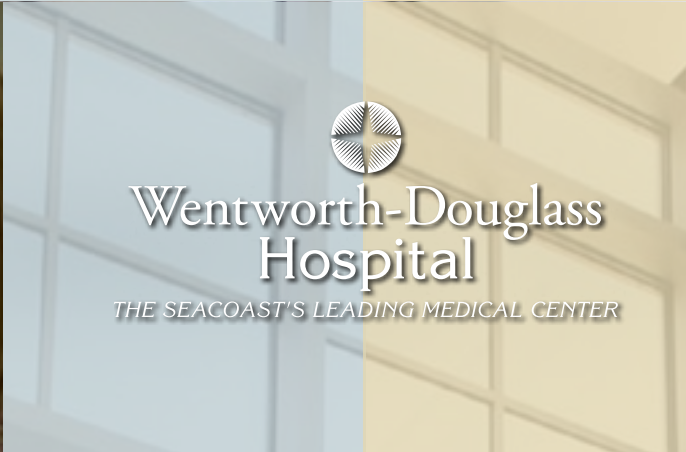




Your stories.



Wentworth-Douglass
Hospital

THE SEACOAST'S LEADING MEDICAL CENTER



Our stories.



WHERE YOU MATTER.

Your stories.

Becky Anderson

Mother of Triplets

Becky and Chris Anderson had two toddler daughters when they learned they were pregnant again. "We were trying for a boy," Becky said. "It was during the ultrasound that we first found out we were having triplets. It was a shock but we knew it was a blessing."

Becky's spontaneous triplet pregnancy was uneventful but high risk. In order to deliver at Wentworth-Douglass the pregnancy needed to extend to 35 weeks.

One day shy of 35 weeks, Becky went into labor. She called Dr. Pamela Bertram to assemble the team, including Dr. Elizabeth Chase, for a

C-section triplet delivery. Becky arrived 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.) 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 and received care for six days at Dartmouth's Neonatal Intensive Care unit then reunited with their mom and sister at WDH. Becky said, "the nurses and doctors were fantastic ... so pleasant and reassuring."



Becky Anderson, Mother





Pauline Johnson

Joint Replacement Surgery

“There’s always a first time for everything,” said Pauline Johnson of East Rochester. Although she really wasn’t sure what to expect with her hip replacement. She discussed her options with Dr. Moby Parsons of Seacoast Orthopedics & Sports Medicine. He suggested she have surgery at Wentworth-Douglass Hospital where she would benefit from “Joint Camp” a pre- and post-surgery program offered through the Hospital’s Joint Replacement Center.

“It was better than what I expected. Like having a first child, you just don’t know what will happen. Dr. Parsons was incredible,” Pauline said. “I cannot say enough about that man and the Joint Replacement Center was very thorough, really very good.”


Walking without a cane or a limp for the first time in a long time, and just weeks after surgery, Pauline attributed her successful recovery to a positive attitude, a personal connection to Jesus, her minister husband of 52 years, three daughters, five grandchildren and two great grandchildren.

Pauline explained, “I am a woman of great faith with great support from my family and a really great Doc.”

Eric Brooker

Robotic Surgery Patient

Following his robotic-assisted prostate surgery, Eric Brooker wrote a letter to Gregory Walker, WDH President & CEO. The following is an excerpt:



“From the time Dr. Roger Evans of the Manchester Urology Associates of Dover diagnosed me with prostate cancer, to my follow up with surgeon Dr. Sandy Chin, my experiences with everyone I came in contact with could not have been any better. My original consultation with Dr. Chin for surgery and Dr. James Becht for radiation turned a very scary thing for me into a more controlled and less threatening experience. Their professionalism, cordial demeanor, and just plain ‘likability’ put me at ease immediately and allowed me to make the decision to undergo surgery a very easy one.”

Eric continued, “You and your staff are to be commended for turning a very frightening experience into one that was about as painless and pleasant as one could hope for under the circumstances. My laparoscopic robot-assisted radical prostatectomy was a success. I had little pain after surgery and I’ve healed well.”





