


# HealthWise

**Our new  
health system**

**Planetree helps  
nurture patients**

**Advanced  
cancer technology**



 **New Milford Hospital**

*Western Connecticut Healthcare*

*your home for health* <sup>SM</sup>



# Choose the right painkiller

The pharmacy's pain-relief aisle is chock-full of different over-the-counter (OTC) drugs that promise to ease your aches and pains, but not every painkiller is right for you. Most should help when you have a toothache or a pounding headache, but what if you have a sprained ankle or a fever? Read on to see what's right for you, but if you're pregnant or have a serious medical condition, talk with your doctor before taking any medication.

## > Doubling up

### You have a splitting headache

and a horrible cold, so you swallow acetaminophen, then take some over-the-counter cold medication. You may have just unwittingly taken twice the recommended dose of acetaminophen, since many cold medications contain painkillers. Read labels with care to avoid this problem because too much acetaminophen can cause liver damage, and too much aspirin or ibuprofen can cause stomach bleeding. Accidentally combining painkillers (taking ibuprofen, then a cold remedy with acetaminophen) is also dangerous.



## > Aspirin therapy

**If you take a baby aspirin daily to lower your risk** of a heart attack or stroke, ask your healthcare provider what you should do when you need to take something for pain relief. He or she may recommend that you let a specified period of time pass before taking another over-the-counter drug (like ibuprofen), so the drugs don't interact.

### > PAINKILLER: Aspirin

**When to use:** It's a nonsteroidal anti-inflammatory drug (NSAID), which means it can help relieve swelling and inflammation associated with injuries or overuse. Aspirin helps headaches, too. Some migraine-relief medications combine aspirin, acetaminophen and caffeine.

**When to avoid:** Don't give aspirin to children or teens; they may develop Reye's syndrome, a health condition that affects all organs of the body. People with asthma or chronic nasal congestion may have an aspirin allergy; ask your doctor before using. Generally, pregnant women shouldn't take aspirin as it may harm the fetus.

### > PAINKILLER: Ibuprofen

**When to use:** Like aspirin, ibuprofen is an NSAID, but it's stronger and longer lasting than aspirin.

**When to avoid:** NSAIDs may cause stomach irritation and bleeding when taken too frequently.

### > PAINKILLER: Acetaminophen

**When to use:** Acetaminophen isn't an NSAID, so it's best-suited as a fever reducer and for pain relief not associated with swelling and inflammation.

**When to avoid:** Check with your doctor before taking this or any other OTC painkiller if you consume three or more alcoholic beverages daily.

### > PAINKILLER: Naproxen

**When to use:** This NSAID is also a longer-lasting alternative to aspirin but, like ibuprofen, it can cause stomach irritation.

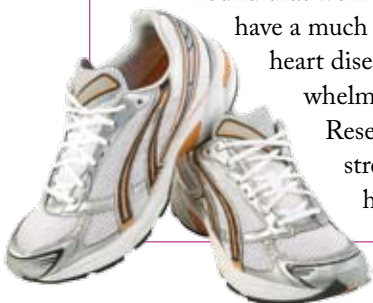
**When to avoid:** Don't give naproxen to a child without a doctor's OK. ●



# Don't let job stress weigh you down

One in four of us has called out sick because we've felt stressed and overwhelmed by work. A little stress can be good for you; it can keep you on your toes, ensuring that your job performance is top-notch. But too much tension—chronic stress especially—not only hampers your work output, but it can also harm your health. People who are overcome by job responsibilities succumb to colds and other illnesses more frequently. And chronic stress can raise your risk of developing heart disease: A recent study found that women with high-pressure jobs have a much higher risk of developing heart disease if they constantly feel overwhelmed by work responsibilities.

Research has also found that chronic stress can double your risk of a heart attack.



Tackle work-related stress head-on with healthy habits:

> **Exercise during your lunch break.** Working out can improve your mood and decrease your risk of developing heart disease.

> **Address your most difficult task of the day early**, when you're most refreshed. At the end of the day, when you're feeling frazzled, do mindless tasks, like filing or photocopying.

> **Take short breaks often throughout your day to recharge your batteries.** Stretch or take a five-minute walk outside, if you can.

> **Eat fruits, vegetables and other good-for-you foods** instead of going for a chocolate bar when you're feeling stressed. You may be able to raise your tolerance to stress by maintaining a healthy diet.



