

For Your Health



What's New2
 Physician News4
 A Healthier Lifestyle.....5
 A Personal Journey.....6
 Healthy Living.....7
 Healthy Happenings8

SPRING 2005

Parkland Medical Center First in NH to use New Laser Procedure

PARKLAND MEDICAL CENTER IS THE FIRST HOSPITAL IN NEW HAMPSHIRE TO PERFORM a new laser treatment for enlarged prostate called the GreenLight Photoselective Vaporization of the Prostate (PVP) Laser Procedure. The hospital began performing the procedure using this new laser technology last June. Urologic surgeon Edward A. Chibaro, is performing the laser treatment at Parkland Medical Center and has also taught other surgeons throughout New England how to perform the procedure. Being the only hospital in the state to use this non-invasive treatment option, Parkland Medical Center is also a training site for the Greenlight PVP Laser treatment.

The Greenlight PVP Laser Procedure has been proven safe and effective in clinical studies conducted over a five-year period at many of the nation's leading medical institutions. "The clinical trials are stunningly convincing," said Dr. Chibaro. "I pursued training in this procedure so that I could bring this advanced treatment to my patients in the greater Derry community." Parkland Medical Center is offering this breakthrough treatment to men who suffer from urinary problems such as frequent and painful urination and a weak urine stream resulting from an enlarged prostate.

Enlarged prostate affects more than 14 million men each year in the United States and more than half of all men over the age of 60 develop an enlarged prostate. By age 80, nearly 80% of men have this condition, known as Benign Prostatic Hyperplasia (BPH). Symptoms include difficulty in urinating and increased frequency of urination.

Until now, treatment options included medication, a variety of heat treatments, or an invasive surgical procedure. The non-surgical treatments have a high failure rate with outcomes less significant than the surgical option, known as Transurethral Resection of the Prostate (TURP). This surgical procedure can provide significant relief but is accompanied by serious side effects, such as impotence, incontinence, blood loss, and a four to six week recovery period. "The Greenlight PVP Laser Procedure is non-invasive and is replacing a procedure that had problems and complications," said Dr. Chibaro. "Since I have been performing the laser procedures, my patients have less complications and no hospital stay is required. Patients are extremely gratified."

As an alternative to invasive surgery, GreenLight PVP delivers immediate relief of symptoms and dramatic restore of urine flow with minimal risk. Patients commonly leave the hospital within a couple of hours, and can return to normal, non-strenuous activities within a week.

For more information about the Greenlight PVP Laser Procedure, please call (603) 421-3603 or visit www.parklandmedicalcenter.com.



Need a Physician?

If you are looking for a primary care physician or specialist, Parkland's free physician referral service can help. Call 1-800-265-8624 or visit our website at www.parklandmedicalcenter.com.



For Your Health is published by Parkland Medical Center, One Parkland Drive, Derry, NH 03038 (603) 432-1500

Administrative Director, Marketing & Business Development
 Maureen P. Smith
 Publication Coordinator
 Melissa Crane

COVER PHOTO: Urologic surgeon, Edward A. Chibaro, is performing the non-invasive Greenlight PVP laser procedure at Parkland Medical Center.

Anne Jamieson Joins Parkland Medical Center as New CEO

Anne Jamieson, formerly Vice President of Operations for Anna Jaques Hospital in Newburyport, MA has become the new Chief Executive Officer at Parkland Medical Center in Derry, NH. Jamieson, a registered nurse and an attorney at law, as well as an accomplished hospital administrator, began her new role at Parkland on January 17, 2005.

William Schuler, President and CEO of Portsmouth Regional Hospital, who had served at Parkland as Interim CEO, said in an announcement recently, "We are very pleased that we have recruited someone of Anne Jamieson's talent, background and skills to assume the role of CEO at Parkland. The combination of her expertise in health care administration and her background in nursing and health law is a rare blend of skill and experience that she will bring to her new role." According to Schuler, Jamieson will be relocating to the Derry area, where she will be residing permanently. "We are fortunate that Ms. Jamieson, having served in her current role less than an hour away in Newburyport, has substantial knowledge of the region's health care landscape, as well as an understanding of the health care needs and opportunities in the greater Derry area."

Jamieson has spent the last 29 years in the health care industry, the last seven at Anna Jaques Hospital. There she was responsible

for all clinical departments including nursing, and all in-house legal work as the Hospital's general counsel.

Prior to Anna Jaques Hospital, she served as Practice Director of Cerner Corporation's Southwest Region working on the design and implementation of information systems architecture for large medical health systems and networks.

