

Community Health FOCUS

SPRING 2011

THE NEWSLETTER OF LITTLETON REGIONAL HOSPITAL • 600 ST. JOHNSBURY ROAD, LITTLETON, NH 03561

MISSION

To provide quality, compassionate and accessible healthcare in a manner that brings value to all.

VISION

Littleton Regional Hospital will be the leading provider of healthcare and the best organization in which to work.

VALUES

Integrity, Respect,
Compassion, Excellence

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Allergen Immunotherapy Still Working After 100 Years

Immunotherapy treatment (allergy shots) have been used for more than a century; a concept that the immune system can be desensitized to specific allergens (a substance that causes allergies, i.e., pollen, dust, etc.) that trigger allergy symptoms. These symptoms may be caused by allergic respiratory conditions such as allergic rhinitis (hay fever) and asthma.

We have learned much more about allergen immunotherapy including long-term benefits and what protocols are needed to make it very beneficial. Among the most important findings are that immunotherapy can provide long-term symptom relief for years after treatment is discontinued and that it is a cost-effective approach to treating many allergies.

The treatment process involves injecting the allergen causing the allergy symptoms. They are identified by a combination of a medical evaluation performed by your physician using skin and blood tests.

Once the allergy is identified a series of allergy shots (immunotherapy) will be given in phases. Each allergy shot contains a tiny amount of the specific substance or substances that trigger allergic reactions. These are called allergens. Allergy shots contain just enough allergens to stimulate the immune system—but not enough to cause a full blown allergic reaction.



Dr. Patrick Fitzpatrick,
Otolaryngologist at LRH

Over time, your doctor increases the dose of allergens in each allergy shot. This helps get the body used to the allergens (become desensitized). The immune system builds up a tolerance to the allergens and the allergy symptoms diminish over time.

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What Is Occupational Health?

Occupational Health is a specialty of preventive medicine concerned with maintaining and enhancing the health, safety and performance of employees in the workplace.

KEEPING EMPLOYEES HEALTHY AND SAFE

Littleton Regional Hospital's Occupational Health Services have served the occupational health needs of businesses in Littleton and surrounding communities for more than 10 years. We work with businesses to keep their employees healthy and productive, offering comprehensive occupational health services specific to company and regulatory requirements.

We offer Department of Transportation (DOT) physicals, pre-

employment physical exams, fitness-for-duty and periodic and executive exams, drug/alcohol testing, audiograms, respiratory fit testing, pulmonary function testing, and medical treatment of injured employees. In addition to pre-employment screenings and tests, we like to think of ourselves as a partner in the health and safety of employees of all the businesses we serve by offering a variety of on-site services including wellness fairs, flu vaccine clinics, health screenings and health education to help businesses keep their employees healthy and safe.



Wendy H. Mason, *Occupational Health Services Department Manager at LRH and Milton Bratz, Director of Administrative Operations at Littleton Coin Company.*

LRH services, including laboratory services, diagnostic imaging, physical and occupational therapy and off-hour emergency room treatment allow LRH's Occupational Health Services Department to follow the progress of patients and assess their treatment on a case-by-case basis. Our goal is to manage the care and treatment of patients and get them back to work as quickly and safely as possible.

"With more than 300 employees it is important for Littleton Coin Company to have services like LRH's Occupational Health services so close by. Its services not only provide quality healthcare to our employees, it provides health education and a host of services that keep our employees well all year long."

—M. Bratz, *Director of Administrative Operations Littleton Coin Company*

Our Medical Director and Medical Review Officer, Andrew Forrest, MD, specializing in Physiatry (Physical Medicine and Rehabilitation), is well respected and has an extensive background in worker's compensation cases. Our occupational

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Mom's Morning Out

The Agnes Norris Birthing Center at Littleton Regional Hospital invites new moms and newborns to join Mom's Morning Out, a group of new moms who get together every Wednesday from 10:00 am until 11:30 am in the new medical office building conference center at LRH. Dads and siblings are welcome to attend. This is a great opportunity for new mothers and their babies to get together with other new moms and babies to talk about their experiences as a new parent.

Going on its 11th year, the program has helped hundreds of moms, dads, siblings and newborns who have participated in this weekly event. It offers a casual atmosphere for new moms to engage in informal discussions about the early weeks up to three years of motherhood including sleep deprivation, growth spurts, doctor's visits, cabin fever, postpartum depression, returning to work and milestones in development. Occasionally informal mini presentations on relevant topics are offered. Seasonal activities are also enjoyed by moms and their newborns.

For additional information about LRH's Mom's Morning Out groups, please call Coordinator, Tara Kaplan, RN, IBCLC, ICEA at (603) 444-9335.



