

HealthWise

Is it Alzheimer's?

Breast care basics

Have your kids eating better tonight

Doctors in the house



Fight the flu!

Prepare yourself to stay healthy

Battling influenza, a.k.a. the flu, isn't a pleasant experience. The fever, body aches, fatigue and runny nose can make you feel lousy. Each year, more than 200,000 people are hospitalized with flu-related complications. Protect yourself and others with these bug-battling guidelines:

GET VACCINATED

A yearly flu vaccine is the first and most important step to protect against the flu, says the Centers for Disease Control and Prevention. The vaccine is especially important for people at high risk for flu complications, such as young children; pregnant women; people with chronic health conditions like asthma, diabetes or heart and lung disease; people 65 years and older; healthcare workers; and people who live with or care for high-risk people. This year's flu vaccine will include protection against the H1N1 virus so you won't need a separate vaccine.



GET MOVING

Research shows that regular exercise boosts your immune system and decreases your risk of getting colds and the flu. If you do get sick, exercise can cut the number of days you're out of commission in half. How? Physical activity may help flush bacteria from the lungs, which could lower your chances of getting a cold or the flu.

> Yogurt to fight tummy troubles?

Yes! Bacteria can help fight the gastrointestinal symptoms that often come along with the flu. Certain kinds of yogurts have the added bacteria *lactobacilli* and *bifidobacteria*. These bacteria are called probiotics. They're "good" bacteria that naturally live in your large intestine. Research shows that eating foods that contain probiotics can decrease the gas, pain and bloating associated with diarrhea.



Exercise also sends antibodies and white blood cells (the body's defense cells) through the body more quickly to detect illnesses faster. Aim for at least two-and-a-half hours of activity a week.

TAKE TIME TO SNOOZE

Sleeping is your body's way of recharging your immune system. The neurons that control sleep work closely with your immune system. Cytokines, the chemicals your body produces while fighting infection, are powerful sleep inducers, which explains why you're so tired when you're battling a bug. On average, most adults need seven to eight hours of sleep a night.

WASH YOUR HANDS

Proper and frequent hand washing is the best way to prevent colds and the flu. Use warm water and soap, scrub your hands for at least 15 to 20 seconds and rinse them well. No water around? Use an alcohol-based hand sanitizing gel that contains at least 60 percent alcohol.

EAT RIGHT

You know that a good diet is important for your overall health. But did you know that a poor diet actually lowers your immunity and makes you more vulnerable to infection? Be sure to eat plenty of fruits and vegetables, whole grains and lean protein. And don't forget to drink water to stay hydrated. ●

7

health threats for men

Act now to stay on top of your game

You may worry about having a heart attack or getting cancer, but you don't bother to wear a seatbelt. Well, you should. The Mayo Clinic has determined that accidents are among the top seven health threats to men. Check out these other dangers, then take action to avoid them:

1 HEART DISEASE. There's a reason worrying about a heart attack is a cliché: American men die from heart disease more than anything else, and more than one in three men has some form of cardiovascular disease.
>> Prevention: Maintain a healthy weight, eat a low-fat diet, exercise often and find ways to de-stress. Follow your doctor's orders if you have high cholesterol or hypertension, and control your blood sugar if you have diabetes.

2 CANCER. More American men die of lung cancer than any other form of cancer, according to the American Cancer Society. Prostate cancer and colorectal cancer are the next two greatest concerns.
>> Prevention: Don't smoke, and avoid secondhand smoke, to reduce lung cancer risk. To minimize your risk of other forms of cancer, maintain a healthy weight, exercise regularly, wear sunscreen, drink alcohol only in moderation and see your doctor regularly for cancer screenings.

3 INJURIES. Think twice before speeding or weaving in traffic: Car crashes are the top cause of fatal accidents among American men, according to the Centers for Disease Control and Prevention (CDC).
>> Prevention: Always wear seatbelts, and obey

posted speed limits. Never drive under the influence of alcohol or when you're sleepy.

4 STROKE. When a blood vessel in the brain bursts or is blocked by a blood clot, the resulting lack of oxygen to areas of the brain can have devastating results, including paralysis on one side of the body, speech problems and memory loss.

