

**LITTLETON REGIONAL HOSPITAL**  
600 St. Johnsbury Road  
Littleton, NH 03561

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Postal Customer

## LRH MEDICAL STAFF

### ANESTHESIOLOGY

LRH Anesthesia Services  
Jerome Terres, MD

### Nurse Anesthesiology

Sharon Bolton, CRNA  
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Kevin Seale, CRNA  
Brandon Zagst, CRNA

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Hitchcock Clinic Littleton  
Emil Pollak, Jr., MD, FACC

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### EMERGENCY MEDICINE

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Richard Merrick, MD

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Summit Medical Group  
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Rebekah Reeves, MD  
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North Country Internal Medicine  
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Lon Howard, MD  
Kariann Place, PA-C  
The Alpine Clinic  
Andrew Chen, MD, MS, FAAOS  
Jessica Lorenz-Armstrong, PA-C  
Dougald MacArthur, DO  
Holly D. Blodgett, ARNP  
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David Lovejoy, MD, FAAOS

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

### PATHOLOGY

Armando Ciampa, MD

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William Lakey, MD, FAAP

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W. Kemp Schanlaber, DPM

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### RADIOLOGY

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Marvin Kendall, MD

CLIP & SAVE

## Summer Savings at the MOOSE LEDGE GIFT SHOP!

Cannot be combined with other offers.  
Not valid on sales items. Valid on one regular  
priced item. Expires September 1, 2009.

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!

## Wellness Calendar

### HEALTH & WELLNESS

**Bridge to Wellness** The Case Management department at LRH offers free health education series in the spring and fall. Each session is held on Tuesday evenings from 7:00–9:00 pm in the H. Taylor Caswell, Jr. Physicians' Office Building Conference Center. Contact Sarah Tyrrell for a list of current offerings at 603-444-9267.

**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 eight, 2-hour classes for expectant parents. 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 call 603-444-9564.

### SUPPORT GROUPS

**The American Cancer Society—Breast 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. The American Cancer Society (ACS) sponsors this program. Contact: ACS at 800-227-2345 for details.

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

**Weight Watchers** Join our group meetings held at Littleton Regional Hospital in the H. Taylor Caswell, Jr. Physicians' Office Building in Conference Room 3 on Thursday from 4:30–5:30 pm Contact: Carrie Way, RN 603-444-9329.

**NAMI Support Group** First and third Tuesday monthly at 7:00–9:00 pm at the All Saints Parish House, Littleton, and the second and fourth Tuesday at The Senior Center in Haverhill, NH. Contact: Annette Carbonneau, 603-823-5374 or you can call the National Alliance for the Mentally Ill 1-800-242-6264 or visit [www.namih.org](http://www.namih.org).

**Alcoholics Anonymous Meetings** are held every Saturday from 10:00–11:00 am at the H. Taylor Caswell, Jr. Physicians' Office Building Conference Center, Conference Rooms 1 & 2. For more information please call NH Area Assembly at 1-800-593-3330.

### CALENDAR OF EVENTS

**LRH Charitable Foundation 14th Annual Dr. Moose Golf Tournament** Thursday, September 17th at Maplewood Country Club, Bethlehem, NH. Register now, as space is limited, by calling 603-444-9304.

**17th Annual Emergency Medical Services Conference** will be held this year on Friday, October 16th through Sunday, October 18th at Attitash Grand Summit Hotel & Conference Center at Attitash/Bear Peak, Bartlett, NH. For more information contact Kurt Lucas at 603-444-9205.

**Healthy New Year's Resolution Wellness Fair** Saturday, January 9, 2010—Start off 2010 by attending this FREE wellness fair that offers a variety of health and wellness tips, information and demonstrations. For more information please call 603-444-9304.

**Women's Health Conference** Watch for details for the 2010 North Country Women's Health Conference! To be added to our mailing list to receive a registration brochure, call 603-444-9304.

