocate Kim Chapman, RN, the focus on preventing readmissions is really about taking better care of patients because, she said, “No one wants to come back.”

Kim currently works with providers to meet their hospitalized patients with complex medical problems. She rounds with the patient’s nurse and begins the discharge planning as soon as the patient is admitted. She develops an After Hospital Care Plan for each patient using simple terms and a teach-back tool. “We ask the patient to explain back what we talk about to be sure the patient understands,” Kim says. “It’s very effective.”

She describes the transition from the Hospital to the provider’s Care Manager as a “passing of the baton.” Kim explained, “I talk with the patient’s Care Manager about medication changes, the plan for follow-up care and then the Care Manager calls the patient within two days of discharge to review the plan and continue the care process.”

Project RED is part of a multidisciplinary Care Redesign Team at Wentworth-Douglass Hospital working on ways to improve patient care both in the Hospital and after discharge.
Measured Progress Donates $50,000 to Support WDH Health Resource Library

On a recent clear and chilly afternoon Medical Librarian Karen Lambert welcomed Patricia Ross, Corporate Communications Manager of Measured Progress, to tour the new Health Resource Library in the recently opened Garrison Wing at Wentworth-Douglass Hospital. Measured Progress, an industry leader in the development of customized Kindergarten through High School student assessments headquartered in Dover, NH, contributed $50,000 to support the new Library and underscore the value of learning and education for the community.

“We’re part of the same community and we truly appreciate how beneficial this Hospital has been for our employees and everyone who comes here,” Ms. Ross said after touring the facility. “It is particularly gratifying to support this educational function at the Hospital.”

Beyond its stacks of books, journals and wellness newsletters, the Library’s wall of windows revealed the remnants of a recent snowfall scattered around the perimeter of the new healing garden. A nursing student in pale blue scrubs moused her way through research websites at one of the new study carrels while Ms. Lambert highlighted the special features of the new Library.

“I’m bowlowed over at what the Hospital has done here in concert with the new addition in general,” Ms. Ross said. “It is a warm and comfortable space that was designed with the needs of the public in mind.”

Measured Progress’s commitment to community and service extends over its 30 years in the Seacoast area. One of its founders, Rich Hill, also served as a member of Wentworth-Douglass Hospital’s Board of Trustees. Today, the company of nearly 500 employees encourages employees to take “walking meetings” and works with Casting for Recovery to teach fly fishing to survivors of breast cancer.

Hospital President & CEO Gregory Walker thanked Measured Progress for its community connections and extraordinary gift at a donor appreciation event in December. “We are truly grateful for the generous contribution of Measured Progress to our Health Resource Library,” Walker said. “We want the new Library to be a resource for physicians, our employees, our patients and community members.”

The Library features wellness information, disease specific publications and websites recommended by Hospital staff for patients and family members. The Library is open to the public everyday from 8 a.m. to 8 p.m.

Vermooten Wins Foundation Sweepstakes Raffle for Trip to the Masters

The winner of the Wentworth-Douglass Hospital & Health Foundation’s Masters Sweepstakes is Simon Vermooten of Auxilio, Inc. He purchased the winning raffle ticket for a trip for 4 to the 2013 Masters Golf Tournament at Augusta National.

Simon said a trip to the Masters is on his bucket list. When he heard he had won the tickets he said, “You have to be kidding me! I never win anything more than a box of golf balls or a club I do not need.”

Simon is an avid golfer and said, once he saw the list of prizes for the Masters Sweepstakes raffle and the limited amount of tickets available, there was no way he could skip the chance to win.

“In addition, the fact that the money raised helps one of our clients and their local community is a bonus,” said Vermooten. After the initial disbelief that I had actually won, there was a smile on my face that lasted for days.”

Proceeds from the Masters Sweepstakes ($30,000) and the 2012 WDH Golf Classic netted $95,000 to support WDH’s new Women & Children’s Center.