Jamieson's hospital experience includes positions she has held as Manager of Medical Surgical Services at Burbank Hospital in Fitchburg, MA and as Assistant Head Nurse at Worcester Memorial Hospital in Worcester, MA. She's worked as a Staff Nurse for Marlboro Hospital in Marlboro, MA, Clinton Hospital in Clinton, MA, and Florida Hospital in Orlando, FL.

She received her Juris Doctor with a specialization in Corporations and Business Law from the Massachusetts School of Law in Andover, MA in 2001. She also holds an MBA from Anna Maria College in Paxton, MA and a Bachelor of Science Magna Cum from Worcester State College. She is currently

active in the Newburyport community and a member of the American Health Lawyers Association, Massachusetts Bar Association, Boston Bar Association and Massachusetts Organization of Nurse Executives.

Jamieson has two children Matthew and Bryan.



Anne Jamieson, Parkland Medical Center's new CEO, introduces herself to hospital volunteers, Ann Davis (center) and Audrey Lord (right).

Parkland Medical Center One of Ten Nationally to Receive Patient Safety Award

The Institute for Safe Medication Practices (ISMP) recently announced Parkland Medical Center as a recipient of the Cheers Award. The Cheers Award honors organizations that have demonstrated an exceptional standard of excellence for others to follow in the prevention of potential medication errors.

"Throughout the course of the year, Parkland has made ongoing contributions to further enhance patient safety and safe medication practices," said Cynthia Gray, RN and Chief Nursing Officer for Parkland Medical Center. "This truly is a team effort and the staff here at Parkland is well deserving of this recognition."

With patient safety taking center stage at many health-care organizations, Parkland has taken strides throughout the year to design a leading patient safety program. "We believe that Parkland Medical Center exemplifies a true success story for safe medication administration by reinforcing a proactive culture," said Gray.

"The organization is very proud of our success and the positive change that has occurred over the last year."



Parkland Medical Center's Jennifer McCloskey, R.N. holds the "Cheers Award" given by the Institute of Safe Medication Practices for setting a superlative standard of excellence for patient safety.

New Vein and Laser Center of New Hampshire opens in Derry

Residents of Derry and surrounding communities now have a new option when it comes to the treatment of undesirable, sometimes painful varicose and spider veins.

Dr. Normand Miller, board certified vascular surgeon is now accepting patients at The Vein and Laser Center of New Hampshire located in the Nutfield Professional Building on the campus of Parkland Medical Center. Dr. Miller uses a highly unique, state of the art laser system to gently eliminate both spider and varicose veins. "Until recently, most procedures for varicose veins required the actual stripping or removal of the main superficial vein, also known as saphenous vein," says Dr. Miller. "This surgical procedure involves at least two incisions, usually requires spinal or general anesthesia and is often associated with a painful recovery."

Lasers have revolutionized this process. Now, Dr. Miller eliminates the saphenous vein using a minimally invasive procedure, performed right in his office under local anesthesia, offering patients greater convenience and comfort. "Patients are usually back to their normal activities within 24 to 48 hours," assures Dr. Miller.

For spider veins, Dr. Miller is able to use his laser system to target affected blood vessels. The treated vein gradually disappears, leaving the skin intact. Sclerotherapy, consisting of injections of a medication through a very fine needle, is also an option of treatment available.

What does this mean to patients? For the nearly 50% of adults that suffer from vein disease, they now have access to a comprehensive vein treatment center where all types of varicose veins can be managed with the latest technology. In addition, many insurance carriers are covering the costs.

"Because each person is unique, and the severity of spider and varicose veins can vary greatly, the best course of action for each individual patient should be determined at the time of a complete evaluation and consultation, often with the use of ultrasound technology as an adjunct," says Dr. Miller.

For questions or further information call The Vein and Laser Center of New Hampshire at (603) 421-2363.

a letter from one of our patients, Mark T. of Derry, NH

Dear Parkland Medical Center Staff:

I am writing to inform you of my great experience recently at Parkland Medical Center with a recent medical emergency I experienced.

On September 13, 2004, I came to the Emergency Department with severe abdominal pain. As I entered the ED, I was directed right to triage where they instantly picked up on my illness. After a very brief paperwork exchange, I was brought right into the examination room where Dr. Jordan took charge of my case. It appeared she had a good idea of what my issue was after the initial examination. Labs, X-Ray as well as a Ultra Sound were ordered quickly and within the span of an hour or two it was determined that I had pancreatitis and gall bladder disease. After administering pain medication, I was promptly admitted and brought to my room. At this time I met Dr. Richards who assumed a portion of my care. It was wonderful to have such a quick handoff and a doctor who would help to see me through this. Dr. Richards checked on me throughout the week, which gave the impression of genuine caring and not just work for him.

