

Best Care

MAGAZINE

WINTER 2012

*We're experts
in matters of
the heart*

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“Hybrid” O.R. Transforms Vascular Surgery



While the term “hybrid” is frequently associated with automobiles, Saint Francis has its own hybrid technology that is advancing the practice of surgery.

Located on the third floor of the Hospital’s new John T. O’Connell Tower, a new, state-of-the-art hybrid operating room represents an amalgam of operating room and interventional radiology technologies.

“We are blending radiologic imaging similar to what we would have in an interventional radiology suite with advanced operating room facilities so that we can do complex endovascular procedures in a single setting,” explains Eugene Sullivan, M.D., Attending Vascular Surgeon.

Procedures Performed

The classic example of a procedure performed in the hybrid room is an endovascular abdominal aortic aneurysm repair. Vascular surgeons have performed this surgery in standard operating rooms for more than a decade.

Performed under general anesthesia, in this operation surgeons typically make an incision in the groin area to expose an artery through which an endovascular stent graft is placed in the aneurysm under x-ray guidance.

“In the past, this would have required an open incision in the abdomen,” explains Dr. Sullivan. “By employing the sophisticated technology of the hybrid operating room, this has become a minimal-incision operation, resulting in less scarring and a faster recovery.”

Imaging Technology

Previously, these procedures were performed with portable x-ray equipment. Now, equipped with an image intensifier and high-definition monitors, surgeons are able to view real-time, angiographic digital images as they operate in this new space.

“The image quality is tremendously enhanced and radiation exposure is reduced,” says Dr. Sullivan.

To accommodate the added radiology equipment, the hybrid operating room is twice the size of one of Saint Francis’ standard operating rooms, about 1,000 square feet. Special provisions were also made at construction to accommodate the weight of the equipment and extra lead shielding.

The room is also being used for procedures that previously were performed in the radiology department. These include the placement of stents in the carotid and renal arteries as well as leg angioplasties, performed under light sedation with a simple puncture of the femoral artery through the skin.

“This is a great addition for the Hospital — a definite improvement for our delivery of leading-edge care,” says Dr. Sullivan.

Changing Surgical Practices

In many ways, the hybrid operating room has fundamentally changed how vascular surgeons treat patients by allowing diagnostic and curative procedures to be performed in a single session.

Dr. Sullivan explains that a patient determined through ultrasound to have an obstruction in a leg artery can now undergo a diagnostic angiogram in the hybrid operating room and then be treated with a minimally invasive balloon or stent procedure or, if necessary, a traditional open incision — all in a single session.

“This is changing the way we do things. Previously, a patient might undergo a CT scan, magnetic resonance angiogram, or a standard angiogram to get an idea of what we were dealing with. For many of our patients there are potential difficulties with those techniques. This allows us to take the patient to the hybrid facility and know immediately what we’re facing and how best to proceed,” observes Dr. Sullivan.



The hybrid operating room has fundamentally changed how vascular surgeons treat patients by allowing diagnostic and curative procedures to be performed in a single session.



Preventing Heart Disease in Women

An Interview with Anita Kelsey, M.D.

We sat down with Anita Kelsey, M.D., to learn the facts and myths of heart disease in women and what steps should be taken towards prevention. Dr. Kelsey is the Director of Echocardiography, Medical Director of the Hoffman Heart School of Cardiac Ultrasound and the Director of the Phillips Women's Heart Program at Saint Francis.

Q: Why did you become a cardiologist?

A: I knew I wanted to be a doctor since I was six years old. As an undergraduate I started learning about medicine and majored in biomedical engineering at Duke University. As an engineering major, I could see the heart as a perfect organ. It has fluid mechanics, as well as electrical and mechanical systems. That's what attracted me to the heart.

Q: What is your specific concentration in the field of cardiology?

A: The two primary fields that I specialize in are echocardiography, and women and heart disease.

Q: What do you love most about your work as a cardiologist?

A: I really enjoy teaching fellows, residents and medical students. Watching them develop is very rewarding. I also like educating women in the community. It is gratifying when I have the opportunity to convey something that they would not have known otherwise.

Q: Can you tell me more about the Phillips Women's Heart Program?

A: One thing we do know is that prevention works. If women make lifestyle changes, sometimes small, every change reduces the risks. After I learned that, it was all I wanted to do.

I knew that in order to convince women to make these changes we would need resources. When I came to Saint Francis, I wanted to get enough support to develop a primary prevention program in the community to make a difference for women.

In June 2006, we created the *Phillips Women's Heart Program*. I am pleased that

we can provide this free program to help women take a proactive approach to heart disease through education and awareness.

The program is grant-funded which allows us to provide a comprehensive evaluation along with a complete assessment and examination of cardiac risk factors. A nutritionist also provides a nutritional assessment and offers recommendations for dietary modifications. An exercise program is also outlined and tailored around a woman's personal daily routine.

Although the gratification is delayed, I believe that over time women in Connecticut will significantly reduce their risk of heart attack and stroke. I think that our *Phillips Women's Heart Program* can be very proud of that fact.

