

Health Beat

SPRING | 2019

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Community Health Grants

Now Accepting Applications

“Transport Central is grateful to be a recipient of a Speare Community Health Grant, helping us serve seniors over age 60, individuals with disabilities, those on Medicaid, Well Sense, and NH Healthy Families, with a transportation need to medical appointments. This funding is used to provide mileage reimbursement for Transport Central volunteer drivers for “unfunded” trips, increasing Transport Central’s capacity to meet the growing demand for uncompensated services.”

—Barbara Robinson, Executive Director,
Transport Central

Speare Memorial Hospital is committed to ensuring that our community achieves optimal health. This takes the efforts of many organizations working together toward a common vision.

The Speare Community Health Grant program provides funding to organizations with activities and initiatives that address important community health needs. Grants are awarded to groups that significantly improve the health of the citizens in our region.

Grant requests must be for a minimum of \$2,000. No applicant is assured of grant funding for any given year or from one year to the next. Eligible organizations must be tax exempt under Section

501(c)(3) of the Internal Revenue Code, and serve a region that aligns closely with Speare’s service area. The funding period is October 1st through September 30th .

Applications are due June 15!

To apply, visit SpeareHospital.com or for more information please contact:

Cheryl Callnan

Director of Development
16 Hospital Road
Plymouth, NH 03264
(603) 238-2211
ccallnan@spearehospital.com



Local Bank Donates to Speare Wound Care Center

Rick Wyman, president of Meredith Village Savings Bank, recently visited Speare's Wound Care & Hyperbaric Medicine Center to present a donation for the purchase of an ankle brachial index (ABI) device.

"The community has always been at the heart of our mission," says Rick. "We are thrilled to have played a small role in the hospital's ability to provide even more to the local region. Their recent investment in an ABI device lessens the need for patients to travel for specialty medical treatment. We're very honored to offer them any assistance we can for the benefit of the Greater Plymouth community."

The ABI provides a quick, noninvasive way to measure blood pressure at the ankle, which can then be compared with measurements taken at the patient's arm.

"This is especially important when treating wounds for patients who have an insufficient blood flow from the legs to the heart," says Rebecca Sayre, clinical program director at the Center. "It is also used for patients with peripheral arterial disease."

The Wound Care & Hyperbaric Medicine Center is a comprehensive center offering highly specialized wound care. It has earned Healogics' prestigious Robert A. Warriner III, MD, Center of Excellence Award for three consecutive years. This reflects the Center's extraordinary clinical outcomes and patient satisfaction.



WOUND CARE &
HYPERBARIC MEDICINE CENTER
A department of Speare Memorial Hospital



Photo (L-R): Linda Drew, front office coordinator; Sherill Ciampa, APRN; Lori Bruce, RN; Alison Lovett, RN; Rick Wyman, president, Meredith Village Savings Bank; Deanna Brodie, LPN and safety director; and Rebecca Sayre, clinical program director.



Shamrock Shuffle

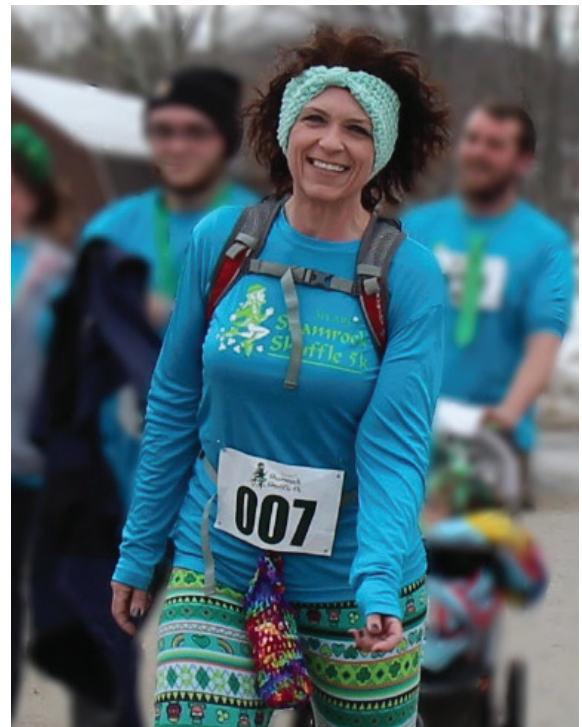
Record Turnout for 6th Annual 5k Race

A record crowd of over 400 donned their St. Patty's Day best on March 16th, at Speare's 6th annual Shamrock Shuffle 5k fun run/health walk. Runners, walkers, strollers and dogs on leashes celebrated the arrival of spring at our family friendly event.