Dawn Welch

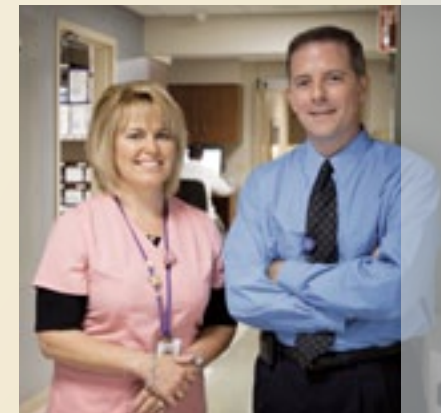
Gynecology Patient

Thirty-one years of painful periods ended for Dawn Welch thanks to the precision of a robot in the skilled hands of John Schorge, MD, a Massachusetts General Hospital (MGH) Gynecologist/Oncologist working at Wentworth-Douglass Hospital with local Gynecologists.

Dawn tried drug trials and various medications to get her monthly pain under control and asked her Gynecologist, Teresa Vanderlinde, DO, what else she could do. Dr. Vanderlinde referred her to Dr. Schorge for robotic surgery to relieve Dawn's pain from polycystic ovarian syndrome. "He talked about the robot's precision and explained every step in the process," Dawn remembered. "I was instantly comfortable with him."

Dawn went home the day after her surgery and in just a few weeks after surgery, she said, "I was dancing the Electric Slide at a wedding."

After her recovery, Dawn returned to work as a nurse at Wentworth-Douglass Hospital.



*The GYN/Oncology Program,
Kathy Quinn, RN and
John Schorge, MD*

Devin Donnelly

Diabetes Patient

Halloween, Valentine's Day, and even birthday parties can be tough times for Devin Donnelly, who was diagnosed with type one diabetes at the age of six.

"I can't have candy," Devin, 16, said.

"I can have sugar-free candy, and once in a while pizza, but I'm OK with it."

Thanks to help from her caring grandmother, Jeannine Donnelly, and a team of specialists in Diabetes Services and CHaD at WDH's center for pediatric specialty medicine, Devin learned to balance her intake of carbs with protein and eliminated the need for six to eight insulin injections a day by using an insulin pump. Careful control of her blood sugar gives Devin the freedom to enjoy an active life at Noble High School and her favorite sports, basketball and softball.

Devin's stay at Camp Merrowvista in Tuftonboro, NH, one of the many diabetes camps sponsored by WDH, also taught her how other teens manage their diabetes while meeting the challenges of competitive activities in a supportive, learning environment.





Linda Croteau

Sleep Center Patient

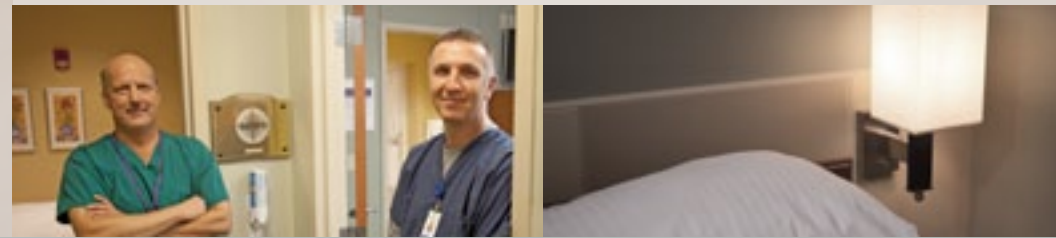


“I really think I was tired my whole life until to the Sleep Center,” remarked Linda

Hairdresser, mother of three children and grandmother to eight, Linda is now sleeping well and feeling better than ever. Her primary care physician, Shirley Frederick, MD, referred Linda to sleep specialist and neurologist Gary Usher, MD, who conducted a sleep study at Wentworth-Douglass Hospital’s Sleep Disorders Center. “They told me I stopped breathing 96 times an hour. They fitted me with a C-PAP so I could breathe normally and it’s made all the difference,” she said. “I’m very comfortable using it.”

The C-PAP or “continuous positive airway pressure” is a device that makes breathing easier for people like Linda with sleep apnea, a condition often manifested by loud snoring interrupted by periods of silence when there is no breathing.