Good Health Information for Consumers

Looking for some good information on a health topic? Consider the National Library of Medicine's **MedlinePlus.gov**, which contains a large amount of reliable health information and news and is free of advertising.

Recently, *The New York Times* published an article about a popular consumer health website (WebMD) and its connection to the big pharmaceutical companies. The obvious presence of these large corporations on WebMD may present biases and even subtle misinformation. Health sciences libraries recommend using websites without advertising. If you are interested, the Littleton Regional Hospital Gale Medical Library has MedlinePlus.gov promotional bookmarks for you. Please email Anne Conner at aconner@littletonhospital.org or call (603) 444-9564. Or better yet, visit the library!

Meet our new Emergency Physician

Dr. Jane Federman, MD, FACEP, Emergency Physician recently joined Littleton Regional Hospital. Prior to joining LRH, Dr. Federman served as an Attending Physician in the Emergency Department at North Shore University Hospital at Glen Cove in New York.

Dr. Federman is certified in Basic Cardiac Life Support, Advanced Cardiac Life Support, Advanced Trauma Life Support, Pediatric Advanced Life Support, and Neonatal Advanced Life Support. She completed her undergraduate studies at Barnard College/Columbia University in New York and her MD at SUNY-Health Science Center in Brooklyn, NY and her Mt. Sinai Integrated Residency in Emergency Medicine at Beth Israel Medical Center and Elmhurst Hospital Center. Dr. Federman is Board Certified in Emergency Medicine by the American Board of Emergency Medicine.

Dr. Federman previously held an academic appointment as Assistant Professor in the Department of Emergency Medicine/College of Medicine at SUNY-Health Science Center Brooklyn and Assistant Clinical Professor of Medicine at Columbia University.



Jane Federman, MD, FACEP—Emergency Physician at LRH

New Equipment for Our EEG Lab

WHAT DOES AN ELECTROENCEPHALOGRAM DO?

The electroencephalogram (EEG) is a measure of brain waves. It is a readily available test that provides evidence of how the brain functions over time.

The Littleton Regional Hospital's Electroencephalography (EEG) Lab has recently acquired new, state-of-the-art, equipment to aid in the diagnosis and management of neurological disorders.

The new Evoked Potential System is used to evaluate certain nerve groups and their response to stimulation. Three types of Evoked Potentials (EPs) are now available:

- **Visual:** monitors the optic nerves; helpful for evaluating optic neuritis, visual blurring or loss.
- **Somatosensory:** monitors nerve pathways of either arms or legs; used to evaluate spinal cord injuries or disorders.

- **Brainstem Auditory:** monitors the auditory nerves, aids in the evaluation of hearing loss or balance problems.

HOW ARE THE EVOKED POTENTIAL TESTS PERFORMED?

Evoked potential tests are recorded by placing wires with stimulators on the scalp over the areas of the brain.

HOW LONG DO EVOKED POTENTIAL TESTS TAKE?

It usually takes about two hours to do all three types of evoked potential tests.

A neurologist or neurophysiologist with special training in these tests will interpret the results.

IS THE EVOKED POTENTIAL TEST SAFE?

Evoked potential testing is harmless and painless.

For additional information on Evoked Potential testing, please call Sandy Trenholme, EEG Tech at (603) 444-9200.

Having Trouble Sleeping? Get Help from Our Sleep Specialist.



Dr. Joseph P. DellaValla

Dr. DellaValla comes to LRH from Portage Internal Medicine Associates in Hancock, MI, where he provided inpatient and outpatient clinical services in Sleep Medicine and general Internal Medicine.

Joseph P. DellaValla, MD, internal medicine physician and sleep disorder specialist, recently joined the sleep technologists at Littleton Regional Hospital and Androscoggin Valley Hospital to provide this vital service for patients from northern

Dr. DellaValla is board certified in Sleep Medicine by the American Board of Internal Medicine, a Fellow of the American College of Physicians and is an active member of the American Academy of Sleep Medicine and American Medical Association.

Earning his undergraduate degree at University of Scranton in Scranton, PA, Dr. DellaValla completed his Doctor of Medicine at Jefferson Medical College in Philadelphia, PA, and his Internal Medicine Residency at Christiana Care/Medical Center of Delaware in Newark, DE. He completed his training in sleep medicine at the School of Sleep Medicine in Palo Alto, CA, the Portage Health Sleep Disorders Center in Hancock, MI, and the Upper Peninsula Sleep Disorders Center in Iron Mountain, MI.

