

Health & Wellness

CONNECTION

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BRAIN



"He's complaining of chest pain, shortness of breath, cramps and dizziness. Do you sell earplugs?"

Monadnock Surgical Associates Names New General Surgeon



Edwin Menor, M.D.

Dr. Edwin Menor has recently joined Dr. Stephan Coffman as a general surgeon at Monadnock Surgical Associates. Dr. Menor decided to leave his surgical practice in Florida to be closer to his family located in the Boston area and his wife's family in Winchester, NH. Dr. Menor is a native of Peru, and came to the U.S. with his family when he was twenty. He attended undergraduate school at the University of Massachusetts and graduated from Creighton University School of Medicine in Nebraska. Dr. Menor did his residency in the Trauma Unit at Mt. Sinai Medical Center in New York. In Florida he was associated with Palm Beach Surgical Associates in Lake Worth and The Surgical Group in Rockledge. When Dr. Menor and his wife decided they wanted to return to New England, he interviewed with many hospitals in northern New England, but he and his wife were impressed with the beauty of the Monadnock Region and MCH's staff and facility. "Another deciding factor to practice surgery at MCH is that the hospital is equipped, much like a larger hospital, to perform many types of general surgery including advanced laparoscopic procedures which is one of my specialties," said Dr. Menor. He and his wife, Karen, who is a Physician Assistant, live in Hancock.

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Five New Doctors Join MCH Practices

Over the last several months, MCH has added five new doctors in the areas of internal medicine and psychiatry/psychology.

Joining **Peterborough Internal Medicine** and **Monadnock Internists**, are **Drs. Neeraj Vasishtha** and **Anu Diddee**, respectively. These talented husband and wife internists previously practiced medicine in Harper, Kansas. Dr. Vasishtha is Board Certified in Internal, Pulmonary and Critical Care medicine. He was a resident in Internal Medicine at Northshore University Hospital in Forest Hills, NY. Dr. Vasishtha completed a fellowship in Pulmonary and Critical Care Medicine at New York Medical College in Valhalla College in Valhalla, NY.



Neeraj Vasishtha, M.D.

Dr. Diddee spent her residency in Internal Medicine at Albert Einstein College of Medicine in Bronx, New York. She has been a Board Certified Internal Medicine physician since 1999 and is certified in Advanced Cardiac Life Support as well as Advanced Trauma Life Support.



Anu Diddee, M.D.

Over the last year **Monadnock Behavioral Health Services**, located in The Bond Wellness Center, has expanded its outpatient mental health services to treat patients of all ages, including children and adolescents. The practice has added three new mental health doctors - A Board Certified psychiatrist,

Theresa Cadorette, M.D., comes to MCH from a private practice in Hampton, NH. She received her M.D. from the University of Texas Health Science Center Medical School and did her internship and residency at the University of Texas Southwestern Medical Center in Dallas. Dr. Cadorette treats individuals 18 or over for a wide variety of mental disorders.



Theresa Cadorette, M.D.

Betty Lewicke, Ph.D. is a psychologist on the staff who for the last seven years did neuropsychological testing and counseling at Crotched Mountain Rehabilitation Center. **Doreen Cawley, N.D.** (Nursing Doctorate) recently joined MBHS after working seven years at Broad Street Counseling, a private

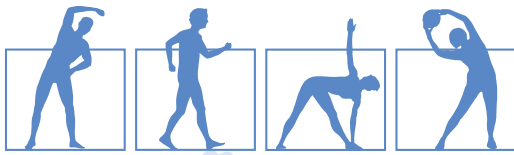


Bette Lewicke, Ph.D.



Doreen Cawley, N.D.

outpatient practice, providing psychopharmacotherapy and therapy for children and adults. She was also Assistant Professor of Nursing at Rivier College's Graduate School of Nursing. She earned her Nursing Doctorate from Case Western Reserve University.



The Bond Wellness Center

Monadnock Community Hospital

Group Fitness Schedule

MONDAY

Group Strength Training	6:30 - 7:30 AM
Muscle Toning	8:30 - 9:15 AM
Abs & Back	9:15 - 9:30 AM
One Step Up	9:30 - 10:30 AM
A, B, C's	11:00 - 11:50 AM
Abs & Back	4:00 - 4:20 PM
Step II	4:20 - 5:10 PM
Pilates Workout	5:15 - 6:00 PM
Yoga with Peggy Cappy	6:00 - 7:15 PM

TUESDAY

* Intermediate Pilates	8:00 - 9:00 AM
* Pilates Basics	9:00 - 10:00 AM
Yoga	10:15 - 11:15 AM
* Tai Chi for Balance	11:30 - 12:45 PM
Cardio Salsa	4:30 - 5:30 PM
* Pilates Basics	5:00 - 6:00 PM
Tai Chi	5:30 - 6:45 PM