The Shamrock Shuffle began six years ago in response to a need identified when assessing how Speare can best serve those in our community. People reported that they wanted more opportunities to be active with their families.

Since 2013, the participation has quadrupled. Untimed, the 5k is all about fun and taking positive steps toward a more active lifestyle while encouraging each other every step of the way.

Join us next year on March 14th for the 7th annual Shamrock Shuffle!





Encore, Encore!

Wine, Women & Wisdom



Nancy Witter is an award-winning comedian, motivational speaker, and author who proves that her prescription for **laughter is the best medicine**. Don't miss this return engagement of one of our highest rated speakers ever!

The Common Man Inn • Plymouth, NH

Thursday, May 9, 4:30-8:30
Tickets \$20

Dinner Buffet • Wine Tasting • Raffles • Shop Local Female-Owned Businesses • Cash Bar

Limited Seating - Buy Tickets Online Now:
SpeareHospital.com/women

Esophageal Cancer: On the Rise



While many cancer deaths are decreasing across our country, there is one growing at an alarming rate – esophageal cancer. And this is of tremendous concern to Dr. Joseph Casey, of Plymouth General Surgery.

“Cancer of the esophagus is one of the fastest-growing cancer diagnoses in the United States, with nearly 18,000 new cases diagnosed annually,” says Dr. Casey. “It often begins as gastroesophageal reflux disease, also known as GERD, a chronic digestive disease that occurs when stomach acid flows back up into the food pipe, irritating the lining of the esophagus.”

Acid reflux and heartburn can set the stage for esophageal cancer by causing tissue damage that could lead to a precancerous condition called Barrett’s esophagus. Those with Barrett’s esophagus have a higher risk for developing esophageal cancer.

“Smoking can lead to esophageal cancer as well as frequent alcohol consumption because they cause injury to the lining of the esophagus,” says Dr. Casey. “There are a number of risk factors that can cause acid reflux and the chain of health issues it can set off.”

“Early stage esophageal cancer often feels like *nothing.*”

–Joseph Casey, MD

- **Too much caffeine and chocolate** - this can relax the valve that connects the esophagus to the stomach, allowing more material to go back up into the esophagus.
- **Spicy foods, tomato products, smoked and cured meats, and citrus fruits** - all have been linked to acid reflux.
- **Obesity could also be a factor** - all that extra pressure on the abdomen forces fluid back up into the chest, which leads to more reflux.

Treatment of reflux, identification of Barrett’s esophagus, and early detection of esophageal cancer is key. If you are experiencing heartburn several times a week or over a long period of time, pain or difficulty when swallowing, hoarseness, excessive coughing, chest pain or burning, or unintentional weight loss, you should talk to





ACID REFLUX & HEARTBURN CENTER

at Plymouth General Surgery

your doctor about treatment options for reflux and screening tests for Barrett's esophagus and esophageal cancer.

"Using the cutting-edge technology and testing available at Speare, we can successfully treat reflux and help to prevent the development of esophageal cancer," says Dr. Casey.

The physicians at Plymouth General Surgery specialize in the treatment of heartburn, reflux, and Barrett's esophagus. We offer personalized counseling and treatment options, including the following:

- **Dietary & medication management**
- **Endoscopy to screen for Barrett's tissue & esophageal cancer**
- **Endoscopic treatment to remove Barrett's tissue**
- **Minimally invasive surgical procedures for the control of reflux.**

Staying ahead of the game with reflux is what can save you from a whole lot of discomfort—and potentially save your life.