Dr. DellaValla lectures on numerous sleep medicine topics including obstructive sleep apnea, sleep in preschoolers, sleep in athletes, sleep and the diabetic patient, and sleep and women's health.

Office hours are Mondays only from 9:00 am–5:00 pm. To schedule an appointment call (603) 259-7580 and leave a message. Messages are answered daily. Referrals can be faxed to (603) 444-9095.

SMARTPHONE USERS

Check out the NEW LRH Mobi Website at littletonhospital.mobi



16th Annual Dr. Moose Golf Tournament

Friday, Aug. 26 at The Maplewood Country Club, Bethlehem, NH

Join us for an amazing day of golf, spectacular prizes, awards and a fun-filled reception following the tournament. Register now!

Proceeds from the Dr. Moose Golf Tournament benefit the Littleton Regional Hospital Paramedic Intercept Program. This program is vital to the community and provides 24-hour, advanced level, critical care support to Emergency Medical Services (EMS) in northern New Hampshire. Our dedicated paramedics respond directly to calls when dispatched for advanced level assistance, or meet the responding ambulance already in transport. The paramedics assist LRH's Emergency Department by providing support to the nursing staff. In addition to their role as critical care providers, the paramedics assist in coordinating EMS educational programs including EMS training, certificate programs, seminars, and public education and prevention programs.

This is just one of the many hospital programs and services supported by donations made to the LRH Charitable Foundation. All gifts, both large and small are significant and greatly appreciated!

Your gift can be made by check payable to LRH Charitable Foundation or credit card (Visa, Master Card or American Express). We also offer a monthly giving program so you can spread your gift over the course of a year, giving a portion each month. We've included a self-addressed donor envelope for your convenience.



For more information on how to make a gift to LRH Charitable Foundation or how to register for the Dr. Moose Golf Tournament, please call Gail Clark, Director of Development and Community Relations at (603) 444-9304.

Giving on-line is easy—visit littletonhospital.org and donate today!

Allergen Immunotherapy still working after 100 years

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Immunotherapy can be effective in treating:

- Allergic asthma
- Allergic rhinitis and conjunctivitis
- Stinging insect allergy
- Atopic dermatitis

The decision to begin immunotherapy will be based on several factors:

- Length of allergy season and severity of symptoms.
- How well medications control allergy symptoms.
- Desire to avoid long-term medication use.
- Time. Immunotherapy will require a significant time commitment during initial treatments, and less frequent during the maintenance phase.
- Cost-effectiveness of managing allergy symptoms.

Dr. Patrick Fitzpatrick, Otolaryngologist (ear, nose and throat) specializes in the treatment of allergies in adults and children at LRH's North Country Otolaryngology. For more information or to make an appointment, please call (603) 444-2450.

COMMON ALLERGY SYMPTOMS

Runny nose	Sneezing	Ear fullness and popping
Watery eyes	Stuffy nose	Dark circles under the eyes
Itchy nose, eyes and roof of mouth	Pressure in the nose and cheeks	Hives

THINGS THAT CAN MAKE YOUR ALLERGY SYMPTOMS WORSE

Aerosol sprays	Cold temperatures	Tobacco smoke
Air pollution	Irritating fumes	Wind
Humidity		Wood smoke

COMMON OUTDOOR & INDOOR ALLERGENS AT THEIR PEAK

ALLERGEN	SPRING	SUMMER	FALL	WINTER
Tree Pollen	X	X		
Grass Pollen		X		
Weed Pollen		X	X	
Outdoor Mold	X	X	X	
Indoor Mold	X	X	X	X
Dust Mites	X	X	X	X
Pet Dander	X	X	X	X
Cockroaches	X	X	X	X

What is Occupational Health?

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health provider, Kariann Place, PA-C has extensive orthopaedic experience and is proficient at acute injury management, including layered wound closures, splinting, casting, and blood borne pathogen exposures. Everyone at LRH's Occupational Health Services is sensitive to employer's individualized needs.

Our office is conveniently located at Littleton Regional Hospital (next to the Emergency Room), 600 St. Johnsbury Road, Littleton, NH. Our office hours are Monday through Friday 8:00 am–noon and 1:00 pm–4:30 pm. For additional information, please call (603) 444-9294 or email occhealth@littletonhospital.org.



Back row from left: Wendy H. Mason, Department Manager; Andrew I. Forrest, MD, Medical Director & MRO; and Kariann Place, PA-C. Front row from left: Mary Kate Foley, RN; Gail Perkins, LPN, Medical Secretary.