My next stop was MedSurg3 where I was made very comfortable and felt nicely welcomed. The patient interview was conducted, which I thought was outstanding, where you really need to dig to ensure allergies and other medical problems don't hinder the treatment, all done on laptops!!! Very Nice! It was also nice to see the folder with information about Parkland and your health options located in the room, this was a very nice detail not seen at some of the major hospitals. I was impressed at the information contained in this.

I must say MedSurg3 was like home away from home. It was nice to have everyone there know your name and spend time to listen. From all my nurses and LNA's who did such a great job with my care, I thank them all from the bottom of my heart. From Gail and Melissa who switched my IV from side to side after a bout of not feeling comfortable with it, to Kris, Niki, Laura, and please if I could not remember someone's name don't think I forgot about them as I will remember them all. Their response to me calling them for anything was tremendous.

The nursing staff explained the day or evening activities and who I would meet or what tests would occur that day. It was wonderful and I always knew what was going on despite my condition.

On the fifth day, I met Dr. Colacchio who would conduct the surgery. His skill, knowledge and calm approach just made you feel that he was very experienced. Dr. Colacchio did a wonderful job on my surgery and left me relatively pain free after. Not to mention the nice inside stitching job on my abdomen vs. those ugly painful staples some surgeons use. He is a true asset to the surgical team.

From my discharge home to my return to the ED for a small complication, my second ED visit was just as pleasurable as the first, without the pain of course! After some labs, I received antibiotics and was able to return home the same day.

In closing, Parkland Medical Center has those big Boston hospitals striving to catch up to know your name or lower their 4-5 hour wait time. Any future medical issues I or my family may have will surely be treated at Parkland. I wanted the entire staff to know they did not go unnoticed from the ED to med surg3 to surgery and the folks who kept the room spotless, I thank them all!!!

Parkland Medical Center Introduces New Advanced Medication Technology

Parkland Medical Center is pleased to announce the recent launch of a major patient safety initiative, the Electronic Medication Administration Record (eMAR). Parkland is one of only three hospitals in New Hampshire to implement a patient medication bar coding system and one of only a handful of hospitals to do so throughout New England.

Up to 98,000 Americans die every year from preventable medical errors made in hospitals. Technology such as eMAR has been proven to dramatically reduce medication mix-ups. "Patient safety has always been a high priority at Parkland Medical Center, but the new wireless eMAR bar coding system ensures a higher level of patient care," said Marc Dupuis, RPH, and Director of Pharmacy for Parkland. "The eMAR System will advance medication safety at Parkland and demonstrates another area where technology is being applied to improve patient safety," said Dupuis.

Dupuis explained that upon admission to Parkland Medical Center, each patient will receive a special bar coded armband that a nurse will scan whenever medication is administered. The bar code corresponds to the patient's current drug history. The hospital pharmacy bar codes each dosage of medication required for every



Using bar code scanners and the patient's bar coded wristband, the eMAR system checks the identity of the patient and medication at the time a drug is being administered.

patient. Using bar code scanners at the patient's bedside, the eMAR system checks the identity of the patient and medication at the time a drug is being administered. "It also verifies any medication allergies, possible drug interactions with multiple prescriptions, and if the patient is supposed to receive the medication. If one of the qualifying factors doesn't match, such as the wrong medication for the patient, several screen warning signs appear to alert the nurse," he added.

The eMAR bar coding system is an innovative combination of technology that adds another step in the verification process when administering medication. The eMAR system emphasizes the "Five Rights of Medication Administration," right patient, right route, right medication, right dosage, and right time.

"Patient safety has always been a high priority at Parkland Medical Center, but the new wireless eMAR bar coding system ensures a higher level of patient care."

Marc Dupuis, RPH, Director of Pharmacy

Physician News

Josh Amato, MD

Josh Amato, MD has joined Spindel Eye Associates and is now seeing patients at his office on Buttrick Road in Londonderry. Board certified in ophthalmology, Dr. Amato received his medical degree from St. Louis University in St. Louis, MO. Dr. Amato completed his internship at St. John's Mercy Medical Center and a residency at St. Louis University, both in St. Louis, MO. Dr. Amato can be reached at (603) 432-9578.