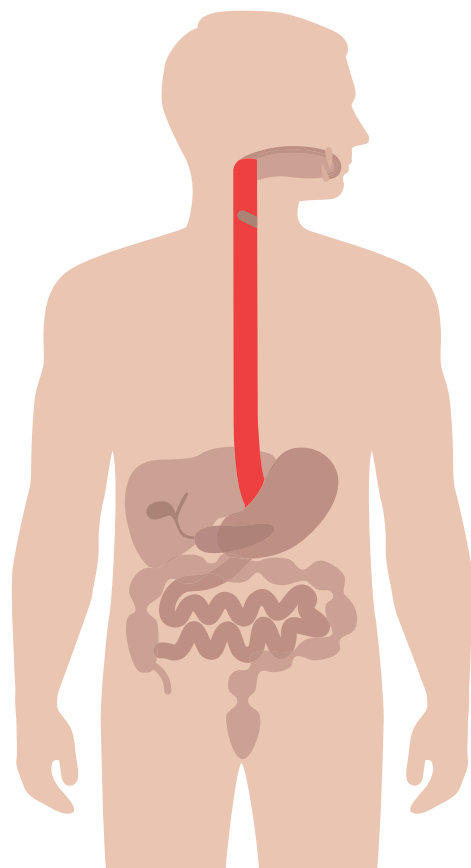


Image: the esophagus is the muscular tube that carries all food and liquid from the mouth into the stomach to begin digestion.



Annual Golf Tournament to Benefit Dental Health Program

Speare School Dental Program Now in its 21st Year!

On any given day, you will find Ruth Doane, Speare's certified public health dental hygienist, at one of 12 local schools. Her portable dental chair and dental equipment will be set up in a space designated by the school, and Ruth will likely be in the middle of a dental cleaning or putting sealant on a student's teeth.

By the end of this school year, **more than 1,600 children** will have access to oral care through the Speare School Dental Program. All of the services provided – dental screenings, cleanings, sealants, fluoride varnish, and silver diamine fluoride – will either be **free or at a low-cost**.



Ruth Doane, certified public health dental hygienist and coordinator of the Speare School Dental Program, examines a student's teeth at a local school.

21st Annual Golf Classic
Premiere Event Sponsor



21st Annual Golf Classic
Thursday, June 6, 2019

Owl's Nest Resort & Golf Club
Campton, NH

Register or become a sponsor at:
SpeareHospital.com/Golf
For more info: (603) 238-2211



Dear Speare...

Letter from a Speare Patient

I write to you to share a little about my many recent experiences with a variety of departments and personnel at Speare. My family and I have had an unusually difficult time this winter health-wise, and we have had to seek out medical care at Speare on a number of recent occasions. I wanted to make sure that you knew how remarkably impressed we have been with your hospital.

Growing up in Massachusetts, I was fortunate to have had received care at some of the "best hospitals in New England." When we moved to New Hampshire two years ago, I was skeptical that we would have access to the same high-quality health care with which I was familiar; I could not have been more wrong!

Every single employee at Speare has been highly professional, compassionate, dedicated, thoughtful, and patient-centered. From the registration staff, to the charge nurses, to the food service personnel, to the general surgical physicians, etc...**everyone** with whom we interacted made us feel well cared for, not only physically, but emotionally as well. The nurses, especially, who cared for me and my family went out of their way to make sure that we had what we needed to be as comfortable as possible.

A few weeks ago, while visiting family in Massachusetts, my daughter had to be admitted to a highly reputed metropolitan hospital for a severe eye infection. Though the care she received was more than adequate, we could not help but find ourselves saying, ***"God, I wish we were home when this happened, so we could be at Speare!"*** It was evident from our first moment at the other hospital that what was really lacking was the personal attention that we had become so used to receiving at Speare.

I just wanted to take a moment to offer you and your staff a very sincere thank you for all that you do to make Speare such an incredible hospital. I hope you can find a way to share my sentiments with your amazing team. ***We are very lucky here in "small town" New Hampshire to have such an amazing medical facility with such dedicated employees.***

With gratitude and deep admiration,
Scott M. Lebrun

Photo: Scott Lebrun, pictured with wife, Erika.





Recipe Ideas

Veggie Spring Rolls with Peanut Sauce

Ingredients:

- 1 cup cabbage (shredded)
- 1 cup carrots (shredded)
- 1 cup cilantro (chopped)
- 1 green onion (chopped)
- 12 spring roll skins
- 1/4 cup peanut butter (heated in microwave for 30 seconds)
- 3 tbsp gluten-free soy sauce
- 3 tbsp rice wine vinegar
- 2 tbsp hot water
- 1 tbsp canola oil
- 1/4 tsp crushed red pepper (optional)
- 1 clove garlic (minced)
- 2 tbsp cilantro (chopped)

Nutritional Information Per Serving:

(Serving Size - 1 roll)

- 80 calories
- 4g total fat
- 0.5g saturated fat
- 0mg cholesterol
- 300mg sodium
- 9g total carbohydrate
- 1g dietary fiber
- 3g protein

Directions:

1. In a medium bowl combine cabbage, carrots, cucumbers, cilantro and green onion.
2. In a small bowl, whisk together peanut sauce ingredients.
3. Before using, soak spring roll skin in water for 10-15 seconds and shake off excess water. Place about 1/4 cup of vegetable mixture in the bottom of spring roll. Take the spring roll edge nearest to you and fold to cover the filling. Take the side edges and fold in tightly. Roll outward to seal. Repeat procedure for remaining 11 spring rolls.
4. Serve spring rolls with peanut sauce.