The Nine Other Prizes and Winners Were:

- Four 1-hour lessons from head Pro Tim Riese & 1 doz. Titleist NXt golf balls
- Reduced Greens Fee Membership at the ledges: Brad Paige
- Foursome with carts at Wentworth by the Sea Country Club: linda Bessette
- Foursome with carts at York Golf & tennis Club: John Lyons
- Foursome with carts at Haverhill Country Club: Boyd Jackson
- Foursome with carts at Cocheco Country Club: Bill Sullivan
- Four 1-hour lessons from head Pro Tim Riese & 1 doz. Titleist Nxt golf balls
- and lunch or dinner at Pease Golf Club: Susan von Hemert
- Set of Nike Irons donated by Bauer: Tim Clonar
- SkyCaddie MODEL SGX donated by Golf & Ski: Donna Applebee
- Thank you to everyone who purchased a ticket, participated in our golf events or supported our efforts in other ways! We are grateful for your support. The 2013 WDH Golf Tournament will be held on September 9, 2013 – more to come!

DECOFLMACKERS NAME GARRISON WING CONFERENCE ROOM

In her early nursing career, Tricia worked at Wentworth-Douglass Hospital on Dunaway 2 and Pediatrics then spent five years in Emergency before beginning her 30-year career as a visiting nurse. During Bob’s 15-year Presidency at McIntosh College he also served on WDH’s Board of Trustees from 1992 to 2004 and was Chairman for two years. Prior to moving on in his career, Bob’s vision and guidance were instrumental in the development of the Wentworth-Douglass Hospital & Health Foundation in 2004. The DeCollmackers were one of the lead donors and since that time the Foundation has raised over $8 million to support programs and services to benefit patients living throughout the Seacoast of New Hampshire and Southern Maine.
The benefits of physical activity include reducing risk of cardiovascular disease, type II diabetes and metabolic syndrome, breast cancer, colon cancer, osteoporosis, and improving mental health and mood. Some findings suggest that physical activity also reduces the risk of endometrial cancer and lung cancer. Physical activity improves quality of life for cancer survivors. Irregular exercise also reduces the risk of hip fracture, reduces fall risk, and assists with management of arthritis pain. The healthcare benefits of exercise far outweigh the risks. A number of authorities offer recommendations regarding physical activity levels. The Department of Health and Human Services, the American College of Sports Medicine (ACSM) and the American Heart Association provided updated activity recommendations in July of 2011. All three organizations agreed that 150 minutes of moderate physical activity per week confers substantial health benefits for adults.

The National Institutes for Health and Clinical Excellence in England considered four commonly used methods to increase physical activity: brief interventions in primary care, exercise referrals, pedometry, and community-based exercise programs for walking and cycling. Pedometers and hip accelerometers (which measure movement intensity used in a variety of products) offer one solution. Studies show that the use of a pedometer is associated with significant increases in physical activity and significant decreases in body mass index and blood pressure. Guidelines recommend that patients take at least 10,000 steps per day. Pedometer users who were given a goal significantly increased their physical activity versus those who were not given a goal; the latter did not increase their physical activity despite wearing pedometers. Implementing use of a pedometer with a step goal and a step diary is an inexpensive way to increase physical activity.

Even when adults meet recommended physical activity guidelines, sitting for prolonged periods can compromise metabolic health independent of one’s level of physical exercise. Sitting time, TV time, and time sitting in cars increase premature mortality risk, even in those patients who adhere to recommended physical activity guidelines. These activities significantly impact the office worker that jogs or bikes then sits all day at a desk and spends several hours per day watching TV or sitting at the computer. In the US, a study of men who spent an hour of combined sitting time and automobile time per week vs. men who had 11 hours of combined television and automobile time per week had a 64% greater risk of dying from cardiovascular disease. Increased time sitting was associated with an increased risk of cardiovascular mortality in both men and women, but it was associated with an increased risk of cancer only among women.

Practically, this research supports that too much sitting is a population-health issue. More widespread use of innovative technologies to shorten sitting time such as height-adjustable desks (sit/stand work stations) or ways to reduce or break up extended periods of job related sitting should be considered. Active transport modes such as buses or trains that allow some walking should be considered instead of sitting in an automobile.

Physical activity is crucial in promoting health and preventing a number of diseases. A variety of local resources are available for education on diet and exercise including the dietary and rehabilitation departments of WDHI. In addition, exercise specialists, group exercise programs, tai chi, yoga, after school programs, cancer recovery and diabetes exercise programs are available at the Works Family Health & Fitness Center. The CLIMB program also supports teenagers dealing with weight and body image issues (contact Seana Hallberg at 603-740-2574 for more information). Additionally, exercise equipment and instruction are available at a number of health clubs in the community.