Amy Delorie, DO

Amy Delorie, DO, board certified in emergency medicine, has joined Parkland's Emergency Department. Dr. Delorie previously worked in the emergency department at Covenant Medical Center in Lubbock, TX. Dr. Delorie completed her medical degree at the University of New England in Biddeford, ME and completed her residency at St. Barnabas Hospital in Bronx, NY.



Lee Garrett, MD

Board certified family practitioner Lee Garrett, MD has joined Parkland Physician Services and is accepting new patients at the Parkland Family Practice located at 41 Buttrick Road in Londonderry. Dr. Garrett received his medical degree from McGill University School of Medicine in Montreal and completed his residency at the University of Western Ontario. Dr. Garrett's office can be reached at (603) 432-8693.



Inna Kogan, MD

Inna Kogan, MD has joined Parkland Pulmonary Medicine in Derry. Dr. Kogan received her medical degree from the Leningrad Medical Institute in St. Petersburg, Russia. She is board certified in pulmonary disease, critical care medicine, internal medicine, and sleep medicine. Dr. Kogan is accepting new patients at her office in the Nutfield Professional Park at 44 Birch Street, Derry. She can be reached at (603) 421-2380.



Shu Wei Liu, MD

Board certified family practitioner Shu Wei Liu, MD has joined Derry Medical Center and is accepting new patients. Her office can be reached at (603) 537-1300. Dr. Liu completed her medical degree at State University of New York, Brooklyn, NY. She completed her residency at the University of Massachusetts Medical School in Worcester, MA.



Philip Maiorano, MD

Philip Maiorano, MD, Pulmonologist has joined Parkland's medical staff. Dr. Maiorano is board certified in internal medicine specializing in pulmonary disease. He completed his medical degree at Tufts University in Boston, MA and completed his residency at Yale-Norwalk Hospital in Norwalk, CT. Dr. Maiorano can be reached at (603) 421-2380.



Tracey Wilson, MD

Tracey Wilson, MD has joined Northeast Urology Associates in Derry, NH. Board certified in urology, Dr. Wilson completed her medical degree at Howard University of Medicine in Washington, DC. She completed her undergraduate studies at Tufts University in Boston, MA and Georgetown University in Washington, DC.

Elisa Mercurio, DO

Elisa Mercurio, DO has joined Parkland Family Practice and is now seeing patients at her offices in Derry and Londonderry. Dr. Mercurio received her medical degree from Kirksville College of Osteopathic Medicine, Kirksville, MO. Dr. Mercurio is board certified by the American Academy of Family Physicians and the American Osteopathic Association. Dr. Mercurio completed her postdoctoral training at New Hampshire Dartmouth Family Practice Residency in Concord, NH. Dr. Mercurio can be reached in Derry at (603) 421-2432, and in Londonderry at (603) 432-8693.



Anica Naprta, MD

Board certified family practitioner Anica Naprta, MD has joined Parkland Family Practice in Derry. Dr. Naprta attended the University of Zagreb Medical School in Croatia, where she received her medical degree. She completed her residency in the Wichita Falls Family Practice Residency Program. Dr. Naprta's office is located at the Nutfield Professional Park, 44 Birch Street. She can be reached at (603) 421-2432.



Boris Naprta, MD

Boris Naprta, MD has joined Parkland Internal Medicine in Derry and is now accepting new patients. Board certified by the American Board of Internal Medicine, Dr. Naprta received his medical degree from the University of Zagreb in Croatia. He completed his residency at the University of Connecticut Health Center. Dr. Naprta's office is located at the Nutfield Professional Park, 44 Birch Street. He can be reached at (603) 421-2450.



David OuYang, MD

Board certified family practitioner David OuYang, MD has joined Derry Medical Center and is accepting new patients. Dr. OuYang completed his medical degree at the University of Rochester School of Medicine in Rochester, NY. He completed his residency at Columbus Regional Medical Center in Columbus, GA. His office can be reached at (603) 537-1300.



Stefan Strapko, MD

Stefan Strapko, MD has joined The Orthopedic Center in Londonderry and is now accepting new patients at his office located at 41 Buttrick Road. Certified by the American Board of Orthopedic Surgery, Dr. Strapko completed his medical degree at UMDNJ-New Jersey Medical School in Newark, NJ. He completed his residency at George Washington University Hospital in Washington, DC. His office can be reached at (603) 434-3118.