WEDNESDAY

Circuit Challenge	6:30 - 7:30 AM
Muscle Toning - Abs	9:00 - 9:15 AM
Abs and Back	9:15 - 9:30 AM
A, B, C's	11:00 - 11:50 AM
Hatha Flow Yoga	4:15 - 5:15 PM
Muscle Toning	5:30 - 6:15 PM
Abs and Back	5:30 - 6:15 PM
Step Express	6:30 - 7:15 PM

THURSDAY

Tai Chi	8:00 - 9:00 AM
* NIA	9:00 - 10:00 AM
Yoga	10:15 - 11:15 AM
* Pilates for Osteoporosis	12:00 - 1:00 PM
K.I.S.S. Step	4:15 - 4:45 PM
Half n Half	5:15 - 6:15 PM
* Intermediate Pilates	5:30 - 6:30 PM
Iyengar Basic Yoga	6:30 - 7:45 PM

FRIDAY

Serious Strength	6:30 - 7:30 AM
Gentle Strength	8:30 - 9:30 AM
Yoga	9:45 - 10:45 AM
A, B, C's	11:00 - 11:50 AM
Serious Strength	4:15 - 5:00 PM
Abs and Back	5:00 - 5:15 PM
Step I	5:30 - 6:15 PM

SATURDAY

Mixed Bag	8:15 - 9:15 AM
Yoga	9:30 - 10:45 AM

*Indicates class requiring Pre-Registration.
Call to Register.

Primary Care and Specialty Practices Near You

Find a Physician - Call 924-1702

Family Care Practices

Antrim Medical Group
12 Elm Street, Antrim
588-4200

Jaffrey Family Medicine & Jaffrey Physical Therapy
Monadnock Plaza
82 Peterborough Street, Jaffrey
532-8775, Family Medicine
532-6782, Physical Therapy

Monadnock Family Care
Monadnock Community Hospital
Peterborough
924-4664

Monadnock Internists
Monadnock Community Hospital
Peterborough
924-4671

Monadnock Regional Pediatrics
Monadnock Community Hospital
Peterborough
924-7101

New Ipswich Family Medicine & Physical Therapy
821 Turnpike Road
New Ipswich
878-1092 Family Practice
878-0006 Physical Therapy

Peterborough Internal Medicine
Monadnock Community Hospital
Peterborough
924-4680

Other Specialties/Departments

Audiology 800-660-9043
Bond Wellness Center 924-4650
Cardiac, Diabetes & Pulmonary
Rehab 924-4650
Cardiology 924-4646
Emergency 924-7191
Gastroenterology 924-3397
General Surgery 924-4668
OB/GYN 924-9444
Neurology 924-4646
Oncology/Hematology 924-4660
Ophthalmology 924-7070
Orthopaedics 924-2144
Otolaryngology 800-286-2353
Pain Solutions 577-3003
Podiatry 924-4095
Psychiatry 924-4690
Pulmonology 924-4646
Radiology 924-7191
Rheumatology 924-4646
Urology 924-8700

For more information... about classes or The Bond Wellness Center, call 924-4650.

Christmas Shopping!

The Window Shop at Monadnock Community Hospital has a huge inventory of affordable and unique gift items for the children and adults on your Christmas list.

Some of our gift items include:

- * Beautiful Jewelry
- * Infant Baby Items
- * Melissa & Doug Wooden Puzzles
- * Game Wright Games
- * Webkinz
- * Books for All Ages
- * Bella Sara Trading Cards
- * Unique Candles
- * Christmas Ornaments

The Window Shop

Located off the Hospital's Main Lobby
Open: Mon - Thurs 10-7, Fri - Sat 10-1

All proceeds from sales at The Window Shop help support MCH patient care.

Health Programs Sponsored at MCH

Alcoholics Anonymous

Saturdays, 9:00 - 10:00 a.m.
(women)

7:00 - 8:00 p.m.

Sundays, 8:00 - 9:00 a.m.
10:30 - 12:00 p.m.

Monadnock Community Hospital
Conference Room #1

Diabetes Self-Management

Wednesdays, 1:30 - 2:30 p.m.
Wellness Center Conference Room

Registration Required
Sue Grosso, RN, CDE
924-4699, x4096

Multiple Sclerosis Support Group

Second Saturday of the Month,
10:00 a.m. - 12:00 p.m.
Wellness Center Conference Room #10

Nursing Mom's Group

Second & fourth Tuesdays of the month,
10:00 a.m. - 12:00 p.m.