Q: Are women often misled when it comes to myths related to women and heart disease?

A: I think the media create a distraction to people's focus on what is most important for them. Women need to seek out professionals who can identify their individual cardiac risks and give them the direction to reduce those risks. For example, the media might report on

a study of a particular cholesterol medication. This can cause confusion and people stop taking their cholesterol medication inappropriately. You should always speak to your doctor before making any changes in your prescribed medications.

Another concern is that patients often ignore symptoms, hoping they will go away. When a person has a symptom, they should go to their doctor and definitely do not delay or be afraid of what they might discover. Women should also routinely visit their primary care physician, not just their obstetrician/gynecologist, to receive regular comprehensive assessments.

Women sometimes come to a physician visit with a specific symptom and want a particular test they have heard about. I think it is important for physicians to explain these tests and only do those tests that are appropriate for each person.

Q: If a woman has a family history of heart disease, what preventative steps should she take?

A: No matter what her family history, every woman can reduce her risk of heart disease. For instance, every woman should do aerobic exercise, like walking, a minimum of five days a week for 30 minutes at a brisk pace. Also, make sure you control the stress in your life, take prescribed medications properly and eat healthy.

One thing helpful for women is to use the support of other women around them. Share knowledge about cardiac risk and encourage each other to exercise and eat right. When exercising with a partner, women are more likely to stick to routines because women don't want to let a friend down.

Q: As a physician, what do you think is the most important advice for women and heart disease prevention?

A: I encourage all women to make small changes and maintain them for a lifetime. It is also important for women to take ownership of their own health and know their cholesterol and blood pressure numbers. It is important to not be overwhelmed once you learn those numbers. By making small changes and maintaining them for life, you will gain enormous rewards.



Anita Kelsey, M.D.

Are you listening to your heart?

Each time your heart contracts to supply your body with blood, it causes a beat. For the average human heart, this produces 100,000 heartbeats each day — or an astounding 35 million beats every year.

This number varies from person to person, and depends on factors such as age, gender and activity level. The use of medications, consumption of coffee and excessive stress can also impact your heart rate.

For an adult, a normal resting heart rate ranges from 60 to 100 beats a minute. Generally speaking, a lower heart rate indicates a more efficient heart function, because it takes your heart less effort to pump blood through your body.

Because your heart rate is a good measure of your overall heart health, it is a good idea to know and monitor it. The best way to measure your heart rate is to measure your pulse when you are resting. You can find a pulse point anywhere on your body where an artery is running just beneath the skin. The most convenient location is your wrist.

To measure your heart rate using your wrist:

- Turn your hand facing the palm side up.
- Place your other hand's index finger and your third finger on the wrist of the hand that's facing palm side up.
- Position the tip of the fingers right below the thumb base. It is important to use your index finger and your third finger because the thumb has a strong pulse on its own and it may interfere with your count.
- When you feel your pulse, use a timepiece with a second hand. Count the number of heartbeats for a 10-second period. Then multiply that number by six. This count (i.e. 10 beats x 6 = 60) is how many times your heart beats per minute.

For questions specific to your heart rate and heart health, please consult your primary care physician.



FROM THE AMERICAN HEART ASSOCIATION

- ♥ 1 in 5 females in the U.S. have some form of heart disease.
- ♥ A woman dies from heart disease every 34 seconds.
- ♥ African-American and Mexican-American women have higher heart disease and stroke risk factors than Caucasian women of comparable socioeconomic status.
- ♥ The prevalence of high blood pressure in minority women in the U.S. is among the highest in the world.
- ♥ Coronary heart disease rates in women after menopause are 2-3 times those of women the same age before menopause.
- ♥ Heart disease claims more women's lives than the next 8 causes of deaths combined . . . including breast cancer.
- ♥ Most women begin to develop heart disease at a very young age.
- ♥ Over 35% of American women are overweight.
- ♥ Over 25% of American women smoke.

Stress and heart disease

Is there a link?

Do you often feel like you are juggling too many responsibilities? With too many deadlines? As you go about your daily routine, it is likely that you can relate to these questions. It is also likely that these situations can make you feel overwhelmed or “stressed.” And while you probably already know that stress is unpleasant, did you know that it can affect your heart health, too?

“Understanding the relationship between stress and cardiovascular disease is not easy,” explains Daniel Diver, M.D., Chief of Cardiology at Saint Francis Hospital and Medical Center. “Stress is difficult to measure. And everybody responds to stress differently, some coping better than others. What we do know is that when stress is not managed properly, it can negatively impact your overall health, including your heart,” notes Dr. Diver.

What is “stress”?

We use the word “stress” to express when we are feeling strained due to conflicts, difficult decisions, unpredictable situations and other conditions that our bodies perceive as threatening. Stress can be short-term in nature (acute) or affect us for longer periods of time (chronic). While both can impact our health, prolonged and severe stress seems to put us at greater risk for health-related problems.

How does stress affect the heart?