### LRH AUXILIARY CALENDAR OF EVENTS

**LRH Auxiliary Tea Party** Thursday, September 10, 2009—Join LRH's Auxiliary for a "cup of tea" and learn how you can become a member of the LRH Auxiliary!

**Books Are Fun—Book Fair** Tuesday, September 15, 2009 and Wednesday, September 16, 2009

**Bag Ali—Leather Goods Sale** Start your holiday shopping early! Thursday, October 29, 2009

Visit [www.littletonhospital.org](http://www.littletonhospital.org) for details!

# Community Health FOCUS

Where patients are partners in their healthcare

SPRING 2009

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

## IN THIS ISSUE

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## 2009 TRUSTEES

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## New Options in Ankle Arthritis at LRH

Arthritis of the ankle is not as common as knee or hip arthritis, but it can be a disabling condition in patients of all ages. Although ankle arthritis can relate to rheumatoid or inflammatory arthritis, it is commonly degenerative in origin. Usually the arthritis is caused by trauma such as a fracture or repeated small injuries, and it progresses until every step is painful. Ankle arthritis can also co-exist with hip, knee and foot arthritis which makes treatment more complex.



Taking the lead in treating ankle arthritis at LRH—Dr. Lovejoy, orthopaedic surgeon, with Michelle Piro, who recently underwent "distraction arthroplasty."

Treatments not requiring surgery include non-steroidal anti-inflammatory drugs (NSAIDs such as aspirin, ibuprofen), injections with steroids or through a therapeutic option for individuals with osteoarthritis known as viscosupplementation (injecting stabilizing material into joints), and bracing. These treatments can be helpful but do little more than provide temporary relief in a severe case.

Surgery is an option, but the choice of surgery depends on the patient as a whole and the other joints affected in the body. Arthroscopic surgery of the ankle is appealing and can be helpful where there are loose bodies, bone spurs, and localized arthritis, but it cannot cure the whole joint. Total Ankle Replacement (TAR) has become increasingly popular, and can offer a return to pain free motion in many people. The operation involves replacing the worn out joint surfaces with metal and plastic surfaces which are held into the bone as the bone grows into these artificial surfaces. This procedure is difficult, and it appears to last for about 10 to 15 years. Also, there are conditions in which TAR is not recommended. It should not be done in smokers or diabetics who are apt to have poor circulation, cannot be done in younger more active patients (this can cause an early breakdown of the TAR), and cannot be done in an overweight patient or one with an old or active infection. In the right patient the results are gratifying.

In view of the limitations above, there is now a third operative option which is being performed at Littleton Regional Hospital. Distraction arthroplasty of the ankle is a combination of arthroscopic debridement (cleaning out) of the ankle joint combined with distraction of the ankle in an external fixator, which is a type of brace. After the distraction surgery, patients have a short hospital

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## Colon Cancer: Protect yourself from this common disease

Did you know that the only type of malignancy to claim more lives than colon cancer is lung cancer? Dr. Michael Kindred, general surgeon at Littleton Regional Hospital suggests the following to protect yourself against colon cancer.

Taking an active approach and paying attention to a few areas can dramatically cut your risk of colon cancer as well as improve your overall health. Here are some specific steps you can take:

**Cut the fat and boost the fiber** Start eating more cruciferous vegetables (broccoli, cauliflower, brussels sprouts, kale, cabbage, and bok choy are examples of cruciferous vegetables), legumes (foods such as beans, lentils, and peanuts are known as legumes), fruits and whole grains. Experts believe fiber helps by keeping the digestive process moving so cancer-causing wastes spend less time in the bowel.