Linda’s now indulging in her life’s passions—playing cards with friends, following her grandchildren’s sporting events and testing her luck on her annual trek to Vegas with “the girls.”



Phil Von Hemert

Stroke Patient

Phil Von Hemert fell one morning putting on his running shorts. His speech was garbled, he couldn't see out of one eye and his right hand had no strength. His wife Susan, a nurse, knew something was terribly wrong and said, "My God, he's having a stroke." She called Dover Fire & Rescue to transport Phil to WDH.

In less than an hour, Phil was in the Emergency Department having a brain scan to determine the type of stroke. Following the scan, a WDH neurologist conferred with neurologists at Massachusetts General Hospital (MGH).

They determined Phil should receive the clot-busting drug tPA, which can only be used within the first three hours of a stroke. Susan agreed.

Ten hours later Phil was feeling close to normal.

Two days later he walked out of the Hospital and back to his regular life.

All the dots connected for Phil. Susan and the EMTs got him to the Hospital quickly. WDH's high level stroke care and affiliation with MGH resulted in a quick diagnosis and treatment right in Dover.

Phil and Susan are still running thanks to fast action and expert care.



Phil and Susan Von Hemert



Cecile Dubois

Cancer Survivor

Cecile's Parisienne accent seeps through every word in a delightfully effervescent way—especially when she describes her care and gratitude for the Seacoast Cancer Center.

Cecile has stage four breast cancer.

“The ambience is very warm and they're like my second family,” Cecile said.

A patient of the Center since 1992, she is particularly fond of Dr. Barbara Shea Civiello.

“She is very special,” Cecile said.

Cecile was born in Paris and studied law in France but now lives in Barrington, where she loves to raise horses, cook and take care of her home.

In 2007, when her morale was low, Cecile discovered Amy's Treat in the form of a surprise gift certificate to a restaurant in Portsmouth.

“I cried, I smiled, and I cried some more and then I decided I wanted to know more about this group who cared about putting a smile on the face of a cancer patient. I became an active board member in March 2008.”

Amy's Treat is a legacy foundation in honor and loving memory of **Amy Maliszewski** to benefit the patients of the **Seacoast Cancer Center** of New Hampshire.



Jennifer Merriam, MSW, Social Worker and Emily Gordon, RN

A letter from a family thanking

Jennifer Merriam, MSW, Social Worker and
Emily Gordon, RN

“My sister and I came to Dover from Florida to be with our father, Frank Ladd who was recently a patient in your hospital. His room was on 3 west. From the moment we walked through the doors of WD hospital we were treated with more kindness, consideration and compassion that I have EVER experienced in a Medical Facility! There was not one person on staff who did not either smile or say hello as we passed them. A couple of them even physically walked us to our destination if we were lost!

His entire team; nurses, housekeeping and clerical were awesome but I would like to say that RN, Emily and Social Services, Jennifer are two employees that should make you extremely proud to have in your employ! You just don't find them like that anymore!

Emily never did not have the time to speak with us about our father's condition and went out of her way to make him and us comfortable. Her nursing skills are impeccable; she was truly concerned about him and took such good care of him! And Jennifer, what a worker she is! She helped us with several issues and went nonstop it seems in trying to get Dad placed in a nursing facility. He had some special needs which made it difficult.

We felt compelled to send you this note of appreciation and to commend the staff of your hospital on a job VERY well done!”

Sincerely,
Lucinda Plyler & Claudia Spencer
Daughters of patient, Frank Ladd





WHERE WE CARE.

Our stories.

Susan Serfass, RN, CRNI
Laurie Lindsay, RN, BEHS
Surgery

Susan and Laurie are key members of the Nursing Practice Council at WDH, which gives nurses at the bedside a strong voice to identify problems and a structure to find solutions. As co-chair of the Council, Susan Serfass, Same Day Surgery nurse, explained the benefits for nurses and patients. “When we first started the council we didn’t really know what it could achieve, but ultimately it’s really good for improving patient outcomes.” Sue said.

“It’s a place where creativity can happen, where we collaborate, where we’re supportive. It’s a safe zone where we can all talk to each other.”