Joel Wagman, MD

Joel Wagman, MD, board certified family practitioner, has joined Parkland Family Practice in Derry and is now accepting new patients at his office located at the Nutfield Professional Park, 44 Birch Street. Dr. Wagman received his medical degree from Temple University School of Medicine, Philadelphia, PA. He completed his residency in internal medicine at the Albert Einstein Medical Center, Philadelphia, PA, and in family medicine at the Reading Hospital and Medical Center, Reading, PA. Dr. Wagman can be reached at (603) 421-2432.



The Clancys Strive to Achieve a Healthier Lifestyle

John and Judy Clancy of Hudson, NH knew that a change needed to be initiated within their home to provide their kids with a more balanced lifestyle.



Their concern began to grow due to the children's inactivity and poor food selections. Even though both parents made every effort to educate the

children about proper eating habits and the benefits of a regular exercise regimen, their three children Katie, Heather, and Christine needed to take a more active role in their lifestyle choices. This change would require the involvement and dedication of the whole family and John and Judy were ready for the challenge of motivating the children.

The parents made a decision that it would be a family effort and enrolled the three children in the 10 week Shapedown weight management program for children and their families, co-sponsored by Parkland Medical Center and the Workout Club and Wellness Center in Londonderry. "We knew the program had to be designed to include the entire family, or it would not work," said John. The program strives to encourage children and their families to make healthy changes in diet, exercise, and overall lifestyle. Learning how to make better choices in diet and including exercise can help prevent obesity-related health risks that develop later in life.

Since the start of the program the family has learned how to read labels on food items and how to include exercise in everyday activity. "We take family walks and make our food selections together as a family," said Christine the youngest of the three children. Judy admits that at first she had to push and encourage the kids, but now all three seem to be taking an active role. "I knew the program was really teaching the children when Katie told Grandma on Thanksgiving that she would have fat free jello for dessert rather than Grammy's cheesecake," said Judy. The Clancy's middle child Heather said she is now learning to make healthier snack selections such as granola bars, yogurt, and strawberries.



"I knew the program was really teaching the children when Katie told Grandma on Thanksgiving that she would have fat free jello for dessert rather than Grammy's cheesecake." Judy Clancy

Since the start of the program the children have seen success with weight loss. Katie has lost a total of eight pounds, Heather has lost six, and Christine has lost a pound. "Although the weight loss is great, we are not setting goals as far as weight is concerned. Instead, we are encouraging an overall healthier lifestyle change," said Judy. John and Judy admit to seeing an increase in self esteem in their children and a proud sense of accomplishment since the start of the program. "We will continue teaching them the importance of smart food decisions and exercise; this is a lifetime commitment you have to make as a family," said John.

The program is designed by Gretchen Coonrad, RD, LD and Lisa Post, AS, and consists of exercise and nutrition education. Peggy Connors, Registered, Licensed Dietitian and Director of Food & Nutrition Services at Parkland Medical Center coordinates this program with the Workout Club. "The drastic increase of overweight children in our society – children that are on their way to being overweight adults dealing with a myriad of health related issues, has prompted us to create a safe environment for families to learn and to reassess their eating and exercise habits."

WANT TO LEARN MORE? For more information about Shapedown or to register for an upcoming class, please call the Workout Club and Wellness Center in Londonderry at (603) 434-6565 ext. 57.

A Personal Journey

Irene, 65, came to the Oncology Department at Parkland in March of 2004 with a diagnosis of lung cancer. Before her diagnosis, Irene had not been to a doctor for over twenty three years.



"I noticed a lump on my neck in the beginning of February, but thought it would go away," said

Farwell. "She was acting strange, not calling as much," said her daughter Wendy Coyle. In late February, with the encouragement of her family, Irene agreed to go see a doctor. According to Irene, "Deep down, I didn't think it would be cancer."

"Lung Cancer. I could not believe it when I heard the words," said Irene. According to Farwell, Parkland Medical Center's Oncology Department provided her with hope and compassion after hearing this life-altering news. Irene said, "The program at Parkland is excellent, the support and guidance offered by all the staff is both touching and comforting, the staff is the greatest, I call them my friends." Irene explains that the Parkland Oncology Department not only works as a support system for her, but for her family as well. "I have never had a negative attitude," said Irene, "When we found out about the cancer, my family fell apart, I was the strong one." According to Irene's husband Chester Farwell, "At first, it was difficult bringing Irene here for her treatments and coping with her illness."

Coming to the Oncology Department five times a week for 2-1/2 hour treatments, Irene said initially she was intimidated by the open treatment environment. Then she realized, "If I was going through the treatment in a secluded area, I would have too much time to think." Irene's husband

explained that she enjoys the social environment, "Just as long as no one takes her chair," he said with a laugh. "I have made a lot of friends here at Parkland, I feel as though I can be a comfort and a support to newly-diagnosed cancer patients undergoing treatment," said Irene.