Stress causes our muscles to tense and sometimes our fists to tighten. It can also burden our immune system and our heart. Prolonged and severe stress can lower our body’s resistance to illnesses, leading to a weakening of our heart.

Dr. Diver explains that long-term stress can cause our body’s stress response to turn on, and stay on for a long period of time, not giving it a chance to turn off. What this means for our heart is that it continuously works at high capacity. Essentially, this causes our heart to work overtime to supply our body with blood. The increased heart rate and blood pressure can damage the walls of the blood vessels, called arteries. As part of their defense process, these arteries tend to thicken



*Daniel Diver, M.D., Medical Director,
Cardiovascular Services at Saint Francis*

and become narrower, making blood flow more difficult and even causing blockages.

Our natural defense mechanism can also cause our body to produce additional chemicals and hormones. These can further damage the arteries and make the blood stickier, setting the stage for additional blockage or even damage to the heart muscle (heart attack).

In addition, stress can encourage other cardiac risk factors like smoking, alcohol consumption and overeating. To keep your heart healthy, it is important to keep all of these in check.

“Most of us underestimate the role of stress as a risk factor. I like to remind my patients that managing stress levels is just as important as avoiding tobacco use or eating healthy,” adds Dr. Diver.

What can you do to better manage stress?

The reality is that no matter how hard we try, we can’t eliminate stressful situations from our lives entirely. According to Kathleen Mueller, M.D., Medical Director at the Center for Integrative Medicine at Saint Francis, the goal is to learn how to better cope with stress, and incorporate those coping mechanisms in our daily lives.

“Everybody responds to stress differently, and some of us have to put more effort into it than others. It is important to stay committed to a conscious effort,” Dr. Mueller explains.

There are many ways to better manage your stress. Here are some ideas to get you started:

1. Adjust your attitude towards stress.

- Take a moment to identify situations that are causing stress. If possible, avoid those situations.
- Recognize when you are feeling stressed, and examine your current coping strategies. Are they working? Or are they making it worse? Sometimes we turn to the wrong coping mechanisms, like procrastinating, bottling things up, overeating, using alcohol, etc.
- As a further step, allow yourself to let go of the things that are not important or that you can't control.
- Start each day with a to-do list. It will help you stay on top of your tasks, and prioritize when unexpected events occur.
- Make time for things that don't cause you stress: reading, knitting, hiking — whatever works for you.

2. Practice relaxation.

- In addition to changing your attitude towards stressful situations, it is important to learn to relax. Some common relaxation techniques include meditation, acupuncture, yoga or deep breathing exercises.

"Many of us think of relaxation as just one more item on our already crammed to-do list. But it doesn't have to be that way," explains Dr. Mueller. "For example, there are many ways to implement meditation or do breathing exercises right from your kitchen sink or your desk at work. Sometimes taking just five deep breaths during the day can make you feel better."

There are many books, articles and videos available to teach you how to relax, practice yoga or meditate. You can also participate in formal classes offered at your library, gym or other locations like the Center for Integrative Medicine at Saint Francis.

3. Practice healthy habits.

- Get enough sleep. This will equip you to better deal with daily ups and downs. Maintain a well-balanced diet and exercise regularly.

For a listing of classes currently offered at the Center for Integrative Medicine at Saint Francis, go to page 16.



Kathleen Mueller, M.D., Medical Director, Center for Integrative Medicine at Saint Francis, performs acupuncture on a patient.

Yoga for Heart Health and Stress Management

Yoga is an ancient practice that combines physical poses and breathing exercises. The physical, mental, and spiritual benefits of yoga are numerous. Yoga improves circulation and respiration, and can increase metabolism and energy. The mental benefits of yoga include relief from stress, anxiety reduction, and increased self-confidence. Many people practice yoga for the spiritual benefits and the connection it brings to the mind, body, and spirit.

Recent research has shown yoga to reduce blood pressure, lower the pulse rate, improve elasticity of the arteries, regulate heart rhythm, and increase the heart's stroke volume. Heart rate variability, a sign of a healthy heart, has also been shown to increase in those who practice yoga regularly. In addition, those who practice yoga regularly reduce their levels of cytokine IL-6 — a substance that increases inflammation in the body — which helps fight illnesses such as heart disease and diabetes.



Practicing yoga regularly (2 or 3 times per week) can help to:

- **Establish a slow, steady breath rhythm.** The breath has a strong influence on the heart. Slow deep breathing (pranayama) — or smoothing and lengthening of the breath — slows the heart rate, regulates the heart rhythm, oxygenates the blood, and induces a feeling of calm and well-being. Shavasana (the relaxation pose) is deeply calming and can reduce blood pressure. Upper back bending poses open the chest to improve heart function and respiration.
- **Increase flexibility.** Studies associate flexibility to arterial health. Better flexibility in your body is associated with less arterial stiffening. In yoga, gently stretching the muscles, breathing through the movement, and holding the poses (or asanas) can increase flexibility and balance.
- **Improve mood.** Prolonged stress and depression are common risk factors associated with heart problems. Most yoga students will tell you they feel happier and more contented after class. Researchers are also beginning to look at how yoga effects concentration and the ability to focus mentally. Spine lengthening poses promote good posture and self-confidence.
- **Improve strength.** Many of the poses, such as downward dog, upward dog, and the plank pose, build upper-body strength. This becomes crucial as people age. The standing poses, especially if you hold them for several long breaths, build strength in your hamstrings, quadriceps, and abdominal muscles. When practiced correctly, nearly all poses build core strength in the deep abdominal muscles.
- **Induce relaxation.** Many yoga styles use specific meditation techniques to quiet the constant "mind chatter" that often underlies stress. Between the calming breathwork, strong poses, and relaxing stretches, yoga is a phenomenal self-care exercise to relax even the most fervent Type A personality!