In the example case of hard-to-locate IV pumps, Laurie Lindsay, Surgical Services Nurse and Chair of the OR/PACU unit of the Council, said the team invited other departments to their meeting to get a sense of the bigger picture. “We acted like detectives working on the problem,” she said. “We stopped blaming other departments and started working together.”

The Nursing Practice Council tackled interdepartmental communication and discovered other departments working separately on the same issues. Sue said, “There were seven different groups working on this and now we’re all working together.”





Myhanh Nguyen, MD and Minesh Patel, MD

Myhanh Nguyen, MD

Minesh Patel, MD

Hospitalists

As specialists in inpatient medicine, Hospitalists are focused on improving patient safety and the quality of care provided at Wentworth-Douglass Hospital. Hospitalist, Myhanh J. Nguyen, MD, explained the acute care aspect of internal medicine. “Hospitalist Medicine draws upon many of the skills we develop in residency. In-house hospitalists can make care more efficient and effective.”

Working alongside Dr. Nguyen as part of the Hospitalist team is Minesh Patel, MD. Dr. Patel demonstrates how the staff all work together to bring better care to patients, from admission to discharge. “There is no waiting around, we are always in house 24/7. So it’s easy to build up a trust, and I think trust is very important in a doctor-patient environment.”

Hospitalists at WDH also coordinate tests and treatments and facilitate communication between the members of the care team, including the patient, nursing, therapists, specialists and family members.



Nicole Connors, RN
Lynn Chabot, RN, BSN
Emergency Nurses

Niki Connors, Stroke Program Coordinator, and Lynn Chabot, Emergency Department Clinical Educator, are more than Emergency co-workers, nurses and best friends, they're "lifers."

Niki explained, "We were sitting at an employee appreciation dinner and I turned to Lynn and said, 'Yeah, we're lifers.'" "She's right," Lynn added, "We really are. We started in Emergency in 2003 and we've been through everything together."

"We can work during an emergency and not even have to talk because we know each other so well," said Niki. "I feel like our friendship allows us to work well as a team."

Niki and Lynn foster the hospital's mission and focus on improving quality to benefit patients. "I like the way the hospital expands and improves to better our care," said Lynn. "I want to stay here because I know we will always be growing and doing what is best for the patients."



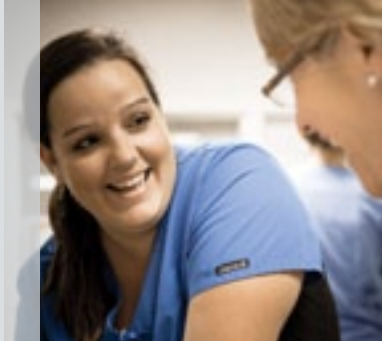
Karla Dienstadt, RN

Women & Children's Center

Lactation consultant, Karla Dienstadt will soon leave for her fifth medical mission to Haiti, accompanied for the first time by her son, Marcus who recently served in Iraq. "I've never taken him to Disney and now we're going to Haiti," Karla joked. "I'm so pleased he wants to join me in this work."

Karla attributes her ability to care for high-risk pregnant women and orphaned children in Haiti to an incredibly supportive, flexible team in the Women & Children's Center at WDH. "I'm very grateful that I can get time off to go on these missions. They are a very humbling experience," she said. "I get more than I can possibly give."

The Hospital's tuition assistance program also supported Karla's quest for her RN degree. "Tuition assistance allowed me to go to nursing school. I could not have done it on my own," she said. "I am truly grateful for so many opportunities."





Michael Meserve, AS, BS, RTT

Seacoast Cancer Center

Treating cancer takes sophisticated equipment, skilled therapists like Michael Meserve and, once in a while, a tennis ball and a dog named Liam.

Michael, a Radiation Therapist in the Seacoast Cancer Center for nine years, tells a touching story about a woman with aggressive cancer who lived at a nursing home near him.

“It was difficult for her to keep her hands clasped and still during treatment and it’s critically important,” Michael explained. “She said it would be helpful to hold a ball. We had chatted about the standard poodle she lost and she just gushed over pictures of my Airedale Terrier, Liam.