Monadnock Community Hospital
Conference Rooms 1 & 2

Overeaters Anonymous

Sundays, 6:30 - 7:30 p.m.

Monadnock Community Hospital
Conference Room #1

National Alliance for Mental Illness

Second & fourth Thursdays of the month,
7:00 - 8:00 p.m.

Monadnock Community Hospital
Conference Room #3

Pregnancy & Infant Loss Support Group

Second Tues. of the month, 6:30 - 8:00 p.m.
Monadnock Community Hospital
Conference Rooms 1 & 2
Pat O'Connell, RN
924-4672

MCH Diabetes Education and Exercise Program Offers Treatment and Prevention

According to the American Diabetes Association, there are 20.8 million children and adults in the U.S. or 7% of the population who have diabetes. Of this number, 6.2 million people (or nearly one-third) are unaware that they have the disease.

Those individuals in the Monadnock Region who want to take an active role in the management of their diabetes can turn to MCH's Diabetes Education and Exercise Program at The Bond Wellness Center. This comprehensive

program is dedicated to education through proper diet, regular exercise, and weight loss, all of which can help to return blood sugar to normal levels. Personalized counselling is available with a Registered Dietitian and Certified Diabetes Nurse Educator. The education program is designed to improve diabetes control, minimizing the need for medications and insulin, and preventing diabetes related complications.



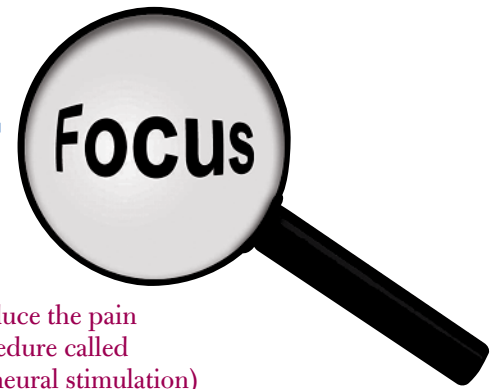
The Diabetes Exercise Program meets three times per week and consists of aerobic exercise sessions specifically designed for people with diabetes. Participants exercise in the medical rehabilitation exercise room at The Bond Wellness Center and are monitored by experienced nurses and exercise physiologists.

“We strongly recommend diabetic screenings, especially for individuals over 40 who are overweight and have high blood pressure or a family history of diabetes,” says Sue Grosso, Clinical Diabetes Specialist. This testing, which requires a simple Fasting Plasma Glucose Test, can be used to diagnose pre-diabetes or diabetes. If an individual's glucose level is defined as pre-diabetes, actions can be taken to prevent progression to full-blown diabetes.”

For more information about the Diabetes Education and Exercise Program at MCH, call Sue Grosso at 924-4699 x4096 or talk with your physician.

Pain Solution Practice Provides Relief from Chronic Pain

DEPARTMENT FOCUS



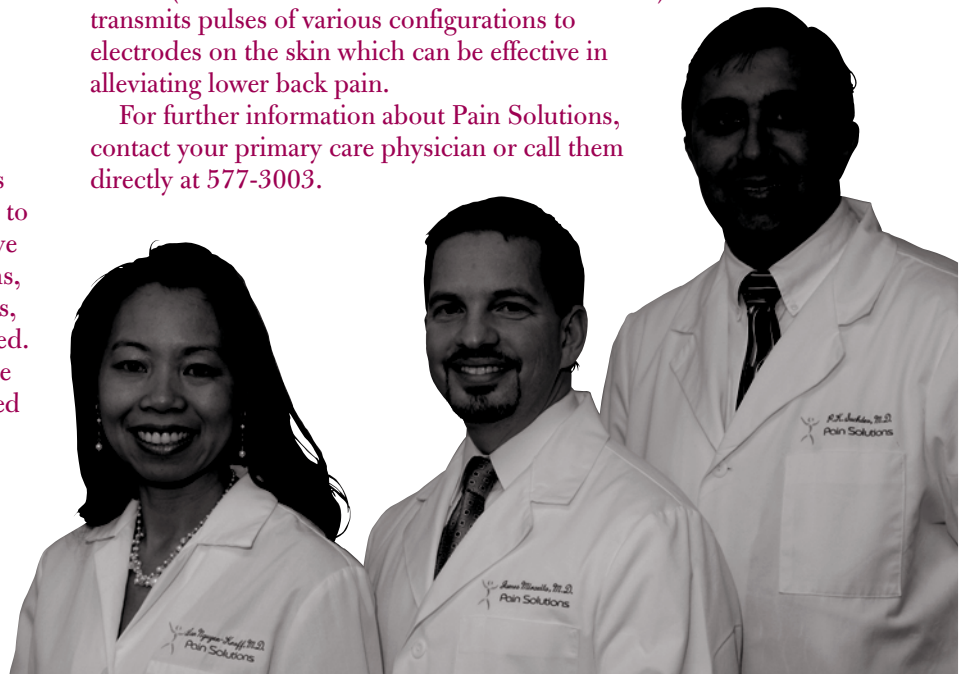
Residents living in the Monadnock Region who suffer from severe pain are fortunate to have a pain solution close to home. Pain Solutions, a Nashua-based pain management practice, has an active practice at MCH. Three part-time pain management physicians treat up to 40 patients a week.