For more information about yoga instruction at Saint Francis, please call 860-714-4450, or refer to listings on page 17.

Integrative Medicine
at Saint Francis
Quiet attention as you begin to heal.

Making Music With An "Offbeat" Rhythm

Kerri Powers' love of music began early. She took guitar lessons at just 9 years old while listening to the likes of Neil Young, Gram Parsons, Patsy Cline, and Hank Williams.

Today, Kerri is an accomplished singer, songwriter and musician. Her genre is blues and soul, with an edge.

"I put myself in the middle of each song and find the truth in them."

But for many years, finding the 'truth' about her own health eluded her. Since she was a little girl, she would experience sudden, fast heartbeats. This symptom was repeatedly misdiagnosed over the years. First, some doctors thought that Kerri had a viral infection. Later, they told her it was anxiety.

Then, in 2007, Kerri received a new diagnosis. She learned that she suffered from an arrhythmia, called *atrioventricular nodal reentrant tachycardia* (AVNRT), an abnormal heart rhythm from a malfunctioning atrioventricular node. In most people, the AV node conducts impulses along a single pathway. In AVNRT, a second conducting pathway arises, confusing the electrical signals traveling from the atria to the ventricles. As a result, both the atria and ventricles beat at the same time instead of in sequence, creating a fast heart rate between 120-250 beats per minute.

Despite the advice of her primary care physician to undergo a catheter ablation, Kerri opted not to have the procedure. The risk of complications seemed too high. "I just learned to live with it," said Kerri.

She recalls a particular episode when she was performing in England. "I'm on stage, singing, and all of a sudden I break out in a sweat, my heart was pounding, I felt dizzy, like I was going to pass out," explains Kerri. She kept telling herself, "Not now, not in front of all these people. Please just let me get through this," she recalls. And, she did, just as she had done so many times before.

But with her career now in full swing, so were Kerri's symptoms. "My heart rate would increase rapidly at any given moment, and it was happening more frequently. I could literally see my heart pounding through my chest," explained Kerri. "It was so scary."

When she's not performing or writing music, Kerri is a personal trainer. Her workouts consist of high-impact, high-energy cardio routines. Aside from being a personal trainer, Kerri was also a runner, cyclist and basketball player — all of which she gave up for fear of triggering another episode. "It got to the point where drinking a glass of wine or eating chocolate would induce an arrhythmia."



The final straw came in early 2010, when she was scheduled to fly to California for a performance with Lyle Lovett. The morning before the flight, Kerri was exercising at the gym when she felt the familiar signs of an arrhythmia coming on. Only this time, the pain did not subside, and Kerri was rushed to the hospital.

Kerri recovered, but the experience was enough to prompt her to take action. She had heard of Joseph Dell'Orfano, M.D., an electrophysiologist at Saint Francis Hospital and Medical Center.

Doctors at Saint Francis use the *Stereotaxis Magnetic Navigation System*, a system which uses magnetic fields to guide a soft, flexible catheter directly to the area causing an arrhythmia with essentially no danger of perforation, a great improvement upon earlier conventional ablation catheter technology which had a much higher risk of puncturing the heart wall. In addition, this system substantially reduces radiation exposure to the patient and staff.