I brought in a tennis ball just like Liam’s so she could hold it during her treatment. She was ecstatic. Once she finished her treatments, Liam and I made weekly pilgrimages to visit with her. He brought her a lot of comfort and happiness. I was there on the day she passed. She had Liam’s ball right beside her.”



Liam



Joanie with Kay and Kat

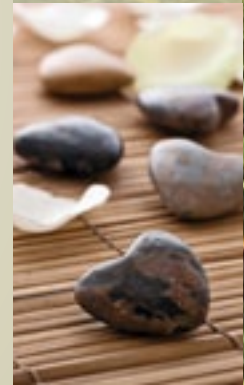
Joanie Blinn

Human Resources

Every Friday, before her job begins, Executive HR Coordinator, Joanie Blinn gives Reiki relaxation treatments to patients preparing for surgery. “One of my patients had a stress level of nine and in just ten minutes of Reiki, it was at a two,” Joanie said. “It really makes a difference. That’s why I do this.”

Joanie took advantage of a Hospital course on Reiki and is now a Reiki master. “I feel truly honored to work at Wentworth-Douglass Hospital for 32 years. I’ve had lots of opportunities and been promoted and I’ve grown here.”

Joanie’s family includes other Hospital volunteers. Her husband Greg and pet therapy dog “Kat” visit patients in WDH’s Seacoast Cancer Center, bringing smiles and a special kind of comfort that only comes with four small paws and a wagging tail. As Joanie explained, “It’s our way of paying-it-forward by helping others.”



Lisa Leach, CNMT, MHA
Imaging Services

Always ready for a challenge, Nuclear Medicine/PET and Ultrasound Supervisor, Lisa Leach pursued her Master's in Health Administration with the help of her supervisors, the Human Resources department and the Tuition Assistance program available to employees at Wentworth-Douglass Hospital.

"I'm not one to sit still," said Lisa. "I have amazing support from my director and supervisor. I know that, working here, I am heard and I am taken seriously. As our patients say, 'You seem really happy to be here.' I say, 'we are.'"

When asked to be part of the Lean Six Sigma Team at WDH, Lisa didn't hesitate. Six Sigma is a rigorous and disciplined method to measure and improve performance. Lisa put in a lot of time and work and is now certified, improving systems in Imaging Services to make a patient's visit as efficient as possible.





Surgical Team

The Operating Room is a special place where identities are hidden beneath a bluish blur of scrubs, caps and masks. Working together is vital to quality patient care in this fast-paced, high-stress environment.

Two tenured staff with more than 50 years of combined service give their perspective on the OR at WDH.

“We all have different viewpoints, but everybody’s considering the perspective of the patient,” said Cynthia Wyskiel, MS, RN, CNOR, Clinical Nurse Specialist of Surgical Services. “We all understand one another and that is how we make it work.”

Jill Thorner, a Surgical Technologist known for her orange OR clogs, agrees and emphasizes how new staff become part of an OR that’s progressive and patient-centered. “We are all very close and welcoming to new staff,” said Jill. “They know we’re here for them.” We’re always moving forward and always working (together) for our patients.”

Keep breathing.

Left to right: Gail Burgess MS, RN; Elaine Starkey BS, RN, CNOR, RNFA; Cynthia Wyskiel MS, RN, CNOR; Dale Spracklin RN; Mickey Vecchoine RN; Jessica Boucher CST, FA; Jill Thorner ST, BSW; Rett White CRCST; Shirley Jacques CRCST, CBSPD



Roger Dionne

Environmental Services

When it comes to answering calls to duty, Floor Care Specialist, Roger Dionne is always responsive and highly respected. For close to 25 years he's worked in Environmental Services, getting to know other employees and visitors to the Hospital. "I like meeting people," says Roger. "I even get to know people from outside groups and I really like talking to contractors about the building project."

Roger's eagerness to help others won him the Hospital's prestigious President's Award for exhibiting strong customer relations skills and giving back to his community. He's a tireless member of the Hospital's Picnic Committee and was one of the first members of the Employee Annual Fund Committee.

Roger also serves as President of the Rollinsford/South Berwick Lions

Club and coach for the Marshwood "Hawks" Junior and Senior High School wrestling teams.