> **Try meditation.** Many people with stressful jobs use relaxation exercises or meditation techniques to calm themselves. Research has found that meditating for 10 to 20 minutes per day can make it easier to stomach chronic stress.

> **Talk your worries away with a friend or loved one.** Discussing your on-the-job problems with someone who is removed from the situation can help you release anger, see the situation from a different angle and get emotional support, which can help you de-stress. ●

# A word from our president



**John M. Murphy, M.D.**  
President and CEO,  
Western Connecticut  
Healthcare

## Dear Community Residents,

I'm pleased to inform you that the affiliation between Danbury Hospital and New Milford Hospital officially began on Oct. 1, representing significant progress toward our goal of improving the quality and scope of healthcare services in our region. Both hospitals, along with the Danbury and New Milford Visiting Nurse Associations and other affiliates,

are now members of a new parent organization known as Western Connecticut Healthcare.

While each hospital will retain its name and individual operating license, we're working to share best practices across both organizations to enhance clinical excellence and patient safety. This collaborative multidisciplinary approach will reinforce our ability to provide high-quality services, improve access to care and remain fiscally sound to tackle the challenges posed by healthcare reform. Having greater access to capital and technology will also improve our ability to attract top-notch physicians to better serve the community.

Over time, you can expect changes that will benefit both hospitals, thanks to the high level of commitment from New Milford and Danbury physicians who are eager to deliver care in a patient-centered and highly satisfying manner. I firmly believe this affiliation strengthens our position to serve you and your family as we enter a dynamic era of healthcare reform.

## LEADING THE WAY IN LITCHFIELD COUNTY

As a member of Western Connecticut Healthcare, New Milford Hospital will continue its 90-year tradition of serving the community with inpatient and outpatient medical care. To strengthen this commitment to Litchfield County and nearby New York communities, I'm delighted to share with you the appointments of the following community residents to support New Milford Hospital's growth and development as a leading provider of healthcare:

## NEW MILFORD HOSPITAL COMMUNITY BOARD

- > Alphonse Altorelli, M.D., Co-Chair
- > Anthea Disney, Co-Chair
- > Metta Rehnberg Delmore, Esq.
- > Holly Flor
- > Spencer Houldin
- > Thomas Koobatian, M.D.
- > Jay Lent
- > Jedd Levine, M.D.
- > John Murphy, M.D.
- > John Novogrod
- > Deborah Seidel
- > Denise Trevenen

## NEW MILFORD HOSPITAL FOUNDATION BOARD

- > Deborah Seidel, Chair
- > Margaret Griner, Vice Chair
- > Rod Pleasants
- > Carolina Reid
- > Quentin Ryan
- > G. Blane Withers
- > Charles Barlow, Emeritus

Together with our talented board members, medical staff, employees and volunteers, we're working to build a premier healthcare delivery network for our patients and our community.

As a new year begins, we hope you'll take time to read this issue of *HealthWise* to learn more about the new affiliation, developments at New Milford Hospital's Regional Cancer Center, Planetree initiatives to improve the patient experience, plus tips for medication safety and managing stress at work and home. As you'll see, our team of healthcare professionals continuously strives to find new and better ways to be "your home for health."

Best wishes for a bright and healthy new year!

Sincerely,

John M. Murphy, M.D.  
President and CEO, Western Connecticut Healthcare



## Neurologist to lead new era for regional healthcare delivery system

**A**s a longtime community physician who has always put the needs of patients first, John M. Murphy, M.D., never imagined he would make history as the first physician to serve as president and chief executive officer (CEO) of Danbury Hospital. Turns out it's the perfect spot for a physician who has played an integral role in transforming a community hospital into a regional medical facility with a national reputation for clinical excellence, patient safety and customer service.

Now that the affiliation between New Milford Hospital and Danbury Hospital is complete, Dr. Murphy has made history once again by assuming the role of president and CEO of Western Connecticut Healthcare, the new healthcare delivery system comprised of both hospitals and their affiliated organizations.

### **A NEW ERA OF HEALTHCARE BEGINS**

Among his many goals, Dr. Murphy intends to support the integration of Danbury and New Milford hospitals to build on the strengths of both organizations by "pushing the intellectual frontiers" with patient care, research and medical education initiatives that will set the new system apart from others on a state and national level. "Our mission is to advance the health and well-being of the community in partnership with those we serve," he says. "It's the driving force behind everything we do."

