If you think someone you know is having a stroke, don’t wait to see what happens — call 911 immediately — 
TIME is the most important factor in saving a life. 

A stroke occurs when a blood vessel that carries 
oxxygen and nutrients to the brain is either blocked by 
a clot or bursts. When that happens, part of the brain 
cannot get the blood (and oxygen) it needs, so it 
starts to die. At Wentworth-Douglass Hospital stroke 
care is more advanced than ever before, thanks to an 
intense, multidisciplinary 
effort, led by neurologists 
Paul Cass, DO and Gary 
Usher, MD, to enhance 
the care of stroke 
patients. 

According to Dr. Cass, stroke patients have been 
cared for since the hospit-
tal opened in 1906. “In 
the early 1980’s the med-
ical staff added significant 
capability in Neurology, 
Neurosurgery and 
Emergency Medicine. 

This enabled our patients to be evaluated and treated 
by physicians with special expertise that improved 
their care. In 1995 the FDA approved the first clot 
busting drug (tPA) for stroke but over the years few 
people have received this treatment across the coun-
try. Based on demographics in Wentworth-Douglass 
Hospital’s primary and secondary service area, it is 
likely that up to 235 patients suffer some type of 
stroke on an annual basis and of these, up to 20-25 
patients should receive tPA. The problem is people 
don’t recognize the symptoms, delay coming to the 
ED and many hospitals are not set up to expeditiously 
treat these patients. Therefore, we made a commit-
ment to meeting the American Heart/Stroke 
Association standards to include education of the 
EMS services and our community and making sure 
we have a rapid response team organized 24/7 to 
maximize the care of these patients and treat as 
many eligible patients with the clot busting drugs.” 

As of mid November 2008, the Hospital’s clinical 
staff and local EMS personnel completed “Get with the 
Guidelines” education and instituted a “Stroke Team” 
activation protocol to expedite the care of stroke 
patients. WDH implemented the Telestroke videote-
le conferencing component of their collaboration with 
Massachusetts General Hospital in January 2009. 

What Are the Types of Stroke? 
The following is an excerpt from the American Heart/Stroke 
Association’s educational website at www.americanheart.org 

If we consider an isolated blood vessel, blood flow to 
the brain tissue can be hampered in two ways: 
(1) the vessel clogs within (ischemic stroke) 
(2) the vessel ruptures, causing blood to leak into 
the brain (hemorrhagic stroke)
The Center for Pain Management at Wentworth-Douglass Hospital now offers a new treatment for complex regional pain syndrome (CRPS), a chronic condition usually affecting the arm or leg. Rarely, the disease can affect other parts of the body.

The main symptom of CRPS is intense pain often described as “burning.” Other symptoms include an aching pain along with swelling and the pillars of a strong foundation: People, Quality & Safety, Service, Innovation, Finance and Facility.

The hospital has grown steadily over the years and now employs over 2,000 people in a wide range of positions. Every employee in the system is an important part of a team providing compassion and service for patients and the community everyday. A Culture of Safety survey conducted in August indicated employees strongly agree we provide safe patient care and patient surveys show satisfaction at high levels in many areas. Quality measures at the state and national level remain high with the most recent NH Quality data ranking Wentworth-Douglass Hospital as first in the State for the care of heart failure patients.

Based on our high performance and quality scores, Massachusetts General Hospital chose Wentworth-Douglass Hospital as a partner in a major clinical collaboration focused on seven areas of excellence. The first three are currently underway — Stroke, Trauma and GYN/Oncology. The Hospital’s quality rankings were also recognized by several national groups. Wentworth-Douglass Hospital was listed on US News Best Hospitals, a national hospital comparison website ranked us in the top 15% of hospitals nationwide, and Harvard Pilgrim Health Care recognized the Hospital in their 2008 Hospital Honor Roll for excellence in clinical quality and patient safety. An independent market research survey of Seacoast hospitals gave Wentworth-Douglass Hospital the highest scores for top-of-mind awareness, favorability, technology, and program recognition.

