



Portsmouth
Regional
Hospital

Healthcare Resource Guide

Including Healthcare Professionals and Services

13th Edition

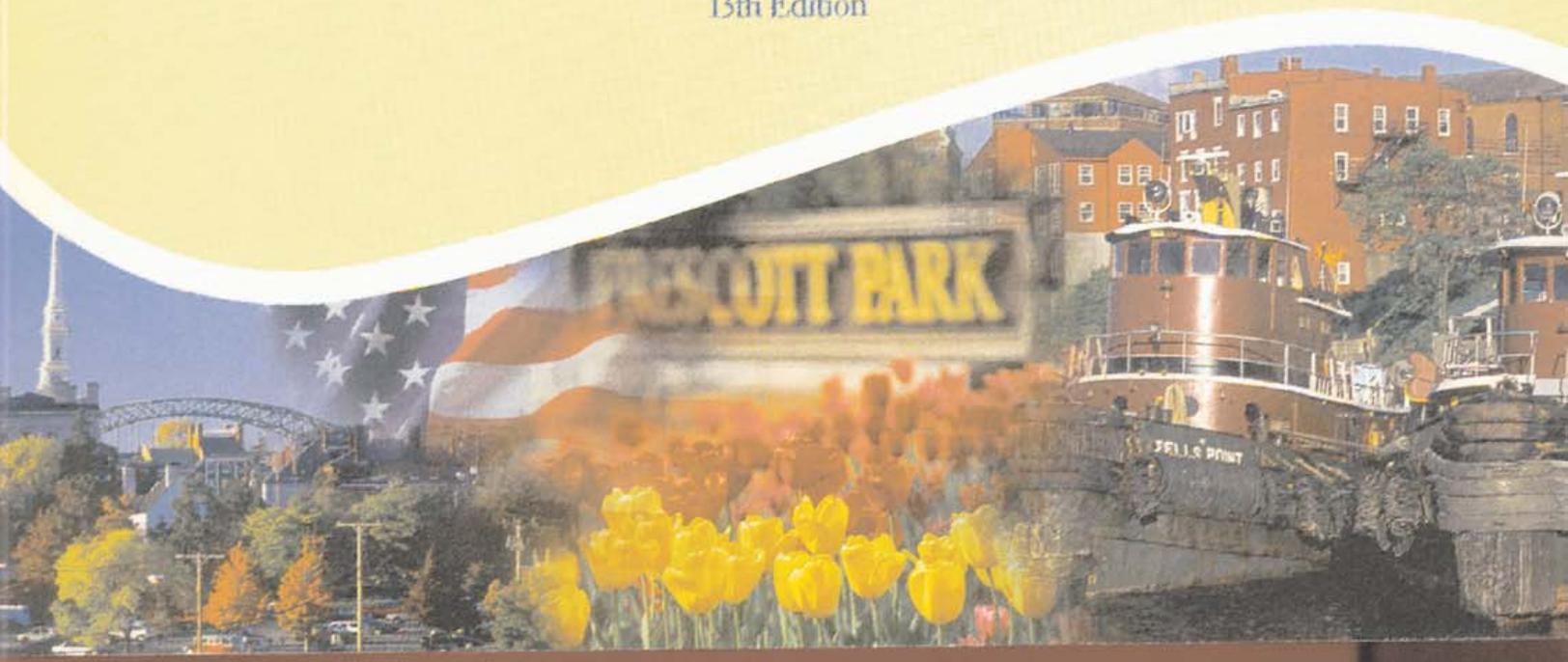


TABLE OF Contents

Welcome	2	Senior Friends Program	20
Primary Care	4	Community Benefits	21
Emergency Services	5	Index of Physicians by Specialty	22
Heart & Lung Center	6	Active and Senior Active Staff	83
The Wellness Connection	8	Consulting/Courtesy/ Emeritus Staff	89
Rehabilitation Services	9	Independent Practitioners	91
Women's Care	10	Allied Health Professionals	92
Surgical Services	12	Glossary of Terms	94
Behavioral Health	14	Patient Services	95
Wound Care Center®	16	Map/Directions	96
Cancer Care	17	Telephone Directory	Inside Back Cover
Occupational Health	18		
The Diabetes Resource Center	19		

IMPROVEMENT

We value continuously improving upon everything we do to achieve excellence in performance.



We treat all those we serve with compassion and kindness.



