LOWELL GENERAL HOSPITAL

# foryourhealth

## Advancing Cardiovascular Care in our Community

The New Heart and Vascular Center at **Lowell General Hospital** 

Sci-Fi Becomes Reality with the da Vinci® Robotic Surgery System

Care for a Lifetime: Women's Health Services at Lowell General Hospital

**Weight Loss Surgery Offers New Hope** for Type II Diabetes Sufferers

**New Partnership Provides Easy Access** to Infertility Treatments





# Dear Friends,

The unparalleled growth in services and technology at Lowell General Hospital make this an exciting time for our community.

Our new Heart and Vascular Center is providing cardiac, vascular and radiology patients in the Merrimack Valley with the most extensive interventional cardiology, diagnostic and treatment offerings. In addition, our newly appointed Intermediate Cardiac Care Unit specifically focuses on the needs of our cardiac inpatients, providing specialized care.

Five new cutting-edge digital mammography suites located at our main campus and at the Women's Imaging Center in Chelmsford, offer women in our community access to the most extensive digital mammography services in our region. While the new Imaging Center at Lowell General Chelmsford brings the latest CT and MRI technology, including Breast MRI, to our convenient outpatient campus.

With the addition of the Merrimack Valley's only da Vinci® robotic surgery system, Lowell General brings state-of-the-art minimally invasive surgery for gynecology and urology, including prostate, to local patients.

These recent improvements in facilities, technology and clinical performance build a framework for continued healthcare excellence, for you and your family, both now and in the future.

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In Good Health,

Normand E. Deschene President and CEO

# **Advancing Cardiovascular Care in our Community: the Heart and Vascular Center**

Lowell General Hospital has become the hospital of choice for cardiovascular care in the Merrimack Valley with the opening of the state-of-the-art Heart and Vascular Center. With heart disease recognized as the number one cause of death in our nation, we are committed to providing leading-edge diagnostics, prevention and treatment to improve our community's long-term health.

"In the case of a heart or vascular incident, seconds literally can improve survival rates and minimize damage," explains Richard Birkhead, MD, FACC, chief of cardiology for Lowell General Hospital. "Patients now have more immediate access to critical, life-saving emergency angioplasty. The faster we can provide access to interventional techniques that improve blood flow to the heart, the better the outcome."

A pioneer in cardiac care since opening a catheterization suite in 1991, Lowell General was the first community hospital in the state to successfully perform emergency and non-emergency angioplasty\* (the most effective treatment for heart attack), which clears artery blockages and prevents a heart attack before it occurs.

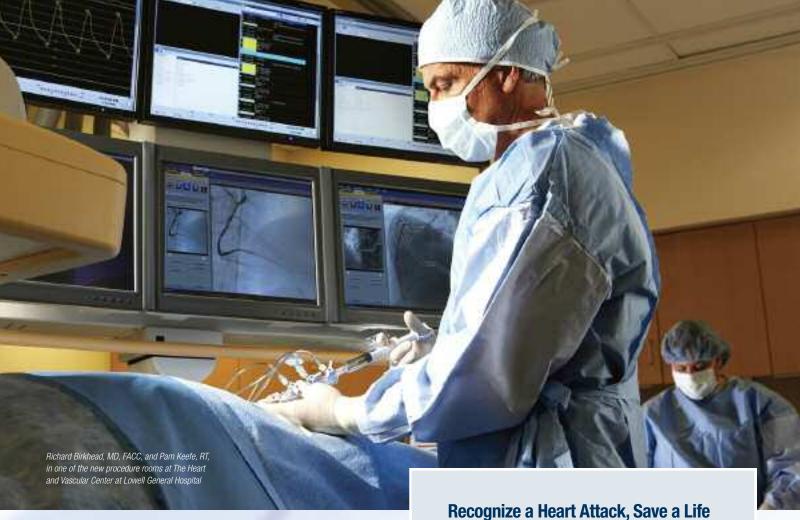
Following a vascular procedure performed by Kirk McNaught, MD, a smiling Teri Nadeau shared her experience as the first patient treated at the Heart and Vascular Center. "The new unit is simply beautiful," said Nadeau. "The view as I was wheeled to my procedure, the bright, wide halls, really made this a comfortable place. The care, the convenience and the facility are all top-notch. I wouldn't go anywhere else." Not only was Nadeau, a 70-year old grandmother from Tewksbury, able to keep a play date with her granddaughter the next day, she returned to work just two days later.