Roger is a man of many titles, responsibilities, and well-deserved honors.





DIRECTORY OF SERVICES



Tell us your story

If you would like to share your patient story for a future Wentworth-Douglass Hospital publication, please contact Community Relations at (603) 740-2816.

CAREER OPPORTUNITIES

Information on Career Opportunities is available on the Hospital's website at www.wdhospital.com. You may also call Human Resources at (603) 740-2380.

SERVICES AT A GLANCE

AUXILIARY (603) 740-2818

The WDH Auxiliary manages the Gift Shop, Gift Cart and special events. Funds raised by the Auxiliary provide healthcare career scholarships, support the inpatient cable TV service and Books for Babies program. New members are always welcome.

BIRTHING SERVICES

(see Women & Children's listing)

CANCER SERVICES AT THE SEACOAST CANCER CENTER (603) 742-8787

The Seacoast Cancer Center provides state-of-the-art, personalized medical oncology and radiation therapy. Services include:

- **Breast Cancer Services**
(see Women's Health section)
- **The Chest Clinic**
603) 740-2212

The clinic offers a comprehensive multidisciplinary approach to care for patients with a known or suspected malignancy of the chest and provides a forum for a multidisciplinary team second opinion.

- **Clinical Trials**
(603) 740-2150

The Clinical Trials Program offers cancer patients participation in studies supported by the National Cancer Institute's Cancer Trial Support Unit (CTSU) as well as those conducted by the private sector through biopharmaceutical companies.

- **The Gynecology Oncology Program**
(603) 609-6024

GYN/ONC specialists from MGH perform complex surgery at WDH saving women in the Seacoast area travel to distant metropolitan medical centers.

- **The Cancer Genetics Program**
(603) 742-8787

A cancer genetics counselor from MGH is available at the Seacoast Cancer Center to meet with patients and discuss genetic issues related to their diagnosis.

CARDIOVASCULAR SERVICES (603) 740-2121

The Cardiovascular Care Center offers a variety of diagnostic and therapeutic procedures, including echocardiography, EKG, pacemaker insertions, Holter monitoring, stress testing, nuclear stress testing, vascular studies, SPECT (3D nuclear imaging) and invasive cardiac catheterization.

CARE-VAN
(603) 740-2520

The Care-Van Service is a courtesy, patient transport system for patients (without means of transportation) receiving scheduled treatments for Hospital services.

CENTER FOR PAIN MANAGEMENT
(603) 740-2276

The Center for Pain Management provides interventional pain management services for patients with acute and chronic pain in collaboration with the dual-board certified physicians and practitioners from Seacoast Pain Institute.

CHILDREN'S SERVICES

WDH cares for children of all ages. The inpatient pediatric service is part of the Women's & Children's Center. WDH is one of a few hospitals to offer the expertise of Child Life Specialists trained to reduce the anxiety and concern associated with pediatric surgery, procedures and testing.

■ **CHaD at**
Wentworth-Douglass Hospital
(603) 740-2366

This Children's Center for Specialty Medicine at WDH is a collaboration with Children's Hospital at Dartmouth (CHaD). The Center cares for children with chronic illnesses. Pediatric specialists from CHaD include cardiology, urology, endocrinology, gastroenterology and genetics.

■ **Family Resource Coordinators**
(603) 740-2366

Family Resource Coordinators connect the families and their children with chronic health conditions to community programs including child life and social work support.

COMMUNITY ASSISTANCE PROGRAMS

The Community Benefit Fund, established by the Board of Trustees and supported in part by donations to the Wentworth-Douglass Hospital & Health Foundation covers the following services at no or reduced charges:

■ **Care-Van** (see previous listing)

■ **Dental Center**
(603) 749-3013

The Wentworth-Douglass Community Dental Center is open to low-income, uninsured adults and children living in WDH's primary service area or to patients of WDH's medical practices. Flat fees will be charged for dentures, partials, and other services (available on a limited basis).

■ **Financial Assistance**
(603) 740-3234

WDH offers financial assistance for patients at or below 300% of the federal poverty level. Qualified patients receive care at no charge for hospital services and visits at medical practices owned by the Hospital. Payment plans and early pay discounts are available.