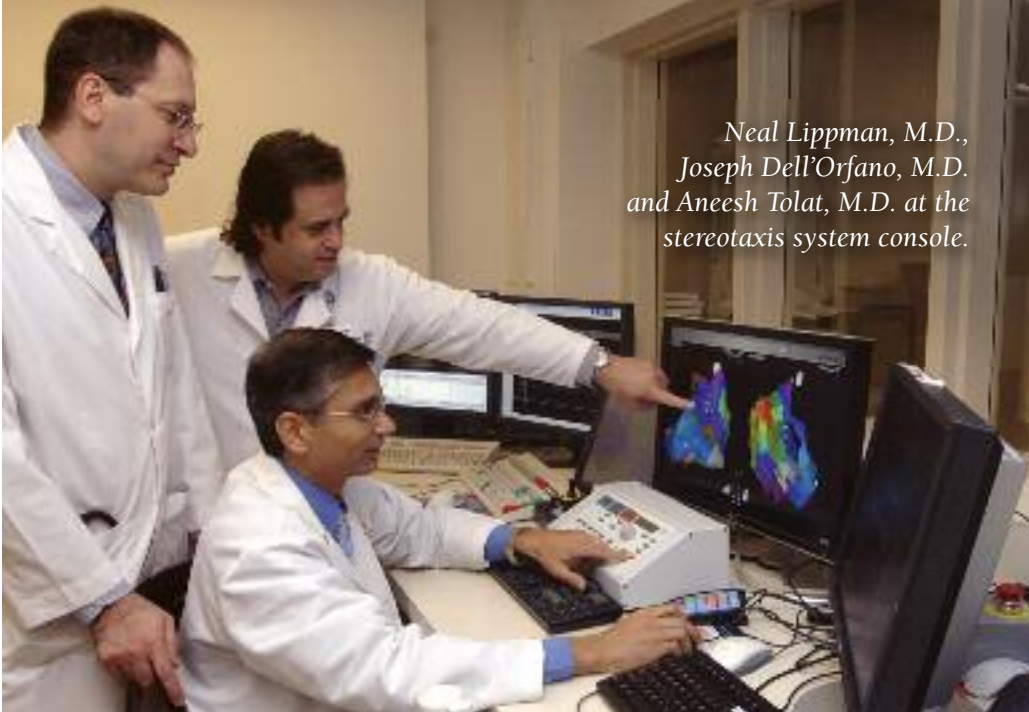
As Dr. Dell'Orfano explained the procedure to Kerri, it was the overall precision, accuracy, and safety of the new technology that convinced her that this was the right time to cure her condition.

In July 2010, Kerri underwent the ablation procedure at Saint Francis and was elated at the outcome. "I was amazed at how smooth the procedure was, and my recovery was even better," said Kerri. "I was

back running a week later, with no pain and no further arrhythmias. I was doing all the things I loved to do again," said Kerri.

All the anxiety that she had 'learned to live with' for so long was now suddenly gone. For Kerri, it meant a renewed enthusiasm for life — she was back in perfect harmony once again.

"I was back running a week later, with no pain and no further arrhythmias. I was doing all the things I loved to do again."



Neal Lippman, M.D.,
Joseph Dell’Orfano, M.D.
and Aneesh Tolat, M.D. at the
stereotaxis system console.

‘TIMING’ IS EVERYTHING

According to the American Heart Association, approximately 4.3 million Americans live with an arrhythmia, an abnormal or irregular heartbeat that can cause the heart to beat too slow or too fast.

There are two main kinds of arrhythmias: *Bradycardia* occurs when the heart rate is too slow, generally below 60 beats per minute. *Tachycardia* generally occurs when the heart rate is more than 100 beats per minute.

Nearly one-half of patients with an arrhythmia have a condition called atrial fibrillation. Atrial fibrillation, also called ‘AFib,’ is a heart rhythm disorder caused by a problem in the electrical impulses in the upper chambers — or atria — of the heart. AFib causes the heart to beat irregularly and sometimes rapidly. Typically, the heart’s rhythm is controlled by a group of cells called the sinoatrial node (SA node). These cells are found in the top chambers of the heart and they function as the heart’s natural pacemaker. With atrial fibrillation, the SA node is no longer in control of the heart beat, and the top chambers of the heart beat erratically and rapidly. The atria control the beating of the heart’s lower chambers — the ventricles, and when your heart has atrial fibrillation, the ventricles also beat rapidly and erratically.

Symptoms

Symptoms resulting from an arrhythmia may include:

- Palpitations
- Irregular or “skipping” heart beats
- Lightheadedness
- Dizziness
- Fatigue
- Shortness of breath
- Chest pain

Individuals who do not have symptoms, but who have a family history of certain arrhythmia conditions, may find out if they are at risk for having an arrhythmia by having an electrocardiogram — an electrical recording of the heart’s activity done in your doctor’s office — or by genetic testing.

“We try to determine why someone is having an arrhythmia — what is going on with their heart, is there any problem with the structures of the heart that is causing the arrhythmia,” says Neal Lippman, M.D., Electrophysiologist, Saint Francis Hospital and Medical Center.

Dr. Lippman says some arrhythmias can be benign, requiring no clinical treatment, with a few lifestyle modifications making all the difference. “Caffeine, smoking, and stress in a small percentage of people can induce an arrhythmia,” explains Dr. Lippman.

Treatment

“Arrhythmias are treated in a variety of different ways,” explains Dr. Lippman. “There are interventional procedures: an ablation to

cure arrhythmias; defibrillators can be surgically implanted to ‘jump start’ a heart back to normal; and pacemakers can be implanted for patients with a slow heart rhythm,” adds Dr. Lippman.

New Technology

The Stereotaxis Magnetic Navigation System™ at Saint Francis uses magnets and advanced computer imaging to allow doctors to precisely direct a flexible catheter through blood vessels directly to the site of an arrhythmia.

“What is unique about the Stereotaxis System is that it can navigate a catheter safely and accurately to a location in any of the four chambers of the heart,” says Dr. Lippman.

