



Wentworth-Douglass
Hospital

THE SEACOAST'S LEADING MEDICAL CENTER

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www.wdhospital.com
or call (603) 742-5252
for more information about us.

FALL 2010

WINDOWS TO YOUR HEALTH

YOUR SOURCE FOR HEALTH INFORMATION

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Integrative Medicine seeks optimal health

The prescription for optimal health is simple. Drink lots of water. Eat mostly fruits and vegetables. Eliminate simple sugars. Exercise often. Meditate daily. Live in a clean environment. Love your family. Enjoy your friends. Discover the value of just the right mix of herbals, vitamins and mineral supplements to support optimal health. Then, relax.

Simple? If it was simple the top five chronic health diseases – diabetes, heart disease, asthma, high blood pressure and depression - would no longer account for half of the US healthcare expenditures according to the Institute of Medicine Summit on Integrative Medicine and Health of the Public held in 2009. The Summit focused on Integrative Medicine as a vital component in a team approach to patient care with “the patient as the central member enjoying seamless integration across caregivers and institutions for the achievement and maintenance of optimal health.”

Wentworth-Douglass Hospital's array of primary care medical practices now includes an Integrative Medicine practice, Seacoast Integrative Medicine, with Peter Degnan, MD, a family practice and integrative medicine physician. A New England native, Dr. Degnan's interest in alternative and complementary approaches to health began early in his medical training, enriched by valued mentors and colleagues. Dr. Degnan's professional interests include botanical/herbal medicine, the mind-body continuum and medical acupuncture.

“Integrative Medicine is an approach to healthcare that seeks to understand the whole individual and looks to identify many factors that can influence health and wellness for that person's benefit,” Dr. Degnan explained. “Integrative Medicine looks to understand everything possible to prevent illness – good nutrition, exercise and lifestyle counseling.”

The Seacoast Integrative Medicine practice acts as a resource for patients and the medical community in applying integrative approaches in a responsible manner. While Dr. Degnan provides on-going primary

(continued on page 3)



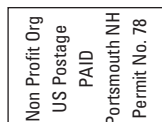
Peter Degnan, MD

Integrative Wellness Services

In addition to Reiki and massage services for hospital patients, Integrative Wellness services are now available for the community at the Wentworth-Douglass Hospital Professional Building at 10 Members Way, near Exit 9 off the Spaulding Turnpike.

Integrative Wellness Services offer aromatherapy, massage, hot stone massage and a variety of classes. For more information, please call Integrative Wellness Services at 603-740-2649.

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November Night Event Raises \$50,000 for Nursery

The stars were shining on November Night, the Nov. 13, 2010 dinner dance at the Links at Outlook Farm to support the new Neonatal Nursery to be built in Wentworth-Douglass Hospital's 4-story addition. The event committee, chaired by Linda Hagan and Michelle Kurtz, raised over \$50,000 for the nursery through ticket sales, sponsorships and a silent auction with items donated by several local businesses.

Todd Johnson was the winner of a trip for two to visit Los Angeles for the 2011 Emmy Awards in February 2011.

Thank you to our generous sponsors!

Thank you to our event sponsors: Entertainment Sponsor: Federal Savings Bank; the Star Sponsor: Laconia Savings Bank; the Wine Sponsor: CGI Employee Benefits; Table Sponsors: Centrix Bank, Spectrum Medical Group, People's United Bank, Northeast Credit Union, BayRing Communication, Seacoast Emergency Physicians and Prime Buchholz; and Benefactor Sponsors: Relyco Sales Inc., Waste Management, Bill Dube Ford Toyota Scion, Leone, McDonnell & Roberts, PA, Tri-City Dodge-Subaru, W.B. Mason, Coldwell Banker—Peggy Carter Team, Trittech Engineering, Seacoast Radiology, Martineau Electric, Raiche & Company, Bellamy Fields & Watson Fields Assisted Living.