LRH Occupational Health Services provide:

Work Injury Management

- Work injury treatment
- Lost-time management
- Case management

Consulting Services

- Ergonomic
- Medical review officer
- Independent medical evaluations

Medical Surveillance Tests

- Lead, asbestos, Zinc Protoporphorine (ZPP)
- Chemical exposure

Physicals / Evaluations

- Drug & alcohol testing (urine)
- Breath alcohol testing
- Pre-placement
- Department of Transportation (DOT)
- Fitness-for-duty
- Respirator fit testing
- Pulmonary function testing
- Audiometric testing
- Immunizations

On-site Wellness Clinics

On-site Flu Clinics



Blueberry & Flaxseed Smoothie for Summer

Ingredients:

- 1 cup fresh or organic frozen blueberries (or peaches, raspberries and strawberries)
- 1 frozen banana
- 1½ cups pomegranate or other unsweetened fruit juice
- ½ cup plain organic kefir (or substitute plain yogurt)
- 1 tablespoon ground flaxseed

Directions:

Put all ingredients in the blender...enjoy!
If you prefer it sweeter, add honey, maple syrup or agave nectar.

QUICK TIPS

- Pour into popsicle molds for a frozen tasty treat
- Peel and cut up your over-ripe bananas and freeze them in sealable sandwich bags. Frozen bananas add texture and potassium in an instant and save you from the guilt of not getting around to making banana bread.

Nutrition Facts per Serving: Calories 467, Fat 9g, Sat Fat 3g, Sodium 95mg, Cholest 16mg, Total Carb 95g, Dietary Fiber 8g, Sugar 75g, Protein 8g, Magnesium 120mg, Potassium 1701mg, Vitamin A 1% DV, Vitamin C 168% DV, Calcium 24% DV, Iron 10% DV. (DV=Daily Value)

On the Move

Littleton Regional Hospital's **Rehabilitation Services and Patient Financial Services** are on the move, back to LRH's campus at 600 St. Johnsbury Road.

Patient Financial Services (billing) which was formerly located at the Learning Center on Union Street in Littleton is now back at the LRH campus! Call Customer Service at (603) 444-9500.

Rehabilitation Services which is currently located on Meadow Street in Littleton (across from the TJ Maxx Plaza) is moving back to the LRH campus by May 8. Call LRH Rehabilitation Services at (603) 444-9530.

Littleton Regional Hospital
600 St. Johnsbury Road
Littleton, NH 03561

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LRH MEDICAL STAFF

ALLERGY

Patrick M. Fitzpatrick, DO

ANESTHESIOLOGY

Jerome Terres, MD

NURSE ANESTHESIA

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Michelle Hannon, CRNA
Kevin Seale, CRNA
Brandon Zagst, CRNA

CARDIOLOGY

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Peggy Piette, APRN
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Garrett Caputo, MD
Jane Federman, MD, FACEP
G. Campbell McLaren, MD, FACEP

FACIAL PLASTICS

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Stephen Goldberg, MD
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Kevin A. Silva, MD, FACP
Malgorzata M. Taras, MD

NEUROLOGY

Gopalan Umashankar, MD

OBSTETRICS/GYNECOLOGY

Nicholas R. Marks, MD, FACOG
Emily J. Kelly, APRN, IBCLC
Kathleen Govatski, ARNP, CNM
John P. Sauter, MD, FACOG

OCCUPATIONAL HEALTH

Kariann Place, PA-C

ONCOLOGY SERVICES at LRH

OPHTHALMOLOGY

Krista Haight, MD
Stephen Phipps, MD

ORAL & MAXILLOFACIAL SURGERY

Dennis Hannon, DDS

ORTHOPAEDICS

Lon W. Howard, MD, FAAOS
Robert Paul, PA-C
David B. Lovejoy, MD, FAAOS
Andrew L. Chen, MD, MS, FAAOS

Jessica Lorenz-Armstrong, PA-C
Jason L. Raehl, PA-C
Joseph Prescott, PA-C
Dougald MacArthur, DO, FAAOS
Holly D. Blodgett, ARNP
Daniel F. O'Neill, MD, EdD, FAAOS

OTOLARYNGOLOGY (Ear, Nose & Throat)