Once doctors have determined the location in the heart from which the abnormal rhythm is originating, they can perform the ablation procedure with the Stereotaxis System. “We position a catheter under remote navigation using the magnetic system, and then use radiowave energy to heat the tissue, and when you heat the tissue you basically destroy the heart muscle in a localized area,” says Dr. Lippman. “That essentially prevents the localized area of the heart from causing an arrhythmia,” concludes Dr. Lippman.

The benefits of the Stereotaxis System are far greater than conventional methods used to treat arrhythmias. Stereotaxis replaces the physician standing at the bedside moving a catheter by hand. Instead, the remote navigation system allows doctors to sit at a console. “This means greater precision and less operator fatigue,” says Dr. Lippman.

Another benefit is the flexible tip of the catheter. “This allows the catheter to be guided inside the heart with nearly no danger of perforation. The conventional ablation catheter is somewhat stiffer and there’s a potential risk of puncture,” says Dr. Lippman.

The magnets on the Stereotaxis System allow for better contact between the catheter and the heart muscle, making it more effective in delivering energy to perform the ablation. “Since we don’t have to worry about perforation when moving the catheter, we don’t have to continuously watch it on x-ray. This means much less radiation exposure to the patient and to the staff, an important benefit for everyone,” says Dr. Lippman.

Saint Francis has had the Stereotaxis System for four years and serves as a Stereotaxis training site for doctors across the country.

For more information please visit stfranciscare.com.

The Congestive Heart Failure Service at Saint Francis

The Heart Failure Service of The Hoffman Heart and Vascular Institute at Saint Francis provides the high level of coordinated care essential to improving the quality of life for patients with congestive heart failure. This comprehensive heart failure program is designed to coordinate the care of the inpatient and outpatient heart failure services, providing a team approach to ensure efficient and effective care.

The Hoffman Heart and Vascular Institute was the first in New England to offer a dedicated Heart Failure Inpatient/Outpatient Coordinated Care unit. The Congestive Heart Failure (CHF) floor was recently expanded to a 28-bed unit specifically equipped and staffed to provide specialized care for patients experiencing all stages and types of heart failure. “We offer some of the most

sophisticated therapies to treat heart failure including ultrafiltration, a mechanical method of fluid removal,” says Dr. Richard Soucier, Medical Director of the Congestive Heart Failure Service at Saint Francis. “We hold multidisciplinary rounds daily to provide a holistic approach to the medical, physical and emotional needs of our patients and their families. The Heart Failure Service is committed to providing high-quality care for all of our patients.”

The goal of the Heart Failure Service’s disease management program is to improve the health and quality of life for people with heart failure by connecting them to additional resources, by educating them about managing their disease, and by reducing unnecessary hospitalizations. Adjacent to the new CHF inpatient unit is an expanded outpatient treatment unit, doubling the service’s outpatient capabilities. “Our patients now have space to meet with nurses, social workers, dietitians, and pharmacists to address their care. Together, they provide medication management, ongoing assessment, patient and family education, and referral to the services patients need to successfully manage their disease,” explains Dr. Soucier.

CONGESTIVE HEART FAILURE,

also known as heart failure or CHF, is one of the most prevalent health conditions in the United States, affecting about five million Americans every year. Although it is more common in older patients, heart failure can happen at any age. With proper treatment and self-maintenance, it is possible to live a full life with heart failure.

The heart is responsible for pumping blood throughout your body to all the vital organs. With heart failure, your heart can’t pump enough blood to meet your body’s needs. Excess fluid can sometimes back up into the lungs and other parts of the body. These fluid buildups are responsible for the symptoms that accompany heart failure such as congestion and shortness of breath. As the fluid buildup increases, activities such as climbing stairs and walking around the house can become increasingly difficult to perform.

“It is important to understand the symptoms that accompany heart failure so that a patient may contact their doctor as soon as they

“We offer some of the most sophisticated therapies to treat heart failure including ultrafiltration, a mechanical method of fluid removal.”



Richard Soucier, M.D.,
Medical Director of
the Congestive Heart
Failure Service at
Saint Francis.

appear,” said Dr. Soucier. “Sudden weight gain, swelling in feet, legs, or abdomen, waking from sleep to catch your breath, and experiencing a cough that will not go away are all possible signs that the heart is no longer performing at the level it should and it is time to contact your doctor.”

A series of tests will be conducted to determine the severity of the disease such as a detailing the patient’s health history, taking chest x-rays, as well as heart-imaging tests. Medications will usually be prescribed and in more serious cases, surgery to implement devices that help regulate the flow of blood.

Though you can’t reverse some conditions that lead to heart failure, it can often be treated with good results. Medications can improve the signs and symptoms of heart failure. Lifestyle changes, such as exercising, reducing the salt in your diet, managing stress, treating depression, and especially losing excess weight, can improve your quality of life.



Hands-Only CPR: Lending a Hand To Save a Life

A heart attack victim's survival following sudden cardiac arrest depends greatly on receiving immediate, effective CPR.

Unfortunately, the statistics show that less than one-third of people who experience a cardiac arrest in a public location get the help they need. Research indicates that most bystanders are either unable or unwilling to perform CPR, worrying that they might make things worse. Because of this, the American Heart Association has a new recommendation to help people respond in the event of a cardiac emergency.