STAFF & VOLUNTEERS

We believe each staff member is a valued, vital part of the health care team, and our professional staff are leaders in patient centered care.

At Portsmouth Regional Hospital, our goal is to provide quality healthcare to you and your family. Our philosophy is to ensure that you, as a patient, are our first and foremost concern in everything we do.

Whether you need the primary care of internists, pediatricians, or family practitioners or the complex services of cardiology, neurology, oncology, orthopedic, pain management, or many other specialists, our commitment is to provide you with personalized care, the reliability of skilled practitioners, and the resources of leading-edge technology.

The year 2003 marks the 16th anniversary of Portsmouth Regional Hospital's move to its modern facility on Borthwick Avenue. During this time, it has been a privilege to support the Seacoast region with continuing growth and improvement in healthcare resources – from new doctors to new services and new technology.

Our cardiac surgery service published results of pioneering work in the use of radiofrequency ablation – in conjunction with open heart and valve surgery – to correct atrial fibrillation, making a cure for this debilitating problem much more accessible.

Our neurosurgery service has acquired an important, advanced tool with the installation of a state-of-the-art image-guided-surgery system that makes it possible to monitor where the surgeon's scalpel is in relation to the targeted brain tumor at

Regional Hospital



Pictured on these two pages are various professionals who work at our hospital from receptionists to information systems support staff to volunteers. It takes a lot of talented people to provide quality healthcare for you and your family.

all times. Now, brain surgery procedures that might have been referred out of the area can be performed right here on the Seacoast.

Our diagnostic imaging resources took major steps forward with the installation of two important new devices. One is a GE Lightspeed computerized tomographic (CT) scanner capable of multiple scans simultaneously allowing for much faster results. The other is a fixed magnetic resonance imaging (MRI) system that offers a larger range of tests, greater accuracy, faster speed, and a much more spacious environment for the patient than the mobile unit it replaced.

Above all, it's important to remember that our technological systems are just tools used by the extraordinary people who are here to work for you. We are fortunate to have as our 200 doctors and 1,000 employees a group characterized by dedication, enthusiasm and a genuine love of helping others. Our doctors and employees stay with us for the long haul, are committed to excellence, and contribute mightily to the richness of our community.

We thank them, and we thank you for letting us serve you.

Photo Below:
Front Row: Leslie R. Pope, VP of Marketing & Public Affairs; Stanley Plodzick, Jr, VP of Patient Services/ Chief Nursing Officer; Stuart Hemming, COO; William J. Schuler, President/CEO;
Back Row: Richard Senger, CFO; Mike Solak, VP of Facilities; Jackie L. Brayton, VP of Human Resources.



Primary Care SERVICES



Family Physician Sarah J. MacDuffie, DO, with one of her young patients.

TEAMWORK

We believe in the worth of interdisciplinary healthcare which is enhanced by collaborative planning and outcomes evaluation among members of the health care team.

In our age of image-guided surgery and MRI technology, the primary care physician (PCP) — your internist, pediatrician or family practitioner — remains a central figure in your overall medical care. Many of our local practices have rounded out their healthcare options with the addition of nurse practitioners and physician assistants

Whether your concern is simply a regular “checkup,” an acute problem such as back pain or a respiratory infection, or routine follow-up for a chronic condition such as arthritis, it is your PCP who is first going to evaluate you, treat you, or refer you for testing or specialty care.

Portsmouth Regional Hospital’s network of primary care practitioners includes physicians in towns throughout the Seacoast region, from York County, Maine, to the Massachusetts’ border. A strong contingent of PCP’s is located right next to PRH in Portsmouth.

Choosing a PRH-affiliated primary care physician is as easy as checking the resources listed below and finding a doctor who meets your special requirements. Maintaining a comfortable, ongoing relationship with a primary care physician who knows you and your health needs is important for your overall care.

You can check out our PCPs’ credentials, locations and phone numbers in this directory, on-line at www.portsmouthhospital.com or by calling our Physician Referral Line at 603-436-3322 or 888-421-1080. Our Physician Referral Line can also tell you who is accepting new patients.

Internist Gregory J. Morrissey, DO, at a recent Men’s Health screening in Hampton.



Emergency SERVICES

There is never a good time to have a medical emergency, but Portsmouth Regional Hospital's newly expanded Emergency Center is an outstanding place to be treated, 24 hours a day, seven days a week.