>> Prevention: You can't change all of your stroke risk factors (like age and race), but quitting smoking, eating a low-fat diet, taking hypertension medication, losing weight and getting regular exercise can help lower your chances.

5 TYPE 2 DIABETES. Eleven percent of American men ages 20 and older have type 2 diabetes, according to the American Diabetes Association. Complications can cause hypertension, heart disease, stroke, kidney disease, blindness and amputations.

>> Prevention: Lose weight if you're too heavy. Exercise regularly and stick to a low-fat diet.

6 CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD). COPD encompasses a group of chronic diseases like emphysema, bronchitis and asthma, which negatively affect breathing.

>> Prevention: Quit smoking, and avoid air pollution or inhaling chemicals whenever possible.

7 SUICIDE. Caucasian men commit suicide more often than any other group. Depression is a major risk factor for having suicidal thoughts.

>> Prevention: Seek treatment or counseling for depression; talk therapy and medication are often effective measures. ●



A word from our president



Richard J. Henley,
FACHE, FHFMA
Interim President
and CEO

Dear Friends and
Neighbors,

Autumn at
New Milford
Hospital brings
a bounty of developments
that will offer you more
comprehensive services to
meet your health needs.

After renovations in

orthopedics, the operating rooms, the hospital
entrance and Planetree Gift Shop, we're now also
offering new state-of-the-art low-dose computed
tomography (CT) scanning and open-bore
magnetic resonance imaging (MRI) to improve
image quality, safety, comfort and convenience
for patients undergoing radiologic testing.

In this edition of *HealthWise*, we bring you
information and guidance about Alzheimer's
disease (see page 10), breast care (see right),
ways to help children eat well (see page 11)
and our in-hospital physician specialists
(see pages 6-7), who provide around-the-clock
care. You'll read about our new Patient and
Family Advisory Council (see page 12), which
brings together a group of volunteers who will
help the Hospital become better acquainted
with their experiences as patients and as loved
ones of patients. You'll also find information
about men's health, ways to fight the flu ('tis
the season to get your flu shot!) and safety tips
regarding medications.

As "your home for health," we're dedicated
to bringing you a harvest of good things to help
you stay safe and healthy.

Sincerely,

Richard J. Henley, FACHE, FHFMA
Interim President and CEO

Take care of

Like the rest of your body, your breasts need ten-
der loving care to stay healthy. A monthly breast
self-exam (BSE) is an important way for you to
learn what your breasts normally look and feel like so you
can quickly spot any change, including a lump, rash, infec-
tion or nipple discharge. Denise Mariconda, R.N., B.S.N.,
C.B.N., New Milford Hospital's certified Breast Health
Navigator, offers this guide to teach you what you can do
to protect and keep your breast health.

MAINTAIN A HEALTHY LIFESTYLE

To keep your breasts healthy, you should:

- **Wear a bra that fits.** The first step in taking good care
of your breasts is to wear a bra that fits properly—something
many women aren't doing. While bras are designed to stop
breasts from bouncing, they often miss the mark. In fact,
about 50 percent of women experience breast pain during
exercise because their bra lacks proper support. To find a
good bra, look to an expert in your department store's ling-
erie section who can measure you to determine your size.

- **Massage your breasts.** Massage can improve blood
flow to the breasts. Do 50 to 100 light circles in each direc-
tion over the breast tissue and gently rub the entire flank
and axilla area (underarm) to help circulate the blood.

- **Lose excess weight.** Because they're mostly com-
posed of fat, your breasts will fluctuate in size depending
on your weight. Plus, research shows that obesity raises
your risk of breast and other types of cancer.

- **Don't drink.** Alcohol is a known
breast cancer risk. Having two to five
drinks a day raises your breast cancer
risk one-and-a-half times compared to
those who don't consume alcohol.

- **Stay active.** Regular activity can
lower your breast cancer risk.