In late 2010, the AHA released a new set of guidelines, following a five-year review of research. The changes confirm the importance of high-quality, early chest compressions following a cardiac arrest with an important addition. A major change from the 2005 guidelines is the recommendation of a hands-only CPR when a person is unable or unwilling to perform CPR that includes mouth-to-mouth breathing.



In the event of a medical emergency, stay calm and call 911.

The official AHA recommendation is as follows:

- If a bystander is not trained in CPR, then the bystander should provide hands-only CPR. They should continue hands-only CPR until an automated external defibrillator (AED) arrives and is ready for use or EMS providers take over the care of a victim.
- If a bystander was previously trained in CPR and is confident in his or her ability to provide rescue breaths with minimal interruptions in chest compressions, then the bystander should provide either conventional CPR using both compressions and ventilations, or a hands-only CPR. The rescuer should continue until an AED arrives and is ready for use or EMS providers take over the care of a victim.
- If the bystander was previously trained in CPR but is not confident in his or her ability to provide conventional CPR including compressions and ventilations, then the bystander should give hands-only CPR until an AED or EMS provider arrives.

Of course, the best way to be prepared to act in the event of an emergency is to get trained in an American Heart Association CPR course. Attending a CPR class enables participants to practice the proper mechanics of CPR under the watchful eye of a trained instructor. Most important, however, is to remember that your actions can only help, so don't be afraid to step in if you see an adult suddenly collapse. Your actions could save a life!

For information on the American Heart Association CPR courses offered through Saint Francis, go to page 14, visit our website at www.saintfranciscare.org, or call 1-877-STFRANCIS.

HANDS-ONLY CPR How To Do Chest Compressions

- 1 Place the heel of one hand on the center of the chest.
- 2 Place the heel of the other hand on top of the first hand, placing your fingers together.
- 3 Keep your arms straight, position your shoulders directly over your hands.
- 4 Push hard, push fast.
 - Compress the chest at least 2 inches.
 - Compress at least 100 times per minute.
 - Let the chest rise completely before pushing down again.
- 5 Continue chest compressions.



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Unless noted, preregistration is required for all classes.

Location addresses for class sites are provided on the back cover.

**1-877-STFRANCIS
(877-783-7262)**

www.stfranciscare.com

ON THE COVER:

Kerri Powers, whose story appears on page 8, performing at The Hungry Tiger in Manchester.

■ This magazine is intended to present medical information and updates to clinical programs and services. Opinions expressed in this publication are not necessarily those of Saint Francis Hospital and Medical Center. For personal health questions, Saint Francis encourages readers to consult with a qualified health professional.

HEALTH EDUCATION PROGRAMS

The following health education programs are free unless otherwise noted, and require pre-registration. Join staff from Saint Francis as they discuss the latest information on health topics that concern you. A question-and-answer session will be included at the end of each program.

Stroke Prevention and Education Program

Join us and learn more about the primary risk factors for stroke, including high blood pressure, high cholesterol, diabetes, obesity, physical inactivity and diet. Participants will learn how to better manage their risk factors and lower their risk for stroke.

*January 10 • 10 a.m.–12 p.m. • Ellington
January 24 • 1–3 p.m. • Avon
February 7 • 10 a.m.–12 p.m. • Glastonbury
February 21 • 5:30–7:30 p.m. • Hartford
March 6 • 10 a.m.–12 p.m. • Ellington
March 20 • 1–3 p.m. • Avon*

Surgical and Conservative Management of Low Back Pain

Aris Yannopoulos, M.D.
Low back pain is the most common complaint in American medicine today. Dr. Yannopoulos will describe ways to treat disc disease, both surgically and non-surgically.

January 10 • 6:30–8 p.m. • Enfield

New Year, New You!

Paul Stanislav, Jr., M.D., F.A.C.S.
Join Paul Stanislav, M.D., and discover how to look young and age gracefully with the most advanced technology used today. The discussion will include both surgical and non-surgical solutions to reverse the effects of aging.

*January 11 • 6:30–8:30 p.m. • Hartford
January 24 • 6:30–8:30 p.m. • Glastonbury*

Chronic Pain Management: What are Your Options?

Raymond Squier, M.D.
Chronic pain is something that affects almost all Americans. Relieving chronic pain has been a major focus of medical researchers over the past few years. Dr. Squier will present some of the latest advances and describe how they can help you.

January 12 • 6:30–8 p.m. • Glastonbury

Taking Care of Your Thyroid

Socorro Vargas, M.D.
Socorro Vargas, M.D., will discuss the risk factors, signs and symptoms, diagnosis and treatment of common thyroid disorders.
*January 17 • 6–7:30 p.m. • Ellington
March 21 • 6:30–8 p.m. • Hartford*

Blood Sugar Monitoring in Diabetes

Sally Cooney, M.P.H., R.N., C.D.E.
Learn how to use blood sugar monitoring to better understand how what you do affects your blood sugar. We will also discuss Medicare Part B coverage of diabetes testing supplies.

