



Health BEAT

THE MAGAZINE OF SPEARE MEMORIAL HOSPITAL

JULY 2022

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IT'S MORE THAN GOOD BEDSIDE MANNER, IT'S NEIGHBORLY COMPASSION.

Introducing the New **Speare Brand!**

There are few times in the life of an organization when the opportunity to better position itself within the marketplace arises. For Speare Memorial Hospital, that time is now. It has been 16 years since we last updated our brand and much has changed. **Speare now has six physician practices and four specialty centers** in addition to a growing team of exceptional clinicians and

staff. So last summer we began market research to, in part, learn what our community thinks of us and how we can best serve them.

Initiated by our board of directors, a Speare steering committee worked with a reputable market research firm to learn what matters most to people about Speare. The research found that people in central New Hampshire

have a higher regard for physician practices and service lines that are associated with Speare, their local hospital. We also learned that what people want most from us are expert medical providers and truly personalized care.

We hear it from patients all the time – they could have never received the genuine, personalized care they received at Speare

anywhere else. Speare staff are able to build relationships with patients that larger facilities are unable to do because of the sheer volume of patients they have.

Once the research was completed, phase two began with a marketing agency to create a new Speare brand. Groups convened and thoughtful analysis was shared. Big imperatives were whittled down to simple statements. It came down to two pillars: **“Sophisticated Care. Neighborly Compassion,”** affirming our position as the medical provider of choice, while directly articulating what our community has come to know us as.

We are adding Speare’s familiar tree icon to the logos of all our practices and centers so that our community will know when they are using Speare services.

Building a brand happens from the inside out. The new Speare brand is

“The new
Speare
brand
is much
more than
words on
a piece of
paper; it is
a promise.”

much more than words on a piece of paper; it is a promise we will demonstrate every day in our actions and how we interact with our patients and visitors, with our community, and with each other.

Over the next several months, we hope you notice our efforts to deliver the message that Speare has expert “sophisticated care” and “neighborly compassion” delivered by caring employees who really get to know you.

Speare Memorial Hospital will continue to grow and thrive as a community resource. **We care about the health of our community**, and have many programs and services that enable you to take a proactive role in promoting your own health and wellness. Of course, we also offer state-of-the-art technology and medicines, and our doctors and nurses take pride in delivering quality, compassionate, and personalized care when you need it. ♦

02 – Peripheral Artery Disease (PAD) and Wound Healing

There are three common types of headaches: tension, migraine, and cluster. Among the three types, tension headaches are the most common form and they are often the result of stress or fatigue. In addition to tension, fatigue and stress, factors that have been associated with the onset of headaches include prolonged desk work or manual labor, dramatic changes in eating or sleeping habits, and even poor posture.

If the factors that are triggering headaches are not properly identified and addressed, the headaches may become chronic. In some cases, however, neck, back, and shoulder pain may be contributing to the occurrence of persistent headaches. A constant headache may also be the result of an underlying condition or serious injury.

The brain itself does not contain nerves that are responsible for pain sensations - which means the brain tissue itself can't "hurt". The actual pain of headaches originates in structures or tissues in the surrounding regions of the brain and, therefore, a headache typically signals an issue in the body that needs to be addressed.

Most headaches can easily be treated with over the counter pain relievers (e.g., aspirin, acetaminophen, and ibuprofen). Chronic headaches may require a more therapeutic approach, especially if the headaches are the result of pain referred from the body (e.g., neck or upper back pain). In such cases, physical therapy can help individuals address the cause and reduce the occurrence of headaches.

If an individual is suffering from tension headaches, it is important to find what triggers those headaches. Therapy can then involve teaching the person relaxation and coping strategies that can be used when those stressful situations arise.

If body pain (e.g., shoulder or back pain) is causing the tension headaches, then the physical therapy will more than

likely focus on relieving muscle tension as well as teaching an individual stretching and strength-training exercises. Once a physical therapist is confident that an individual can properly perform the exercises, they can be incorporated into a home exercise program or easily done while at work.