SLOW COOKER

CHICKEN BARLEY STEW

INGREDIENTS:
• 32 oz low-fat, low-sodium chicken broth
• 1 tbsp garlic, minced
• 1 tsp garlic sea salt
• ½ tsp thyme
• ½ tsp basil
• ½ tsp cilantro
• 1 tsp dill
• 2 bay leaves
• ¾ tsp fresh ground black pepper
• 12 oz. boneless, skinless chicken breast, cubed (uncooked)
• ¼ cup uncooked black-eyed peas, rinsed and picked through
• ¼ cup barley
• 1 medium sweet onion, cubed
• 20 oz potatoes, peeled and cubed
• 10 oz carrots (3 large), peeled and cut into ½-inch slices
• 8 oz low-fat sour cream (optional)

INSTRUCTIONS:
Fill a slow cooker with broth, 8 oz water, garlic, salt, pepper, peas and barley, then layer onion, potatoes and carrots overtop. Liquid should just cover vegetables. Do not stir.
Allow to simmer at least 4 to 6 hours. Remove bay leaves and stir before serving. Spoon 1 cup into each bowl and top with 1 tbsp sour cream, if desired.

Nutrients per 1-cup serving without your cream:
Calories: 210
Total Fat: 3.5 g
Sodium: 21 g
Cholesterol: 40 mg

Rebecca H. Swanson, MD, MPH
North Berwick

NORTH BERWICK MAN WALKS FOR A BETTER LIFE

By Nora Bernard, MA and MaryAnn Gagnon, Marshwood Family Care

Exercise for your health! Sure, if you are young and healthy, but not if you had recent surgery and just the walk to the bathroom makes you short of breath. Jack Schoff walked himself back to health one step at a time.

Jack is a patient of Wentworth Health Partners’ Marshwood Family Care, an affiliate of the Wentworth-Douglass Health System, located in Eliot, Maine. During a regular follow-up visit in July of 2012, Jack weighed in at 275 lbs. He told his primary care provider MaryAnn Gagnon, APRN, he was “disgusted with the way I looked” and didn’t like that he “couldn’t walk 100 yards without being winded.”

Gagnon suggested he begin walking. “I was very concerned about how depressed Jack was,” she said. “It was so unlike him. Though Jack is overweight, he has always been so active. We discussed how he could just start slowly; even walking in place would help.”

A few months later when his weight hit 289 lbs, Jack decided to take his caregiver’s advice to start walking every day and follow his diet plan. At first he walked a quarter mile two to three times a day. After three weeks of walking daily, he had increased to seven or eight miles a day through the streets of North Berwick, Maine, rain or shine. He would go out many mornings before sunrise, wearing reflective clothing for safety.

Jack has been struggling with weight issues for many years. In 2005, he had gastric bypass surgery with a beginning weight of 401 lbs. He got down to 225 lbs, a loss of 176 lbs. Then gradually gained back over 100 pounds, weighing 274 lbs in March 2012. He also struggles with numerous other health issues, including atrial fibrillation, chronic airway obstruction, hypertension, hypercholesterolemia, obstructive sleep apnea and coronary artery disease.

In January 2012 Jack had surgery for an endovascular aneurysm repair and three months later another surgery to repair a gastro-gastric fistula. After all these surgeries Jack was significantly out of shape and regaining weight rapidly. He was told to relook at his diet and exercise plan. At first he walked short of breath just walking to his mailbox. He was depressed, reluctant to leave his house and was generally not his usual cheerful, helpful self. He reported it was so unlike him. Though Jack is overweight, he has always been so active. We discussed how he could just start slowly; even walking in place would help.