- **Get regular checkups.** Your health care provider
should perform a clinical breast exam similar to a BSE
during your annual physical or when you're having your
annual gynecological appointment. The American Cancer
Society recommends annual mammograms beginning at
age 40, or earlier if you're at high risk for breast cancer.
If you're age 40 or younger or have dense breasts, your
provider may recommend magnetic resonance imaging in
addition to a mammogram.



your breasts >> An owner's manual

COMMON BREAST AILMENTS

The breasts are prone to a number of abnormalities, most harmless. Almost every woman will experience at least one of the following during her lifetime:

- **breast pain**, which may be related to your menstrual cycle, hormonal changes or tight-fitting clothing
- **a breast infection**, called mastitis, that usually occurs in women who are breastfeeding, causing pain and swelling in one breast
- **a lump**, which can be a fluid-filled noncancerous cyst
- **a fibroadenoma, or noncancerous tumor** that's usually moveable, smooth, round and rubbery
- **fat necrosis or sclerosing adenosis**, which are multiple, firm lumps that may be tender to the touch
- **fibrocystic changes**, characterized by a lumpiness that's noncancerous •



> The Breast Care Program at New Milford Hospital

Approved by the American College of Surgeons, New Milford Hospital's Regional Cancer Center brings together leading cancer specialists to address your needs and give you personal attention. Our Breast Care Program features a highly skilled team focused on promoting early diagnosis and delivering advanced treatment, including breakthrough research trials. Our Breast Health Navigator—a specially trained oncology nurse—guides patients through an array of education, treatment and support programs. For physician referral, call (877) 786-0638 or visit newmilfordhospital.org.

Medical oncology

- > Debra Brandt, D.O.
- > Anne Chiang, M.D., Ph.D., Director
- > Ivan Lowenthal, M.D.
- > Michael Magnifico, M.D.

Radiation oncology

- > Joseph Bargellini, M.D., Chairman

Radiology

- > Andrea Crowley, M.D., Chairman
- > Paul McGuire, M.D.
- > Michael Waldman, M.D.

Pathology/Laboratory medicine

- > Prashant Rodrigues, M.D., Chairman

Surgery

- > Courtney Chambers, M.D., FACS
- > Jeffrey Sanderson, M.D., FACS

Plastic/Reconstructive surgery

- > Michael Baroody, M.D.

Individuals with breast concerns may also benefit from these services at New Milford Hospital:

- clinical nutrition services
- lymphedema program
- low- or no-cost mammograms for under/uninsured women
- social work services
- cancer support group (CARES)
- BEST (Breast Cancer Survivors Working Together) monthly group
- integrative therapies such as healing drum circle, guided imagery and Reiki

Doctors in the house

How our hospital-based physicians improve your care

Medical emergencies develop unexpectedly and often demand immediate attention. The New Milford Hospital Emergency Department is staffed 24/7 with highly trained emergency physicians and other professionals who treat nearly 20,000 patients a year. The Emergency Department provides care for life's little and big emergencies—from sprained ankles and lacerations to heart attacks and strokes.

“While we take great pride in our level of emergency medicine expertise, we too are mothers, fathers, sons and daughters, and we strive to treat our patients as we would

our own family. We know that caring, compassion and promptness are important facets of quality care,” says Thomas Koobatian, M.D., Chairman, Emergency Medicine, at the Hospital.

This approach to delivering medical care has resulted in the New Milford Hospital Emergency Department consistently maintaining one of the highest Press-Ganey patient satisfaction scores in Connecticut. In the quarter ending June 2010, the Emergency Department ranked at the 97th percentile—in the top 3 percent of hospitals across the nation. “We understand that a visit to the Emergency Department can be stressful. We try to help patients understand as much as possible about their medical conditions, and what we’re doing to take care of them,” says Dr. Koobatian.

The Emergency Department staff works closely with a variety of medical specialists—some of them perhaps unseen by you or your family—to quickly make a diagnosis and formulate a treatment plan. Take for instance appendicitis, one of the common causes of severe acute abdominal pain. It is classified as a medical emergency and, if untreated, it can be life threatening.