■ **Medication Assistance Program**
(603) 740-3376

WDH offers this resource for low income, working poor or elderly patients needing assistance in obtaining free or reduced cost medications. The program is available for patients who have a primary care physician at WDH.

DIABETES SERVICES
(603) 740-2887

WDH offers a broad range of educational and support programs for diabetes patients, families and community. Education is provided individually, in groups, during monthly support groups, at community screenings and events.

EMERGENCY & EXPRESS CARE SERVICES

WDH's Emergency Department (ED), open 24/7, is fully staffed by board-certified emergency medicine physicians, physician assistants, nurse practitioners, trauma certified nurses, Sexual Assault Nurse Examiners, registered paramedics, case managers and social workers. Express Care, within the ED, provides care for non-critical patients.

ENDOSCOPY
(603) 740-2157

The Endoscopy Unit's highly skilled nurses and technicians deliver specialized care to patients suffering from disorders of the gastrointestinal tract.

FOUNDATION – WAYS TO GIVE
(603) 740-2687

The mission of the Wentworth-Douglass Hospital & Health Foundation is to cultivate, secure and steward philanthropic gifts to support the capital, programmatic and endowment needs of Wentworth-Douglass Hospital.

GENETICS PROGRAMS

■ **Center for Medical Genetics**
(603) 516-0092

The Center provides genetic services and counseling to families in the Seacoast area and southern Maine. Services include prenatal and adult genetic counseling, including cardiovascular, neurologic, gastrointestinal and other adult genetic disease. The Center also includes the services of a Maternal Fetal Medicine specialist from CHaD.

■ **Center for Cancer Genetics**
(see Cancer Services section)

HOSPITALISTS

Hospitalists are specialists in inpatient care focused on improving quality and patient safety. The WDH Hospitalist team includes physicians, nurse practitioners, and physician assistants that provide round the clock care for patients from admission through discharge.

IMAGING (X-RAY) SERVICES
(603) 740-2671

WDH offers general radiographic procedures as well as diagnostic and interventional procedures, CT services, ultrasound, magnetic resonance imaging (MRI) – including Breast MRI, Mobile PET service and nuclear medicine.

INTEGRATIVE WELLNESS SERVICES
(603) 740-2649

As a complement to “traditional” medical care, Integrative Wellness Services include but are not limited to: Reiki (therapeutic touch), therapeutic massage, aromatherapy, pet therapy and education for staff and community.



JOINT REPLACEMENT CENTER

The Joint Replacement Center or “Joint Camp” is a comprehensive program for hip and knee replacement patients. The Center, recognized by BlueCross BlueShield with a Blue Distinction Designation, adopted a highly personal pre- and post-operative patient involvement program demonstrated to decrease pain and shorten recovery times. For more information, ask your physician.

LABORATORY SERVICES

(603) 740-2559

WDH provides diagnostic, therapeutic and preventative clinical and anatomic services. An outpatient lab is located at the Hospital, at the Professional Centers in Dover (near Spaulding Exit 9) and Lee, NH and South Berwick, ME.

LEE WALK-IN URGENT CARE

(603) 868-8507

Wentworth-Douglass Hospital’s Walk-In Urgent Care in Lee, NH, open day and evenings, 7 days per week, provides comprehensive medical care for non-life threatening illness or injury. Located on Route 125 near the Lee Traffic Circle, across from Market Basket.

NUTRITION SERVICES

(603) 740-2647

Appointments are available for many diagnoses including obesity, eating disorders, gastrointestinal diseases and hyperlipidemia. Patients with Diabetes should call Diabetes Services at (603) 740-2887.

PALLIATIVE CARE

(603) 740-3330

The palliative care team helps patients with relief of pain, discomfort, defining goals of treatment and advance care planning, as well as supporting the family if physical decline occurs – all without giving up aspects of curative care.

PHYSICIAN, NP AND PA REFERRAL

(603) 740-2377

For physician, nurse practitioner or physician assistant referral, please call (603) 740-2377 or visit our website at www.wdhospital.com.