PRH's state-of-the-art emergency unit recently doubled the size of our previous facility, upgraded its technology and dramatically improved the setting in which patients in need of urgent care receive help. In fact, it improved the setting in which non-urgent cases receive care as well, with a Fast Track Care section for non-critical, non-life-threatening problems. This shortens the time in which patients are seen in either section.

The Emergency Center has x-ray, chest pain, and trauma resources right on site. It has 22 new treatment rooms, with fast, private registration often done at the bedside to save time. And, we encourage family members to stay with you whenever possible. Our waiting area is larger, with private family consultation rooms and a children's playroom.

Our Emergency and Chest Pain Centers are staffed by doctors and nurses who are trained, experienced, and certified in emergency medicine. Portsmouth Regional Hospital is a Level II Trauma Center, so our emergency staff is backed by a variety of specialists, including cardiology and cardiothoracic surgery, neurosurgery, orthopedic surgery and other specialties.

If and when you have a medical emergency, PRH's Emergency Center is here for you, with the staff, the resources, and the commitment to quality that you deserve.

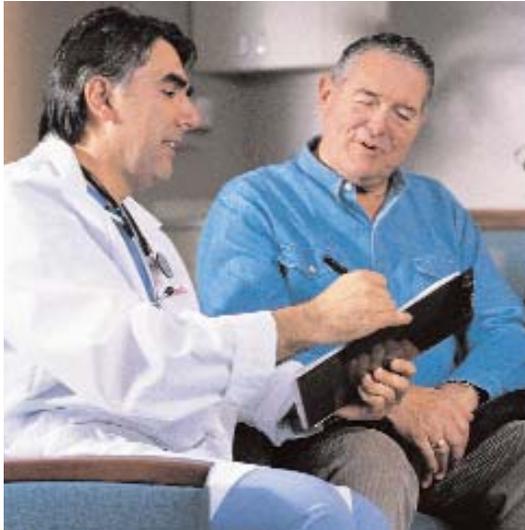
Call 603-436-5110 or go to www.portsmouthhospital.com for more information and a virtual tour of the center.



Above:
Karen O'Neil Wetherbee, ARNP,
examines a patient in the
Emergency Center's
Fast Track area.

Below:
Monitoring a patient who is
being scanned in the new
fixed MRI.





Chief of Cardiothoracic Surgery
Donato Sisto, MD, FACS, with a
patient.



James Clayburgh, MD, FACC,
reviews a stress-echo cardiogram.

Portsmouth Regional Hospital's Heart & Lung Center combines an outstanding team of cardiothoracic surgeons with extensive cardiac and pulmonary testing resources to provide the Seacoast region with advanced, top-quality cardiopulmonary services.

The Heart & Lung Center is a collaborative effort of PRH, Seacoast cardiologists, and other area hospitals to ensure a coordinated approach to cardiovascular care for the region.

The surgeons of our Cardiothoracic Surgery program provide a broad range of complex services, including coronary artery bypass surgery, heart valve repair and replacement, surgery for aortic and ventricular aneurysms, and lung and chest wall resection.

Our capabilities reflect clinical techniques in the forefront of medical expertise. For example, Donato Sisto, MD, FACS, chief of cardiothoracic surgery, recently published the results of pioneering work he has done in radiofrequency ablation to eliminate atrial fibrillation, or irregular heartbeat. In 70 treatments over two years (performed in conjunction with bypass and valve procedures), he saw a 98 percent success rate in correcting atrial fibrillation in coronary artery bypass patients and an 82 percent success rate in mitral valve patients.

Portsmouth Regional Hospital's cardiology team provides a full range of services for diagnosis and medical and interventional treatment of cardiovascular problems, including techniques of angioplasty, rotoblading and stenting (including the

addition of drug eluting stents in the spring of 2003) to open narrowed arteries. Having pioneered the use of primary (emergency) angioplasty in 1991, PRH interventional cardiologists have been leaders in performing this procedure on heart attack patients. In 2002, they published results demonstrating that their outcomes in PRH's community hospital setting were equivalent to those at major academic centers.

The Heart & Lung Center's diagnostic resources include exercise stress testing, cardio-pulmonary nuclear-isotope imaging, echocardiography, stress echocardiography, transesophageal echocardiography, Holter monitoring, event monitoring, and cardiac catheterization.

Pulmonary diagnostic resources include pulmonary function, exercise function and arterial blood gas testing.