The cutting-edge technology of the two catheterization suites at the Heart and Vascular Center bring the next level of cardiac care to our community, including the area's only electrophysiology (EP) program. EP, an interventional procedure, uses special dyes and tiny electrodes threaded into the heart's chambers to measure its activity. By mapping these electrical impulses, EP can help determine the cause of an irregular heartbeat.

"With the opening of the Heart and Vascular Center, we are able to accommodate more patients and expand our services to the community," said Birkhead. "Now, we can further reduce the time it takes to bring a patient from the emergency room to the procedure – surpassing even the national benchmarks – which translates into more lives saved in our community with fewer long-term side effects."

In additional to angioplasty, the Heart and Vascular Center offers the Merrimack Valley's first and only Enhanced External Counterpulsation (EECP) program for non-surgical treatment of angina, a three-step cardiovascular rehabilitation program, pacemaker implantation and a variety of cardiovascular therapies, diagnostics and treatments.

st As part of the MASS COMM clinical trial.



#### **Lowell General Hospital Awarded AHA Gold Performance Award: Reducing** the Risk of a Second Heart Attack

The risk of a second heart attack can be reduced when specific guidelines are followed with the first heart incident. The American Heart Association recognizes hospitals that meet these standards with the "Get with the Guidelines" award. For the third year in a row, Lowell General earned this award for Coronary Artery Disease, qualifying the hospital for the Gold Performance Achievement Award.

Guidelines include quickly starting patients on aggressive risk-reduction therapies and medications, counseling them on how to stop smoking and reduce other risk factors, and referring them to cardiac rehabilitation programs before discharge.

Lowell General is proud to be among a handful of hospitals in the state to receive this award. Most importantly, following these proven guidelines brings our patients hope for a heart-healthy future.

#### The most common symptoms include:

- · discomfort in the center of the chest which may last more than a few minutes
- discomfort in the upper body (such as the arms, back, neck and jaw)
- shortness of breath with or without pain
- a cold sweat, nausea or lightheadedness

If you or someone nearby experience any of these symptoms, call 9-1-1 immediately. If you can't reach emergency medical services, have someone drive you to the nearest hospital.

In the case of cardiac arrest—when the heart stops beating and/or there is loss of consciousness-call 9-1-1, get an Automated External Defibrillator (AED) if available, and begin CPR while waiting for help to arrive.

Even if you're not sure whether you or someone else is having a heart attack, seek medical care immediately. Remember, acting fast may save a life!



When Frank Jusczak of Pelham was faced with a prostatectomy, he told his urologist that he wanted it done as quickly as possible. He didn't want to be laid up in the hospital

or kept from his busy days caring for his grandkids and working on his racing trucks.

Fortunately, Dr. Miguel Antelo was able to provide an option that not only made the recovery for prostatectomy fast, but minimized the risk of side-effects often associated with the procedure. Jusczak's surgery was scheduled with the da Vinci Surgical System, a platform that Dr. Antelo would use to remove the delicate structure of the prostate through tiny holes rather than a large incision.

of internal areas of the body, resulting in incredible precision, and the ability to spare delicate nerves and structures for improved results. This is a tremendous benefit to



Pioneers of robotic surgery (from left to right): Nonnie-Marie Estella, MD, Matthew Cohen, MD, Miquel Antelo, MD and Purnima Sangal, MD

patients undergoing complex urological and gynecological procedures such as prostatectomy and hysterectomy.

Jusczak was home in a day and back in his garage working on his racing trucks within a week. "The pain was less than having a tooth pulled," he quipped. Frank was happy to have such a speedy and relatively pain-free recovery, after watching a friend of his take several weeks to return to normal after the same procedure, which was performed using traditional techniques.

Robotic surgery at Lowell General Hospital has brought a new realm of possibilities to patients and surgeons. It enables surgeons to perform operations with previously unmatched precision and visualization, and allows patients access to the advantages of futuristic robotic surgery right in their own community.