A board-certified neurologist, Dr. Murphy assumed his new post after serving two decades on the medical staff, three years as president of the medical staff and 15 years on the board of directors. He was board chairman for four years before joining the hospital administration in 2009 as executive vice president and chief executive officer designee.

Like many health systems across the nation, Western Connecticut Healthcare will face increased pressure to offer high-quality, sophisticated medical care to patients in a comforting environment as efficiently as possible.

"This is a unique time in the history of American medicine," Dr. Murphy says. "The economic rules governing the practice of medicine are being rewritten with the passage of healthcare reform. It's an exciting and challenging time to be in the field."

### **ONE VISION COMMITTED TO EXCELLENCE**

As Western Connecticut Healthcare, Danbury and New Milford hospitals will share one vision to facilitate the system's evolution as a premier regional health network. "Our commitment to patient care, research and medical education reflects our desire to do better on all fronts," says Dr. Murphy. "There are still patients at our hospitals who are battling diseases for which present therapy is inadequate. The goal is to find tomorrow's cures and make them available today."

"We want to push the frontiers of knowledge and actively contribute to discoveries that will not only deliver better care to our patients, but will also attract talented individuals to work and stay in western Connecticut," he says.

### **COMMUNITY SUPPORT KEY TO SUCCESS**

Philanthropic support will become even more vital in the years to come as New Milford Hospital strives to meet the increasing demand for high-quality care in the wake of dwindling reimbursements.

"We're extremely grateful for the community support we've received throughout the years, dating back to the groups of concerned citizens who established Danbury Hospital 125 years ago and New Milford Hospital 90 years ago," says Dr. Murphy. "These hospitals belong to the community and have been ever mindful to serve as good stewards of these resources.

"The community's desire to have access to sophisticated care will provide the impetus to further strengthen our centers of excellence, allowing residents to receive a higher level of medical care close to home." ●

# Healthy eating by the numbers

**Y**ou probably grew up thinking that you should eat three square meals a day with foods from four food groups, but nutrition experts have increased both of those figures for better nutrition. Unsure if the other numbers in your diet match up with today's healthy-eating requirements? Learn more here.



## 12 OUNCES OF BEER IN YOUR GLASS.

The American Heart Association recommends that anyone who drinks alcohol do so moderately. That means one glass a day (a 12-ounce beer) for women, two for men. Drinking more than that regularly may increase your risk of developing high blood pressure, stroke or breast cancer and raises your risk of obesity.



## 1 TEASPOON OR LESS OF TABLE SALT EVERY DAY.

Most Americans eat too much salt because it's included in many prepared foods in surprisingly high amounts. Too much salt in your diet can lead to high blood pressure and other health problems.



## 8 EIGHT-OUNCE GLASSES OF WATER A DAY TO STAY PROPERLY HYDRATED.

You may need more or less water, depending on how much you exercise, how hot it is outside and whether you have an underlying health condition. Being properly hydrated allows your body to take full advantage of the vitamins and minerals in your diet, regulates your body temperature and prevents constipation. Other fluids can hydrate you, but water does it without adding sugar, sodium or calories.



## 5 OR MORE SERVINGS OF FRUITS OR VEGGIES

a day to prevent cancer, says the American Cancer Society. Government recommendations,

however, vary depending on your age, gender and physical activity level. Visit [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov) to see just how much you should eat. Including more produce in your diet can help you lose weight and lower your cholesterol.



## 100

### CALORIES OR FEWER WHEN YOU SNACK.

When done properly, snacking can help you lose weight. A low-calorie snack can help curb your hunger between meals, preventing you from overeating at mealtime. Try 2 cups of carrots, 2 tablespoons of peanuts or 3½ cups of air-popped popcorn.

# Intimidated by the gym?

Smart solutions to help you get fit

**W**hen you're getting started with a new exercise plan, joining a gym has the potential to be both helpful and harmful. Sure, you'll be surrounded by the latest fitness equipment and have access to knowledgeable staff members. But if you're too self-conscious to break a sweat while surrounded by well-toned people or you avoid using the machines because you don't know how they work, you won't get much return for your investment. You could also get hurt if you use the machines incorrectly. Here's how to increase your comfort level at the gym:

**Try blending in.** Scared you'll embarrass yourself in a group exercise class? Take a spot in the back row, where no one will notice any slip-ups.