PRH's Wellness Connection reinforces the medical center's commitment to comprehensive cardiopulmonary care with patient education and rehabilitation services, including cardiac rehabilitation and risk reduction clinics, lifestyle management programs, pulmonary rehabilitation services, and asthma education.

In 2003, PRH began an innovative educational initiative to increase awareness of women's unique heart health issues, providing screenings and free lectures.

Call 603-433-4032 or go to www.heart-and-lung-center.com for more information.



Above:
Cardiologist Frank Fedele, MD, FACC, in the cardiac catheterization lab

Below:
Patricia Lundgren, RN, comforts a cardiac patient in the hospital's state-of-the-art Intensive Care Unit.





Corinne Payette, Exercise Specialist, works with cardiac rehab patients in the Wellness Gym.

Healthcare is about much more than just advanced technologies and dramatic surgical procedures. Ultimately, it's about helping you achieve the best quality of life possible, and PRH's Wellness Connection was established to do just that.

The Wellness Connection assists you in focusing on management of health problems you may already have and prevention of those for which you may be at risk. Participation begins with a Wellness Profile assessment that identifies your health needs and allows creation of an individualized wellness program for you.

Education, exercise and rehabilitation programs are other important parts of the wellness equation, helping you change your lifestyle and live in a healthier way. These are implemented through the Center's Disease Management Services, Primary Prevention Services, and Comprehensive Services.

Wellness Connection education programs concentrate on such problems as heart disease, emphysema, and diabetes. Major areas of emphasis are cardiac rehabilitation, pulmonary rehabilitation, and women's programs on issues ranging from breast cancer to menopause. Lifestyle and nutrition counseling is offered, as are courses in smoking cessation, stress management and relaxation techniques, yoga, massage therapy, and weight management. Supervised exercise programs, including one for children, are part of the offerings; and Reiki services are offered on an inpatient basis.

Call 603-433-5228 or go to www.portsmouthhospital.com for more information.

Rehabilitation SERVICES

Whether you're getting back into shape after childbirth or recovering from a heart attack, stroke, or joint replacement surgery, PRH's Rehabilitation Services are here to help you achieve your best quality of life.

The members of our rehabilitation team – a neurologist, a neurophysiologist, physical and occupational therapists, a speech-language pathologist, a consulting vocational counselor, and an internal case manager – work together to help you regain function, mobility, and comfort.

In addition to its core Physical Therapy, Occupational Therapy, Speech Therapy, and Hand Therapy services, our rehabilitation unit offers a wide range of specialized programs. These include Balance Assessment and Treatment, Cardiac Rehabilitation, a Hand Clinic, Incontinence Therapy, Lumbar Stabilization, Pediatric Therapy, Prenatal and Postpartum Exercise, Women's Services, and industrial rehabilitation.

Our Day Rehabilitation Program is designed for patients who are dealing with the effects of head injury, stroke, multiple sclerosis, or other neurological problems. With an intensive, individualized approach, it works with patients who are physically able to live at home, seeking to maximize their independence in home life, work skills, and social interaction. It involves not only the entire rehabilitation team, but family members as well, giving both patient and family the building blocks for continued progress once the Day Rehabilitation Program is completed.

Our rehabilitation services are offered at both PRH and the Jackson-Gray Medical Building in Portsmouth, in Hampton at 55 High Street, and in Newington adjacent to the mall.

Call 603-433-4015 or go to www.portsmouthhospital.com for more information.



Above:
A stroke survivor working on gait training in a specialized Lite Gait support system. Assisting the patient is Kelley Thibeault, PT.

Below:
Mary McDunough, OT, exercising with a patient in the warm water pool.





Our mammography department is fully accredited by the American College of Radiology. Mammographer Bonnie Mack is here with a patient. Our new Breast Center is located in the hospital's Medical Office Building.

Portsmouth Regional Hospital's Women's Care Program is designed to be there for you at all the stages of your life and healthcare needs, from birth to midlife to the golden years. You'll find a wide range of options available to you as you review our full complement of physicians (both male and female) as well as physician assistants and nurse practitioners.

The hospital has extensive gynecology, cancer, and cosmetic surgery capabilities. Our resources for diagnosing and treating breast cancer are comprehensive and our women's health team takes a multi-specialty approach to problems of menopause, osteoporosis, incontinence, and other issues.

More women choose to have their babies in Portsmouth Regional Hospital's family centered maternity unit than at any other facility in the Seacoast region. You can choose from a large and diverse staff of experienced, board-certified obstetricians, certified nurse midwives, and pediatricians for your care during pregnancy and delivery, and for the care of your newborn. Our maternity unit is designed for your comfort and privacy, and our nurses consistently receive top patient satisfaction ratings.