If a patient doesn't respond to traditional pain treatment or is experiencing chronic pain, MCH's primary care doctor will often refer the individual to the Pain Solutions practice. After a comprehensive patient evaluation, a treatment such as medications, injections, comprehensive spine care, nerve blocks, diagnostic blocks and physical therapy is prescribed. The practice feels that injections are just one piece of the “pain puzzle” and takes a more well-rounded approach to treating the whole patient, including social and nutrition issues, medications and psychological issues.

One of the most significant advances for individuals suffering from chronic back pain is a form of neurostimulation. A pace-maker size neurostimulator device is implanted near the spinal cord, delivering a small electrical signal

to the spinal cord that helps to reduce the pain signal. Another less invasive procedure called TENS (transcutaneous electrical neural stimulation) transmits pulses of various configurations to electrodes on the skin which can be effective in alleviating lower back pain.

For further information about Pain Solutions, contact your primary care physician or call them directly at 577-3003.



Pain Solutions Team, l to r: Lon Knoff, M.D., Jim Mirazita, M.D., and P. K. Suchdev, M.D.

Welcome to the *Fall Issue* of
Monadnock Community Hospital's
Health & Wellness Connection.

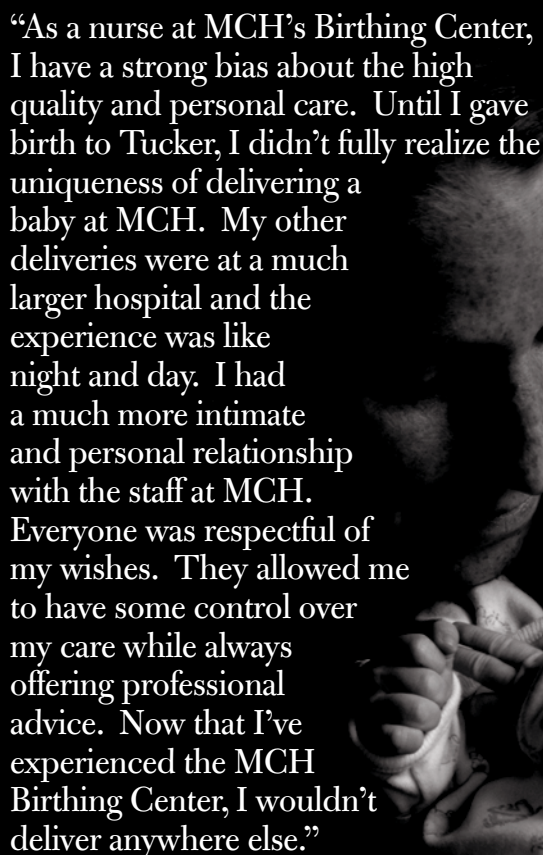
The Birthing Center at MCH... Delivering Innovative Maternity Care In a Family-Centered Setting

The Birthing Center at Monadnock Community Hospital and Monadnock OB/GYN Associates provide a family-centered and highly supportive environment to women and their families before, during and after childbirth.

In addition to offering a complete range of birthing options, our highly skilled team of experienced nurses provides "one-on-one" labor care to assist each mother in fulfilling her unique childbirth needs.

The Birthing Center's Parent Education Program, coordinated by Pat O'Connell, includes services and classes in Prepared Childbirth, Breastfeeding, Big Brother and Big Sister Sibling Preparation, a Family Follow-Up Program, Nursing Mom's Group, and Pregnancy and Infant Loss Support.

For more information or to schedule a tour, please contact Pat O'Connell at 924-7191 x4174. Also, please visit www.monadnockhospital.org.



"As a nurse at MCH's Birthing Center, I have a strong bias about the high quality and personal care. Until I gave birth to Tucker, I didn't fully realize the uniqueness of delivering a baby at MCH. My other deliveries were at a much larger hospital and the experience was like night and day. I had a much more intimate and personal relationship with the staff at MCH. Everyone was respectful of my wishes. They allowed me to have some control over my care while always offering professional advice. Now that I've experienced the MCH Birthing Center, I wouldn't deliver anywhere else."

— Lynn Johns, Fitzwilliam