Individuals who continue their physical therapy exercises generally experience relief from headaches and body pain. Furthermore, the therapeutic techniques can become a long-term approach to avoiding the headache triggers, stopping a headache if it does start, or reducing its intensity and frequency.

If you are experiencing chronic headaches, or pain that you believe may be associated with the occurrence of your headaches, our trained professionals at Choice Physical Therapy, a department of Speare Memorial Hospital, can show you stretching exercises and physical therapy methods that can be beneficial. Neck and shoulder training, in particular, has been shown to reduce both headaches and body pain.

Our physical therapists would be happy to assess your current physical condition and create a program tailored specifically to your needs and goals. Call Choice Physical Therapy at Boulder Point in Plymouth (603) 238-2225 to make an appointment or to receive additional information. ♦



SPEARE HAS A TEAM OF experts in our Wound Care & Hyperbaric Medicine Center treating conditions like Peripheral Artery Disease (PAD). PAD develops when the arteries that supply blood to the internal organs, arms, and legs become completely or partially blocked. This blockage is caused by fatty plaque deposits that harden arteries, called atherosclerosis, and greatly reduces blood flow.

PAD affects nearly 10 million people in the United States, especially those over 65 years of age. PAD increases the risks of hard-to-heal wounds and associated lower-limb amputations by negatively impacting circulation and reducing blood flow to and from the legs. Speare's Wound Care & Hyperbaric Medicine Center at Speare Memorial Hospital identifies these risk factors for developing PAD:

- Age above 65 years
- Diabetes
- Excessive weight
- Family history of artery disease
- High blood pressure
- High cholesterol
- Heart disease
- Smoking

Up to twenty-five percent of those with advanced PAD will experience an amputation within one year due to a non-healing wound. Although the long-term effects of PAD are serious, an astonishing 40 percent of people with PAD do not experience any symptoms.

The Wound Care & Hyperbaric Medicine Center at Speare also offers non-invasive tests to diagnose and accurately treat PAD. An ankle-brachial index (ABI) test is painless and easy, and compares the blood pressure reading in the ankles with the blood pressure reading in the arms. An ABI can help diagnose PAD, but it cannot identify which arteries are narrowed or blocked. A Doppler ultrasound test may be done to see which artery or arteries are blocked.

If you are at risk for PAD, do not dismiss leg pain as part of growing old and seek care if you have these symptoms:

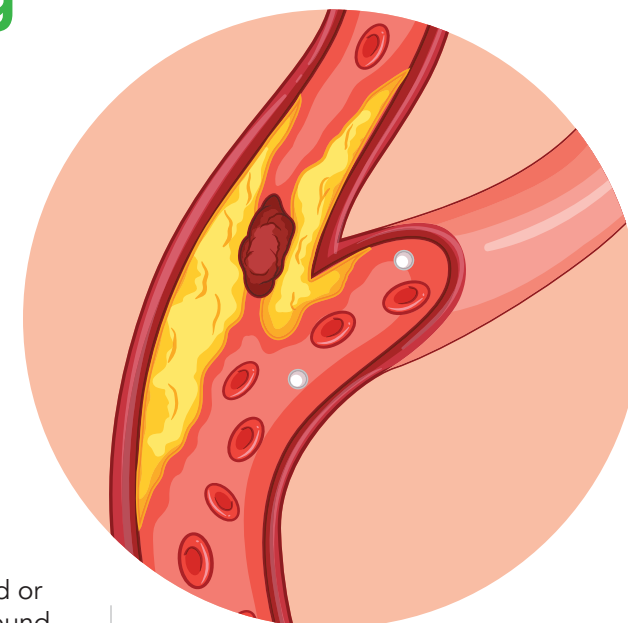
Pain or cramps in the back of your leg while walking or exercising.
→ These pains or cramps typically go away when the walking or exercising stops.

Pain in the feet or legs.
→ Pain in the feet or legs while resting or that wakes you from sleep.

Decreased or no hair growth on the feet or legs.

Cool to touch.
→ Lower legs and feet that are cool to touch or that have shiny skin.