(l-r) Trish Daley, Janet Perry, Carol Boc and Gerald Daley share in the Stars Celebration at Wentworth-Douglass Hospital's November Night event to support the new Neonatal Nursery.



back (l to r): Cheryl Whitney, PA-C, South Berwick Family Practice; Anna Pilzer, APRN, Hilltop Family Practice; Jennifer Thomas, FNP-C, Barrington Health Center; Katherine Affleck, APRN, Dover Internal & Geriatric Medicine; Nicole Roy, APRN, Great Bay Family Practice; Heidi Stucker, APRN, Strafford Medical Associates and Diane Foley, APRN, Bellamy Health Center
front (l to r): Rebecca Jacques, APRN, Marshwood Family Care; Finola Cox, PA-C, Adult & Children's Medicine of Dover; Kathleen Reid, APRN, Bellamy Health Center; Donna Paré, APRN, Strafford Medical Associates and Mary Ann Gagnon, APRN, Marshwood Family Care

Nurse Practitioners and Physician Assistants Enrich Primary Care

The titles “doctors” and “nurses” are often used generically to refer to a cadre of caregivers with different degrees, certifications, licensing and job responsibilities. Within the primary care practices owned by Wentworth-Douglass Hospital, there are currently 22 doctors, two physician assistants and 10 nurse practitioners. In addition practices have registered nurses, licensed practical nurses, licensed nursing assistants, medical assistants and clerical staff. The richness of skills and care provided to patients from each member of the team may often be overlooked or misunderstood.

According to Diane Foley, Advance Practice Registered Nurse or Nurse Practitioner (NP) at Bellamy Health Center, the most common confusion is about the roles of Physician Assistants (PAs) and Nurse Practitioners (NPs). “Both PAs and NPs partner with their health care colleagues and specialists, such as medical doctors, psychologists, physical therapists, and pharmacists to provide individualized patient care,” Ms. Foley said.

Bellamy Health Center physician Mark Berman, MD, explained the value of each professional working to care for patients. “I have worked with PAs and NPs for many years, both in the military and for the past 12 years in my present practice at Bellamy Health Center,” Dr. Berman said. “Practicing with such well-trained professionals has allowed the extension of great patient care to an

*Practicing with such well-trained professionals has allowed the extension of great patient care to an expanded number of patients...
- Dr. Mark Berman*

expanded number of patients. Diane Foley and Kate Reid (NPs) are instrumental to our practice providing quality medical care.”

Both NPs and PAs are master-prepared clinicians who provide care for a wide spectrum of patients and concerns ranging from routine adult and child exams to managing chronic illnesses and evaluating and treating acute conditions. They work independently to assess, diagnose, prescribe and order tests. PAs are required to have a supervisory physician who is available for consult, if needed, but are not required for day-to-day decision making. NPs in NH and most states may practice without any supervising physician. Ms. Foley added, “PA training is more medically oriented since they work closely with physicians and NPs are more holistically trained with an emphasis on health promotion and health education.”

In the primary care setting nurse practitioners and physician assistants also have their own panel of patients. They can manage acute and chronic illnesses, conduct physical exams, order diagnostic tests, interpret laboratory studies and diagnostics, prescribe medications and order treatment modalities that are specific to the individual patient's needs. According to the American Academy of Nurse Practitioners, NPs provide clinical services and focus on health promotion, disease prevention, health education and counseling. Patients are guided to make choices about their health and lifestyle.

PAs and NPs augment a medical practice's ability to care for more patients in a timely way. The national shortage of primary care doctors has created a growing need for their skills and expertise. In many practices patients can choose a nurse practitioner or physician assistant as their primary care provider. By offering a variety of providers to choose from, patients may make diverse choices when they call for a health care appointment. Ms. Foley said, “Each patient has different expectations and needs when they see their provider and they truly value the different options we offer as their medical home office.”

WENTWORTH-DOUGLASS HOSPITAL EMPLOYEES GOT TOGETHER IN OCTOBER FOR THE American Cancer Society's Making Strides Against Breast Cancer EVENT IN DOVER.



Over 1,000 walkers participated and raised over \$92,000. The Seacoast Cancer Center had a large team to walk in the event and other employees walked with families and other groups.

The Wentworth-Douglass Hospital Care Van service and staff provided rides for walkers in need.