Our Hospital physicians practiced diligently and successfully to implement electronic medical records and our Information Systems’ teams are creating a safe, secure and efficient hospital electronic medical record through Soarian technology. The Works Family Health & Fitness Center received recognition from their national association for achieving significant success in member weight loss programs and they were environmentally conscious with the completion of new porous pavement parking lots.

Wentworth-Douglass Hospital will soon be extending services into the community with the opening of two new locations this year. The Lee building project will house a new physician practice and a walk-in urgent care center. We begin this year challenged by a fragile economy and many unknowns. We believe Wentworth-Douglass Hospital is in an excellent position to move forward, to meet the challenges ahead, and continue our efforts to provide the highest quality patient care. As more and more employers introduce higher deductible health plans, it becomes even more important for patients to receive the best possible care close to home and family.

Wentworth-Douglass Hospital will soon be extending services into the community with the opening of two new locations this year. The Lee building project will house a new physician practice and a walk-in urgent care center (see story p.3). The Exit 9 building will open in the Spring with eight medical practices moving to this convenient location on Indian Brook Road (see story p.4).

I am so proud to be part of an incredible, caring team serving our community.

Sincerely,
Gregory J. Walker, FACHE
President & CEO

Pictured in the photo are Pain Management staff (l to r): Cathy Swayas, RN; Melissa Philippe, BSN, RN; Greg Wyszch, MEd, RN; Medical Director James Hay, MD; Clinical Coordinator Donna Marie Everett, MS, RN; Grace Derosiers, LNA, NCMA; Claudia Hunt, RN-BC and Carmel Casey, RN.

Center is to relieve pain and reduce or eliminate pain medications the patient may be taking. Some of the conditions treated include: pain in the arms, legs, lower back and neck, cancer pain and pain that has persisted despite surgery, as well as other chronic disorders such as Shingles, Fibromyalgia, and Diabetic Neuropathy. While the majority of pain can typically be controlled by physical therapy and non-steroidal medications, some patients whose pain has continued despite these measures may find relief with more aggressive treatment offered at the Center.

Interventional pain management services for inpatients and outpatients include Epidural Steroid Injections, Nerve blocks, Radiofrequency and Cryoablation treatments, Trial Spinal Stimulators, and a variety of joint injections all in collaboration with the physicians from Seacoast Pain Institute.

For more information about the Center for Pain Management, please call (603) 740-2276.

This new, state-of-the-art treatment for CRPS and other neuropathic pain conditions is being offered in only a few hospitals across the country.

Wentworth-Douglass is fortunate to be one of the few hospitals where Ketamine infusion therapy is available.

— Dr. James Hay, Medical Director, Center for Pain Management

Opening up new doors to pain relief: Center for Pain Management

The new treatment, an infusion of the drug Ketamine, can aid in reducing pain and many of the associated symptoms.

The Center’s Medical Director, James Hay, MD, states, “This new, state-of-the-art treatment for CRPS and other neuropathic pain conditions is being offered in only a few hospitals across the country. Wentworth-Douglass is fortunate to be one of the few hospitals where Ketamine infusion therapy is available.”

The Center offers patients privacy in a spacious setting, including private rooms with flat-screen television. Natural light fills the rooms through windows, providing a relaxing atmosphere.

Open five days a week, Monday through Friday, the Center offers multiple therapies to relieve chronic pain beginning with the least invasive. The goal of the

Patient & Community Health

Our Vision

Be the highest quality community hospital in Northern New England

Our Mission

We help individuals and families attain their highest level of health

Our Values

Teamwork, Integrity, Excellence, Respect and Caring

Health System Focus

People Quality & Safety Service Innovation Finance Facility

WENTWORTH-DOUGLASS HOSPITAL SYSTEM

Greg Walker, FACHE
WCH President & CEO

M Y BEST WISHES TO YOU AND YOUR FAMILIES FOR A HAPPY AND HEALTHY NEW YEAR. As we reflect on the past year, we thank all medical providers, employees and volunteers for their hard work, dedication, and commitment to the highest standards of quality care.