Pale extremities.
→ Legs and feet that appear pale when raised and bluish/purplish when hanging down.



ABOVE: Depiction of blood vessel with Peripheral Artery Disease (PAD).

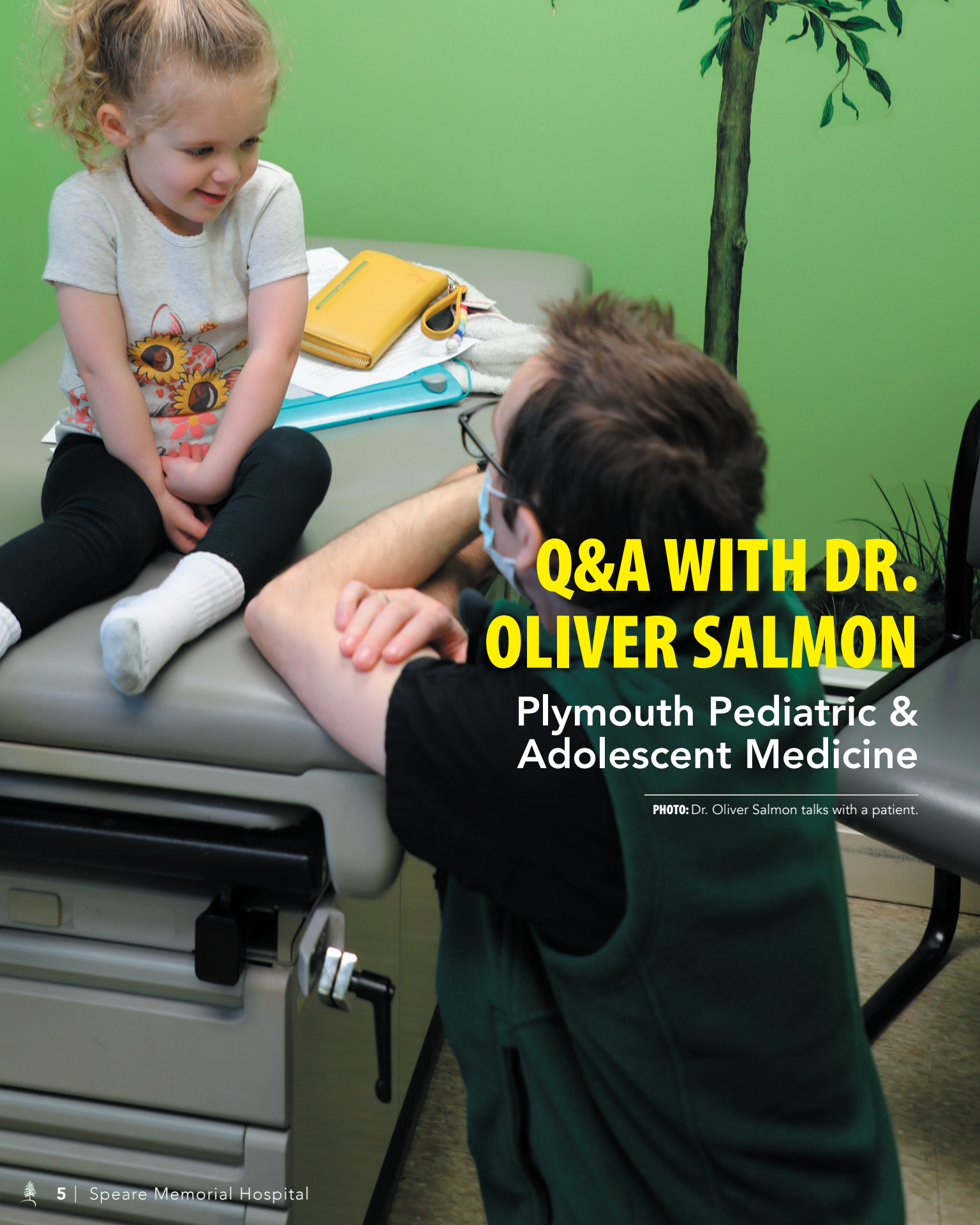
Weak or absent pulses in the feet.