NEW LIPID TREATMENT CENTER

tackles high cholesterol and heart disease prevention

Do you sit around watching TV with a bag of chips, a sugary drink or a bubbly brew? Are your kids munching with you? You and your children may already be on a path toward too high cholesterol and killer heart disease. Heart attacks and strokes that seem to happen suddenly actually take a lifetime of bad habits to set them in motion.

Internist and cholesterol disease specialist (Lipidologist) H. Leon Daneschvar, MD, FACP, recently opened the Heart Disease Prevention & Lipid Center at 10 Members Way in Dover to help patients get control of high cholesterol, reduce risk factors and prevent heart disease.

Personal choices and lifestyle weigh heavily into an individual's risk for heart disease.

Lack of exercise, poor nutrition and uncontrolled stress are often the precursors for a heart attack or stroke.

"You cannot do anything you want and eat anything you want and you cannot wait to take care of yourself," he said. "Chest pain isn't something that happened yesterday – it takes years of neglect."

Family history of heart disease, prior heart attacks and difficult to treat cholesterol often complicate effective treatment. As a result, the field of Lipidology has grown rapidly and attracted physicians with a special interest in heart disease prevention to pursue additional training.

"There is so much more to know," Dr. Daneschvar explained. "There are new approaches, new discussion and new ways to treat patients concerned about their cardiovascular health. Our practice offers a multifaceted diagnosis, education, a nutritionist and exercise physiologist to approach cholesterol management from many different ways. We treat two groups of people: (1) people who knowingly have a problem, may not be responding to current medications and are looking for better management and (2) people who do not know if they have a problem, may have a family history and want an evaluation of their risks for heart disease."

Dr. Daneschvar, the Medical Director of the Heart Disease Prevention & Lipid Center, is certified by the American Board of Internal Medicine and the American Board of Clinical Lipidology. He is a fellow of the American College of Physicians and a member of the American College of Physician Executives. He received his Medical Degree from the University of Vienna, Austria; completed a residency in Heart and Lung Surgery at the University of Vienna, Austria and a residency in Internal Medicine at Cleveland Clinic Health Center. He also completed postdoctoral research training at the University of California, Irvine and Harvard Medical School, Department of Cardiology. He has published multiple research papers in national and international journals.

For more information, call the Heart Disease Prevention & Lipid Center at 603-516-4256.



H. Leon Daneschvar, MD

Healthy Recipe Pumpkin Pancakes



Ingredients: (Serves 6)

1-1/2 cups all-purpose flour	1/2 cup whole wheat flour
2 tablespoons brown sugar	2 teaspoons baking powder
1 teaspoon ground cinnamon	1/2 teaspoon salt
1/2 teaspoon ground ginger	1/2 teaspoon ground nutmeg
1-1/2 cups fat-free milk	1/2 cup canned pumpkin
1 egg white, lightly beaten	2 tablespoons canola oil

Directions:

In a large bowl, combine the first eight ingredients. In a small bowl, combine the milk, pumpkin, egg white and oil; stir into dry ingredients just until moistened.

Pour batter by 1/4 cupfuls onto a hot griddle coated with cooking spray; turn when bubbles form on top. Cook until second side is golden brown.

Tip:

For a healthy topping, use unsweetened applesauce.

Nutrition Facts:

2 pancakes equals 240 calories, 5 g fat (1 g saturated fat), 1 mg cholesterol, 375 mg sodium, 41 g carbohydrate, 3 g fiber, 8 g protein. Diabetic Exchanges: 2-1/2 starch, 1 fat.

Integrative Medicine seeks optimal health

(continued from front page)

care for patients he also offers a referral option for patients who are pleased with their primary care relationship but interested in knowing more about an integrative approach to achieving optimal health. With a referral from their primary care provider, Dr. Degnan will help patients sort through the myths and misconceptions about alternative approaches to healthcare in just a few visits.

"One of the common myths about supplements is the more vitamins and minerals you take the better," Dr. Degnan said. "People are often spending tremendous amounts that are not necessary. My role helps separate out what is valuable and what is not necessary."