The Wentworth-Douglass Hospital System, including Wentworth-Douglass Hospital, Wentworth-Douglass Physician Corp, The Works Family Health & Fitness Center and the Wentworth-Douglass Hospital & Health Foundation, is deeply involved in a Plan for Excellence focused on our vision, mission, values and the pillars of a strong foundation: People, Quality & Safety, Service, Innovation, Finance and Facility.

The Center for Pain Management at Wentworth-Douglass Hospital offers multiple therapies to relieve chronic pain associated symptoms. Natural light fills the rooms through windows, providing a relaxing atmosphere.

For more information about the Center for Pain Management, please call (603) 740-2276.
 Wentworth-Douglass Hospital is in the process of putting the final touches on the new Wentworth-Douglass Professional Center, located at 65 Calef Highway in Lee, NH (across from Market Basket) on Rt. 125. The 2-story building will house the new Lee Family Practice, a Walk-In Urgent Care Center, Lab, Imaging and Rehab Services plus additional medical office space.

Lee Family Practice Opens January 2009
A new primary care office, Lee Family Practice, opened in January 2009. Dr. Matthew Goldberg transferred from the Barrington Health Center to this new practice and began seeing his patients in January at this location. Joining Dr. Goldberg is Kelly Laprade, ARNP, who is accepting new patients. Lee Family Practice is open 8 a.m. to 5 p.m., Monday through Friday. For an appointment call (603) 868-3300.

Walk-In Urgent Care Center Opens March 2009
A Walk-In Urgent Care Center will open at the Lee location in March 2009 for the care and treatment of minor injuries and illnesses. No appointments are necessary. The center will be staffed by Seacoast Emergency Physicians’ providers and support staff — the same quality medical group caring for patients at Wentworth-Douglass Hospital’s emergency department at lower Walk-In Center pricing.

The Walk-In Urgent Care Center is not appropriate for life-threatening conditions such as heart attack/cheest pain, stroke, severe bleeding, head injury or other major trauma that needs immediate attention. Patients with these conditions should go directly to the nearest hospital or call 911.

Lab, Imaging and Rehab Services Opening March 2009
A point-of-care testing Laboratory and X-ray services will open at the Lee site in March 2009. Services will be available during the hours of the Walk-In Urgent Care Center. Mobile MRI and CT services will be added at a future date based on growth in patient volume.

Rehab Services at Lee will include Physical Therapy and Occupational Therapy services for scheduled patients beginning in March 2009. The Center features a large gym and all new equipment. Appointments will be made through Wentworth-Douglass Hospital’s Rehab Services Department.

Environmentally Friendly
The Wentworth-Douglass Professional Center at Lee features an environmentally friendly, porous pavement technology, developed at the University of New Hampshire, that absorbs storm water and snow melt at a rapid rate eliminating surface runoff and erosion issues while recharging the aquifer.

The Center will be open seven days a week, from 11:00 am – 9:00 pm. Walk-in care will be provided for minor health emergencies such as:

- Colds, Flu, Sore throat, Fever
- Sinus infections, Respiratory infections
- Difficult or painful urination
- Earaches, Eye infections
- Insect bites, Rashes
- Minor burns, Minor cuts/Lacerations
- Sprains/Strains/Minor Fractures
- Upset stomach, Vomiting/Diarrhea
- Work related injuries
- Immunizations
- School/Sports/Camp physicals

Manchester Urology Associates at Dover

Sandy Chin, MD, joins Roger Evans, MD, at Manchester Urology Associates at Dover, located in Wentworth-Douglass Hospital. The staff at Manchester Urology are dedicated to providing state-of-the-art diagnosis and treatment of urological conditions. They treat each patient as a partner and make patient education a central component of medical care. Because urological conditions may be accompanied by social discomfort or embarrassment, they emphasize sensitivity and discretion when dealing with patients’ concerns.

Urologists treat disorders of the male and female urinary tract (bladder, ureter, kidney, and urethra) and the male reproductive system. Some common conditions treated include enlarged prostate (BPH), erectile dysfunction, prostate cancer and urinary incontinence.