The robotic surgery system translates the surgeon's hand movements to robotic arms and small surgical tools. A three-dimensional viewing system magnifies the surgical site by ten times, enabling better visualization

The new da Vinci Surgical System at Lowell General ushers in a new era of surgical evolution. As Dr. Sangal sees it, "the sky is the limit".





## Care for a Lifetime: Women's Health Services

Women have unique healthcare requirements throughout their lives. And while each person has individual needs, there are basic strategies women can follow to help stay healthy. These include breast health, routine gynecology care, a healthy pregnancy, a heart-healthy lifestyle and ongoing ways to help keep body and mind fit.

Lowell General Hospital provides a comprehensive range of services for women that offer a continuum of care throughout a lifetime.

To raise awareness of heart disease as the number one killer of women,
Lowell General has joined with the
American Heart Association's "Go
Red for Women" campaign. Watch
for heart-healthy programs offered
throughout the year focusing on heart health
in women, including nutrition, exercise, stress
management and other lifestyle changes.

For breast health, women should take care to follow the three recommended methods of cancer detection: breast self-exam, annual exam by a doctor, and annual screening mammograms for women ages 40 and older. Don't let the possibility of finding something scare you from taking these important steps.

#### **Women's Health Basics**

Gynecology: Pap test annually – age 15 and up

Mammograms: Baseline ages 35-40; annual screening after age 40

Bone Density: women diagnosed with osteopenia; screenings after age 50

Prenatal Care: consultation pre-pregnancy, genetic testing as indicated; pre-natal appointments during pregnancy

Abnormalities aren't always cancer and early detection is the best way to know for sure. At Lowell General Hospital, a Breast Health Navigator is with you all the way to help you

understand the tests and steps you need to take if something appears on your mammogram or other breast exam. With diagnostic tools such as digital mammography, genetic testing for breast cancer, breast MRI and CAD, as well as a team of multidisciplinary specialists, support groups and resources, you're in good hands.

Routine gynecological care should be part of an annual check-up with your primary care doctor or gynecologist. For advanced care, surgical methods and minimally invasive techniques are often done on an outpatient basis. Recent advances including robotic surgery makes treatment for urological conditions, cancer, fibroids, and other complex procedures possible with faster recovery and greater convenience.

When planning for pregnancy, prenatal care, genetic counseling, and infertility treatment may be part of your healthcare. Finding

specialists for all aspects of maternal and fetal medicine locally makes it easy. Our collaboration with Floating Hospital for Children at Tufts Medical Center brings peace of mind to high-risk pregnancy and other birthing concerns.

Body image and well-being is part of feeling good inside and out. From healthy weight management options to cosmetic procedures, you can find options and choices that meet your needs. Wellness classes and mind/body programs help teach effective ways to manage stress and health concerns. Visit us online anytime to see the many choices.

Discover Women's Health Services at Lowell General Hospital and experience a lifetime of care. For more information, visit www.lowellgeneral.org or call 1-877-LGH-WELL (1-877-544-9355).



#### **October is Breast Cancer Awareness Month**

In celebration, Women's Health Services at Lowell General Hospital presents *Fridays at Five*. Join us for fun, food, fabulous finds – and friends!

- Breast Cancer Awareness products
- · Breast Health Education information
- Lady Grace certified bra-fitting
- Birthplace Boutique products for expectant parents
- Vera Bradley purses and gift items
- Jewelry
- Wine and appetizers
- Raffles



Breast Health Navigator Susan Skinner, RN, MSN, ANP and Mammography Supervisor Rebecca Uphold, RT(R)(M) with a digital mammography unit at the Breast Imaging Center at Lowell General Hospital.

# Clear Improvements of Digital Mammography

Digital mammography is one of the ways a woman can take charge of her health. Between the ages of 35 and 40, baseline mammograms give a clear view of a woman's breasts for comparison against future screenings for breast abnormalities.

Digital mammograms allow a clear, precise view of the breast tissue and enable a radiologist to work with the image to magnify or focus in on certain areas that may be suspicious or need further testing. This makes early cancer detection even easier.

Digital mammography is the most beneficial to women under the age of 50 or those who have dense breast tissue.

"Crisp, clear images help doctors better evaluate breast health," says Judy Erbstein, Director of Diagnostic Imaging. "Digital mammography raises our ability to detect abnormalities and provide appropriate and immediate care to our patients." With the area's most extensive offering of mammography equipment – five units at both the main hospital campus and at the Women's Imaging Center in Chelmsford – women in our region now have greater access to this leading edge, life-saving testing right in their backyard.