Our Breast Center is the first Seacoast center to offer digital mammography with an image checker. It is fully accredited by the American College of Radiology. Our MRI unit performs gadolinium-enhanced breast scans, and we use the stereotactic system for breast biopsies – a state-of-the-art, minimally invasive technique for early diagnosis of breast cancer. When surgery is necessary, our breast surgeons place an emphasis on alternatives to total mastectomy. Chemotherapy options are available, as are post-operative breast

reconstruction surgery and a rehabilitation program to maximize comfort, mobility, and appearance.

Our Gynecology Service is comprised of board-certified gynecology specialists available to deal with a range of women's health problems, including ovarian and other cancers, incontinence, endometriosis, infertility, pain management, and sexually transmitted diseases. For women facing mid-life issues, our staff has significant expertise in women's heart disease, menopause, osteoporosis, weight management, and rehabilitation following surgery or illness. Women's Services uses a LUNAR bone densitometer to measure bone density, a state-of-the-art device that can identify significant bone loss in just 30 seconds.

In addition, Women's Care services include: special counseling programs for post-partum depression and other depression issues; alternative health approaches, including herbal remedies, hypnobirthing, and massage; nutrition counseling; and an extensive program of educational offerings.

In 2003, PRH began an innovative educational initiative to increase awareness of women's unique heart health issues, providing screenings and free lectures.

The hugely popular Women's Health Lecture Series was established in response to a need expressed by many women in the Seacoast region for access to serious health information. Topics presented by PRH physicians and staff have been as diverse as pregnancy over 40, arthritis, depression, and osteoporosis. PRH donates the \$5-per-person registration fees to area women's and children's organizations, and thus far more than \$150,000 has been distributed throughout the Seacoast from this source.

Call 603-433-4054 or go to www.portsmouthhospital.com for more information.



Above:
A local family welcomes their newest member in the hospital's family-centered Maternity Unit. More women have delivered their babies at Portsmouth Regional Hospital than at any Seacoast hospital.

Below:
A recent Women's Care program featuring Orthopedic Surgeon Mayo Noerdlinger, MD and Joanne Brooks PT, Director of Rehab Services, was moderated by Nancy E. Notis.





Above:
Surgeon Cynthia N. Paciulli, MD, answers her patient's questions about an upcoming procedure.

Below:
Technicians taking readings in our newly expanded endoscopy suite.



If you require surgery, you can expect to be in good hands — literally — at Portsmouth Regional Hospital. A commitment to physician skill combined with advanced technology make our Surgery Department a leader in the Seacoast region. From admission to discharge, our goal is to make your stay as comfortable as possible, with the best results possible.

With 50 surgeons in a dozen specialties, the PRH staff performs more than 10,000 operations each year, approximately 60 percent on an outpatient (“day surgery”) basis in our Short Stay Unit.

PRH surgical specialties include cardiac surgery, cosmetic surgery, ear, nose and throat, general surgery, gynecology, neurosurgery, oral surgery, ophthalmology, orthopedic surgery, podiatry, urology, bariatric (laparoscopic gastric bypass) and vascular surgery. Eight full-time anesthesiologists make possible the alternatives of general anesthesia, spinal and epidural anesthesia, conscious sedation, or local anesthesia.

Located adjacent to the operating room is PRH’s Endoscopy Unit, a recently expanded area providing physicians with the capability for visually examining the entire length of the digestive tract, from the esophagus and stomach to the rectum and colon. In an endoscopic procedure, a flexible fiberoptic instrument called an endoscope enables your physi-

cian to look at your gastrointestinal tract, photograph it, and even take biopsy samples with a tiny forceps.