Dr. Chin and John Munoz, MD, of Manchester Urology Associates, recently performed the first radical prostatectomy at WDH using the DaVinci Robotic Surgical System.

For more information about Manchester Urology Associates at Dover, please call (603) 742-1444.

Sandy Chin, MD, (l) joins Roger Evans, MD in the Dover practice
Ischemic stroke accounts for about 83 percent of all cases.

Ischemic strokes occur as a result of an obstruction within a blood vessel supplying blood to the brain. The underlying condition for this type of obstruction is the development of fatty deposits lining the vessel walls. This condition is called atherosclerosis. These fatty deposits can cause two types of obstruction:

Cerebral thrombosis refers to a thrombus (blood clot) that develops at the clogged part of the vessel. Cerebral embolism refers generally to a blood clot that forms at another location in the circulatory system, usually the heart and large arteries of the upper chest and neck. A portion of the blood clot breaks loose, enters the bloodstream and travels through the brain's blood vessels until it reaches vessels too small to let it pass. A second important cause of embolism is an irregular heartbeat, known as atrial fibrillation. It creates conditions where clots can form in the heart, dislodge and travel to the brain.

Hemorrhagic stroke accounts for about 17 percent of stroke cases.

It results from a weakened vessel that ruptures and bleeds into the surrounding brain. The blood accumulates and compresses the surrounding brain tissue. The two types of hemorrhagic strokes are intracerebral hemorrhage or subarachnoid hemorrhage. Hemorrhagic stroke occurs when a weakened blood vessel ruptures. Two types of weakened blood vessels usually cause hemorrhagic stroke: aneurysms and arteriovenous malformations (AVMs).

An aneurysm is a ballooning of a weakened region of a blood vessel. If left untreated, the aneurysm continues to weaken until it ruptures and bleeds into the brain. An arteriovenous malformation (AVM) is a cluster of abnormally formed blood vessels. Any one of these vessels can rupture, also causing bleeding into the brain.

Transient ischemic attacks

Also called TIAs, transient ischemic attacks are minor or warning strokes. In a TIA, conditions indicative of an ischemic stroke are present and the typical stroke warning signs develop. However, the obstruction (blood clot) occurs for a short time and tends to resolve itself through normal mechanisms. Even though the symptoms disappear after a short time, TIAs are strong indicators of a possible major stroke. Steps should be taken immediately to prevent a stroke.

Diagnosis

Tests

When someone has shown symptoms of a stroke or a TIA (transient ischemic attack), a doctor will gather information and make a diagnosis. He or she will review the events that have occurred and will:

• get a medical history
• do a physical and neurological examination
• have certain laboratory (blood) tests done
• get a CT scan of the patient
• study the results of other diagnostic tests that might be needed

What are the risk factors for stroke?

Some stroke risk factors can't be changed such as age (risk doubles after age 55), heredity (African Americans have a higher risk of death from stroke) and gender (more common in women). Others risk factors that result from lifestyle or environment can be modified.

The following risk factors can be changed, treated or controlled:

- High blood pressure
- Cigarette smoking
- Diabetes
- High blood cholesterol
- Poor diet
- Physical inactivity
- Obesity

What can you do?

• Discuss your risk factors with your healthcare provider.
• Eat a healthy diet, low in saturated fats, trans fats and cholesterol.
• Eat five or more servings of fruits and vegetables everyday.
• Get active! Talk a walk, take the stairs, try to get at least 30 minutes of activity on most or all days.

For more information on stroke and heart disease visit: www.americanheart.org.

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For more information on stroke and heart disease visit: www.americanheart.org.
Ischemic Stroke

Treatments

Acute Treatment

• Clot-busters, e.g., tPA
The most promising treatment for ischemic stroke is the FDA-approved clot-busting drug tPA, which must be administered within a three-hour window from the onset of symptoms to work best. Generally, only 3 to 5 percent of those who suffer a stroke reach the hospital in time to be considered for this treatment.