## > Get fit, no gym required!

**Working out at a fitness center isn't the only way** to get into shape. Try these ideas at home or in your neighborhood:

- > **Make chores fun.** Blast the radio and dance while vacuuming, or try raking or mopping faster than usual, to increase your heart rate. A 140-pound woman who rakes the yard or dances for 30 minutes burns 160 calories; a 180-pound man burns more than 200.
- > **Start a video library.** Join forces with a few friends who have exercise DVDs and swap them regularly so you can vary your routines without spending a fortune, or just take the videos out from the library.
- > **Play hard with the kids.** At the playground, be "it" during tag or jump into the kickball game, instead of sitting on a bench.
- > **Focus on scenery.** Go for regular walks, jogs or bike rides where you enjoy looking at your surroundings, whether it's a scenic park or a local neighborhood with historic homes. Choose a place that's quick and easy to get to so you'll return often.

---

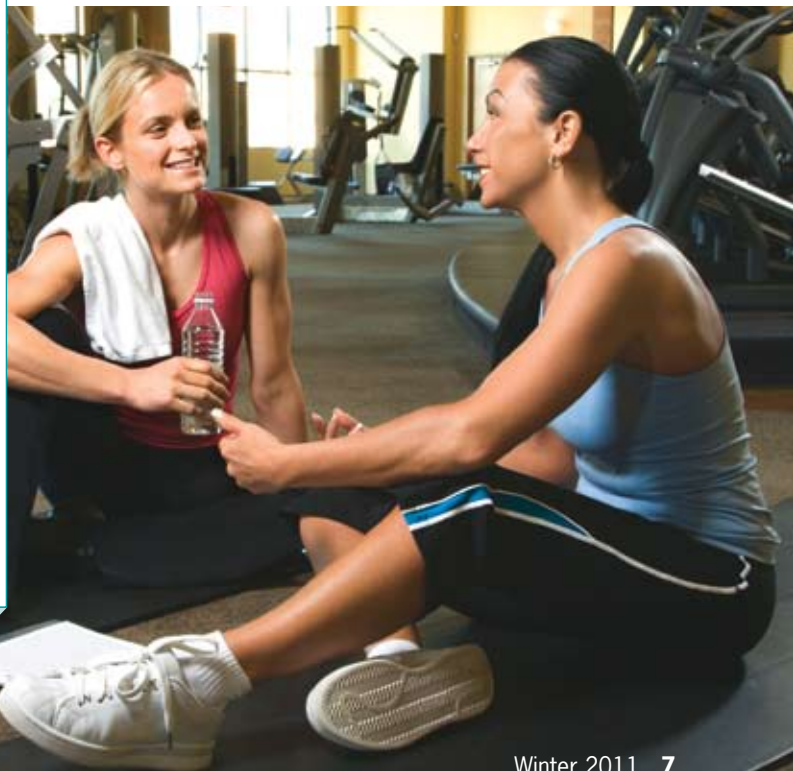
If you're too self-conscious to sweat at the gym, you won't get much return for your investment.

---

**Work with a personal trainer.** If you can afford a session, you'll learn how to stretch and use all the equipment properly. Otherwise, if your gym offers a complimentary orientation, take advantage of the personalized tour, and ask questions about how to use the equipment.

**Join with a friend.** There's safety in numbers, and you'll enjoy meeting your pal regularly to chat and burn calories together.

**Keep a journal.** Jot down the exercises you tried and how you felt afterward. After a few weeks, you should feel more confident about your abilities. For inspiration, flip through your old entries. ●



# Regional Cancer Center boosts technology for radiation treatment

New Milford Hospital begins the new year with an exciting development to improve care at its Regional Cancer Center, thanks to a newly installed linear accelerator, the technology responsible for delivering radiation therapy to support patients during their treatment.

Joseph Bargellini, M.D., Medical Director, Radiation Oncology, says the new Varian Trilogy™ linear accelerator “represents the latest evolution of cancer treatment technology, setting new standards for speed, precision and patient comfort. It helps us bring a range of sophisticated services to our cancer patients, close to home, offering the most treatment choices to personalize their care.”

The Hospital will also incorporate new high-dose rate (HDR) equipment in 2011, which produces higher doses of radiation therapy to be precisely directed at a tumor to avoid damaging healthy tissue, and may kill more cancer cells in fewer treatments.