Thirty percent of surgical procedures at PRH are performed as laparoscopic surgery, the use of endoscopic instruments that

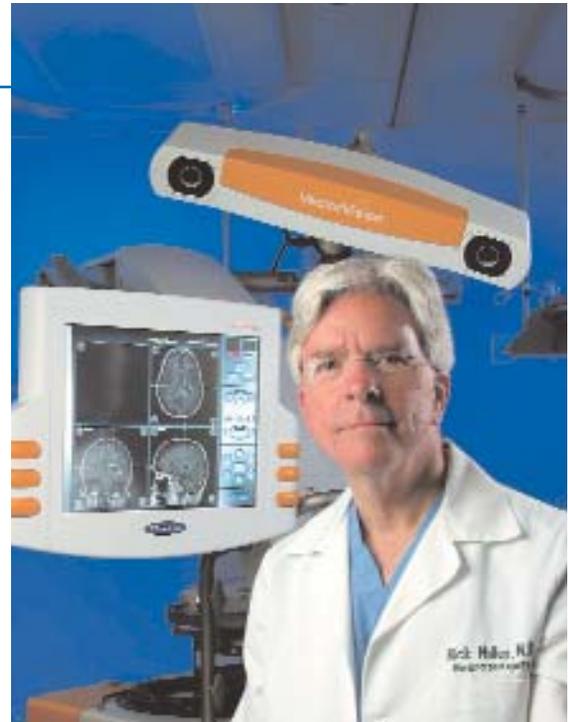
enable the surgeon to operate on internal organs through several half-inch incisions instead of large, open-wound incisions. With laparoscopic surgery, post-operative pain, hospital stay, and recovery times are all significantly reduced without loss in quality of outcomes. Laparoscopic procedures are now used for issues as varied as colon cancer, appendicitis, gall bladder problems, knee and shoulder problems, and respiratory disorders.

PRH's neurosurgery capabilities now include the state-of-the-art Vector Vision image-guided surgery system for brain and spine surgery, using a high-density MRI or CT scan to provide the surgeon with a video-monitor frame-of-reference for his scalpel's position at all times in relationship to a target lesion.

Orthopedic surgery is our largest surgical specialty, using both medical and surgical approaches to treat the full range of musculoskeletal injuries in adults and children. A strong sports medicine program works closely with injured athletes to help them return to activity as quickly – and safely – as possible. Laparoscopic arthroscopic procedures for injured knees and joint replacement surgery for knee and hip problems are PRH strengths. Our orthopedic surgery program has long served as a training site for foreign surgeons learning to perform knee replacement surgery.

In PRH's cosmetic surgery program, board-certified plastic surgeons can provide you with the full range of aesthetic procedures, from eyelid tucks to traditional face lifts to laser skin resurfacing.

Call 603-436- 5110 or go to www.portsmouthhospital.com for more information.



Neurosurgeon Clinton Frederick Miller, MD, with the Vector Vision image-guided surgery system for brain and spine surgery.

Orthopedic surgeon Thomas King, M.D. examining a patient's x-rays.



Behavioral Health SERVICES



From assessment to discharge, our inpatient staff works with patients in crisis, helping them regain control of their lives.

Behavioral Health Services at Portsmouth Regional Hospital is committed to providing comprehensive, quality psychiatric crisis stabilization for adults and adolescents of the Seacoast area.

Addiction and substance abuse (including medical detoxification), depression, bi-polar disorders, anxieties, and self-destructive behavior are all treated with specialized programs designed to address the individual clients' needs. Programs are offered for both inpatient and intensive outpatient treatment. We are recognized for our expertise in dual diagnosis recovery – treatment for cases involving both substance abuse and psychiatric or emotional disorders. Also notable among our services is our new Intensive Behavioral Health Program – an intensive outpatient program that is being recognized for its innovative approach to treatment of behavioral problems.

The Behavioral Health Services team is extensive, including psychiatrists, nurse practitioners, psychiatric nurses and counselors, chemical dependency specialists, social workers, recreational therapists and other clinicians — all certified in their fields. The team works closely with private physicians and therapists in the community as well as the four area mental health centers to ensure continued support and positive outcomes for patients once they are discharged.

Our Psychiatric Assessment and Referral Service (PARS) is the first point of contact with our programs. Our highly trained staff works with patients in crisis to assess their immediate needs and to determine an appropriate course of treatment, whether it be admission to the hospital, participation in one of our intensive outpatient programs, or referral to a therapist out in the community.

Treating and curing chronic wounds is the full-time goal of PRH's Wound Care Center®.

Nearly five million Americans are afflicted with chronic wounds (wounds defined as not healing, or at least improving significantly, within four weeks). Common causes are diabetes, poor circulation, pressure ulcers that result from prolonged confinement to bed, and venous insufficiency (the body's inability to pump blood from the legs back to the heart.)

In the Wound Care Center, a coordinated team of specialists provide intensive, comprehensive evaluation and treatment in a regimen built around a care plan customized to the patient. Capabilities include vascular surgery, growth factor therapy, skin grafting, infection control, nutritional counseling, and protective devices.