Referrals are not needed for a screening mammogram. Women may book an annual mammogram by calling 978-937-6023.

# **Weight Loss Surgery Offers New Hope for Type II Diabetes Sufferers**

According to a recent study, patients who had surgery to treat their obesity were five times more likely to see their type II diabetes go into remission than those who had standard diabetes care.

Many patients who have undergone weight loss surgery at Lowell General Hospital's Center for Weight Management and Bariatric Surgery find that the results of that study are true for them. According to the Center, more than 90% of patients with type II diabetes have experienced an improvement in their diabetes health following surgery.

"These are proven statistics," confirms Bariatric Surgeon Roy Shen, MD, chief of surgery at Lowell General Hospital. "Following surgery, many type II diabetic patients find they no longer need to be on medication."

That was the case for Kristine Bettencourt, a 43-year-old woman from Nashua, NH, who had gastric bypass surgery in May of 2007. "I've not been on my diabetes medication since the day of surgery," she says. "I've lost 133 pounds and have much more energy. I'm taking so much enjoyment from life and looking forward to things like vacations. I feel like I have a new lease on life."

Many patients who have other conditions that accompany obesity, such as high blood pressure, high cholesterol, sleep apnea, and certain cardiac conditions, have seen a significant resolution of their symptoms following weight loss surgery. For example, as an added benefit, Bettencourt no longer needs to take medication for high blood pressure and her sleep apnea has disappeared.

The Center for Weight Management and Bariatric Surgery, located at Lowell General Chelmsford, offers two types of obesity surgery—adjustable gastric banding and Roux-en-Y gastric bypass. Over the past five years, the specially trained bariatric surgeons have performed over 1,000 successful weight loss surgeries, using a laparoscopic method that is less invasive than traditional "open" surgery.

Successful candidates for weight loss surgery must meet criteria established by the National Institute of Health (NIH) including being 100 pounds or more above ideal body weight, having a Body Mass Index (BMI) of 40 or greater, or having a BMI of 35-40 with one or more obesity-related health conditions such as type II diabetes.

"Following surgery, many type II diabetic patients find they no longer need to be on medication."

Roy Shen, MD



## Special Events at The Center for Weight Management

For more information, please visit our website at www.lowellgeneral.org or call 1-877-LGH-WELL (1-877-544-9355)

#### **Surgical Weight Loss FREE Info Sessions**

October 24, November 21 or December 19 at 12:00pm November 4 or December 2 at 6:00pm

#### **HMR/Medical Weight Loss FREE Info Sessions**

October 16 or December 4 at 12:00pm November 27 or December 11 at 6:00pm

### The Center for Weight Management Earns National Accreditation

Lowell General Hospital's Center for Weight Management and Bariatric Surgery was recently granted a "Center of Excellence" designation and formally recognized as a Level 1A Accredited Bariatric Center by the American College of Surgeons Bariatric Surgery Center Network (ACS BSCN).

"We commend the staff at your institution for providing highquality care to your patients undergoing bariatric surgery," stated Mona Calihan, BSCN, accreditation program coordinator. The ACS recognizes and commends only those facilities that implement defined standards of care, document their outcomes, and participate in periodic reviews and verifications of their programs in bariatric surgery.

"This accreditation is a reflection of our commitment to the health and well-being of our patients throughout every phase of their weight loss experience."

Christine LaBrecque, RN, Director of The Center for Weight Management

### What's Cooking? A Healthy Recipe from The Center for Weight Management



Flank steak is a lean cut of red meat packed with high-quality protein and iron. You can prepare the marinade up to a day in advance.

#### **Grilled Marinated Flank Steak**

- 1 onion, finely chopped
- 3/4 cup dry red wine
- 1 1-pound flank steak, trimmed of excess fat
- 3/4 cup low-sodium beef broth
- 2 teaspoons Dijon mustard
- 1/2 teaspoon dried basil
- 1/8 teaspoon dried oregano
- /2 teaspoon salt
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon tomato paste
- 2 garlic cloves, minced cooking spray

Preheat grill or broiler. Mix first seven ingredients in a large plastic bag. Add steak and seal bag. Let marinate in refrigerator for 30 minutes, turning once. Remove the steak from bag but reserve marinade. Place steak on grill rack or broiler pan coated with cooking spray. Cook for six minutes on each side or until desired degree of doneness. Let stand five minutes. Cut steak diagonally across grain into thin slices; keep warm.