Irene believes that her attitude plays an important role during her treatment. Luckily, Irene has not experienced any sickness after her treatments. "She always wants to shop after a treatment," said her daughter Wendy.

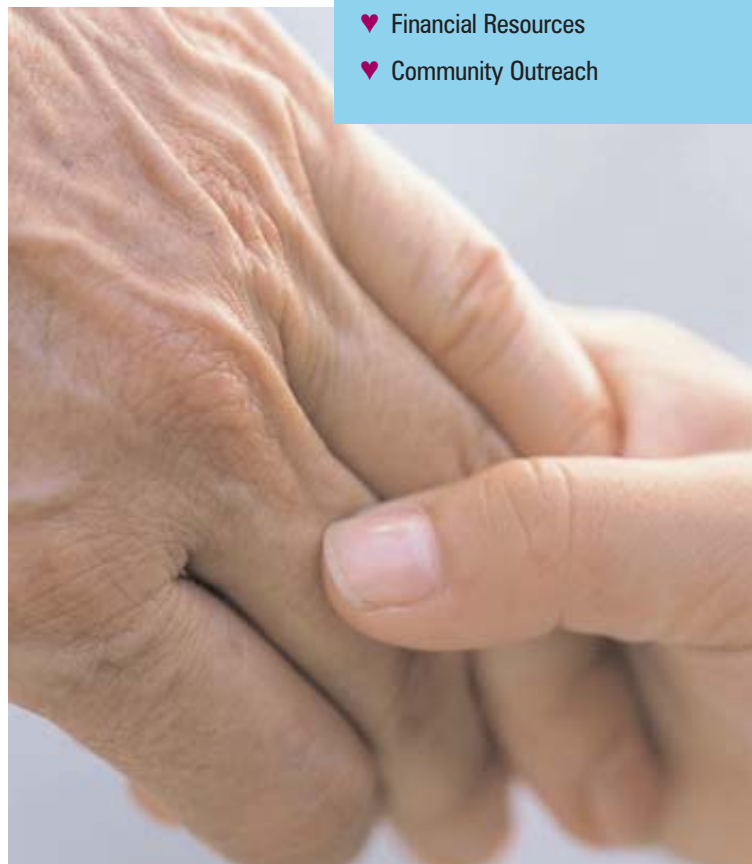
Irene explains the staff helps give her the positive attitude she has towards her care, "Not all physicians and staff can make your care personal, but at Parkland. I have personal, excellent care filled with such compassion and support."

Irene and Chester are celebrating forty-six years of marriage this year. "We still have a long way to go together," said Chester. Irene adds "You have to have faith."

Parkland Oncology & Hematology Department PROGRAMS

- ♥ Look Good... Feel Better, an American Cancer Society sponsored program
- ♥ Annual Day of Beauty
- ♥ Coordination of Transportation Services
- ♥ Advanced Care Directives with Notary Services
- ♥ Care Givers Support Group
- ♥ Survivor's Day
- ♥ Lymphedema Program
- ♥ Cancer Pain Management Program
- ♥ Finding Strength Program
A program for families and caregivers
- ♥ Ice Cream Socials
- ♥ Breast Cancer Awareness Month
- ♥ Annual Screenings
- ♥ Modified Yoga for Breast Cancer Women
- ♥ Financial Resources
- ♥ Community Outreach

"The first time I walked through the door I was frightened and nervous. Now I come here to see my friends." Irene Farwell



Chicken Oriental

- 1 Tabl. vegetable oil
- 1 lb. boneless, skinless chicken breast halves, cut into 1-inch chunks
- 8 ounces asparagus, trimmed and cut into 2-inch matchstick strips
- 1 medium red or green bell pepper, cut into thin strips
- 1 medium onion, sliced
- 2 Teas. sugar
- 1 Teas. freshly ground black pepper
- 2 Tabl. light soy sauce
- Hot cooked rice, for serving



In a large skillet or wok, heat the oil over high heat until hot. Add the chicken and stir-fry for about 4 minutes, or until no longer pink and the juices run clear. Transfer to a plate. Add the asparagus, bell peppers, onion, sugar, and black pepper to the skillet. Stir-fry for about 3 minutes, or until vegetables are crisp-tender. Return the chicken to the skillet. Sprinkle with the soy sauce; cover and cook for about 1 minute, or until mixture begins to steam. Serve over rice.