Numbness or tingling in the feet and legs.

A sore or wound.
→ A sore or wound on your toes, legs or feet that does not heal.

People who are at risk for PAD should call our Wound Center if they develop a wound. Specialized care can reduce healing times, increase healing rates and lower amputation risks.

For more information on identifying PAD and having a chronic or infected wound treated, contact the Wound Care & Hyperbaric Medicine Center at Speare Memorial Hospital located at **(603) 481-8780.** ♦



Q&A WITH DR. OLIVER SALMON

Plymouth Pediatric & Adolescent Medicine

PHOTO: Dr. Oliver Salmon talks with a patient.

Q. *Can you tell us something about COVID-19 disease and how it affects children?*

A. We know that COVID-19 is an infection affecting all parts of the world. It was first noticed in Wuhan, China in 2019 and it became an obvious true worldwide pandemic in early 2020. Since the very earliest stages of the pandemic, we realized that COVID-19 affects people differently, and the biggest risk factor for this serious and deadly disease is older age. As a pediatrician, I was relieved to learn this.

That being said, there are certain risk factors for children. Newborns whose mothers were infected with COVID-19 before giving birth, and children who are immunocompromised or who have diabetes, severe lung disease, cancer, or obesity may also have a higher risk of a serious COVID-19 infection.

A small number of children also seem to be prone to more serious complications after getting over the initial infection. Inflammation of the heart can affect children who had more moderate or severe disease during the initial infection. This tends to be more common in male teenagers or young adults. Although rare, one of the scarier outcomes is that a very small number of children develop significant inflammation in many parts of their body (called MIS-C). At this point, medical professionals have not found the risk factors that these children have in common. Fortunately, the worst outcomes in children are rare, but they do still exist.

Q. *Why is it important to protect children, specifically, from getting infected with the virus that causes COVID-19 during this pandemic?*

A. There are basically 2 important reasons. One is to protect the children themselves. As I just discussed, some children do have severe symptoms while they are infected and some have serious outcomes after they are infected.

The second reason is that we all

need to do our part, even children, to help protect the most vulnerable persons from this new deadly infection. I am proud that, despite our differences, billions of people took the necessary steps and made sacrifices to protect these vulnerable persons.

We never know what changes will come with COVID-19, but as of this moment, COVID-19 appears to be much less deadly than at the start of the pandemic. With significant measures to stop the spread of disease, better testing abilities, treatments for early infection, and effective vaccinations, fewer people are dying or having serious disease.

Q. *So what should parents know about COVID-19 vaccinations for their children?*

A. There are multiple vaccines in the world that prevent COVID-19. These are some of the most studied treatments in medical history. Over 5 billion people worldwide have received a COVID-19 vaccination and companies plus health departments around the world are monitoring for both efficacy of the vaccines and side effects from them.

In the United States, the FDA has approved the use of vaccines rigorously studied by Pfizer with BioNTech, Moderna, and Janssen (owned by Johnson & Johnson). The vaccines from Pfizer with BioNTech and Moderna have been approved for use in persons under 18 in the United States. They are proven to be very effective at preventing serious disease and are extremely safe. There can be non-serious side effects (like a sore arm, fatigue, or headache), but this tends to happen less frequently in young children.

I got the vaccine and so did my 6 year old daughter. As a doctor, I know that the vaccination is safe for us. As a dad, and as a member of this community, this is one more way that I can help protect my family and those in our community whose health conditions make them more vulnerable.

Everyone 5 years and older who gets the vaccine from Pfizer with

BioNTech is recommended to get 2 doses 3-8 weeks apart, then a 3rd dose (often called a booster dose) at least 5 months after the 2nd dose. There are a small number of higher risk children that are recommended to get an additional booster dose.