According to Dr. Bargellini, the power of this new technology yields shorter treatment times, making the experience more comfortable for the patient. “Its precision allows us to spare healthy tissue to an extent that was unimaginable only a few years ago. And because this linear accelerator is so versatile, it enables easier positioning during treatment for a variety of patients,” he says.

## PRECISION TREATMENT

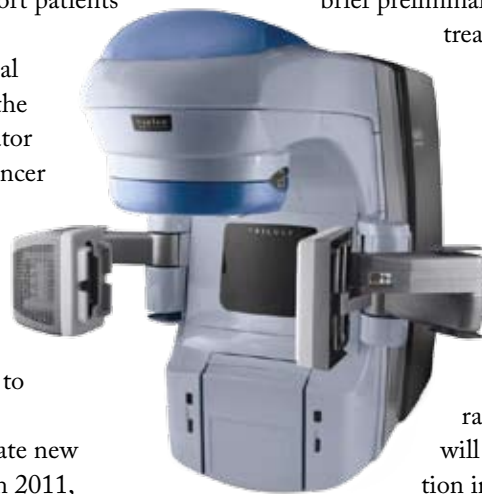
More specifically, image-guided radiation therapy allows imaging to be done right before treatment to ensure the best possible patient positioning and accuracy. This brief preliminary step in treatment planning minimizes

treatment time, making patients more comfortable. With improved accuracy, higher therapeutic doses of radiation are possible with potentially fewer side effects. Additionally, rapid arc technology will soon allow radiation to be delivered while the machine is rotating around a patient, shortening overall treatment time to improve the patient experience.

Finally, stereotactic radiosurgery and radiotherapy, now under development, will deliver a relatively large dose of radiation in one or a few treatments with a higher level of precision than was possible with older technology. Radiosurgery’s greatest use has been in the treatment of brain tumors, but more recently has had applications for

other tumors.

“Our multidisciplinary team is delighted to have these resources to provide state-of-the-art cancer care to the patients we serve,” says Dr. Bargellini. “This upgrade ensures that we’ll continue to provide outstanding care at a level that’s consistent with all other aspects of treatment and support.”



**This powerful technology is improving how patients receive cancer treatment.**

**ON THE COVER:** New Milford Hospital welcomes about 300 new babies every year. Our board-certified obstetrician/gynecologists and Family Birthing Center staff offer growing families comprehensive care for labor and delivery, as well as education in prepared childbirth, breastfeeding, infant care and sibling preparation to help the entire family adjust to the new addition.

Pictured during their recent visit to New Milford Hospital are Rob and Deborah Dempster of New Milford, along with new baby, Eleanor, and big brother, Nathaniel. “Having both of our children born at New Milford Hospital was truly a joy, and we honestly can’t say thank you enough to everyone who helped us along the way,” says Rob. “Making a donation in their honor is the least we could do to show our appreciation.”



# Keeping “PEACE”

## New Milford Hospital develops program for adult cancer survivors

From her early days as a cancer researcher through her many years of treating patients with the disease, Anne Chiang, M.D., Ph.D., Medical Director, Oncology, at New Milford Hospital, has been focused on understanding the biology and factors in the progression of cancer, and how she can help improve the lives of people who have it. Together with her colleagues at the Hospital’s Regional Cancer Center, Dr. Chiang has expanded her efforts to better address the needs of adult survivors of the disease, preparing to launch a program known as PEACE: People Empowered After the Cancer Experience.

Dr. Chiang explains, “Cancer survivors and their families often face unique physical, emotional, social and financial challenges as a result of their disease and treatment. Cancer survivorship is now recognized as a separate phase of the cancer experience.

“In 2005, an Institute of Medicine report identified that cancer survivors often feel ‘lost in transition’ when moving from active therapy into the follow-up phase of their care. We want to change that phenomenon and help survivors take a holistic approach to their health, using both

traditional and complementary therapies to address their unique needs.”

