



# Health Beat

THE SPEARE MEMORIAL HOSPITAL NEWSLETTER

FALL | 2017

**Now at Speare... Improved Care for Athletes and Children!**

Plymouth  
**ORTHOPEDICS &  
SPORTS MEDICINE**  
*A department of Speare Memorial Hospital*



Plymouth  
**PEDIATRIC &  
ADOLESCENT MEDICINE**  
*A department of Speare Memorial Hospital*



# Plymouth Pediatric & Adolescent Medicine

Plymouth  
PEDIATRIC &  
ADOLESCENT MEDICINE  
*A department of Speare Memorial Hospital*



Dr. David Cunis; Wilma Hyde, APRN;  
Dr. Oliver Salmon; Ashley Francis, APRN;  
Dr. Eric Shamansky

**Plymouth Pediatric & Adolescent  
Medicine provides you and your  
children with:**

- Board certified physicians
- A collaborative team practice where doctors, nurses, medical assistants, and secretaries work together to give your child the quality healthcare you expect
- The knowledge necessary to understand your child’s needs and promote a lifetime of optimal health and wellness
- One electronic health record that will follow your child from birth through adulthood, providing a full clinical view to all the Speare medical providers your child visits
- Extraordinary care!

Mon & Fri	8:00am to 5:00pm
Tues, Wed, Thurs	8:00am to 7:00pm
Sat	8:30am to 12:00pm

*Welcoming new patients now.  
Call 603-536-3700  
to schedule an appointment.*

*Speare is happy to welcome  
Plymouth Pediatric & Adolescent Medicine  
as one of six physician practices at the hospital.*

With a highly experienced team that has been serving the community for years, Plymouth Pediatric & Adolescent Medicine will continue to serve the greater Plymouth community with comprehensive care from infancy to young adulthood.



***Words from our new Pediatrician  
Dr. Oliver Salmon...***

Children learn and grow into happy and considerate adults by playing and exploring as they slowly gain more and more independence in their world. My job as a pediatrician is to work with families to support their children with this and to:

- Ensure that children are relatively safe along the way to adulthood
- Provide the support needed for any developing child who needs extra help
- Get children in the habit of a lifelong healthy lifestyle
- Support sick children as they fight off their short-term illnesses
- Make certain that children with illnesses that require specific treatment are treated accordingly
- Identify those children with more complicated long-term medical problems so that we can find solutions to help them live a fulfilling life

As a child ages and approaches adulthood, one of the most important things we do in medicine is to help them start to take ownership of their own healthcare, while their family continues to support them as well.

One of the most important things that we do in pediatrics is to get to know our patients and their families in our well child physicals. At these visits we identify the needs of the child at that moment and discuss possible concerns down the road. Together, we prepare the best plan in the event of medical issues in the future.

My approach to pediatrics is to couple my experience and the family’s with evidence-based medicine. I use this information to create a plan that makes sense for the unique situation that a child and family have for any particular problem. My approach also focuses on both prevention of medical issues and screening for medical problems at age appropriate times.

Important things to me include keeping my community’s children happy and healthy, continuing to advance my medical knowledge, continuing to learn how to be a better father and husband, being physically active, and being outside in a beautiful and fulfilling place like central New Hampshire.

# Plymouth Orthopedics & Sports Medicine



**Introducing Orthopedic Surgeon Dr. Douglass Weiss**

Dr. Weiss feels right at home in central New Hampshire — as an athlete and physician. While earning his bachelor's degree at Dartmouth College, he was captain of their hockey team. After graduation, he played professional hockey in the US and Europe and was selected to participate in the training camp for the 1992 Olympics. After his hockey career, Weiss returned to Dartmouth to earn his medical degree. Other training includes:

**General Surgery Internship**  
Dartmouth-Hitchcock Medical Center  
**Orthopedic Surgery Research Fellow**  
UMASS Memorial Medical Center

**Orthopedic Surgery Residency**  
UMASS Memorial Medical Center  
**Orthopedic Sports Medicine Fellowship**  
Steadman Hawkins Clinic, Vail, CO

Joining Dr. Victor Gennaro, Dr. Weiss appreciates the team approach taken at Plymouth Orthopedics & Sports Medicine to get people back in the action.