During a visit for suspected appendicitis, nurses will monitor your vital signs and keep you comfortable while communicating with other caregivers. A phlebotomist will take a blood sample, which is analyzed by technologists under the direction of a pathologist (laboratory medicine physician). After a radiologic technologist completes other testing, a radiologist will read your scan to determine the state of your appendix, reporting his or her findings to the emergency physician caring for you. If you need surgery, a team including a surgeon, anesthesiologist and several



ON THE COVER: Radiology Chairman Andrea Crowley, M.D., leads the team who offers some of the newest technology in the region for diagnostic imaging services. New Milford Hospital now has a state-of-the-art open-bore 1.5 Tesla MRI for maximum patient comfort and convenience, offering superior images, faster exams and plenty of room for larger patients and those who are claustrophobic. The new 64-slice low-dose CT scanner also delivers sharper images, faster exams and up to 40 percent less radiation exposure.





surgical staff members will prepare you for surgery, inform you about your treatment plan and support you during your recovery along with the help of another physician team, the hospitalists, who are qualified specifically to address your needs while you're hospitalized.

HOSPITALIST MEDICINE

One of the fastest growing specialties since the mid-1990s has been that of hospital medicine—with most primary care physicians now deferring to physicians with special training to support the unique needs of their patients during hospitalization. These specialists are known as hospitalists.

Over the last several years, the Hospital has developed a 24/7 hospitalist program with the goal of elevating the quality of care and for supporting its medical staff who are increasingly faced with a myriad of clinical, logistical and financial challenges in managing patients outside of the hospital.

“By focusing their practice on the care of hospitalized patients, our hospitalists have a great deal of experience in the distinctive aspects of acute patient needs during the hospital stay,” says Chief Medical Officer Frederick Browne, M.D. “While spending their work day in the hospital, they can be more readily available to a patient than a doctor who spends much of the day in an office or clinic setting.

“The constant presence of a hospitalist facilitates more immediate assessment and delivery of care, and studies show that hospitalist programs can improve both patient and physician satisfaction with the hospital experience,” Dr. Browne says.

According to the Society of Hospital Medicine, an estimated 30,000 hospitalists are now working in U.S. hospitals—mostly coming from internal medicine, general pediatrics, family practice and obstetrics.

Dr. Browne adds, “No one plans to have appendicitis, but at New Milford Hospital, physician teams are primed and ready to respond and deliver care that you can count on. Our hospital-based teams are a safety net when concerns pop up outside the realm of your planned, more predictable primary care. It's the promise of a community hospital ... to be your home for health.” ●

Anesthesiology

- > Stella Aaboe, M.D.
- > Brian Connolly, M.D.
- > J. Patricio Escandon, M.D.
- > Mark Venditti, M.D.
- > Edward Zane, M.D., Chairman

Emergency medicine

- > Edith Chu, M.D.
- > Carl D'Andrea, M.D.
- > Thomas Koobatian, M.D., Chairman
- > Mary MacKessy, M.D.
- > Craig Mittleman, M.D.
- > John Scarfo, M.D.

Hospitalist medicine

- > Jose-Nitram Ailing, M.D.
- > Olugbenda Arole, M.D.
- > Juan Carlos Estupinan Bultran, M.D.
- > Dmitry Drapach, D.O.
- > Michael Gaesser, M.D.
- > Cristina Hung, M.D.
- > Karim Nazer, M.D.
- > Ingrid Salcedo, M.D.

Pathology/Laboratory medicine

- > Prashant Rodrigues, M.D., Chairman

Radiation oncology

- > Joseph Bargellini, M.D., Chairman

Radiology

- > Andrea Crowley, M.D., Chairman
- > Paul McGuire, M.D.
- > Michael Waldman, M.D.

Coming together

Through the spring and early summer, New Milford Hospital and Danbury Hospital embarked on a series of meetings and forums to inform and seek input about the proposed affiliation between both hospitals. Featured here are images from New Milford Hospital Foundation's "Cocktails and Conversation" held on June 11 at the New Preston home of Foundation board member Margaret Griner and her husband, Dr. Paul Griner. More than 100 guests enjoyed presentations about the planned affiliation by New Milford's Interim CEO, Richard J. Henley, FACHE, FHFMA, and Danbury's CEO, John Murphy, M.D. The presentation was followed by an active question-and-answer period.