**Get Moving** Taking a 20-minute walk just three times a week may lower your risk of colon cancer significantly.

**Limit your alcohol intake** Having more than two drinks a day appears to increase the risk of colon cancer.

**Stop smoking** The habit plays a role in 30 percent of all cancers, so if you smoke, make every effort to stop.

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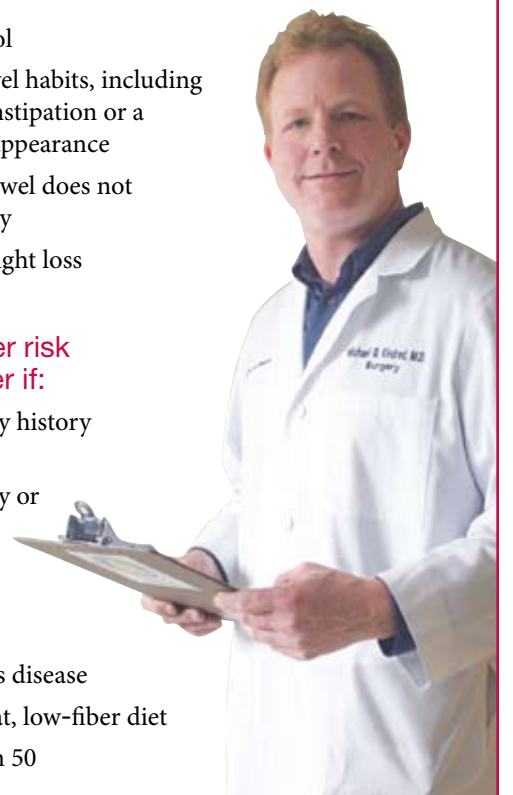
### Don't ignore these symptoms

Besides making sure you get regular screening tests, ensure early detection by reporting any of the following symptoms to your physician:

- Rectal bleeding
- Blood in the stool
- A change in bowel habits, including diarrhea and constipation or a change in stool appearance
- A feeling that bowel does not empty completely
- Unexplained weight loss
- Fatigue

### You're at higher risk of colon cancer if:

- You have a family history of colon cancer
- You have a family or personal history of polyps
- You have ulcerative colitis
- You have Crohn's disease
- You eat a high-fat, low-fiber diet
- You're older than 50



### Online Patient Registration Now Available

To reduce your time during the registration process, you can now pre-register using our secure online patient registration form. This form must be filled out and submitted at least four days before your procedure.

What types of procedures can I pre-register for?

Surgery • Obstetrics • Cardiac Laboratory • X-Rays

To pre-register online visit [www.littletonhospital.org](http://www.littletonhospital.org). Click on Your Visit to LRH at the top of the screen. On the right-hand side you will

see a link to Online Pre-Registration. Simply fill out and submit the form to save time when you arrive at LRH for your procedure.

If your information is incomplete, a member of the admitting department will contact you to complete the registration form by telephone, or when you arrive at LRH.

On the day of your procedure you will need to check in at the Main Lobby of the hospital to complete the registration process.

Questions? Please call (603) 444-9210 to learn about our new online patient registration process.



## 8 Reasons to Get Moving

Are you looking for a fountain of youth? Lace up your sneakers and get moving. You won't find the secret of living long and healthfully in a pill, a potion, a lotion or a magic spell, but you will find yourself with more energy, a better outlook and better health by making physical activity part of your daily schedule. Need more incentive? Check out this list of benefits:

- 1 Reduces heart disease risk** Numerous studies have shown that regular exercise significantly reduces the risk of heart attack. Exercise protects against heart disease by improving your cholesterol and reducing your triglyceride levels. These changes help cleanse the blood of fats that can block arteries. Exercise also lowers blood pressure, which reduces physical stress on the heart.
- 2 Prevents osteoporosis** The development of the bone-thinning disease osteoporosis can be slowed through regular weight-bearing exercises like walking, jogging, stair climbing and aerobics.
- 3 Controls diabetes** People with diabetes either don't produce enough insulin, a hormone the body needs to make use of sugar, or their bodies don't respond normally to it. Their resulting high blood-sugar levels can cause many serious complications. Exercise reduces the body's need for insulin, which improves blood sugar levels. Studies show that adult-onset diabetes is much less likely to develop in active people than in non-active people. For those who have the disease, regular exercise may help reduce or eliminate the need for medication.
- 4 Fights obesity** Combined with a low-fat diet that provides the right number of calories, regular exercise helps prevent obesity. Exercise is part of every effective weight-loss program. When excess weight is dropped, the risks for heart disease, hypertension, diabetes and osteoarthritis drop along with it.
- 5 Increases flexibility** Regular exercise strengthens muscles and keeps joints, tendons and ligaments more flexible, allowing active people to move freely and easily.
- 6 Elevated mood** Health experts say exercise can have a positive effect on a person's mood, including a reduction of anxiety and tension. It even shows promise in easing symptoms of depression.
- 7 Reduces hot flashes** While there isn't much research to prove that exercise reduces hot flashes, there is reason to believe that exercise may help menopausal women cope with the discomfort of this symptom. By improving circulation, exercise can make the body more tolerant of temperature extremes and able to cool down more quickly. Exercise also strengthens the endocrine system, so that the adrenal glands and the ovaries function more efficiently.
- 8 Lessens discomforts of pregnancy** Regular aerobic exercise during pregnancy improves circulation, which improves the transportation of oxygen and nutrients to the fetus. Exercise can also lessen some pregnancy's discomforts, such as backache, tiredness, fluid retention and hemorrhoids. Plus, the endurance that exercise builds helps women cope with labor.

Dr. David Ferris, family practitioner at North Country Internal Medicine at LRH stresses the need to stay active stating that, "all of these reasons confirm the need to include a regularly scheduled exercise program as part of your daily activities. Patients who exercise are generally healthier and happier than those who lead sedentary lives, so take time today to start your daily exercise routine."

Source: Health Advisor



**Make a day of it at Franconia Notch!**  
**Join us for a fun-filled, affordable, family event!**

Franconia Notch State Parks—Cannon Mountain, Littleton Regional Hospital, Pemigewasset Valley Search & Rescue, NH Fish & Game and Franconia Notch Chamber of Commerce will host the 2nd Annual Feel'n Top Notch—Outdoor Expo & Wellness Fair on Saturday, August 1, 2009 from 10:00 am until 4:00 pm at Cannon Mountain. Plus...this year the Top Notch Triathlon will take place on the same day with the finish within walking distance of the Expo & Wellness Fair... Bike, Swim, Hike...

The Expo will feature hands-on activities, exhibits, and demonstrations on topics including fishing, hiking, biking, wilderness first-aid, Hike Safe Program, maps and

## 14th Annual Dr. Moose Golf Tournament

Thursday, September 17th

The Maplewood Country Club,  
Bethlehem, NH

We invite you to join us for an amazing day of golf, spectacular prizes, awards and a fun-filled reception following the tournament.

Don't miss out! Register now—as the Dr. Moose Golf Tournament sells out each year!

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, 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.

### Not sure about how your gift will be used?

Here is a list of ways you can support Littleton Regional Hospital this year.

**Paramedic Intercept Vehicle** LRH's Paramedic Intercept Program provides advanced life-saving care at the scene of an accident or illness. Our dedicated paramedics travel in a four-wheel drive vehicle containing life-saving equipment and medications to meet local emergency rescue services en route to LRH. **\$38,000–\$45,000.**

**Total Bed Care for Intensive Care Unit** A special bed designed to provide special care for patients following surgical procedures. The special microclimate surface helps heal wounds and promotes healthy skin. **\$49,000.**

**Fetal Heart Monitor** A fetal heart monitor is used to hear a baby's heart rate during pregnancy. **\$22,000.**

**Blanket Warmer for ICU** The blanket warmer is designed to provide warmth and comfort to patients at LRH. **\$5,500.**

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 & Community Relations at (603) 444-9304.



Giving online is easy, just visit  
[www.littletonhospital.org](http://www.littletonhospital.org)  
and donate online!

compasses, hiking with dogs and children, campfire safety, moose myths & facts, alpine plants and mammals, hypothermia, and information for every hiker.