Preventative Treatment

• Anticoagulants/Antiplatelets
Antiplakel agents such as aspirin, and anticoagulants such as warfarin interfere with the blood's ability to clot and can play an important role in preventing stroke.

• Carotid Endarterectomy
Carotid endarterectomy is a procedure in which blood vessel blockage is surgically removed from the carotid artery.

• Angioplasty/Stents
Doctors sometimes use balloon angioplasty and implantable steel screens called stents to treat cardiovascular disease in which mechanical devices are used to remedy fatty buildup clogging the vessel.

Hemorrhagic Stroke

• Surgical Intervention
For hemorrhagic stroke, surgical treatment is often recommended to either place a metal clip at the base, called the neck, of the aneurysm or to remove the abnormal vessels comprising an Arteriovenous Malformation (AVM).

• Endovascular Procedures, e.g., “coils”
Endovascular procedures are less invasive and involve the use of a catheter introduced through a major artery in the leg or arm, guided to the aneurysm or AVM where it deposits a mechanical agent, such as a coil, to prevent rupture.

Impact of Stroke

• About 780,000 Americans each year suffer a new or recurrent stroke. That means, on average, a stroke occurs every 40 seconds.
• Stroke kills more than 150,000 people a year. That’s about 1 of every 16 deaths. It’s the No. 3 cause of death behind diseases of the heart and cancer.
• On average, every 3 to 4 minutes someone dies of stroke.

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Healthy New Year Recipe

Roasted Cod with tomatoes, oranges, and onions

Ingredients:

1 pound ripe but firm small round or plum tomatoes, cut into 1/2-inch-thick wedges
2 medium yellow onions, cut into 1/4-inch-thick wedges
1 tablespoon finely slivered orange zest (see Tip)
1 tablespoon extra-virgin olive oil
1 tablespoon chopped fresh thyme leaves, plus sprigs for garnish
1/2 teaspoon kosher salt, divided
Freshly ground pepper to taste

Makes 4 servings

NUTRITION INFORMATION: Per serving: 160 calories; 5 g fat (1 g sat, 3 g mono); 43 mg cholesterol; 11 g carbohydrates; 20 g protein; 2 g fiber; 308 mg sodium; 2110 mg potassium.

Nutrition bonus: Vitamin C (60% daily value), Selenium (42% dv), Potassium (15% dv)

Tip: Using a vegetable peeler, remove 3 or 4 pieces of zest from a large orange. Stack the pieces on top of each other and slice into 1/8-inch-wide strips.

Stroke is an Emergency—Every Minute Counts.

Act F.A.S.T.

F A C E
Does one side of the face droop? Ask the person to smile.

A R M S
Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S P E E C H
Is speech slurred? Ask the person to repeat a simple sentence. Is the sentence repeated correctly?

T I M E
If the person shows any of these symptoms, call 911 or get to the hospital immediately.

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The Stroke Program at Wentworth-Douglass has helped standardize patient care across the continuum for Stroke. We began our initiative with EMS education and hospital-wide education on recognizing signs and symptoms of stroke. All of our patients experiencing a stroke receive a very high level of care. Partnering with Mass General is a great tool for WDH and our patients because they can receive the same care at WDH with the additional expertise of a MGH neurologist, via Telestroke, if necessary. With our new program we expedite patients through testing since a stroke is very time sensitive. Stroke patients will receive a number of therapies to improve their outcome and decrease disability with a focus on acute rehabilitation after discharge, if appropriate, to reach their highest quality of life.

— Nicole Connors, RN, BSN
Stroke Program Co-Coordinator
Dear Donor,

We cannot begin to thank you enough for your incredible donation to Camp Meridian. Your generosity allowed us to begin a Teen program for campers ages 13-14. Originally, we had an age limit of 8-12 years old and those who were not going to be able to return had been begging and pleading for us to extend the program. Your generous donation made their wishes possible. For our first year, we were able to accommodate 8 girls and 8 boys. The applications rushed in as soon as the announcement was made. We would have fifteen returning campers and one new camper. We were thrilled!