In reviewing the corporate structure of the affiliation, Henley confirmed that the new parent organization will consolidate Danbury Hospital, New Milford Hospital and other affiliated organizations under one umbrella to strengthen both hospitals, improve access to services and capitalize on the unique offerings of each hospital. Both hospitals will retain their current names and independent licenses to operate and be governed by a new parent organization under one President/CEO, Dr. Murphy. New Milford Hospital will be represented on the system board of directors, and a community board will advise the system board on matters of particular importance to New Milford Hospital. Additionally, both hospital foundations will continue to conduct fundraising to benefit their respective organizations only.

"We're encouraged by the willingness for collaboration by everyone involved in the process," says Henley. "When you have this level of commitment, it only strengthens our ability to collectively build the best possible health care delivery system for our patients and community." ●



(l to r) Dr. John and Nancy Murphy, Ruth Henderson, Charles Barlow



Roger Chace, Hamilton Brower



Quentin Ryan, Jed Struckus

Faye and Jim Preston



Margaret Griner,
Gretchen Reynolds,
Betty Hettinger



Nancy and David Hawley



Carolina Reid,
Dr. Anne Chiang



Dr. John
Murphy



Richard
Henley



Carol and Stanley
Nelson, Rita and
Gus Hauser,
Abbey Rosenwald



“We’re encouraged by the willingness for collaboration by everyone involved in the process.”

—Richard J. Henley

Recognizing Alzheimer's

When Mary stopped by her sister Sophia's for coffee—at Sophia's request—Sophia seemed surprised to see her. Sophia's daughter had noticed that her mother often forgot not only the names of her grandchildren, but that she even had grandchildren. Were these just normal parts of growing old or could Sophia have Alzheimer's disease?

IS IT ALZHEIMER'S?

Joan Puglia, M.D., a neurologist with New Milford Hospital, says there are a number of symptoms to watch for (See 8 warning signs of Alzheimer's). "A person would have to show several symptoms before Alzheimer's disease would even be considered," she says. "The majority of 'suspicious' symptoms seen in the elderly are more likely to be due to a physical or emotional problem than to Alzheimer's."

If a number of symptoms are noted, the first step is a visit to the family doctor. However, a referral to a neurologist or psychiatrist often is necessary for a complete evaluation. An evaluation will probably include a detailed medical history, a thorough physical and neurological exam, and a complete psychological assessment. Laboratory tests will also be performed. These will probably include blood work, urinalysis, a chest X-ray and a scan of the brain, such as magnetic resonance imaging (MRI).

Dr. Puglia insists that a thorough evaluation is important. Because there's no diagnostic test for Alzheimer's other than a brain biopsy or autopsy, and there's no cure, it's important to rule out other treatable conditions. ●



> 8 warning signs of Alzheimer's

The Alzheimer's Association has developed a list of symptoms that might indicate Alzheimer's disease. It's important to remember that some of these symptoms also apply to other illnesses.

- 1 Recent memory loss.** Memory of events and information experienced within the last 30 minutes is affected early in the course of Alzheimer's.
- 2 Difficulty performing familiar tasks and loss of initiative.** These include activities such as getting dressed, paying bills and meal preparation. The person may appear passive and withdrawn doing activities, often requiring coaxing or prompting to become involved.
- 3 Language problems.** People with Alzheimer's may often have trouble expressing themselves. They may also have difficulty understanding speech.
- 4 Disorientation in place and time.** People with Alzheimer's may get lost in familiar surroundings. They may also forget appointments and lose track of time.
- 5 Poor or decreased judgment.** Judgment may be impaired in everyday situations, such as deciding what clothes to wear, handling a problem at work or driving.
- 6 Problems with abstract thinking.** Examples include being unable to define words or concepts and having problems dealing with numbers.
- 7 Misplacing items.** The person may lose things or put them in odd places (such as placing a wristwatch in the refrigerator.)
- 8 Changes in mood, behavior or personality.** Rapid mood swings for no apparent reason and symptoms of anxiety, restlessness or agitation should be evaluated.

> Specialist care

Neurologist Joan Puglia, M.D., maintains her practice at Northwest Hills Neurology, 30 Bridge Street, Suite 102, in New Milford. She is past President of the medical staff and serves as Chairman of the Ethics Committee at New Milford Hospital. To make an appointment, call **(860) 350-1161**.