The whole family can enjoy demonstrations and hands-on activities including a climbing wall, Smokey Bear, forestry trucks, forest fire prevention, and fly casting, to name a few.

The Wellness Fair will include FREE health screenings including blood pressure, cholesterol, glucose screenings, and body mass analysis. Fitness tips and healthy eating demonstrations will be included to promote healthy lifestyles for children and adults.

Holistic medicine techniques and demonstrations will be part of this exciting event. Take part in Reiki, Reflexology, acupuncture, hypnotic therapy, Osmosis, Tai Chi, QiGong and herbal therapy! For details visit [www.littletonhospital.org](http://www.littletonhospital.org)

## Reducing Your Skin Cancer Risk



Your risk of developing melanoma, the most deadly type of skin cancer, can be reduced. Research studies show that intermittent intense sun exposure (such as that spring vacation in sunny Florida) plays an important role in development of melanoma. If you are planning a warm weather vacation, follow these tips:

**Use Sunscreen** A broad-spectrum sunscreen with an SPF of at least 15 is a must. Apply one ounce, or two tablespoons, every two hours, or immediately after swimming or sweating heavily.

**Cover Up** It may not seem appropriate at the beach or pool, but sarongs, long sleeves, and wraps will shade your skin and help keep you cool.

**Wear Accessories** Use sunglasses that block the sun's ultraviolet (UV) radiation. This will also help protect your eyes from conditions such as cataracts and macular degeneration. Wearing a hat with a brim at least three inches will help protect the top of your head, neck, and scalp.

**Avoid Glare** Surfaces such as water and sand add to the intensity of your exposure to the sun. They reflect the sun's UV radiation back at you. Find a spot with shade and use a large sun umbrella. Hit the hot spots early in the morning or late in the afternoon. You'll beat the crowds and save your skin!

Dr. Arthur Daily, dermatologist, encourages people to take care of their skin by following these tips from the *Skin Cancer Foundation*.

### FREE SKIN CANCER SCREENING

Make an appointment now for a **FREE** skin cancer screening! **Monday, June 8th** and **Tuesday, June 9th, 5:00–7:00 pm** at Littleton Regional Hospital, H. Taylor Caswell, Jr. Physicians' Office Building Conference Center, Suite D. Call now to schedule your skin cancer screening (603) 259-7688. **Appointments required!**

## All fired up! Grilling is a heart-healthy way to savor the season!

Nothing says summer like the sight, smell and sound of dinner sizzling on the barbecue. Not only is the distinctive taste of grilled food delicious, but grilling can be a great way to enjoy healthy fare that's low in fat and calories. Choose leaner meats such as skinless chicken breasts and beef round, sirloin and loin cuts. Enjoy grilled fish steaks like tuna and salmon. Grill vegetables, too! You don't need to add oil. Plus when you grill, fat drips away, leaving fresh, flavorful food. Marinate food in salsa, fat-free salad dressing, or fruit juices. Lightly spray the cooking rack with a non-stick cooking spray and you're good to grill. Try this delicious recipe:

### Asian-Grilled Chicken

MARINADE:	2 tsp grated peeled gingerroot or 1 tsp ground ginger
¼ cup honey	1 tsp pepper
3 Tbsp red wine vinegar	½ tsp pepper
¼ cup low-salt soy sauce	6 skinless chicken breast halves with bone (about 6 ounces each), all visible fat discarded
1 medium garlic clove, minced	Vegetable oil spray
2 Tbsp finely snipped fresh parsley	

In a large bowl, stir together the marinade ingredients to mix well. Add the chicken to the marinade, turning to coat thoroughly. Cover and refrigerate for at least 2 hours, turning occasionally.