Columbus Day weekend was beautiful and sunny. The leaves were at their peak in Northern NH and many parents told us they planned to take hikes or foliage drives on their way home. The teens arrived with great excitement knowing that they would see old friends and make new ones. They were anxious to begin a weekend of adventures.

The Teen program focused on leadership and team building. They learned and taught the Youth campers the Japanese art of origami and set up and served a traditional tea ceremony to tie in with the theme of the Youth program. The teens gained confidence and learned patience as they worked with the younger campers. The two programs united again to perform skits and sing songs around the Council Circle fire. The teens went canoeing — a new experience for many of them. They even stopped on shore to build a fire and cook “pita pizzas” and s’mores. They went rock climbing on the outdoor tower and cheered each other on as they all reached new heights.

Camp Meridian has always been a place to be with peers who know exactly what you have been through or continue to go through. As we hear over and over again from new campers, “I never knew that other kids have been through what I have” or “I’ve never seen anyone else with a scar on their chest like me.” At camp, our dream is for these children to understand that they are far more than their medical diagnosis. We are deeply grateful for the opportunity to expand this program to include the older children who still get so much out of this experience.

Our sincere thanks,

The Camp Meridian Committee
The Chest Clinic at Wentworth-Douglass Hospital provides a comprehensive multidisciplinary approach to care for patients with a known or suspected malignancy of the chest. The Chest Clinic also provides a forum for a multidisciplinary team second opinion.

The purpose of The Chest Clinic is to make the process easier for patients. The patient will be seen by multiple specialty physicians in one visit and in one location. They have a single-point contact to guide them and their family throughout their visit and follow-up care. At The Chest Clinic, the patient leaves with a plan of care the same day of the consultation.

"It is rewarding to see the patient benefit from the collaboration of the multidisciplinary team. Collectively, this group of skilled professionals strives to provide comprehensive and efficient care to patients and their families," said Adrienne Hayes, RN, OCN, Nurse Navigator.

The patients’ multidisciplinary team consists of the following: medical oncologist, radiation oncologist, pulmonologist, thoracic surgeon, radiologist, pathologist, Nurse Navigator (an RN), social services, clinical nutrition and clinical trials.

Patients will also have access to the most innovative and least invasive procedures including Video-Assisted Thoracoscopic Surgery (VATS), Endobronchial Ultrasound (EBUS), Pleuroscopy and EMN bronchoscopy (SuperDimension)—using GPS-like technology for lung biopsy.

"To have all the latest technologies available to our community is a big convenience for our patients who will no longer have to travel long distances to get the right care. We are also proud to be one of very few hospitals in the nation to offer these procedures. To tie together cutting edge technology with compassion and dedication is what makes this clinic unique and an asset to our hospital and community," said Shubhra Ray, MD, FCCP, Medical Director of The Chest Clinic.

For more information about The Chest Clinic at Wentworth-Douglass Hospital, please call the Nurse Navigator at 1 (877) 777-2530 or (603) 740-2212.
Prostate Cancer Group

2nd Monday of the month, 5:30-7:00 pm
Light Refreshments Provided

Anyone diagnosed with Prostate Cancer and their guest are welcome to attend. This group provides education about Prostate Cancer diagnosis and treatment as well as a supportive environment to meet others with similar concerns and experiences.

All groups will be held at Wentworth-Douglass Hospital. Please call for specific room location and for speaker/topics: Anne Daugherty, LICSW (603) 740-2830

Meet Our New Physicians

Henry Pallatroni, III, MD
Coastal New Hampshire Neurosurgeons
330 Borthwick Ave., Suite 108
Portsmouth, NH 03801
(603) 433-4666
Degree: MD, Tufts University School of Medicine, Boston, MA
Internship/Residency: Dartmouth-Hitchcock Medical Center, Lebanon, NH
Board Certification: American Board of Neurological Surgery