PULMONARY REHAB

(603) 740-2752

Pulmonary Rehab is a customized program for those who have difficulty breathing because of lung disease. Through exercise and education, participants can take control of their diagnosis.

REHABILITATION SERVICES ...

(603) 740-2101

Rehabilitation Services include Physical, Occupational, Speech Therapy and Cardiac Rehabilitation.

SLEEP DISORDERS CENTER

(603) 740-6598

The Center diagnoses patients with complex sleep-related disorders in a comfortable, 6-bed unit. Staff monitor breathing, heart rate, eye movement, muscle, brain wave activity and oxygen flow to determine proper treatment.

SMOKING CESSATION

■ **A one-on-one Smoking Cessation Program** **(603) 742-5252, x 2752**

is provided by the Pulmonary Medicine staff. Your primary care physician can start these programs with a referral.

■ **Smoking Cessation by Hypnosis** **(603) 740-2818**

STROKE INITIATIVE

WDH received the American Heart Association/American Stroke Association's Get With The Guidelines® Stroke Silver Plus Performance Achievement Award in recognition of the Hospital's higher standard of stroke care. It also demonstrates the value of WDH's relationship with Massachusetts General Hospital (MGH) and the TeleStroke system connecting WDH with MGH. Know the signs of stroke, visit www.wdhospital.com.

SPINE CENTER

(866) 333-8359

The Northern New England Spine Center at WDH offers "one-call connection" to expedited spine care. The Spine Center team is a partnership of a highly skilled spine surgeon, physical medicine and rehabilitation physicians, behavioral health and pain specialists plus spine-trained physical therapists and a Spine Center coordinator working with primary care providers. Physician referral required.

SURGICAL SERVICES

Surgical services are provided by physicians with specialties in general surgery, urology, orthopedic surgery, vascular surgery, thoracic, otolaryngology, plastic surgery, gynecology, ophthalmology and neurosurgery and by dental surgeons with privileges in oral/maxillofacial surgery. Robotic and other types of minimally-invasive surgery offer less blood loss and shorter hospital stays. For more information, ask your physician.

WOMEN'S HEALTH

WDH offers an array of services for every aspect of women's health from prevention to rehabilitation.

■ **Birth Center**

(see Women & Children's listing)

■ **Breast Cancer Services**

■ **Mammography** **(603) 742-6673**

The Women's Life Imaging Center, a joint venture of Wentworth-Douglass Hospital and Frisbie Memorial Hospital, is the region's most comprehensive breast imaging and bone density center.

■ **Breast Magnetic Resonance Imaging (MRI)** is now available at WDH.

■ **General & Plastic Surgeons** at WDH specialize in breast cancer surgery and reconstruction.

WOMEN & CHILDREN'S CENTER
(603) 740-2261

Giving birth in our Center gives the family access to private birthing suites, a level 2 nursery, lactation services, specialized security and home visiting nurses as follow-up after birth. The Women & Children's Center offers individualized labor plans including water birth, hypnobirth, Jacuzzi, wireless fetal monitoring, pain medications and epidurals.

- **The Seacoast Cancer Center** offers a comprehensive program of services for women including Breast Cancer Support Groups.
- **The Gynecology/Oncology Program** is a collaborative effort between WDH and Massachusetts General Hospital (MGH). Women can now have complex GYN Oncology surgery at WDH and avoid travel to a larger metropolitan center for care.

THE WORKS FAMILY HEALTH & FITNESS CENTER
(603) 742-2163

The Works is a full service wellness center owned and operated by WDH in Somersworth. In addition to complete fitness programs, The Works offers educational and exercise programs for patients living with diabetes and cancer.

WOUND HEALING INSTITUTE
(603) 740-2832

The Wound Healing Institute offers a team approach to heal chronic wounds such as, pressure ulcers, diabetic foot ulcers, venous and arterial ulcers, non-healing surgical and/or traumatic wounds. The center also offers ostomy support and foot care clinics. Hyperbaric Oxygen (HBO) is offered as an adjunctive therapy.

Please visit Wentworth-Douglass Hospital's website for more information at www.wdhospital.com or call for information at (603) 742-5252.