For diabetics, peripheral neuropathy (loss of feeling) in the feet represents a major danger. Poor attention to wounds can lead to development of infection, gangrene, and a potential need for amputation. Effective wound care results in earlier recovery, fewer hospitalizations, and prevention of prolonged or permanent disability.

Statistics indicate that PRH's Wound Care Center has experienced a 92 percent healing rate for patients who complete the program. The Wound Care team coordinates with patients' personal physicians to ensure continuity of care, and an emphasis is placed on education that helps patients care for existing wounds and prevent new wounds.

Call 603-433-6994 or go to www.portsmouthhospital.com for more information.



Surgeon William Berry, MD with a patient in the hospital's Wound Care Center where there is a 92% healing rate for patients who complete the program.

PRH's Cancer Care Services represent a comprehensive, multispecialty approach to the diagnosis and treatment of a broad range of cancers. With highly experienced, board-certified oncologists/hematologists, Cancer Care Services has expanded its capabilities and resources dramatically.

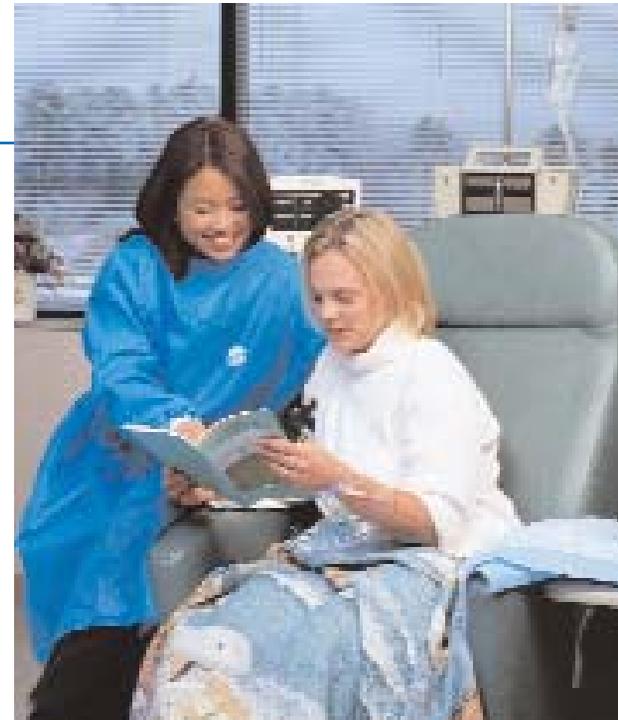
We work with physicians in many specialties to provide diagnosis and treatment for cancers ranging from breast, ovarian, prostate, and brain tumors to leukemias and lymphomas.

Diagnostic capabilities include our state-of-the-art Endoscopy Unit for visually examining internal organs, our Lightspeed CT Scanner and our advanced MRI scanner. Resources for breast cancer diagnosis include a Breast Health Center with digital mammography and an image checker fully accredited by the American College of Radiology, gadolinium-enhanced MRI scanning, and the stereotactic system for breast biopsies.

Therapeutic resources include a comprehensive chemotherapy clinic, laparoscopic surgery capabilities for colon and abdominal procedures, image-guided-surgery technology for brain tumors, and an emphasis on alternatives to total mastectomy in breast surgery. Additionally, post-operative breast reconstruction is available for breast surgery patients.

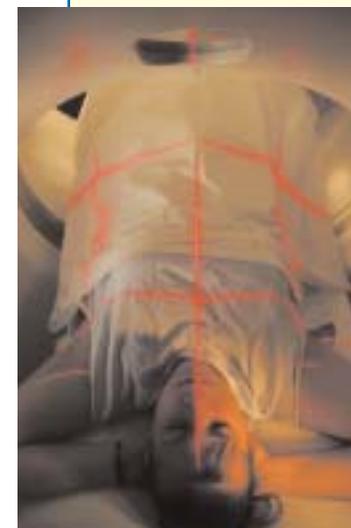
The chemotherapy clinic is committed to supporting patients emotionally as well as medically, with an emphasis on maintaining a relaxed, comfortable setting. Access to Reiki and therapeutic massage and a buffet lunch are part of the comforting environment. The clinic has a full patient resource library provided by the Guild at Portsmouth Regional Hospital. In addition, PRH offers cancer patients services in fatigue management, mental health, and nutrition education, and it runs a breast health support group.