Patrick M. Fitzpatrick, DO
Deane Rankin, MD

AUDIOLOGY

Erin Taylor, MS, CCC-A, F-AAA

PALLIATIVE CARE

Philip H. I. Lawson, MD

PATHOLOGY

Armando Ciampa, MD

PEDIATRICS

Cristina Culcea, MD, FAAP
William E. Lakey, MD, FAAP

PHYSICAL MEDICINE & REHAB

Andrew I. Forrest, MD, FAAPMR

PODIATRY

Hal B. Goolman, DPM
Denis J. Lamontagne, DPM
W. Kemp Schanlaber, DPM

PSYCHIATRY

Carol F. Lidstrom, MD

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Deborah Warner, PhD

RADIOLOGY

Dale Childs, MD
Harlan G. Herr, MD

SLEEP MEDICINE *Center for Sleep Medicine at LRH*

Joseph P. DellaValla, MD

UROLOGY ASSOCIATES

Urology Associates at LRH

Wellness Calendar

HEALTH & WELLNESS

Audiology & Hearing Services offers Lunch & Learn series at LRH. The next workshop will be Friday, June 17 at LRH. **Contact: Erin Taylor, MS, CCC-A, F-AAA at (603) 259-7692.**

Cardiac Rehab & Wellness Support for patients, their families and caregivers to learn about heart healthy lifestyle changes and living. **Contact: Lannette Madden, RN, CCES at (603) 444-9387.**

Pregnancy, Birth & Parenting Series A series of six (6) classes to begin at approximately the 28th–32nd week of pregnancy. To learn more about LRH's Birth & Parenting Wellness Series, **please call (603) 444-9335.**

Gale Medical Library—Anna Connors Patient & Family Resource Center Supporting wellness in the community by providing access to reliable consumer health information. **For additional information please call (603) 444-9564.**

SUPPORT GROUPS

The American Cancer Society & Littleton Regional Hospital Present Cancer Support "Look Good...Feel Better" is a free, community-based program that teaches beauty techniques to female cancer patients currently in chemotherapy or radiation treatment. Sponsored by The American Cancer Society (ACS). **Contact: ACS at 1-800-227-2345 for details.**

Bereavement Support Group North Country Home Health & Hospice, Littleton. First & third Tuesday of the month from 1:00–2:30 pm. **Contact: Martha Reed at 603-444-5317.**

Weight Watchers Join our group! Meetings are held at LRH in the New Medical Office Building Conference Room on Thursdays from 4:30–5:30 pm. **Contact: Carrie Way, RN 603-444-9329.**

NAMI Support Group First & third Tuesday monthly at 7:00–9:00 pm at All Saints Parish House, Littleton, and the second & fourth Tuesday at The Senior

Center in Haverhill, NH. **Contact: Annette Charbonneau, 603-823-5374 or call the National Alliance for the Mentally Ill 1-800-242-6264 or www.naminh.org.**

Alcoholics Anonymous Meetings are held every Saturday from 8:30–9:30 am at the H. Taylor Caswell, Jr. Physicians' Office Building Conference Center, Conference rooms 1 & 2. **For more information call NH Area Assembly at 1-800-593-3330.**

CALENDAR OF EVENTS

LRH Charitable Foundation 16th Annual Dr. Moose Golf Tournament, Friday, Aug. 26 at the Maplewood Country Club. Register now as space is limited. **Call (603) 444-9304.**

19th Annual Emergency Medical Services Conference will be held this year on Oct. 14, 15 & 16 at Attitash

Grand Summit Hotel & Conference Center at Attitash/Bear Peak, Bartlett, NH. **For more information please contact Kim Thayer at (603) 444-9205.**

Get a head start on holiday shopping with LRH Auxiliary...

LRH Auxiliary Books Are Fun Book Fair Tuesday, Aug. 30 at 11 am–6:30 pm & Wednesday, Aug. 31 from 7 am–1 pm.

LRH Auxiliary—Bag Ali Thursday, Oct. 27 from 8 am–4 pm.

LRH Auxiliary—Books Are Fun Book Fair Tuesday, Nov. 29 from 11am–6:30 pm & Wednesday, Nov. 30 from 7 am–1 pm.

LRH Auxiliary Tea Party Watch for details for another special event hosted by LRH Auxiliary. Join the Auxiliary for a "cup of tea" and learn how you can become a member!

Visit littletonhospital.org for details!

North Country Pediatrics

580 St. Johnsbury Road, Suite 25, Littleton, NH 03561
Tel. (603) 444-2803

Office Hours: Monday–Friday, 8:30 am–5:00 pm

**Kid's School Physical Exams
Schedule Your Appointment Early**

North Country Pediatrics encourages parents to call now to schedule school physical exams!

CLIP & SAVE

Summer Savings at the
Moose Ledge Gift Shop!

Cannot be combined with other offers. Not valid on sales items, candy, newspapers and magazines. Valid on one regular priced item. Expires Oct. 1, 2011.

LRH Auxiliary manages the Moose Ledge Gift Shop. Proceeds benefit programs and services at LRH.

Present this coupon for
10% OFF
any one regular-priced item!