Dr. Weiss' perspective on orthopedics is enhanced by his firsthand knowledge of what it feels like to be sidelined with an injury.

"I understand the emotional impact a setback can have on a person," says Dr. Weiss. "After an injury, it's important to safely and efficiently get people back to doing what they enjoy so that they can feel good again."

From organized sports to country walks, an active lifestyle is a healthy lifestyle. Dr. Weiss sees patients of all ages – from childhood to the golden years.

"I take care of patients the same way I would want my family members to be treated," says Dr. Weiss.

Dr. Weiss is certified by the American Board of Orthopedic Surgery and has subspecialty interests in ACL / Knee Injuries, Rotator Cuff / Shoulder Injuries, Tendonitis and Overuse Injuries. He is a team physician for USA Hockey and is eager to help local athletes stay in the game.

## Plymouth ORTHOPEDICS & SPORTS MEDICINE

*A department of Spaulding Memorial Hospital*

Plymouth Orthopedics & Sports Medicine represents a new era of orthopedic medicine in Central New Hampshire, offering a full range of orthopedic services and specialty care. Having onsite radiology, as well as being fully integrated with the hospital and service providers at all levels, patients receive a comprehensive approach to musculoskeletal care.

In addition to Dr. Weiss, the medical team includes Dr. Victor Gennaro, Kristina Stalnaker, APRN, and Tasha Gallup, PA-C.

Our board certified physicians and highly skilled medical team treats all general orthopedic and sports injuries.

### SERVICES:

- Fracture Care
- Joint Replacements
- Occupational Injuries
- Onsite Radiology
- Injections
- Minor Procedures
- Spinal Surgery
- Arthritic Intervention
- Sports Medicine
- Patient Counseling & Education

***Welcoming new patients now.  
Call 603-536-1565  
to schedule an appointment.***



# Dental Health Program



Surrounded by children from the community, Ruth Doane, dental hygienist, and Golf Classic Sponsor Joan Kirschner, DDS. (back row center) are helping to bring healthy smiles to Central New Hampshire.

## 2017 COMMITTEE

Marilyn Barbetta  
Cheryl Callnan  
Tom Costigan  
Ruth Doane  
Christine Fenn  
Amy Lyn Kench  
Carolyn Piantedosi  
Schannon Sargent  
Kate Tarbox

## 2017 VOLUNTEERS

Len Anderson  
Marilyn Barbetta  
Lloyd Berry  
Dina Brodis  
Tom Costigan  
Dave Crory  
Ruth Doane  
Christine Fenn  
Roger Goupil  
Ron Huynen  
Amy Lyn Kench  
Barbara Johnson  
Chris Lamontagne  
Dak Overbagh  
Carolyn Piantedosi  
John Piantedosi  
Jeff Robbins  
Schannon Sargent  
Christine St. Laurant  
Kate Tarbox  
Karen Young



## *Local Dental Health Program Benefits from Golf Tournament Fundraiser*

Once again the Owl's Nest Resort and Golf Club provided the perfect backdrop for Speare's 24th annual Golf Classic fundraiser to support our community Dental Health Program.

"Each year, more than 1,500 local children and at-risk pregnant women have access to oral health care and education through the Dental Health Program," says Michelle McEwen, Hospital President & CEO. "The golf tournament is our signature fundraising event, and more than \$27,000 was raised this year through the generosity of our tournament sponsors, golfers and donors."

The Dental Health Program was established in 1998 in response to growing concerns of the local school nurses about the unmet dental health needs of area school children. Today, the program provides free dental screenings, services and education to children enrolled at School Administrative Unit 48, and the Ashland, Lin-Wood and Warren School Districts.