Call 603-433-5226 or go to www.portsmouthhospital.com for more information.



Above:
Oncology Nurse, Anna Quinton, RN, comforts a patient in Cancer Care Services.

Below:
Patient being "marked" prior to diagnostic testing by Lightspeed CT Scanner.



Occupational Health SERVICES



Harry Lichtman, PT, takes measurements during a work station evaluation. One of the many services available through Occupational Health Services.

When an employee at a client company is injured at work, it's Occupational Health Services' role to make certain that he or she receives prompt, effective medical care – and returns to work as soon as safely possible.

Better yet, PRH's Occupational Health Services are available before accidents happen to evaluate both employees and the worksite environment in order to maximize safety, health, and productivity for businesses and their workers.

Among other possibilities, Occupational Health Services can provide pre-employment examinations for workers, treatment and medical follow-up for work-related injuries, nursing services on-site at client companies, worksite safety walkthroughs to identify safety hazards and ergonomic concerns, wellness and fitness programs for employees, drug and alcohol testing, consultation on establishing drug-testing programs, and assistance in meeting OSHA and EPA standards.

PRH's team of occupational health specialists includes physicians, nurses, therapists, counselors, and case managers. They work with staff in the Emergency Center and other areas to ensure effective care when injuries do occur.

Our overall goals in working with a client company are to improve the health and wellbeing of the company's employees, prevent injuries, and thus increase productivity—reflecting a concern for the employees' welfare but recognizing an economic benefit for the company as well. These services can reduce workers compensation premiums, indemnity costs, and lost work time by 10 to 30 percent each.

Call 603-430-9675 or go to www.portsmouthhospital.com for more information.

Diabetes Resource CENTER

The team in PRH's Diabetes Resource Center uses expertise and state-of-the-art technology to help people with diabetes manage their disease and live full, productive lives

Staffed by a physician who is a full-time diabetologist and by certified diabetes educators who are registered nurses or dietitians, the Center has access to such leading-edge resources as glucose sensors, insulin pumps, a computerized system of assessing control of blood sugar levels, and the Anscore health management system.

The Anscore system tests people with diabetes for autonomic neuropathy, a silent condition that can disrupt vital body functions and, among its effects, place people at high risk for heart attack. This non-invasive test is done right in the Center and can lead to recommendations for treatments to avoid events such as a heart attack.

Diabetes education and medical nutritional therapy are also important elements of the Center's role. Individually or in groups, people with diabetes are taught skills, some of which include: blood sugar testing, what their pill or insulin medications are, how they work and when to take them, foot care and what to do on sick days. The dietitian will show people common sense ways to eat healthy, watch portions, dine out and match a food plan to how they live their lives.

Diabetes support groups are held monthly and always include an educational topic. The Center has been awarded recognition for its self-management education programs by the American Diabetes Association. Our physician is an American Diabetes Association recognized provider. The Diabetes Resource Center team believes that people have success NOT by living life around diabetes, but enjoying a successful life WITH diabetes.

Call 603-433-5160 or go to www.portsmouthhospital.com for more information.



Daniel Crowe, MD,CDE, Medical Director and Elizabeth Black, RN, MSN, CDE, Program Coordinator meet with a new Diabetes Resource Center patient.



Above:
Tate and Sharlene McKenney rarely miss a SF dance at the Rockingham Ballroom.

Portsmouth Regional Hospital is proud to be the sponsor of the Seacoast Chapter of Senior Friends, a national, hospital-based program open to anyone 50 years of age or “better.” This not-for-profit organization sponsors a wide variety of entertaining and educational programs as well as social activities.

With 1,850 members, the Seacoast Chapter enjoys an active program of travel opportunities, exercise programs, financial seminars, wellness lectures, restaurant excursions, and monthly dances – all for \$15.00 per year (some additional program fees apply). Hospital VIP benefits include a room upgrade from semi-private to private accommodations without charge, if available, and complimentary meals for spouses or caregivers. Local and national Senior Friends benefits include discounts on prescriptions, eyewear, hotels, flowers, books, auto rentals, massage therapy, computer classes, and hospital wellness programs.

Call 603-431-0628 or go to www.portsmouthhospital.com for more information.



Above:
Lee Lane “clowns around” with Cheerful Charlie.



Left:
Dave and Sue Dimmick enjoyed trips to the Biodome and Botanical Gardens while at a SF Convention in Montreal.