Preheat the grill on high. Lightly spray the grill rack with vegetable oil spray. Grill the chicken for 30–45 minutes, or until no longer pink in the center, brushing the pieces with marinade and turning them frequently. *Serves 6*

Per serving: 120 calories, 1.5 g total fat, (0.5 g saturated, 0.5 g polyunsaturated, 0.5 g monounsaturated), 63mg cholesterol, 331 mg sodium, 0 g carbohydrates, 0g fiber, 25 g protein.

### Ankle Arthritis continued from front page...

stay and are able to put weight on the foot with crutches or a walker. Most patients can walk with little or no pain within a few weeks. It does not put nearby joints in the foot and knee at risk as does a fusion, and can be done in younger more active patients as an alternative to TAR.

Dr. David Lovejoy, orthopaedic surgeon, is now performing this procedure at LRH using a foot fixator. The device which Dr. Lovejoy uses offers the ability to move the ankle joint as well as distract the joint, a possible advantage in restoring ankle function.

To schedule an appointment with North Country Orthopaedics, please call (603) 259-7688. Office hours are Monday through Friday 8:30 am until 4:30 pm.

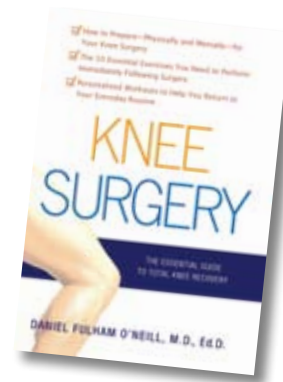
## KNEE SURGERY—The essential guide to total knee recovery

Millions of people have knee surgery each year, and in the years to come millions more will head to the O.R. Chances are, you or someone you know has had or will undergo knee surgery. Busy doctors, therapists, and athletic trainers have limited time to spend on quality physical and mental rehabilitation education, yet this is the key to full recovery.

Written by renowned knee surgeon and Sport Psychologist Daniel F. O'Neill, M.D., Ed.D., this comprehensive and accessible guide presents what you'll want and need the most after knee surgery: a scientifically-based recovery program you can understand that will get you back to work and sports as quickly as possible.

In this age of same-day surgery and do-it-yourself health, **KNEE SURGERY** presents an easy-to-do, well-illustrated program of movement for knee rehabilitation—with a special focus on the mind/body connection—and describes the physical and mental rehabilitation process in complete detail, providing all the guidance you need to decrease pain and increase fitness after knee surgery.

Log on to [www.kneesurgeryguide.com](http://www.kneesurgeryguide.com) to find out where you can purchase a copy of this informative guide.



## North Country Pediatrics

Littleton Regional Hospital  
80 St. Johnsbury Rd., Suite C  
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 wants to encourage parents to call now to schedule school physical exams!

### Colon Cancer continued from front page...

#### Benefits from Early Detection

Dr. Kindred suggests that patients talk to their physicians about early detection, because most cases of colorectal cancer develop from precancerous polyps, so it is important to detect and surgically remove the abnormal growths as soon as possible.

The following programs recommended by the American Cancer Society give ways to increase the odds of catching a polyp early:

**Double-contrast barium enema** Every 5 years. A double-contrast barium enema provides a series of x-rays of the colon and rectum. The barium outlines the intestines on the x-rays, allowing many abnormal growths to be visible.

**Colonoscopy** Every 5–10 years beginning at the age of 50. A colonoscopy involves the viewing of the inside of the colon and rectum using a thin, lighted tube. If your doctor sees polyps or other abnormal tissue during the procedure, the growths can be removed during the procedure for further examination.

**CT Colonoscopy (virtual colonoscopy)** Every 5 years beginning at the age of 50. A CT scanner takes many x-ray images and combines them into a three dimensional image of the colon and rectum allowing your physician to determine if there are abnormal growths.

**Fecal Occult Blood Test** This test can be performed annually. In this test, a chemical reaction is used to test a small stool sample for hidden blood, a sign of damage to the colorectal tract due to abnormal growths.

If the tests reveal any potential problems, your physician may recommend additional tests. Or if you're at high risk for developing colon cancer, your healthcare provider may recommend a different screening schedule.