While steak cooks, combine reserved marinade, tomato paste, and mustard in a medium saucepan over medium-high heat, stirring well with a whisk. Bring to a boil, and cook until reduced to one cup (about seven minutes). Serve the sauce with steak.



### **Reproductive Services Offer Hope for Challenged Couples**

Reproductive Science Center (RSC) of New England has opened an infertility office at Lowell General Hospital's Chelmsford campus. Dr. Ania Kowalik, board-certified reproductive endocrinologist for RSC, established a practice at the hospital's outpatient facility because "patient convenience is key in infertility treatments, due to the demands of monitoring patients medically, as often as daily."

Founded in 1988, RSC is a major leader in the field of reproductive research and technology. With 12 locations throughout New England, RSC is the seventh largest medical practice of its kind nationwide. The partnership with Lowell General Hospital ensures patients receive the highest-quality care at a nearby location.

According to RSC, more than 6.1 million people of childbearing age in the United States experience infertility, which is about 10-15% of the reproductive-age population. The American Society for Reproductive Medicine emphasizes that infertility is not simply a female problem, and some couples

experience fertility problems after having a child. For that reason, it is essential that both the man and woman participate in the evaluation process. At least 50% of patients who have gone through an infertility evaluation end their treatment with successful pregnancies.

#### MYTH:

Stress is the leading cause of infertility.

#### FACT:

Infertility is a medical problem; it is a disease or condition of the reproductive system.

While relaxation my help with overall quality of life, stress and deep emotions may result from struggles with infertility, not cause it.

A common myth regarding infertility is that it has gotten "too high-tech" in our new age of robotics and computers. RSC explains that 85-90% of infertility problems are treated with conventional therapies such as drugs or repair of reproductive organs. Along with these more conventional approaches, RSC

encourages patients to also explore options such as acupuncture and nutrition analysis. Something as simple as removing sugars from the diet may improve ovulation and regularity. It is important for a woman to learn her body fat index or BMI. If it is too low or too high, it can adversely affect the ability to conceive.

For infertile couples where women have absent or blocked fallopian tubes, or where men have low sperm counts, in vitro fertilization (IVF) offers hope. Thanks to new technological advances, such as ultrasound-guided embryo transfer, physicians can transfer fewer embryos and reduce the risk of multiple births.

Although the Reproductive Science Center infertility office is in Chelmsford, diagnostic services take place at Lowell General's main campus in Lowell, and IVF procedures continue to be performed at RSC's centrally located Lexington center.

Appointments can be scheduled by calling 1-800-858-4832. For more information about RSC and how Lowell General Hospital can help you access infertility treatment, visit www.RSCNewEngland.com.

## **Doing it Right**

At Lowell General Hospital, we continually strive to improve our performance in patient care as well as the operations of our hospital. Recent industry awards for excellence in how we conduct business bring us pride but moreover, mean a higher quality of healthcare for those in our community.

Join us in celebrating these recent achievements:

## Top 100 Community Value Provider Hospital by Cleverley + Associates

For the second year in a row, Lowell General Hospital has been nationally ranked a Top 100 Community Value Provider by Cleverley + Associates, a leading consulting and research firm, specializing in healthcare financial and operational studies.



Using a Consumer Value Index, the measurement suggests that top ranked hospitals with lower costs and charges who use a strong financial position to reinvest back into the care at the hospital, provide a high degree of community value.

Lowell General Hospital is one of only eight hospitals in the state to appear in the Top 100.

#### **American Hospital Association's Most Wired**

The Most Wired Survey, which promotes the effective use of information technology in achieving clinical and operational excellence, honored Lowell General Hospital with an award for being one of the "25 Most



Improved" hospitals throughout the nation for 2008.