For patients interested in the PEACE program, Dr. Chiang outlines an approach for medical care and lifestyle planning that includes:

- **A survivorship visit**—an individual visit with an oncology nurse practitioner at the completion of primary curative therapy to review and receive a treatment summary and discuss a plan for follow-up care. This is shared with the patient’s primary care provider.
- **Physical exam/evaluation**—including laboratory and radiological testing as needed
- **Mental health assessment** and referral as needed
- **Survivorship plan**—written plan provided after the survivorship visit addressing specific needs and concerns, recommended lifestyle changes and referrals as needed,
- **Supportive services**, such as:
  - > exercise programs
  - > nutrition counseling
  - > rehabilitation therapies (physical/occupational)
  - > genetic counseling
  - > neuropsychological counseling
  - > integrative therapies (Reiki, acupuncture, massage, etc.)
  - > insurance/financial planning
  - > survivorship clinical trials
  - > survivorship events (Relay For Life, Survivor’s Day)
  - > smoking cessation
  - > support groups
  - > educational programs



### > Online resources for cancer survivors

- > **Ann’s Place, Danbury, CT:** [annsplace.org](http://annsplace.org)
- > **Connecticut Challenge:** [ctchallenge.org](http://ctchallenge.org)
- > **Cancer Care:** [cancercare.org](http://cancercare.org)
- > **Livestrong: Lance Armstrong Foundation Resource for Cancer Survivors:** [livestrong.org](http://livestrong.org)
- > **National Coalition for Cancer Survivorship:** [canceradvocacy.org](http://canceradvocacy.org)
- > **American Society of Clinical Oncology:** [cancer.net/patient/survivorship](http://cancer.net/patient/survivorship)
- > **American Cancer Society:** [cancer.org](http://cancer.org)
- > **Cancer Information Service:** [cancer.gov/aboutnci/cis](http://cancer.gov/aboutnci/cis)

For more information about the PEACE program, call the Regional Cancer Center at **(860) 350-7283**. ●



PLANETREE

# Planetree efforts work to personalize, demystify healthcare

**N**ew Milford Hospital embarks on its third year as a Planetree-affiliated hospital to develop and implement patient-centered care in a healing environment that nurtures every patient's mind, body and spirit. According to Marydale DeBor, Director, Planetree, at the Hospital, several key initiatives in 2010 have improved our environment of care by personalizing and demystifying the healthcare experience for patients and their families.

Last September, Planetree assessors spent three days at the Hospital evaluating the annual Planetree initiatives for patient-centered care. They met with patients, staff, physicians and volunteers during more than a dozen focus groups and other meetings to learn how everyone felt

about their experiences at New Milford Hospital.

DeBor says the Hospital received high marks for its commitment to the Planetree Steering Council, Planetree retreat facilitators and work team chairs. The assessors also singled out the success of Plow to Plate® and Senior Suppers, our dining program coordinated with local senior centers; the Integrative Medicine Program; the formation of a Patient and Family Advisory Council; multiple facility enhancements; and highly effective communication by hospital leaders.

"It's important that we continually refine what we're doing and maintain the momentum in collaboration with the growing number of employees and volunteers who are joining the ranks within our Planetree committees," DeBor says.

For more information about Planetree, visit [newmilfordhospital.org](http://newmilfordhospital.org) or [planetree.org](http://planetree.org).

## > Health library partnership

**New Milford Hospital has joined forces with** the New Milford Public Library to provide a valuable new health resource known as the Community Health Information Center (CHI Center), where an array of health information is concentrated in a dedicated space for area residents. The CHI Center consists of books, pamphlets and a vast online system designed to empower individuals to become better decision-makers about their healthcare. The services are free to all library members. CHI is also the traditional Chinese symbol for the life process and flow of energy that sustains living things. In our case, this includes the flow of useful health information that can improve one's life.

## > Tokens of Kindness

**The Planetree organization created the "Tokens of Kindness"** program to celebrate the power of individual acts, big and small, that make a difference in the lives of patients, families and staff. The program also highlights how collectively these individual acts create a community that's transforming healthcare. In October, New Milford Hospital began to issue "Tokens of Kindness" every month to employees nominated by their peers for acts of kindness that go above and beyond and make patients, families and coworkers feel at home.

# A holistic approach

## Integrative medicine options are growing in popularity

**A**s a Planetree hospital dedicated to nurturing every patient's mind, body and spirit, New Milford Hospital is now offering integrative therapies to all patients, adding a new dimension to medical and surgical care in cooperation with physicians, nurses and other caregivers. Marydale DeBor, Director, Planetree, at the Hospital, says that the integrative therapies were organized and developed "with the utmost attention to the holistic medical benefits for our patients. Patients with many health concerns can benefit from these techniques when incorporated with the highest quality medical diagnostic and treatment services."