In addition to sorting through supplements, Dr. Degnan offers advice on the basics: nutrition, exercise and stress reduction. "Exercise should be enjoyable. We all need to find the form of exercise that works for us," he said. "For nutrition I believe a Mediterranean style diet, low in simple sugars with quality protein, whole grains, plenty of fresh fruits and vegetables can be very beneficial."

Dr. Degnan also believes there is true value in some form of daily relaxation practice. "Today the amount of external stimulation and information is 20 times more than one individual experienced in the 1960s. I believe this has a detrimental effect on our health and well-being," he said. "There are many ways to reduce stress. Some use simple breathing exercises; others practice meditation, Tai Chi, Chi Gong or some form of Martial Arts. Massage is also helpful."

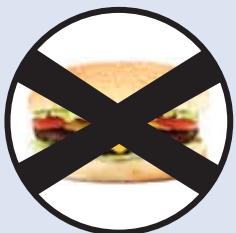
Even before entering medical school Dr. Degnan said he was interested in whole person health. He received his MD from Georgetown University School of Medicine and completed a postgraduate family medicine residency at Mercy Medical Center in Denver, Colorado. He also completed a fellowship in Integrative Medicine at the University of Arizona in Tucson where he studied under Dr. Andrew Weil.

Dr. Degnan's soft spoken manner creates an aura of calm at his Dover office where he practices acupuncture and shares space with Integrative Wellness Services. His personal commitment to fitness is marked by his years as a marathon runner and he continues to enjoy running and hiking in New Hampshire with his two children.

For more information about Seacoast Integrative Medicine, an affiliate of Wentworth-Douglass Hospital, call 603-516-4255.



A healthy diet includes adding vegetables and fruit every day. Vegetables like broccoli, green beans, leafy greens, zucchini, cauliflower, cabbage, carrots, and tomatoes are low in calories and high in fiber, vitamins, and minerals. Many studies have shown that eating plenty of vegetables is extremely healthy. Try to eat about 3 to 5 servings every day. Fruit is also a good source of fiber, vitamins, and minerals. You should try to eat about 2 to 3 servings of fruit each day. For a healthy diet, replace unhealthy and fattening foods with healthier alternatives, such as fresh fruits and vegetables.



WHERE WE CARE: EVERY HOUR, EVERY DAY, EVERY YEAR.

As the leaders of Wentworth-Douglass Hospital's Medical Staff, we feel the time has come to highlight the character and strengths of the incredible people who care for patients in our community every hour, every day of every year. Over the next several months, through a series of features, Wentworth-Douglass Hospital will showcase the outstanding work of this institution and its superb medical staff.

WHERE LIFE BEGINS

We begin with the place of a thousand annual beginnings...the Women & Children's Center: Where Life Begins. Thanks to the passion and expertise of a team of OB/GYN physicians and midwives headed by Janet Perkins, MD; pediatricians led by Terri Lally, MD; anesthesiologists led by Glenn Bacon, DO, and an outstanding team of nurses and lactation specialists, Wentworth-Douglass Hospital is the fastest growing birthing center in the Seacoast area of New Hampshire and Southern Maine.

You will learn about Wentworth-Douglass Hospital's Emergency Services; the busiest Emergency Department in the Seacoast and one of the busiest in the State. Under the medical direction of Lukas Kolm, MD, the Emergency Department staff are saving lives and providing exceptional care for the acutely and chronically ill everyday 24/7.

Through a unique affiliation between Wentworth-Douglass Hospital and Massachusetts General Hospital (MGH) the Stroke Initiative, lead by neurologists Dr. Paul Cass and Dr. Gary Usher, has accelerated the care of stroke patients through improvements in



technology and a strong collaboration with local emergency medical services winning the American Heart/Stroke Association's Silver Plus Award- **the only hospital in NH with this distinction.**

WHERE YOUR CARE IS PERSONAL

You will also learn more about our highly respected Seacoast

Cancer Center. We will show you the wide array of compassionate and comprehensive services for cancer patients and their families. The series will then focus on Surgical Services. And, we will showcase the good work the Hospital does for this community through financial assistance, Care-Van free patient transport, Medication Assistance and the Wentworth-Douglass Hospital Community

Dental Center for low income and uninsured adults and children.