"We provide dental screenings and fluoride varnish applications free of charge, and cleanings and sealants are offered on a sliding fee scale," says Ruth Doane, the program's dental hygienist. She goes on to say, "No one is ever denied services because of their inability to pay. That is just one of the reasons why this program is so valuable."

Dental services are also offered to infants and at-risk pregnant women through monthly clinics at Plymouth Pediatric & Adolescent Medicine, Plymouth OB/GYN, and the Women, Infants and Children (WIC) Program.

More than 20 area dental practices, including Golf Classic Sponsor Plymouth General Dentistry, partner with Speare's Dental Health Program to provide care to those referred from the program with dental concerns. Support is also provided through the Dental Health program to families who need financial help, referrals to Medicaid, and assistance with overcoming other dental care barriers.

# Golf Tournament Sponsors

## GOLF BALL SPONSORS

Children's Dentistry  
Kennell Orthodontics

## GOLD SPONSOR

Brown Brothers Harriman  
Harvey Construction  
Meredith Village Savings Bank  
NH Dental Society Fdn

## PICTURE SPONSOR

Marcam Associates  
Arthur J. Gallagher & Co.

## BUFFET LUNCH SPONSOR

Wadleigh, Starr & Peters, P.L.L.C.

## PM RECEPTION SPONSOR

BerryDunn

## CART SPONSOR

Academy Roofing  
Avangrid Renewables  
Granite State Plumbing & Heating  
Northeast Delta Dental

## FOURSOME & BANNER SPONSOR

Catholic Medical Center  
Citizens Bank, N.A.  
Health Plans, Inc.  
Mid-State Health Center  
Morrison Healthcare  
Samyn-D'Elia Architects, P.A.  
Workplace Benefit Solutions

## TEAM SPONSORS

Bank of New Hampshire  
Bear Images/Evergreen Embroidery  
Central Paper Products Company  
Nancy Ehlers Management Group  
Hutter Construction  
Peabody & Smith Realty  
Peter, Pauls, and Gary  
Stewart's Ambulance  
Tee Busters  
The River - 92.5, 102.3, 105.7  
Valley Team  
Woodsville Guaranty Savings Bank  
Zimmer Biomet Northeast

## DRIVING RANGE SPONSOR

R.M. Piper, Inc.

## HOLE IN ONE SPONSOR

Irwin Automotive Group

## GOLF CLASSIC SPONSOR



## GREEN AND TEE SPONSOR

Baker Newman & Noyes  
Bridgewater Power Co.  
Citizens Bank, N.A.  
IPG Employee Benefits Specialists  
Speare Memorial Hospital Medical Staff  
Wieczorek Insurance, Inc.

## GREEN OR TEE SPONSOR

Annie's Overflow Restaurant  
AquaFax, Inc.  
Belletetes, Inc.  
Lucky Dog Tavern & Grill  
Monadnock Security Systems  
NH Endodontics  
Security Storage  
Six Burner Bistro

## SINGLE PLAYER SPONSOR

John Bentwood, MD  
Paul Finnegan  
Todd Lambert  
Dana Merrithew, MD  
Paul Montour

## BEVERAGE SPONSOR

Coca-Cola

## WATER SPONSORS

Finishing Touches by Mark LLC

## POSTER SPONSOR

MegaPrint

## TABLE TENT SPONSOR

Deachman & Cowie, PA  
Granite State Credit Union  
Plymouth Family Practice Center

## TOURNAMENT DONORS

Linda Crawford, MD  
Stanley Elevator Company, Inc.

## GOODIE BAG ITEM DONORS

Bimbo Bakeries USA  
Children's Dentistry  
Colgate Oral Pharmaceuticals  
The Common Man Inn  
Core-Mark New England  
Kennell Orthodontics  
Pepsi Cola Bottling Co. of Conway  
Plymouth General Dentistry  
Woodsville Guaranty Savings Bank  
Workplace Benefit Solutions

## GOLFER/VOLUNTEER GOODIE BAG SPONSOR

VALIC Financial Advisors, Inc.