"We've been fortunate to add integrative practitioners to our team this year," says Diane Wilson, R.N., Surgical Services Manager. "They're real contributors in patient satisfaction and enhance our team's ability to manage what can be very stressful moments for patients and their families. Their contributions in surgical services are making a big difference that improves care and patients' impressions of that care."

Provided by a group of highly experienced practitioners who are being credentialed through the Hospital's medical staff office, current integrative therapies include:

### PREPARING FOR SURGERY WITH GUIDED IMAGERY AND HYPNOTHERAPY

Meditation and guided imagery (breathing and imagery techniques) are used to manage stress and minimize pain. Our experienced practitioner works with each patient individually to understand his or her unique frame of reference and perspective regarding healthcare. Then, using a variety of techniques including breathing and personalized imagery, she helps the patient follow a personal path, eliciting a sense of well-being and comfort, and engaging him or her in a visualization that supports minimizing pain and anxiety. This program promotes healing prior to and throughout the surgical procedure. Referral by the patient's surgeon is required.



### REFLEXOLOGY

Reflexology is an ancient practice of applying a controlled amount of pressure to specific points on the feet and hands. The treatment of these reflex points, which correspond to particular organs and parts of the body, soothe and promote health and healing.

### MUSIC THERAPY

During music therapy, our music therapist incorporates cognitive and behavioral approaches using rhythm, breath work, mantra-yoga meditations and/or personalized lyrics to lessen anxiety, fear, stress, pain and negative thinking. The therapist and patient collaborate using imagery, music and creative arts therapy (poetry, art, songwriting) to examine personal needs and goals. Tailored music therapy empowers the patient to experience a new physical and emotional path to self-care during and following the hospital stay.

CONTINUED ON PAGE 12 >>

A Planetree hospital dedicated to nurturing mind, body and spirit  
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](http://newmilfordhospital.org)

4NMH Copyright © 2011 New Milford Hospital

Printed With Soy Ink  
Please Recycle This Publication

## A HOLISTIC APPROACH

CONTINUED FROM PAGE 11 >>

### THERAPEUTIC TOUCH

During each session of therapeutic touch, the practitioner's hands are moved gently through the energy field, about two to three inches away from the body. Physical touch doesn't need to occur. This interaction tends to re-establish balance and healthy energy flow while it awakens the patients' own natural healing ability.



### PET THERAPY

New Milford Hospital's Pet Therapy Program introduces trained and certified volunteers and their dogs to patients who wish to interact with them. Angels on a Leash—Therapy Dogs offer uplifting interaction between human and animal, promoting a sense of well-being to all parties and contributing to the healing process and patients' overall health.

### ACUPUNCTURE

Acupuncture is a technique which involves delicately inserting or manipulating fine needles at key points on the body to regulate the flow of the body's energy. Whether for physical, emotional or preventive purposes, this treatment is known to restore balance and stimulate the body's inherent healing powers. Auriculotherapy is an acupuncture and acupressure technique where needles or seeds are applied to key points on the ear that mirror key areas or organs of the body. This therapy has been known to address conditions such as drug and tobacco addiction, chronic pain, headaches, depression, anxiety and insomnia.

### REIKI

For more than 2,500 years, Reiki has been considered an ideal therapy for stress reduction which also can promote healing. This popular Japanese healing method, administered by laying on hands, stimulates the body's natural healing capability, reduces stress and fosters physical, emotional and spiritual well-being by directing the flow of energy through the body.

### GROUP SESSIONS FOR OUTPATIENTS AND THE PUBLIC

**Healing Drum Circle** combines the meditative sounds and rhythm of drumming along with the action of making music to promote healing. No mobility or musical ability is required to participate. The drum circle evolves into an organic exchange of energy and joy with significant benefits to patients. Drums and other percussion instruments are provided to interested patients and family members.

In our **Preparing for Surgery Class** planned for 2011, scheduled patients will learn about the surgical process; our practitioners teach guided visualization and breathing techniques to help patients manage stress and anxiety to promote comfort and relaxation. Other nonsurgical patients use guided imagery following a practitioner's open-ended directions such as "imagine yourself in a hammock gently swaying, and place yourself there." With guided imagery, the mind naturally follows its own path, bringing the patient a sense of well-being and comfort. ●

### > For you!

Integrative medicine services are offered to all Hospital patients as part of their total clinical care. For more information about group sessions, visit [newmilfordhospital.org](http://newmilfordhospital.org).