WHERE QUALITY MATTERS

We are pleased to introduce this series about Wentworth-Douglass Hospital. We represent our colleagues who want you to know that every day of our professional lives, we do our very best to provide medical care, second to none, in the Seacoast. We do all that we do to secure Wentworth Douglass Hospital as the Seacoast's Leading Medical Center.

William E. Hassett, MD (left in photo)

President of the Medical Staff

Joseph D. White, Jr., MD (right in photo)

Vice President of the Medical Staff



Community Events

Your Heart in Your Hands - free

Guest Speaker:
Jonathan Eddinger, MD
Thursday, February 17,
from 5:30 – 8 p.m.
at Wentworth-Douglass Hospital
Please visit online to register at
www.wdhospital.com or call
(603) 740-2818.

Your Heart in Your Hands event will offer free blood pressure, cholesterol screenings, blood sugar checks and nutritional information following a talk from Dr. Eddinger of Seacoast Cardiology. Dr. Eddinger will discuss Primary Prevention of Heart Disease, including information on diet, exercise, ways to lower cholesterol and alternative therapies such as acupuncture and herbal treatments.

Awe and Wonder at the End of Life - free

Thursday, April 14, 6:30 p.m.
at Wentworth-Douglass Hospital
Please visit online to register at
www.wdhospital.com or call
(603) 740-2826.

David Smith, PhD, Director of the Yale Interdisciplinary Center for Bioethics at Yale University will speak at Wentworth-Douglass Hospital about the Awe and Wonder at the End of Life as part of the 2011 Jesse Galt Lecture Series. His 2005 book, *Partnership with the Dying: Where Medicine and Ministry Should Meet*, has results of in-depth conversations with healthcare professionals who work with dying patients, physicians, nurses, social workers and chaplains.

Genetics and You - free

Guest Speaker:
Eugene Soares, MD
Thursday, April 28, 6 p.m.
at Wentworth-Douglass Hospital
Please visit online to register at
www.wdhospital.com or call
(603) 740-2818.

Dr. Soares of The Center for Medical Genetics, An Affiliate of Wentworth-Douglass Hospital, will provide a brief history of genetics and discuss genetic counseling and the importance of genetics in the future.

Conquering Urinary Leakage and Frequency: How women can get their lives back - free

Guest Speaker:
Elizabeth Chase, MD and
Leslie Parker, Physical Therapist
Thursday, May 12, 6 p.m.
at Wentworth-Douglass Hospital
Please visit online to register at
www.wdhospital.com or call
(603) 740-2818.

Dr. Chase will speak about reasons for urinary leakage, treatments available and what to expect in the future. Leslie Parker, a Physical Therapist, will be available to discuss pelvic floor exercises.

WHERE

LIFE BEGINS.



THE BIRTH CENTER
EMERGENCY SERVICES
SEACOAST CANCER CENTER
MGH AT WDH
SURGICAL SERVICES

The Women & Children's Center at Wentworth-Douglass Hospital believes in a family-centered philosophy of total care for the mother, baby and family. Warm, inviting, private rooms offer all the comforts of home. Our moms have choices including water birth, hypnobirth, Jacuzzi, wireless fetal monitoring, pain medications and epidurals for labor and delivery. Lactation consultants are available for women who choose to breastfeed. A relaxing post-partum massage is offered to every new mom. Our highly specialized Level 2 nursery and skilled staff are always available for the care of premature infants who are having difficulty transitioning to life outside the womb.

For more information visit www.wdhospital.com or call **The Women and Children's Center** at 603-740-2261.




Wentworth-Douglass
Hospital
THE SEACOAST'S LEADING MEDICAL CENTER

Golf Tournament Nets \$50,000 for Children's Care Projects at WDH

The 15th Annual Pete Gabarro Memorial Golf Classic at Cochecho Country Club, held September 14, 2010, netted \$50,000 to support Wentworth-Douglass Hospital's Pete's Place Grief Counseling Center and other children's care projects.