5 tricks to get kids to eat better

To help children become healthy eaters, sometimes you have to look beyond the veggies and act the part. In addition to an awareness of calories, fat and nutritional values, these tips will help you encourage children to eat well. The best part? They won't even know your ulterior motives!

1 Show by example. A child who sees his or her parents enjoying fruits, vegetables and whole grains with meals or snacks is more likely to do the same. Try new foods yourself. Describe their taste, texture and smell. Be active and get your family to join you. Have fun together. Set aside time each day as activity time.

2 Listen to your child. Offer choices. Ask, "Which would you like for dinner: broccoli or cauliflower?" Provide healthy meal choices, and allow your child to decide how much to eat. Focus on each other at the table. Talk about fun and happy things at mealtime. Turn off the television, and answer phone calls later. Try to make meals a stress-free time.

3 Cut back on sweet treats. It's not necessary to get rid of all sweets, but teach your child that a small amount can go a long way. Offer fruit for dessert, and make food fun. Prepare nutritious foods with your child's help and get creative. Cut fruit into fun shapes with cookie cutters. Skip the soda and other beverages with added sugar. Choose not to offer sweets as rewards.

4 Reward with attention, not food. Show your love with hugs and kisses. Comfort with hugs and talks. Walk, run and play with your child. Make physical activity fun for the whole family and involve your child in the planning.

5 Educate yourself and your children. Go to mypyramid.gov to learn about the types and amounts of food we need to have each day to help keep our bodies healthy. You can develop a personalized plan and there are interactive teaching tools and games for adults and kids alike. ●




> Here to help you eat better

Registered Dietitians Michele MacDonnell, R.D., C.D.N., and Heather Milligan, R.D., C.D.N., provide nutritional counseling for individuals and families at New Milford Hospital. They can help with weight management and other health conditions such as diabetes, high cholesterol or gastrointestinal disorders. A medical referral is required; call your insurer about coverage. For information and appointments, call **(860) 350-7289**.

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Centers of excellence for cancer, cardiovascular care,
emergency medicine, family birthing, one-day surgery, joint
replacement, sleep medicine and women's imaging
Physician Referral: (877) 786-0638
newmilfordhospital.org

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A new way to help improve our hospital

New group explores the patient experience

New Milford Hospital has launched a Patient and Family Advisory Council (PFAC) to develop a more nurturing environment for patients and their loved ones. Sponsored as a key initiative by the Planetree Steering Council, the PFAC will serve as a consultative body to promote the philosophy of patient- and family-centered care. PFAC Chairman Linda Wiseman, the Hospital's marketing director, explains that the Council will serve as an advisory resource in the development of Hospital programs and policies from a patient and family perspective. "Planetree principles challenge us to recognize our patients and their family members as both experts and partners in care. By hearing directly from them, we hope to strengthen their communication with physicians, staff and other caregivers, and offer input in planning and evaluating services, programs, policies and new facilities," says Wiseman.

The PFAC will offer patients and family members the opportunity to be part of a vital link between the Hospital and the community. Each year, PFAC members will help identify the needs and priorities of patients and their families in conjunction with Hospital professionals. Community residents who have volunteered to serve on the PFAC for 2010-11 include:



- > Phyllis Amdurer, Washington Depot
- > Al Bayers, New Milford
- > Loretta Bayers, New Milford
- > Helen Carr, Gaylordsville
- > Jorge Criollo, New Preston
- > Georgia Hynes, Roxbury
- > Ellen Lyon, New Milford
- > Bridget McKenney, Bridgewater
- > Diana Myers, New Milford
- > Cathleen Nettune, New Milford
- > Sandy Papsin, New Preston
- > Joyce Ruddock, Newtown
- > Grace Sernotti, New Milford
- > Joan Streib, Washington
- > John Wittmann, New Milford

PFAC's feedback will be reported to the Planetree Steering Council and throughout Hospital operations to ensure that the Hospital can continuously evaluate patients' and families' needs, and implement improvements that will support quality care and patient satisfaction.

The PFAC will recruit new members annually to ensure that new patient and family experiences are shared and a dynamic exchange of information, education and collaboration with our community is maintained. For more information about the PFAC, e-mail news@nmhct.org.