Q. *What about COVID-19 vaccines for children under the age of 5?*

A. The FDA and CDC looked closely at the research on smaller dosage vaccines from Pfizer with BioNTech and Moderna for children aged 6 months through 4 years. They found them both to be safe and effective, and recently approved a 2 to 3 dose series. They are available as of the end of June, 2022.

Q. *Since approved, should I get a COVID-19 vaccine for my child under the age of 5 years old?*

A. I plan to get whichever of these two vaccines is available for my 2 year old and I believe both are appropriate for children to get in the 6 months through 4 years age range. **Plymouth Pediatric & Adolescent Medicine is now scheduling appointments for children to get these vaccines.**

Q. *Is there anything else you would like to discuss about COVID-19 and children?*

A. I just want to say thank you to the people in our community and the world at large. These past 2+ years have been very trying for us all. But, I have been pleased that so many people are taking significant measures to try and keep everyone safe while we get through this very long pandemic.

The necessary changes that schools, sports, and many other childhood organizations have made to help ensure that everyone stays safe are commendable. If your child is experiencing stress or anxiety during these challenging times, I encourage you to talk with your pediatric provider. ♦

PLYMOUTH GENERAL

PLYMOUTH GENERAL Surgery (PGS) has come a long way since becoming the first medical practice owned by Speare Memorial Hospital over two decades ago.

Dr. Joseph Casey, was here in those early years, with **Dr. James Koren** joining the practice in 2008. **Dr. E. James Hanowell** joined the group in 2016, and **Dr. Robert Chastanet** followed in 2019. All four are board-certified with advanced specialty training and are highly experienced in the full scope of diagnostic testing and surgical procedures – from restoring your colon to removing a skin lesion in the office.

PGS is the only surgical practice based in Plymouth, serving central New Hampshire. Their commitment to the greater Plymouth community centers on individualized evaluation and care of each patient and prompt feedback to primary care practitioners. They combine the personalized care of a local community hospital with the advanced procedures and technology usually only found at larger facilities.

Employing the most up-to-date minimally invasive techniques, PGS surgeons

provide routine and emergency surgical care with compassion and personal concern for your individual needs. They are with you every step of the way – from your first office visit to post-operative follow-up; their patient-centered approach offers the care you need right here, at Speare.

PGS is also home to the reputable Acid Reflux & Heartburn Center and Weight Loss Center. As the trusted colonoscopy and endoscopy providers, PGS features a state-of-the-art endoscopy center in our safe hospital environment. Using top-of-the-line endoscopes — flexible tubes with a camera — our doctors can visualize, diagnose, and sometimes treat disorders of the esophagus, stomach, and colon.

The Weight Loss Center at Speare offers medically managed and surgical options to lose weight. Patients have seen tremendous, life-saving results. Info sessions are held on the third Thursday of the month. Visit www.spearehospital.com/weightloss to sign up.

To make an appointment for a consultation, call (603) 536-5670. ♦



SURGERY

**SOPHISTICATED CARE.
NEIGHBORLY COMPASSION.**



Dr. Joseph Casey

Dr. Casey specializes in upper endoscopy and colonoscopy, skin cancer management, and care of patients in our Acid Reflux & Heartburn Center and Wound Care and Hyperbaric Medicine Center. A graduate of Tufts University School of Medicine, he has 34 years of experience.



Dr. Robert Chastanet

Dr. Chastanet has advanced fellowship training in laparoscopic surgery. He has performed gastric bypass and sleeve gastrectomy weight loss surgeries for over a decade, with his surgical outcomes consistently surpassing the national standard.



Dr. E. James Hanowell

Specializing in advanced laparoscopic surgery, Dr. Hanowell has significant experience in minimally invasive surgery, reflux surgery, colon resection, complex hernia repair, thyroid surgery, gallbladder surgery, colonoscopies, endoscopies, breast surgery, cancer surgery, trauma surgery, and biopsies.



Dr. James Koren, Jr.

A practicing surgeon since 2001, Dr. Koren specializes in minimally invasive surgeries and advanced laparoscopic procedures including complicated hernias, colon resections, stomach ulcers and a procedure for heartburn/reflux. He has advanced fellowship-training in weight loss surgery, having trained with pioneers in the field.