Jack Schoff walks himself back to health one step at a time.
Meet Our New Healthcare Providers

Kelly Hochstetler, PA-C  
Seacoast Pain Institute  
7 Marsh Brook Drive, Suite 10  
Somersworth, NH 03878  
(603) 749-7246  
Certified by the National Commission on Certification of Physician Assistants

Aaron Copeland, PA-C  
Seacoast Orthopedics & Sports Medicine  
7 Marsh Brook Drive  
Somersworth, NH 03878  
(603) 742-2007  
Certified by the National Commission on Certification of Physician Assistants

Lisa Jaramillo-Husted, CNM  
Dover Women’s Health  
790 Central Avenue  
Dover, NH 03820  
(603) 742-2424  
Certified by the American Midwifery Certification Board

Nathaniel Cresswell, Pathology Assistant  
Spectrum Medical Group at Wentworth-Douglass Hospital • Pathology Department  
789 Central Avenue • Dover, NH 03820  
(603) 740-2558  
Certified by the American Association of Pathology Assistants

WHERE YOUR CANCER TREATMENT IS PERSONAL.

“Many of the patients I see feel a lot more comfortable coming to the Seacoast Cancer Center versus going to the big city for the same care we can provide here. It’s been a very fulfilling part of my career working here (at WDH) over the last few years. I couldn’t have asked for a better partnership.”  

~ Dr. John Schorge

Massachusetts General Hospital (MGH) Chief of GYN Oncology, John Schorge, MD, named one of the top 1% of GYN/ONC specialists in the nation by US News & World Report, has served as the Medical Director of the Gynecologic Oncology Program at Wentworth-Douglass Hospital’s Seacoast Cancer Center since 2008. Through an affiliation with MGH, the Seacoast Cancer Center gives women with ovarian and other gynecologic cancers “world class” care right here on the Seacoast. Dr. Schorge specializes in complex, minimally invasive surgery, and leads our GYN/ONC team of board-certified medical oncologists, radiation oncologists, certified oncology nurses, social workers, nutritionists, and integrative wellness practitioners.

For more information visit www.wdhospital.com or call The Seacoast Cancer Center at 603-742-8787.
NEW GARRISON WING NOW OPEN

Garrison Wing photographed from Central Avenue

A private room in the new Hannaford Special Care Nursery

Women & Children’s Center waiting area

Women & Children’s Center nurses’ station

Entrance to the Women & Children’s Center

New C-section OR located within the Women & Children’s Center

Pediatric room in the Women & Children’s Center

Nurses’ station on 3 Garrison
First Baby Born in NEW Women & Children’s Center (continued from cover)

The Wing houses our new Women & Children’s Center, two floors for medical and surgical patient rooms and the bottom floor conference room and library space.

The first floor to relocate was our 3 South Medical/Surgical floor. The patients from 3 South were relocated to 3 Garrison with the help of hundreds of staff in front of and behind the scenes. The next moves took patients to the new 4 Garrison followed by the Women & Children’s Center to the second floor of the new Garrison Wing.

Adam Myassar was our first baby born in our new Garrison Wing! Adam was born at 2:28 p.m. on Feb. 5 to mom Amal Bensouda, dad Adil Myassar and big brother Abdo from Dover.

Coming into the world at 2:46 p.m. on February 5 (only 18 minutes after Adam Myassar), Gavin Stockman was greeted by mom Shannon Ainsworth and dad Christopher Stockman, of Somersworth, and WDH Women & Children’s Center staff!

DR. PARSONS NAMED ADVANCED ENERGY SURGEON OF THE YEAR

Moby Parsons, MD, director of the Joint Replacement Center at Seacoast Orthopedics & Sports Medicine and medical director of the Joint Replacement Center at Wentworth-Douglas Hospital, was recently recognized by Medtronic Advanced Energy as one of two, 2012 Advanced Energy Surgeons of the Year.

Dr. Parsons was nominated for recognition following his care of a patient in need of a total shoulder replacement. For more information, please contact Seacoast Orthopedics & Sports Medicine at (603) 742-2007 or visit SOSMed.org.
Community Programs

SMART SNACKING
TUESDAY, MARCH 26TH AT 7 P.M.
LOCATION: Wentworth-Douglass Hospital’s Auditorium 3
(use Main Lobby entrance)
Dispel snacking myths and learn methods for choosing nutrient-dense snacks. This class is led by Wentworth-Douglass Hospital’s Outpatient Dietitian Leigh Davenport, RD, LD.
Register online at www.WDHospital.com/Events or call (603) 740-2817.