## RAFFLE PRIZE DONORS

Anonymous  
Baker Valley Floors  
Binnie Media Group  
Borger's Cakes & Bakes  
Clark's Trading Post  
Coca-Cola  
Corner House Inn  
Ruth Doane  
Eckcells Watch Material  
Forrest Howes' Auto Repair  
Franklin Savings Bank  
George's Seafood & BBQ  
Hart's Restaurant, Inc.  
Indian Head Resort  
Lost River Gorge and Boulder Caves  
Lucky Dog Tavern & Grill  
M'nM Scoops  
Meredith Village Savings Bank  
Moulton Farm  
O'Reilly Auto Parts  
Owl's Nest Resort & Golf Club  
Plymouth High School  
Art Student – Lauren Bolton  
Plymouth High School  
Art Student – Jack Friedman  
Squam Lakes Natural Science Center  
SymQuest  
The River – 92.5, 102.3, 105.7  
Town Square Condominiums  
Village of Loon Mountain  
Waste Management  
Waterville Valley Resort  
Whale's Tale Water Park  
White Mountain Athletic Club, Inc.  
White Mountain Eye Care & Optical



# Strength Training with Weights:

## THE MYTHS AND THE FACTS

By Rebecca Chase and Marisa Zamrock, Exercise Specialists, RehabFit



Exercise Specialists: (L) Marisa Zamrock, (R) Rebecca Chase



If you haven't started lifting weights, it may be because you have run into some of the myths about strength training. Read on to dismiss these myths and get the facts. For both women and men, taking time each week to build your strength can help you live a more healthy and independent life.

**Myth: Strength training will make my muscles look too big and I don't want to be bulky.**

**Fact:** The common misconception about strength training is that it is primarily used by men looking to increase their muscles. Strength training is just like any other form of exercise – meaning that we can create a program to reach your individual goals.

**Myth: You'll see results instantly.**

**Fact:** Gaining strength takes time and commitment. In order to see results, you should strength train for at least two days per week for eight weeks.

**Myth: I'm too old to lift weights.**

**Fact:** Strength training is beneficial at any age and can improve balance and coordination, increase strength, flexibility, confidence, and reduce risk of falling. Talk to your physician before taking part in a strength training program.

**Myth: I don't need to lift weights, I'm as strong as I need to be.**

**Fact:** Without exercise, men and women start losing muscle mass and strength in their 30's. Men and women can lose up to 7 pounds of muscle every 10 years! The good news is, this can be counteracted with exercise and a healthy lifestyle.

**Myth: I don't have time for strength training.**

**Fact:** Strength training can take as little as 20 minutes, twice a week! Remember: it's not about having time, it's about making time!

**Myth: Muscle turns to fat if you stop lifting weights.**

**Fact:** Muscle and fat are two different types of tissue and one cannot be turned into the other. Frequent strength training will require an increase in calorie consumption (we need fuel to exercise). If you stop strength training but keep eating the same amount of calories, you may gain weight.

**Myth: Strength training does not burn as many calories as cardiovascular exercise.**

**Fact:** Muscle mass requires energy (calories) all day, even when you are resting! Strength training increases muscle mass and in turn your resting metabolism.

**Myth: Strength training is bad for the joints.**

**Fact:** Strength training will increase the strength of the muscles surrounding joints that can in turn decrease joint pain and reduce the risk of a joint injury. Also, increasing muscle strength can increase bone mass density, increase lubrication of the joints and reduce joint swelling and pain due to arthritis. If you have joint pain or an injury we recommend you talk to your doctor before starting strength training in the affected area.