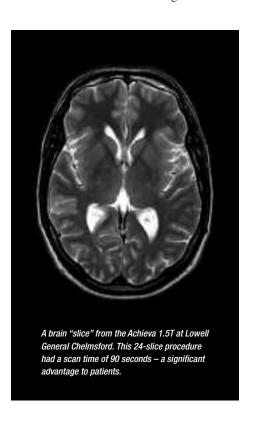
The hospital has also received a strong vote of confidence from Moody's Investor Services, earning an "A" bond rating, which places Lowell General among only five hospitals in the entire state of Massachusetts to receive such high marks.

# **Advanced Diagnostic Imaging Comes to Chelmsford**

When doctors need a better view of what is happening inside the body, they rely on getting the best images with technology designed for diagnosing or ruling out possible problems. Now you can find these highly precise tools for visualizing internal anatomy like the brain, heart, abdomen, pelvis and spine at the new Imaging Center at Lowell General Chelmsford.

The cutting-edge new computer tomography (CT) scanner, recently installed at 10 Research Place, offers reduced radiation as it provides high-quality, crisp, clear, three-dimensional images. Diagnostic precision and patient comfort make this 40-slice scanner a valuable tool for detecting disease.

Faster exam times, improved accuracy and patient-comfort are real benefits of the new Philips Achieva 1.5T Magnetic resonance imagine (MRI) system. This machine also enables breast MRI's to be done locally. Annual breast MRI is recommended for certain women at highrisk for developing breast cancer. With the addition of computeraided diagnosis specifically for breast, radiologists now have even more advanced tools for analyzing and diagnosing a variety of breast diseases.



The Imaging Center located at 10 Research Place at Lowell General Chelmsford is open Monday through Friday from 6:30am to 7:00pm. Appointments may be scheduled by calling 978-937-6023.



## Family Health and Wellness

#### **Smart Sex Talk**

October 13, 6:30-8:30pm, FREE (for ages 15-18)



Education classes designed for high school students. Classes provide facts, not opinions, about protection methods, STD's, relationships and much more. Taught by registered nurses from Pediatrics West, P.C.

#### Let's Be Honest

Thursdays, October 9-December 11, 6:30-8:30pm, FREE



These workshops are for parents and other caregivers of children starting in middle school and up. The program is designed to help caregivers learn how to create a comfortable environment of trust for talking about sex and sexuality. Help your children make the right choices. Be prepared by attending one or all four workshops available this fall. Classes provided in partnership with Pediatrics West P.C., and Planned Parenthood League of Massachusetts.

#### **Babysitting Basics plus CPR Anytime**

October 11 or December 13, 9:00am-1:00pm, \$60

This is a one-session course designed to help develop babysitting skills for boys and girls ages 10 and older. Each participant will also receive a CPR Anytime Kit for them to use to practice CPR as well as to use to bring home and teach family/friends CPR.

#### **Babysitting Basics**

November 8, 9:00am-1:00pm, \$35

This course is designed to help develop babysitting skills for boys and girls ages 10 and older. Topics include: basic safety issues, first-aid, growth and development, baby-sitter activities, bottle-feeding, bath time and bed time, care and handling of infants, and more.

## Parenting Programs

#### **Baby Signs® Parents Workshop**

November 10, 6:30-8:00pm, \$50

This is a one-time introductory workshop that teaches everything a parent needs to know to get started with the Baby Signs® Program, including: how to begin signing with your baby, effective ways to begin teaching signs at home, easy ways to use signs in daily routines, and what to expect as your baby transitions from signs to speech.

#### Sign, Say & Play Class

Mondays, November 10-December 15, 10:00-11:00am; Saturdays, November 15-December 27, 2:00-3:00pm; \$115

Sign, Say & Play is designed for parents and children ages six months to three years. The classes are offered over a six-week period and highlight signs that are most important in the lives of babies.



## Raising Healthy Daughters: Beauty Inside and Out!

November 15, 11:00am-3:00pm at Girls Inc. (220 Worthen Street in Lowell), \$5

Mothers, grab your daughters (ages 12 and up) for a fun-filled afternoon of bonding! Join us for lunch and activities as we explore secrets to developing great self-esteem. Co-sponsored by Girls Inc. and Mary Kay.

## **Childbirth Education**



#### **Prepared Childbirth Course**

Tuesdays, November 4—December 2; Wednesdays, November 5—December 3, 7:00-9:00pm, \$150

Five-week class provides information about the physical and emotional changes occurring during pregnancy, labor and delivery.