Speare Donates COVID-19 Test Kits To Local Schools

“Speare has ordered 1,800 kits to-date, donating 720 to eight local schools.”

Plymouth Pediatric and Adolescent Medicine has teamed up with Speare’s school nurses to deliver COVID-19 testing kits to schools in our local communities.

“In order to benefit our community, Speare’s school nurses are bringing the kits to our local schools to send home with adults picking up sick children from school,” says Brittany Anibal, pediatrician at Plymouth Pediatric & Adolescent Medicine.

Employed by Speare, each school within SAU 48 has a designated school nurse. They are passionate about their work, their school, and most importantly, their kids and are happy to pass on this important tool in monitoring the health of our young.

The testing kits are supplied through a grant from the Health Resources and Services Administration (HRSA). HRSA is

working in collaboration with the Department of Health and Human Services to facilitate the “HRSA COVID-19 Testing Supply Program.” Their goal is to ensure that underserved communities and those disproportionately affected by COVID-19 have fair access to COVID-19 tests.

Testing kits are sent directly to Medicare-certified Rural Health Clinics, like Speare’s Plymouth Pediatric & Adolescent Medicine (PPAM), to use at no cost to patients and communities. Speare has ordered 1,800 kits to-date, donating 720 to eight local schools.

The kits include rapid antigen tests that produce a result within ten minutes. They can be administered to children ages 2-13 with symptoms, or within six days of symptoms first appearing. They have a shelf life of one year. ♦

Campton Elementary School • Holderness Central School • Plymouth Elementary School • Plymouth Regional High School • Russell Elementary School • Thornton Central School • Wentworth Elementary School • Waterville Valley Elementary School

Speare patients have a new, cutting edge Electronic Health Record & Patient Portal

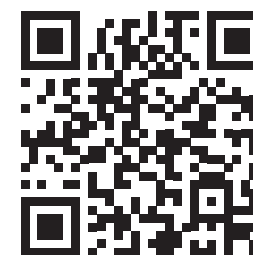
IMPLEMENTING A NEW, secure patient portal and Electronic Health Record (EHR) system across an entire medical center requires a team of dedicated staff who put the patient experience first – and that is **Speare Memorial Hospital**. Starting in March, Speare launched Meditech, a new portal and EHR system stacked with features that deliver convenient healthcare services to patients.

“The motivating factor for the upgrade was to provide a superior level of care for our patients and their families,” says Travis Boucher, CFO at Speare. “We are excited to offer our patients fully automated access to self-scheduling, pre-registration, self-check-in, and virtual visits through the patient portal.”

Speare’s medical providers are strongly encouraging all patients to sign up for the new portal as part of actively managing their health, saying that it is an integral part of the care they provide.

The new patient portal is an easy way for patients to communicate with Speare’s physician practices. Patients are able to send messages about their care, make follow-up appointments, request prescription refills, access their important health information, and stay on top of recommended screenings anytime day or night.

Additionally, Speare has added “Patient Connect”, a web-based service able to send appointment reminders and other important information via text. ♦



SCAN HERE!
TO ACCESS THE PORTAL

SIGN UP FOR OUR PATIENT PORTAL

Ask any member of your healthcare team to sign you up today.



Request and review appointments



Request prescription refills



Send secure messages to your healthcare team



See your lab, imaging, and test results



Complete forms before your appointment



Review instructions related to your care



Pay bills online

Our medical providers strongly encourage all of our patients to sign up for our portal to actively manage their health — it’s an integral part of the care we provide!

IN 2022 SPEARE'S CEO RECEIVED TWO AWARDS FOR LEADERSHIP.



The year 2022 kicked off with our president and CEO, Michelle McEwen, receiving much deserved recognition for her decades' long experience as a leader in New Hampshire.

Michelle was first selected as a **"2022 Outstanding Women in Business"** from NH Business Review. The annual award celebrates the successes and achievements of women who have had a lasting impact on New Hamp-

shire's business community as leaders and role models.