For both men and women, the natural erosion of muscle and strength that comes with aging leads directly to weak bones, stiff joints and a slumped posture and increases your risk of developing heart disease, diabetes, and a host of other issues. Women, on average, starting in their late 20s, lose 5 pounds of muscle every 10 years; after menopause that loss doubles — creating a 3% drop in metabolism — per decade. The end result is almost always the same: weight gain and weakness. But the right weight workout can prevent and/or undo the damage.

**For more information,  
Call 603-238-2225 today.**

**RehabFit**  
A department of Spaulding Memorial Hospital

## Technology Update

### Philips Ingenuity CT Scanner

Speare now offers the latest in CT imaging technology including:

- Faster exams
- Lower dose of radiation
- Increased vascular exams
- Exams for those with large metal implants
- Higher quality images
- Stroke assessments
- Advanced CT angiography

### Pill Cam For GI Disorders

This disposable pill-sized camera travels through the small intestine, capturing images and transmitting them to a recorder. This allows our physicians to better diagnose small bowel disorders.

### Bravo For Acid Reflex

Bravo is a capsule that measures pH levels in the esophagus and transmits this information wirelessly to a portable receiver. Our physicians use this to evaluate acid reflux and plan the best treatment.

### Halo/BARRX Radio Frequency Ablation

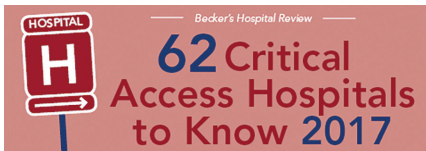
Our surgeons use this outpatient endoscopic procedure to destroy Barrett's tissue and decrease the risk of developing esophageal cancer in those with chronic reflux.

### Genius 3D Screening Mammography

Compared to traditional 2D mammography, 3D mammography detects 41% more invasive breast cancers.

### Fuse For Colonoscopies

Speare is the first and only hospital in NH utilizing this breakthrough in colonoscopy technology. The FUSE colonoscope uses three high definition cameras to create a 330-degree panoramic view of the inside of the colon. This expanded view, onto three screens instead of one, gives our surgeons the ability to see previously unseen surfaces of the colon, to detect more polyps and provide for a better and more quality examination.



Speare is featured in the 2017 list of "62 Critical Access Hospitals to Know" by Becker's Hospital Review, a monthly publication distributed across the country. Speare was selected because of our reputation for superior service and care. To develop this list, the Becker's Healthcare editorial team examined the rankings and awards from organizations such as iVantage Health Analytics, Healthgrades, the National Rural Health Association, Truven Health Analytics, Women's Choice Award and Leapfrog Group. The team also considered the hospital's community impact and reputation for innovation.



Dr. James Koren Jr

## Dear Speare...

Where do we start? Thank you to all of you who helped our daughter during her stay at the hospital.

The care was excellent and the tests were carried out professionally and with love. To all the doctors and nurses in the ER, we owe all of you a debt of gratitude — especially those who provided warm blankets!!

Many thanks to Dr. Koren and all the staff and nurses. You were informative, caring and extremely professional. Your kindness and affection will never be forgotten. You will always have a place in our hearts.

God Bless each and every one of you.

Thank you again for the excellent care you gave our daughter while we were in NH.

Wayne & Elaine *[Letter edited for publication]*

## What's in Your Diet?

---



Janette Gaumer, RD, LD, CHC  
*Registered Dietitian and  
Certified Health Coach*

Sitting down with a dietitian can be a good investment of your time, since we can tailor our recommendations to your individual needs and help you to more quickly reach your health goals. The Registered Dietitians at Speare can help you find sensible answers to common nutrition concerns, including...

- Diabetes
- Heart disease
- High blood pressure
- Metabolic syndrome
- Weight loss or weight gain
- Food allergies
- Family nutrition
- Healthy cooking and shopping
- Sports nutrition
- GERD, IBS, colitis

Contact **Janette** at 238-2244 for additional information or to schedule an appointment.



16 Plymouth Road  
Plymouth, NH 03264

[www.SpeareHospital.com](http://www.SpeareHospital.com)