LOW FAT / Prep: 30 minutes

Makes 6 servings

Marinated Vegetable Salad

- 1 16 oz. frozen tiny green peas
- 1 12 oz. frozen tiny white shoe peg corn
- 1 16 oz. frozen French-style green beans
- 1 medium onion, chopped
- 3/4 cup finely chopped celery
- Add chopped pimento, red bell pepper or diced mozzarella cheese as desired



Sweet and Sour Dressing

- 1/4 cup salad oil
- 1/4 cup wine vinegar
- 1/2 cup sugar
- 1/2 Teas. salt
- 1/4 Teas. fresh ground pepper

This salad is great to throw together for a dish to pass meal. You can make this great salad a few days in advance and then just toss it again before serving. A nice change from just plain ol' vegetables!

First, make the dressing by combining all the dressing ingredients in a saucepan and heat to boiling. Cool. Defrost the vegetables well and combine with remaining ingredients. Pour dressing over all. Mix well. Let sit in the refrigerator for 24 hours before serving. Salad should keep for several weeks in refrigerator.

Promoting Preventive Healthcare By Anica Naprta, MD, Parkland Family Practice



Preventive medicine includes disease prevention and health promotion. Many of the most serious health problems today can be prevented or postponed by a healthier life style, immunization, screening, and early detection.

During the past several decades, advances in preventive medicine have reduced morbidity and mortality of common medical conditions, such as infectious diseases, diabetes, stroke, some forms of cancer, and heart disease. Despite these advances, many preventive practices known to improve patient health are not being implemented. We can do better as patients and as health care providers in promoting preventive healthcare.

My goal as a physician is to keep my patients healthy. As a family physician, I promote preventive medicine through immunization of children and adults, health risk evaluations, screening for preventable disease, life style modifications, and clinical exams.

Even if you feel healthy you should have your regular preventive care visits with your physician. "An ounce of prevention is worth a pound of cure," especially when it comes to your health.

Here are some tips on living a healthy lifestyle:

healthy tips

- Do not smoke or use tobacco
- Limit daily alcohol intake to 2 drinks a day
- Do not use illegal drugs
- Eat a well-balanced diet
- Lose weight if you are overweight
- Exercise 30-60 minutes, 4 to 7 times per week
- Do not sunbathe or use tanning booths
- Always practice safe sex
- Wear a seatbelt while traveling
- Check your cholesterol regularly
- Control your blood pressure with weight loss, eating less sodium, and exercise
- Keep your immunizations up to date
- See your dentist every 6 months
- Check your breasts monthly beginning at age of 20, have a breast exam and mammogram by a physician every 1-2 years beginning at age 40
- Get regular pap smears, begin at age of 21 or 3 years after starting sexual activity
- See your doctor regularly to evaluate your health risks and discuss the need for screening tests
- Check with your doctor if you need to use vitamins, calcium and aspirin

EMERGENCY EDUCATION

All Emergency Medical Services Classes take place in the Nutfield Professional Building, EMS Suite 203, 44 Birch Street, Derry. For more information, call 421-2276 or visit our website at www.parklandmedicalcenter.com.

Heartsaver CPR

March 12, May 14, 8:30 a.m. to 1:30 p.m. Fee is \$40.00

CPR for Healthcare Providers

April 28, 8:30 a.m. to 4 p.m.
June 9, 8:30 a.m. to 4 p.m.

CPR for Providers Refresher

March 10, 1 p.m. to 4 p.m.
April 12, 1 p.m. to 4 p.m.

Advanced Cardiac Life Support (ACLS) for Providers

April 4 and 6, 8:30 a.m. to 3:30 p.m.
July 11 and 13, 8:30 a.m. to 3:30 p.m.

ACLS for Providers Refresher

April 6, 8:30 a.m. to 3:30 p.m.
May 25, 8:30 a.m. to 3:30 p.m.

Pediatric Advance Life Support (PALS) for Providers

May 16 and 18, 8:30 a.m. to 3:30 p.m.
August 22 and 24, 8:30 a.m. to 3:30 p.m.

PALS for Providers Refresher

April 20, 8:30 a.m. to 3:30 p.m.
May 18, 8:30 a.m. to 3:30 p.m.

WELLNESS PROGRAMS



Aquatic Physical Therapy

Parkland Rehabilitation Services at Londonderry
Treatment of orthopedic injuries/conditions in a warm water environment. Physician referral required; covered by most insurance companies. Appointments available Monday and Wednesday from 11:30 a.m. to 1:30 p.m. and 4:30 to 6:30 p.m. Call 432-9821 for more information.