#### **One-Day Prepared Childbirth Class**

October 18 or 26, November 1 or 8, or December 7 or 13, 8:30am-4:00pm, \$165

In a faster-paced teaching environment, you will learn all the topics covered in our five-week Prepared Childbirth Class.

#### **Refresher Class**

December 6, 9:00-11:30am, \$40

For parents who have previously had a baby, this class presents an overview of the material from the Prepared Childbirth Class, reviews breathing and relaxation techniques, and a Birthplace tour.

#### **Breastfeeding Class**

October 20, November 3 or 17, December 1, 7:00-9:00pm, \$40

Taught by a certified lactation consultant, this class will help you make informed decisions about breastfeeding. Includes techniques, tips, and other valuable information.

#### **Big Brother/Sister Sibling Class**

October 14, November 18 or December 9, 3:45-4:45pm, \$20 per child

For children ages 3-8, this class provides the opportunity to explore feelings concerning the arrival of a new baby. Participants will read a story, do an art project and tour The Birthplace.

### FREE Informational Classes for Expectant Moms

Thursdays, October 16—November 6, 5:30-7:00pm, FREE

Classes include information on baby care basics, newborn appearance, at home safety and your visits with the pediatrician. You can attend any or all sessions. Taught by a nurse from Pediatrics West. Healthy snacks and drinks provided.

#### **Boot Camp For New Dads**

October 25, 9:00am-12:00pm, \$40

This three-hour workshop is taught by fathers to prepare men to be dads in all aspects — beginning with holding and comforting a real baby through the forming of a new family. The program fee includes *Hit the Ground Crawling*, a book by Greg Bishop, founder of Boot Camp For New Dads.

#### **Hypnobirthing**

Thursdays, November 13—December 18, 7:00-9:30pm, \$225

Designed for couples seeking a low-intervention delivery; this class will teach you deep relaxation techniques to minimize the discomforts of labor while reducing stress and fear. Fee includes expectant mother and a support person, textbook, and CD.



## Free Birthplace Tours!

Call 1-877-LGH-WELL (877-544-9355) or visit us online at www.lowellgeneral.org to find the next scheduled tour.



## Support Groups

For full descriptions or more information on these and any of Lowell General Hospital's support groups, call 1-877-LGH-WELL (1-877-544-9355) or visit www.lowellgeneral.org

Al-Anon/Alateen

**Arthritis Support Group** 

A.W.A.K.E (Alert, Well, and Keeping Energetic)

**Celebrating Our Special Gifts - Down Syndrome** 

Fibromyalgia Support Group NEW!

**Helping Your Child Through Divorce** 

**New Mothers Support Group** 

Pacemaker-Implantable Cardioverter Defibrillator (ICD)

**Perinatal Loss Support Group** 

**Smoking Cessation Support Group** 

**Take Back Your Life - Chronic Disease Management** 

Women's Alcoholic's Anonymous/AWOL (NEW!)



#### Support Groups at The Cancer Center at Lowell General Hospital:

Helping Children Cope With Your Cancer NEW!



**Patients/Families Living With Cancer** 

Single Parenting Through Grief NEW!



For a full listing of the Cancer Center Support Groups, please visit www.lowellgeneral.org or call 1-877-LGH-WELL (1-877-544-9355).

## Heart Health

#### **Heart & Soles Mall Walking Program**

Free blood pressure screening is offered on the third Wednesday of the month

Co-sponsored by Lowell General's Cardiac Rehabilitation Department and the Simon Pheasant Lane Mall. Enjoy a measured, one-mile walk for your health and fitness. You must register and obtain a badge at the Pheasant Lane Mall's Guest Services desk before walking.

#### **Heart Failure Management Program**

First Tuesday of each month is Nutrition Management, third Tuesday of each month is Symptom Management, 5:00-6:00pm, FREE

This self-management program is designed to educate those suffering from heart failure to help them manage at home. Participants are free to attend one or both sessions.



#### **Friends & Family CPR**

October 9, 7:00-9:00pm, \$15

Participants will learn to recognize the signs and symptoms of heart attack, cardiac arrest and stroke. Co-sponsored by Lowell General Hospital and Trinity EMS.