"It is a pleasure to recognize and celebrate outstanding women leaders who have made such a positive impact within the Granite State and continue to make tremendous accomplishments in both their personal and professional lives," says Jeff Feingold, editor of NH Business Review. He goes on to congratulate Michelle as an extraordinary recipient

whose commitment, vision, and talent make her a true leader in her field.

Michelle's second honor was from PSU's President's Commission on the Status of Women. They recognized her as the Community Member POWA (Powerful Outstanding Women's Advocate) for significantly contributing to the advancement of women's issues.

Erika Rydberg-Hall, educational technologist at PSU, wrote that they were excited to present the award to Michelle to show thanks and "sincere appreciation for the important work she does throughout our community."

Michelle began working at Speare 29 years ago, leading it for the last 21 years. When she became president and CEO, she was one of only two or three females in that role in New Hampshire. During her tenure at Speare, Michelle earned the top healthcare management credential of Fellow of the American College of Healthcare Executives (FACHE), representing the highest standard of professional development in her field – at a

time when only 5,400 healthcare leaders across the nation held this distinction.

Michelle has lent her expertise to dozens of local, professional, and industry groups over the years, demonstrating her commitment to the community, advancing the hospital's position, and advocating for healthcare overall.

Under Michelle's leadership, Speare remains one of the few independent rural hospitals offering an intensive care unit, birthing suite, oncology clinic, ophthalmology services, and wound, weight loss, and acid reflux centers. She has secured state-of-the-art radiology and specialty orthopedic and anesthesia services for those living in

central New Hampshire.

"Michelle has that unique blend of intelligence and compassion that allows her to thrive as a CEO of a hospital," says Dr. Joseph Ebner, chief medical officer at Speare. "She is an avid learner, able to understand not only hospital finance but also current trends in medical care and patient experience. Michelle uses this knowledge to move our organization to address the health of our community and the well-being of our workforce. Her dedication is evidenced by her unwavering support of the staff and administrative team in carrying out our mission to work together to serve the needs of our patients and community." ♦

Speare Nurses Ranked Among Top by CMS

The nurses at Speare Memorial Hospital are among the highest ranked in New Hampshire for their exceptional communication with patients. Released by the Centers for Medicare & Medicaid Services (CMS), the data reveals that more than 83% of patients at Speare feel the **"nurses always communicated well."** This is above the national average.

"Some might expect patient experience scores to suffer in light of the COVID pandemic, but Speare had the opposite outcome," says Lesley Wining, Interim Chief Nursing Officer. "It is no surprise to me that Speare's staff continue to meaningfully connect with our patients; they ensure that patients come first. Staff at Speare are highly skilled and take pride in their craft, and I could not be more impressed by what they do every day for our community."



New Hampshire magazine

An annual **"Top Doc"** poll conducted by NH Magazine asks all licensed physicians in the state to choose who they would send their friends and loved ones to for medical care. Once physicians nominate their preferred medical providers, each nomination is rigorously screened. We are proud to have two physicians chosen in 2022.



Dr. Paul Musco Named a Top Ophthalmologist for 5th year!

Paul Musco, MD, of White Mountain Eye Care & Optical, has won the confidence of physicians throughout the state – for the fifth year in a row they voted that they entrust the eyes of their loved ones with him.



Dr. Michael Watto Recognized as a Top Primary Care Doc in NH!

Learning which primary care physician (PCP) doctors would send their loved ones to is critical information and the recent poll has the answer – physicians choose Dr. Michael Watto as a top primary care physician in the state.

Smart Ways to Make Physical Activity Part of your Day.

WHILE EXERCISE MAY SOUND intimidating to some people, it doesn't have to be. Any type and amount of activity is better than none, and there are so many enjoyable ways to get moving. In order to "move more and sit less", as the new physical activity guidelines recommend, it's important to find activities that you enjoy!

Finding time may also be a struggle but being more active can be as simple as taking the stairs instead of the elevator, parking further away, walking or riding a bicycle to the store, and cleaning the house or working in the yard.