Tools for Living with Chronic Conditions

Parkland Rehabilitation Services at Londonderry
Treating chronic pain syndromes in a warm water environment. Physician referral required; covered by most insurance companies. Appointments available Mondays and Wednesdays from 2:45 to 4:15 p.m. Call 432-9821 for more information.

Wellness Exercise Group

Parkland Rehabilitation Services at Londonderry
Supervised by an exercise physiologist. Meets Mondays, Wednesdays, and Fridays from 10 to 11 a.m. Fee is \$49 per month. Call 432-9821 for more information.

Cardiac Rehab

Parkland Medical Center
Multidimensional, medically-supervised program. Call 421-2237 for more information.

Balance & Control

Parkland Medical Center
Weight management classes: covered by most insurance companies. Call 421-2004 for more information.

ONGOING CLASSES/GROUPS

AHA-CPR for Family and Friends

Infant and child CPR training (non-certification) program offered for family and friends. Fee is \$35 per person or \$60 per couple. Call 421-2039 for dates and times.

Safe Sitters Babysitter Course

Class designed for participants 11 to 13 years old that teaches safe and nurturing child care techniques. Fee is \$50. Call 421-2039 for dates and times.

Gastric Bypass Surgery Information Night

For those who are interested in learning more about gastric bypass surgery and associated lifestyle changes. Call 432-2144 for dates and times.

Gastric Bypass Surgery Support Group

For those who have had gastric bypass surgery. Call 432-2144 for dates and times.

DIABETES MANAGEMENT PROGRAMS

Diabetes Management Education Classes

Call 432-1500 ext. 3229 for more information.

Individual Education Visits

Scheduled with diabetes nurse and dietitian daily. Call 421-2458 for an appointment.

Diabetes Support Group

Meets second Monday of each month from 7:00 to 8:30 p.m. Call 432-1500 ext. 3229 for more information.

FAMILY EDUCATION CLASSES

Call the Family Education Line at 421-2039 to register. Classes are held at the Nutfield Professional Building, Suite 102, Entrance D, 44 Birch Street, Derry, NH. For more information, visit the Health/Family Education website at www.parklandmedicalcenter.com.

CHILDBIRTH PREPARATION PROGRAMS

Babies: The First Time Around & Infant Care

Five-week series for first-time parents offered Tuesdays or Thursdays from 7 to 9 p.m. Weekend series offered Saturday and Sunday, 9 a.m. to 3 p.m. Fee is \$120. Call for series dates.

Here We Grow Again

A childbirth refresher class includes information and support in preparation for your next birth. Saturdays, 9 a.m. to 1 p.m. Fee is \$50. Call for class dates.

Hypnobirthing

Call for more information and class dates.

Childbirth Education Rental Bag

For those parents unable to attend a childbirth program. Fee is \$30. Call to rent the bag.

Teen Parent Childbirth Class

Private classes for individual needs. Call for an appointment. No fee.

Sibling Club for Brothers and Sisters

Class for expectant siblings, ages 3 to 10, that includes a tour of the Family Birthing Center. Saturdays, 2 to 3:30 p.m. Fee is \$15 per family. Call for dates.

Signs & Smiles Workshops: Learn Signing to Communicate with Baby

This class can be taken before or after baby is born. Pre-registration is required. Fee is \$40 per person or \$70 per couple. Call for dates and times.

PARENT SUPPORT CLASSES

The Woman's Place

Sales of nursing products and rental of pumps. Lactation consultation offered for breastfeeding difficulties. Sales/support available Monday-Friday, 8:30 a.m. to 2:30 p.m. Call 421-2064 for more information.

Infant Massage

Class for parents to learn the skill and benefits of baby massage is held on the second and fourth Wednesday of each month from 1 p.m. to 2 p.m. Fee is \$5 for one class. Pre-registration is required. Call 421-2039 to register.

Breastfeeding Mothers Group

Held in the Family Birthing Center on the third floor of the hospital. Meets on the first and third Wednesday of each month from 10 a.m. to 11 a.m. Babies are welcome. No pre-registration or fee.

Life with Baby

Popular parents' support group held on the second and fourth Wednesday of each month from 10 a.m. to 12 noon. Varied parenting topics are addressed. Babies and families are welcome. A one-time fee of \$10 is required.



ForYourHealth

Parkland Medical Center, One Parkland Drive, Derry, NH 03038

PRESORT-STD
U.S. POSTAGE
PAID
PERMIT NO. 1
MANCHESTER, NH