#### An Evening of Heart Rhythm Meditation™

November 3, 7:00-9:00pm, FREE

This introductory course involves conscious breathing, use of the full lung capacity, a concentration on the heart and an intervention in the breath to make it rhythmic through the coordination of the breath and heartbeat.

#### **CPR, AED & First Aid Combo Class**

November 15 or December 6, 10:00am-5:00pm, \$45 Seven-hour combo class for participants to become certified in basic CPR, AED and first aid. Co-sponsored by Lowell General Hospital and Trinity EMS.

## Mind/Body Programs

#### Reiki I

October 3, 6:30-9:00pm and October 4, 10:00am-5:00pm, \$150

Reiki is a simple, natural process for the laying of hands to channel energy for healing self and others.

#### Prepare for Surgery, Heal Faster™

Tuesdays, October 6 or 22, November 17, December 3 or 15, 4:30-6:00pm, \$50



Created by Peggy Huddleston, this class will assist you in calming preoperative jitters, visualizing your recovery, using healing statements, and establishing a support network. Facilitated by Carole Legro, MA, RNC, LMT.

#### An Evening of Storytelling - Understand the Power of Story

October 16, 6:30-9:30pm, \$10 (16 years old and up)



This workshop will introduce participants to the history of storytelling and its use as entertainment, connection and its ability to help us understand self and others. Presented by Lani Peterson, Psy. D.

#### Professional Training in Mind/Body Practices Lunchtime Series - Understanding the Power of Story to Heal

December 3, 11:30am-2:30pm, \$45 (registration 11:00; CEU's provided)



Lani Peterson, Psy. D., will provide an introductory workshop for participants to gain an overview of the growing art of healing story as it applies within the fields of medicine, mental health, and spiritual growth.



#### Yoga

Tuesdays, October 28-December 9, 6:00-7:15pm, \$90

Reduce stress and muscle tension, improve posture and flexibility, increase awareness of the breath, and strengthen your body. Taught by Kripalu-certified yoga instructor Nancy Dorenfeld.

#### **Prenatal Yoga**

#### Wednesdays, November 5-December 17, 5:15-6:10pm or 6:15-7:10pm, \$60

Our Prenatal yoga class utilizes stretching, modified yoga postures, breathing and relaxation techniques to help honor the body during pregnancy and the birthing process. Taught by Monica Morell, PhD.

#### **Yoga for Mothers**

#### Mondays, November 10-December 15, 7:00-8:00pm, FREE

This series is intended for the mother who has recently given birth (from 8 weeks to 24 months ago) and would like the benefits of yoga to help with relaxation and to get the body back in shape. These workshops are presented as a collaboration between Lowell General Hospital and Family Foundations Network.







### Record-breaking Success at TeamWalk for CancerCare!

Under bright and sunny skies, on Sunday, May 18, more than 4,500 members from throughout the community joined together to make a difference for cancer patients at Lowell General Hospital's ninth Annual Team*Walk* for CancerCare. Filled with spirit and smiles, this year's participants raised more than \$575,000 – a new record – to help ease the difficult journey of area cancer patients.

In the words of Jill McManus, the mother, wife, sister and cancer survivor who spoke at this year's opening ceremony, "The day of Team*Walk* is like a giant group hug. The sense of support and celebration is amazing and knowing that you are not alone can make a huge difference in facing the road ahead."

Jill, along with thousands of area residents – mothers, fathers, grandparents, children of all ages and cancer survivors – made the 3 and 6.2 mile walks along the river through Lowell.

We thank all who helped – by walking or pledging, sponsoring or volunteering for Team *Walk*. Through your generosity we will continue to bring hope, courage, and support to those that need it most during their fight against cancer.

Money raised by Team*Walk* enables Lowell General Hospital to provide help in many forms. It funds support programs for patients, their families and caregivers; financial assistance for medications; and transportation to and from treatments. Team*Walk* dollars enable workshops and classes to help people feel better, build confidence and regain hope as they go through their experience with cancer. It brings music, art and healing elements into The Cancer Center to help comfort our patients. And it provides resources, guidance and assistance when patients need it most. It is an event that turns adversity into triumph, by sharing strength and love with friends, family and neighbors in our community – one step at a time!

We hope you will join us next year on Sunday, May 17 to celebrate Team Walk for Cancer Care's 10th anniversary. Together we can make a difference!



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