Ronald Reodica, MD
Seacoast Pulmonary Medicine
Wentworth-Douglass Hospital
789 Central Ave.
Dover, NH 03820
(603) 740-9713
Degree: MD, University of the Philippines College of Medicine, Manila, Philippines
Residency: SUNY Health Science Center at Brooklyn, Brooklyn, NY
Fellowship: Pulmonary Medicine and Critical Care Medicine at SUNY Health Science Center at Brooklyn, Brooklyn, NY
Board Certification: Internal Medicine, Pulmonary Disease, Critical Care Medicine and Sleep Medicine from the American Board of Internal Medicine

Geoffrey Starr, MD
Neurology
330 Borthwick Ave., Suite 111
Portsmouth, NH 03801
(603) 319-1577
Degree: MD, University of Vermont, Burlington, VT
Internship/Residency: Fletcher Allen Health Care, Burlington, VT
Board Certification: American Board of Psychiatry & Neurology

Jodie-Marie Voishnis, PA-C
Head & Neck Specialty Group of NH
361 High St.
Somersworth, NH 03878
(603) 692-4500
Professional School: Long Island University, Brooklyn, NY
Certification: National Commission of Certification of Physician Assistants

Health Screening Series at The Works

This winter and spring, Wentworth-Douglass Hospital (WDH) is offering monthly health screenings at The Works Family Health & Fitness Center on Rt. 108 in Somersworth, NH. Screenings are held on the second Tuesday of every month from 5:30 to 7:30 p.m. Registration is required. Visit our website at www.WDHOSPITAL.com or by calling (603) 740-2817.

February 10, 2009: Cholesterol Screening with WDH Heart Care Center staff
March 10, 2009: Nutrition Screening (one-on-one) with Leigh Davenport, RD, LD, WDH Outpatient Dietitian
April 14, 2009: Physical Therapy screening with therapist from Rehab 3

Joint Pain Seminar at The Works

WDH will offer a Joint Pain Seminar at The Works Family Health & Fitness Center on Rt. 108 in Somersworth on Friday, February 13 (with a snow date of Feb. 20) from 11:30 a.m. to 12:30 p.m. Attend the free seminar and learn what you can do about knee or hip pain. Learn about some of the causes and some of the latest treatments, including information about medications, nutrition and exercise. Register by calling (603) 740-2818.

Kentucky Derby Raffle Tickets on Sale

Purchase a raffle ticket from the Wentworth-Douglass Hospital & Health Foundation and enter to win an Oval Shaped Diamond Pendant valued at $3,400. Proceeds from the raffle of the necklace, donated by Jewelry Creations, will benefit the Level II Neonatal Nursery at Wentworth-Douglass Hospital.

Raffle tickets are $20 each or six for $100. You can purchase tickets with cash or check (payable to WDH & HF), or call the Foundation Office to charge to a credit card at (603) 740-2687.

The necklace will be raffled at the Kentucky Derby Gala, May 2, 2009 at The Red Barn at Outlook Farm, South Berwick, Maine. You do not need to be present to win.

WDH Listed in U.S. News Best Hospitals

Wentworth-Douglass Hospital is the only Seacoast hospital and one of 1,569 hospitals nationwide listed on the 19th annual U.S. News Best Hospitals list. According to US News.com, 5,453 hospitals were initially “put through a rigorous statistical mill” to determine rankings in 12 specialty areas. “To be considered,” US News.com reported, “a hospital had to meet at least one of three requirements: membership in the American Board of Internal Medicine, affiliation with a medical school, or availability of a least six of 13 key technologies such as robotic surgery. This year, nearly two-thirds of all hospitals failed the first test.”

Wentworth-Douglass Hospital made the first cut with 1,569 hospitals on the list.

Hospital President & CEO Gregory Walker, FACHE, is grateful for the hard work of so many employees and members of the medical staff who contributed to the hospital’s achievement.

“It is truly an honor to be recognized on this national list of best hospitals,” he said. “Our staff have worked diligently to bring truly sophisticated technology to Wentworth-Douglass Hospital. We introduced the daVinci robotic surgical system a few years ago and this month opened our new addition to the Seacoast Cancer Center. Technology is only part of our success. The special skills and compassion of our caregivers makes the difference everyday for our patients.”