Credit: American Diabetes Association and Diabetes Food Hub.





Community:

Teddy Bears Bringing Comfort and Care

Do you remember your favorite teddy bear and the comfort it brought you when you were feeling unsure or afraid? A hospital visit – whether it’s planned or an emergency situation – can bring up feelings of fear and anxiety, especially for children: a cuddly toy can help to calm the nerves.

Thanks to a fundraiser by the 2019 class officers of Plymouth Regional High School (PRHS), a new supply of teddy bears has arrived at Speare Memorial Hospital. These soft bears will help comfort children during their stay at Speare and hopefully make their visit a little less worrisome.

Denise McGlone, class advisor, shares that the idea for the teddy bear fundraiser came when she took an anatomy & physiology class on a field trip to Dartmouth-Hitchcock Medical Center. While there, she saw a sign in the emergency room that read “Operation Teddy Bear”.

“This was about 15 or 20 years ago, and I remember asking about the sign,” says Denise. “It was a great idea, and I borrowed it for our own local hospital!”

Everyone at Speare is glad that she did. Over the years, this project has helped bring comfort to many children.

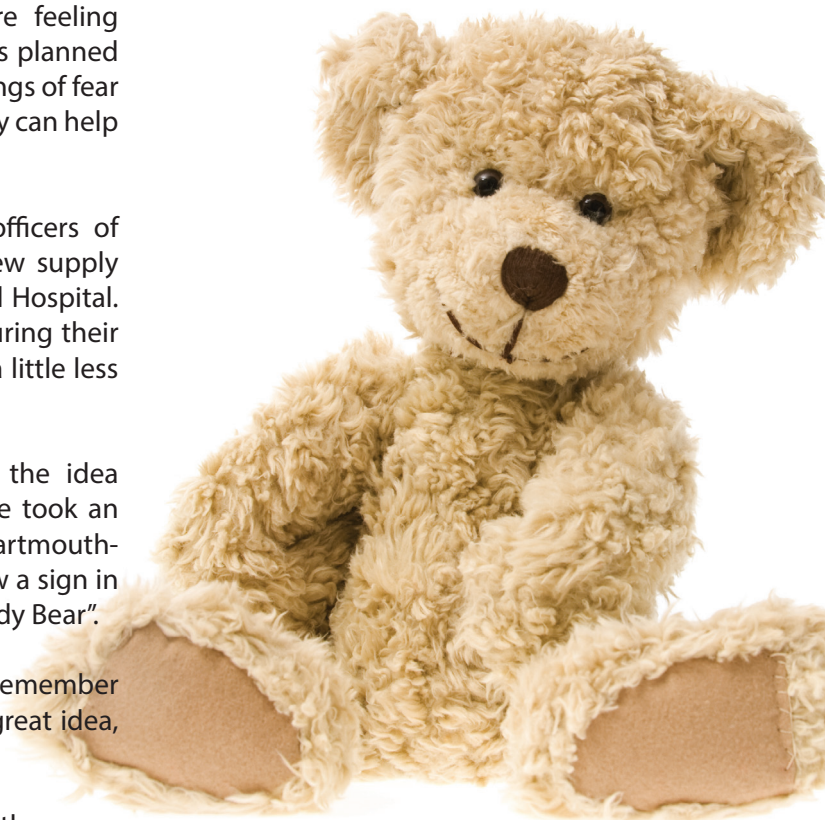


Photo: PRHS 2019 class representatives deliver teddy bears to Speare; **(L-R):** Gretchen Dodge , treasurer; Weston Hyde, president; Elsa Lauriat, secretary; Kalie McLeod, vice president.





16 Hospital Road
Plymouth, NH 03264

SpeareHospital.com



The 9th Annual

Wine, Women & Wisdom

THURSDAY, MAY 9 @ 4:30

Featuring Comedian Nancy Witter!

The Common Man Inn • Plymouth

Tickets \$20

See Page 4 for Details

Buy Tickets Online Now:

SpeareHospital.com/Women

Limited Seating Available