It's important to choose activities that match your abilities. If you've never run a mile, it would be better to work up to that goal before training for a marathon. Set realistic goals to avoid risking an injury or becoming discouraged and less active.

For adults, the recommendation is 150 minutes or more

“If you like group activities, you can look into virtual classes or those that can be safely done inside or outdoors. If you prefer being active alone, consider rollerblading, lifting weights, or yoga.”

of moderate-intensity physical activity each week. This could be as simple as brisk walking for 25 minutes six days per week. Another option is to walk briskly for only 15 minutes at a time, but twice a day for five days.

To realize the most health benefits, physical activity should be done regularly – meaning most days of the week. How often, how long and the intensity of the activity can make a difference, too.

Research has shown that regular physical activity can lead to better health, including a reduced risk for many chronic diseases, such as heart disease, high blood pressure and diabetes.

Aerobic activities, such as brisk walking or bicycling, are important for cardiovascular health, because they work out your heart.

Muscle-strengthening activities include some type of resistance, such as weights, elastic bands or your own body weight. Activities that help you increase the strength of different muscles is recommended two times or more per week.

Both aerobic and muscle-strengthening activities may also offer bone-strengthening benefits. Activities that involve stretching can help to increase flexibility, or the range of motion for joints. ♦

Finding Activities You Enjoy

- Plan ways to gradually increase your physical activity.**
- This could involve setting reminders to move more throughout the day or by scheduling times to be active during the week.
- Think about the best time for physical activity.**
- Some people prefer to be active in the morning, whereas others dedicate time midday or after school or work.

- Decide how you want to be active.**
- Walking is convenient for many people. However, others may choose to participate in organized sports or specific exercise programs.
- Consult a Registered Dietitian**
- For people who are sedentary or have chronic diseases or disabilities, check with your health care provider before increasing physical activity.

Contact the registered dietitians at Speare Memorial Hospital for more information – (603) 238-2244.



Dear SPEARE

December 5th, 2021 started as a normal Sunday. I was baking Christmas cookies in the afternoon and decided to take a short break. As soon as I sat down, I felt a sharp pain across the top of my back. I thought I was having a muscle cramp and got up to get the heating pad. As I stood up, the pain intensified and I felt pain in my chest as well.

This was not a muscle cramp. I grabbed my phone, and I don't know why, but I decided to look up heart attack symptoms for women. The symptoms listed were exactly what I was feeling. I called my husband, who was visiting a friend, and asked him to come home immediately. I was now also experiencing shortness of breath in addition to the pain in my back and chest. As my husband was driving home, he called 911. The operator then called me and kept me on the line, talking to me the entire time while the ambulance was on the way. She told me to chew some baby aspirin.

The ambulance arrived from the Plymouth Fire Department. The EMT's gave me an EKG before taking me to the emergency room at Speare Memorial Hospital. The EKG did not show signs of a heart attack; however, I was in severe pain.

At the ER, I was given a number of tests as well as more medication.

None of the tests showed signs of a heart attack. Dr. Seefeld, chief of emergency medicine at Speare, continued to look for a cause and discovered that I had a dissected aorta. He knew that I needed emergency surgery and immediately got on the phone to find a heart specialist that could perform the necessary surgery. Some of the hospitals were full due to COVID. Catholic Medical Center was able to take me in and do the surgery. I was taken by ambulance to Manchester and had the surgery that night.

Without Dr. Seefeld's commitment to finding the exact cause of my pain, I would not be alive today. He stated that if I had only been treated for the pain, I would not have survived the night. He continued to follow my case and even called me at home after my release from CMC to inquire how I was feeling.

The nurses and staff at the ER at Speare are caring and knowledgeable professionals. Despite being scared, I knew I was in good hands.



Sincerely,
Elke C.
Campton, NH

Andrew W. Seefeld, M.D.
Emergency Medicine

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Thank you for helping us raise more than **\$34,000** for Speare's Dental Health Program! Over 1,400 local children will receive dental care through this program during the next school year!

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