First place winners in the Pete Gabarro Memorial Golf Classic were Paul Cass, Paul Callahan, Ed Henningsen and Tom Ferguson. Second place went to Fran Moore, Dana Fadley, John Weaver and George Koussaie. Third place were Peter Plansky, Kevin Wert, Mark Stewart and Deb Shelton. Fourth place winners were Jay O'Neill, Tim Dargan, Jeff Whitcomb and Paul Spang.

The Pete Gabarro Memorial Golf Classic continues to fund Pete's Place, named in memory of Pete Gabarro, a 12-year-old Dover Junior High School student, who lost his courageous battle with cancer. Located at the McConnell Center in Dover, Pete's Place services are available at no charge to families in the Seacoast area. Services include support for children, teens and families who are coping with a serious illness and support for children, teens and families following the death of someone close. Pete's Place also offers training and education to the community, health care providers and educators.



Anderson family adds three

Becky and Chris Anderson are busy parents with a great deal of help from “our family, friends and church”.

The Andersons found out their third child was on the way when their first daughter was three years old and her sister was two. “We were trying for a boy,” Becky said.

“I knew I was pregnant but I wasn’t feeling right so I went to Garrison Women’s Health when I was about six or so weeks along,” Becky said. “It was during the ultrasound that we first found out we were having triplets.” Becky simply said “It was a shock but we knew it was a blessing.”

Her spontaneous triplet pregnancy was uneventful but high risk. In order to deliver at Wentworth-Douglass Hospital the pregnancy needed to extend to 35 weeks. If she went into labor sooner she was prepared to go to Dartmouth Hitchcock Medical Center and had met with specialists there just in case. One day shy of 35 weeks, Becky went into labor. “I almost drove myself in thinking it would be just another false alarm.”

She called Dr. Pamela Bertram to let her know she was on her way so they could assemble the team including Dr. Elizabeth Chase for a C-section triplet delivery. Becky arrived at the hospital around 4:30 p.m. on May 22, 2010. Lexi (5 pounds, 8 oz.) was born at 6:04 p.m., Emma (4 pounds, 13 oz.) was born at 6:05 p.m. and Sophie (4 pounds, 11.5 oz.) arrived at 6:06 p.m.

Emma and Sophie had some respiratory problems after birth and were sent to Dartmouth’s Neonatal Intensive Care unit for six days then reunited with their mom and sister at Wentworth-Douglass Hospital. Becky said, “the nurses and doctors were fantastic, so pleasant and reassuring.”

On the way home where they would now have five girls under four years old Becky said to her husband Chris, “I guess God didn’t want us to have any boys.”



WDH PRESENTS 2010 SPIRITUAL CARE AWARDS

Rabbi Lawrence P. Karol and the late Rev. Robert S. Ervin were recipients of the 2010 Spiritual Care Awards.

The 2010 Spiritual Care Award was presented to Rabbi Karol for his involvement in the community, including the Advisory Board for Spiritual Care at the Strafford County Department of Corrections and the UNH Chaplains’ group.

A special posthumous presentation of the 2010 Spiritual Care Award goes to The Rev. Robert S. Ervin. Rev. Ervin was a Chaplain at Wentworth-Douglass Hospital and a founding member of the Dover Area Religious Leaders’ Association. The award was accepted on his behalf by his wife, Susan Ervin.



MAGEE AWARDED ED NURSE OF THE YEAR: 5th year in a row held by a WDH employee

Kendall Magee, RN, CEN, ED Clinical Educator was named this year’s NH Emergency Nurse of the Year by the Emergency Nurse Association.

In her nomination, one of Kendall’s peers wrote, “when I think of the perfect professional ED nurse, it is Kendall that I picture. Her genuine compassion to all of those around her and her passion to ensure that the patient has the best possible outcome, whether from her loving touch or the education of the staff that cares for them is the New Hampshire ED Nurse of the Year, 2010.”

This is the fifth year in a row a WDH ED Nurse has been named NH Emergency Nurse of the Year. The previous winners are pictured below with Kendall.