WHAT IS PRE-DIABETES?
PREDICT AND PREVENT DIABETES
TUESDAY, APRIL 16TH AT 6 P.M.
LOCATION: Wentworth-Douglass Hospital Auditorium
(use Main Lobby entrance)
Homayoun Leon Daneshvar, MD, FACP, Medical Director of the Heart Disease Prevention & Lipid Center will discuss pre-diabetes and how to predict and prevent diabetes. Whether you or a loved-one have pre-diabetes or you would like to learn to prevent it, this class will be beneficial and educational.
Register online at www.WDHospital.com/Events or call (603) 740-2817.

FREE SCREENING: HAND ARTHRITIS
TUESDAY, APRIL 23RD FROM 3 – 5:30 P.M.
LOCATION: Lee, NH at the Wentworth-Douglass Professional Center at Lee
Occupational and Certified Hand Therapist from Wentworth-Douglass Hospital’s Rehabilitation Department will provide screenings and information about special equipment and devices to improve hand function and minimize hand pain, as well as suggestions for hand exercises and techniques to avoid stress to the hands during daily tasks.
Register for an appointment time by calling the Lee office at (603) 868-8520.

SHAKING THE SALT HABIT
THURSDAY, APRIL 25TH AT 7 P.M.
LOCATION: Wentworth-Douglass Hospital’s Auditorium 3
(use Main Lobby entrance)
Some Americans have acquired a taste for a high salt diet. You can cut back by skipping the table salt but a lot of our sodium can also come from packaged, processed foods. Find out how you can improve your nutrition and reduce negative health risks from sodium. This class is led by Wentworth-Douglass Hospital’s Outpatient Dietitian Leigh Davenport, RD, LD.
Register online at www.WDHospital.com/Events or call (603) 740-2817.

FREE SKIN CANCER SCREENINGS
MONDAY, MAY 6TH AND THURSDAY, MAY 9TH FROM 6 – 8 P.M.
Dermatology & Skin Health will provide free skin cancer screenings for those who do not have insurance or those who cannot afford to see a dermatologist.
Registrations are required to book an appointment time. Please call (603) 740-2817.

WOMEN’S PELVIC HEALTH & INCONTINENCE
THURSDAY, MAY 9TH AT 6 P.M.
LOCATION: Wentworth-Douglass Hospital’s Garrison Wing
(use entrance to left of South Entrance)
Jeffrey Segil, MD, of Dover Women’s Health will discuss incontinence and pelvic health including minimally-invasive surgery and the newest, and most high-tech, treatment options.
Register online at www.WDHospital.com/Events or call (603) 740-2817.

RELAXATION & STRESS REDUCTION
MONDAY, MAY 13TH AT 6 P.M.
LOCATION: Wentworth-Douglass Hospital’s Garrison Wing
(use entrance to left of South Entrance)
Anna DeYoung, MD, of Dover Women’s Health will discuss stress reduction and relaxation techniques. Dr. DeYoung will provide tips for coping with life’s stressors and will walk participants through several short meditations.
Register online at www.WDHospital.com/Events or call (603) 740-2817.

FIBER
WEDNESDAY, MAY 29TH
LOCATION: Wentworth-Douglass Hospital’s Garrison Wing
(use entrance to left of South Entrance)
Learn to discern whole grains from refined grains and how fiber can benefit your health. This class is led by Wentworth-Douglass Hospital’s Outpatient Dietitian Leigh Davenport, RD, LD.
Register online at www.WDHospital.com/Events or call (603) 740-2817.

PLASTIC SURGERY SPECIALISTS OPEN HOUSE
THURSDAY, MAY 2ND FROM 5PM - 8PM
LOCATION: Wentworth Health Partners Plastic Surgery Specialists
ADDRESS: Wentworth-Douglass Professional Building
10 Members Way, Suite 303, Dover, NH • (603) 516-4268
Champagne and Hors d’oeuvres will be served.

VASCULAR HEALTH SCREENING
for only $75 or $125 per couple
Preventative screening for:
• carotid artery disease
• high blood pressure
• abdominal aortic aneurysms (AAA)
• peripheral artery disease (PAD)
Vascular disease can cause potentially lethal aneurysms of the aorta, can block the carotid arteries causing strokes and can impair circulation leading to reduced ability to walk. Wentworth-Douglass Hospital’s Vascular Health Screenings are available every Tuesday afternoon from 12:30 - 4 p.m. Appointment scheduling is required.
PLEASE CALL TO SCHEDULE AT (603) 740-2671.