(l to r) 2008 winner Gail Wasiewski, RN, CEN; 2007 winner Lois Day, RN, CEN; 2006 winner Judy Topham, RN, CEN; 2010 winner Kendall Magee, RN, CEN and 2009 winner Stacey Savage, RN, CEN

WENTWORTH-DOUGLASS HOSPITAL RECEIVES SILVER PLUS PERFORMANCE ACHIEVEMENT *Award for Quality Stroke Care*



The American Heart Association and American Stroke Association recognize this hospital for achieving at least 12 consecutive months of 85% or higher adherence to all Get With The Guidelines® Stroke Performance Achievement indicators and at least 12 consecutive months of 75% or higher compliance with 6 of 10 Get With The Guidelines Stroke Quality Measures to improve quality of patient care and outcomes.

Dr. Lee Schwamm, MD, chair of the Get with the Guidelines National Steering Committee and Director of the TeleStroke and Acute Stroke Services at Massachusetts General Hospital concurs with Dr. Cass's program assessment. "Wentworth-Douglass Hospital is to be commended for its commitment to implementing standards of care and protocols for treating stroke patients," said Dr. Schwamm. "The full implementation of acute care and secondary prevention recommendations and guidelines is a critical step in saving the lives and improving outcomes of stroke patients."

WDH neurologist Gary Usher, MD, Coastal Neurology Services, thanked all staff involved in the care of patients with stroke. "It's really a great team effort and it's making a difference in our ability to quickly respond to stroke patients," he said.

Stroke core team member Ann Lak, Nurse Director of the Emergency Department at WDH, said the program is focused on the best possible patient care. "The stroke success story is an excellent example of the extraordinary care provided at WDH," Lak said.

To receive the Award, Wentworth-Douglass Hospital achieved at least 12 consecutive months of 85 percent or higher adherence to all Get With The Guidelines Stroke Performance Achievement indicators. The Hospital also achieved a 75 percent or higher compliance with six out of 10 Get With The Guidelines Stroke Quality Measures during that same period of time, which are reporting initiatives to measure quality of care. These measures include aggressive use of medications, such as tPA, antithrombotics, anticoagulation therapy, DVT prophylaxis, cholesterol reducing drugs and smoking cessation, all aimed at reducing death and disability and improving the lives of stroke patients.

The number of acute ischemic stroke patients eligible for treatment is expected to grow over the next decade due to increasing stroke incidence and a large aging population. According to the American Heart Association/American Stroke Association, stroke is the third leading cause of death in the United States and a leading cause of serious, long-term disability. On average, someone suffers a stroke every 45 seconds; someone dies of a stroke every three minutes; and 795,000 people suffer a new or recurrent stroke each year.

Wentworth-Douglass Hospital received the American Heart Association/American Stroke Association's Get With The Guidelines® Stroke Silver Plus Performance Achievement Award. The award is a recognition of the Hospital's commitment and success in implementing a higher standard of stroke care by ensuring that stroke patients receive treatment according to nationally accepted standards and recommendations.

Dr. Paul Cass, CMO, Chairman of the WDH Stroke Committee, thanked the team and stroke care coordinators Cindy Spencer, RN and Nicole Connors, RN for their hard work, enthusiasm and consistent effort to improve care for stroke patients. "With a stroke, time lost is brain lost, and this Award," Dr. Cass said, "demonstrates that our staff is committed to providing care that has been shown in the scientific literature to quickly and efficiently treat stroke patients with evidence-based protocols. It also demonstrates the value of our relationship with Massachusetts General Hospital and the TeleStroke system connecting WDH with MGH for certain critical stroke patients."

Kids Who Care donate to WDH



Kids Who Care Alison Fairbairn, 12, presents a check for \$900 to Susan Gallagher, RN, BSN, JD, Assistant Vice President - Cancer Services at WDH, right, and Kelley McGuire from WDH's Seacoast Cancer Center.

Over Middle School's Kids Who Care donated \$900 to Wentworth-Douglass Hospital's Seacoast Cancer Center. The Kids Who Care program, run by Fran Meffen, is a group of 7th-grade students who learn about leadership and community involvement. The group raised the \$900 with their Walk for the Cure event at Dover High School earlier this year. Walkers placed a penny in a can with each lap.

"It was great to see the commitment of such young kids, not just learning but doing," said Susan Gallagher, RN, BSN, JD, Assistant Vice President - Cancer Services at WDH.

The Kids Who Care presented the check to Susan Gallagher and Kelley McGuire during a presentation in October.

WENTWORTH-DOUGLASS HOSPITAL AND PHO NAMED TO 2010 HONOR ROLL

Wentworth-Douglass Hospital and Health Partners of NH, the Physician Hospital Organization or PHO were recently named to the 2010 Harvard Pilgrim Hospital Honor Roll. The Hospital Honor Roll names those hospitals whose performance was among the top 25 percent of those measured nationally on a set of composite quality metrics. The PHO received the award for commitment to high quality care based on performance against national HEDIS quality benchmarks. This is the first year the PHO has received this award.

The hospitals are measured nationally on a set of composite quality, efficiency and patient experience measures. These measures are reported by Centers for Medicare and Medicaid Services (CMS) and by Leapfrog, a group that compares hospitals on how well they comply with recommended standards for protecting patients.



Meet Our New Healthcare Providers



Karen Lecomte, MD
Coastal Neurology
Services
113 New Rochester
Road, Suite 5
Dover, NH 03820
(603) 749-0913

Degree: MD, University
of Vermont College of
Medicine

Internship: Maine
Dartmouth Family
Practice, Family
Medicine

Residency: Fletcher
Allen Health Care,
Neurology

Board Certification:
Psychiatry and
Neurology



Jenifer Glatz, MD
CHaD at Wentworth-
Douglass Hospital
789 Central Avenue
Dover, NH 03820
(603) 740-2366

Dartmouth-Hitchcock
Medical Clinic
100 Hitchcock Way
Manchester, NH 03104
(603) 695-2740

Degree: MD, Loyola
University of Chicago
– Stritch School of
Medicine

Internship/Residency:
Medical College of
Wisconsin, Pediatrics

Fellowship: Children's
Hospital of Philadelphia,
Pediatric Cardiology

Board Certification:
Pediatrics and Pediatric
Cardiology



Lorenzo Klein, MD
Seacoast Pulmonary
Medicine
An Affiliate of
Wentworth-Douglass
Hospital
789 Central Avenue
Dover, NH 03820
(603) 740-9713

Degree: MD,
Medizinische
Hochschule, Hannover,
Germany

Residency: University
of Rochester Medical
Center, Internal
Medicine

Fellowship: Mayo
Clinic, Pulmonary and
Critical Care

Board Certification:
Internal Medicine and
Pulmonary Medicine



Amulya T. Siram, MD
Endocrinology &
Diabetes Consultants
An Affiliate of
Wentworth-Douglass
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10 Members Way,
Suite 400
Dover, NH 03820
(603) 742-1143

Degree: MD, Boston
University School of
Medicine

Internship/Residency:
Boston University
Medical Center,
Internal Medicine

Fellowship: Mount
Sinai Medical Center,
Endocrinology,
Diabetes and
Metabolism

Board Certification:
Internal Medicine



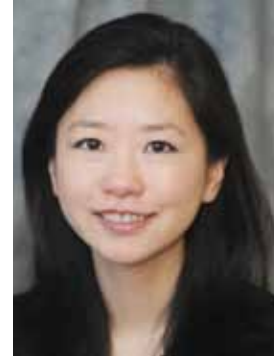
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Degree: MD, University
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Residency: University of
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Fellowship: Johns
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Board Certification:
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Oncology



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Center, General
Surgery

Residency: University
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System, Orthopedics

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OB/GYN

Fellowship: Ohio State
University Hospital,
Columbus, Maternal-
Fetal Medicine

Board Certification:
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Medicine and OB/GYN



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Internal Medicine

Residency: University
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Science Center,
Rheumatology

Board Certification:
Internal Medicine,
Rheumatology



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Institute of Technology

Certification:
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Certification: American
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Certification:
National Commission
on Certification of
Physician Assistants

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