*January 18 • 1–2 p.m.
Enfield Senior Center*

Weight Loss — Surgical Options

Nissin Nahmias, M.D.
There are many reasons why we have a hard time losing weight. Dr. Nahmias will discuss medical and surgical options to achieve long-term wellness through weight reduction with a holistic approach. He will discuss details about different surgical procedures including LAP-BAND, sleeve gastrectomy, gastric bypass and single incision “scarless” surgery.

*January 18 • 6:30–8 p.m.
Mandell Jewish Community Center*

Senior Health Series: Alzheimer’s and Dementia

Mahammed Parvez Saiyed, M.D.
Memory loss is a frustrating and frightening experience for those afflicted, as well as for their supporting family members. Knowing the facts and receiving the best care is essential. Join Dr. Mahammed Saiyed as he discusses the warning signs, diagnosis and treatment options for dementia and Alzheimer’s disease.

January 19 • 10–11 a.m. • Ellington

Ooh My Aching Feet!

Christina Kabbash, M.D., Jameela Fulton, D.P.M.
Join Dr. Kabbash, orthopedic surgeon, and Dr. Fulton, podiatric surgeon, as they discuss the most common foot and ankle problems including ankle sprains, ankle arthritis, heel pain (achilles tendonitis and plantar fasciitis), and forefoot pain (metatarsalgia — under the balls of the foot), bunions, hammertoes.

January 19 • 6:30–8 p.m. • Hartford

Varicose Veins and Spider Veins: Treatment Options that Work

Clifford B. Freling, M.D.

Learn more about the treatment options available today to improve the look of your legs and reduce the pain and discomfort associated with varicose and spider veins. Clifford Freling, M.D., will discuss the evaluation process (using ultrasound) and the various treatment options available including sclerotherapy, laser therapy, and phlebectomy. **January 25 • 6:30–8 p.m. • Avon**

Pelvic Health Disorders

David Cherry, M.D., Marlene Murphy-Setzko, M.D., MaryBeth Norman, A.P.R.N.

Pelvic health disorders often go undiagnosed because women are either too embarrassed to discuss their symptoms with doctors or are unaware of their treatment options. Join our team of specialists who can address your concerns including urinary and fecal incontinence, constipation, and pelvic organ prolapse. Learn more about treatment options from lifestyle changes to minimally-invasive procedures.

February 1 • 6:30–8 p.m. • Hartford

Skincare and Makeup 101

Paul Stanislaw, Jr., M.D.

Paul Stanislaw, M.D., a board-certified facial plastic surgeon, will discuss what causes aging and what you can do to minimize and prevent signs of aging. Licensed medical estheticians will analyze each participant's skin type, color match each participant and provide a lesson on mineral makeup application. Participants will learn proper skincare and makeup techniques. Each participant will receive a trial size skincare and basic makeup kit tailored to your skin type.

February 7 • 6:30–8 p.m. • Avon
Fee: \$25

Atrial Fibrillation

Joseph T. Dell'Orfano, M.D.

Atrial fibrillation is the most common heart rhythm disturbance that doctors see, affecting more than two million people in the U.S. It may simply cause palpitations, but it can also be associated with serious problems including stroke. Joseph T. Dell'Orfano, M.D., will discuss risk factors and strategies for treatment.

February 8 • 6:30–8 p.m. • Avon

Integrated Heart Health

Thomas I. Knox, M.D., F.A.C.P., F.A.C.C., F.C.C.P., F.A.S.N.C., F.S.C.A.I., M.B.A.

Thomas Knox, M.D., will discuss the traditional approaches to heart health and prevention of disease as well as proven effective alternative therapies. The key to optimal heart health in the future will be to take the best proven therapies from all available modalities and combine them effectively on an individual basis.

February 15 • 6:30–8 p.m. • Avon

Advances in Spinal Care

Jesse Eisler, M.D.

Join Jesse Eisler, M.D., as he discusses the most common spinal disorders including: degenerative conditions of the spine, such as cervical or lumbar spinal stenosis; cervical or lumbar disc herniation; and scoliosis or adult deformity of the spine. Included in the lecture will be a comprehensive discussion about non-surgical and surgical treatments for the full spectrum of spinal disorders.

February 16 • 6:30–8 p.m. • Ellington

Nutritional Medicine for Heart Disease

H. Robert Silverstein, M.D., F.A.C.C.

Join Dr. Silverstein, cardiologist and author of *Maximum Healing*, as he discusses how to treat heart disease by blending modern medical practices with natural healing methods. Discover which foods, vitamin and mineral supplements are effective.

February 16 • 6:30–7:30 p.m. • Hartford

An Introduction to Mind-Body Medicine

Kathleen Mueller, M.D. and Sharon O'Brien, B.S.

Mind body techniques are well-researched for reducing stress, lessening symptoms of diseases, and helping you cope with life changes. Join us to learn about and experience the power and simplicity of mind-body medicine.

February 22 • 5:30–7 p.m. • Hartford

Facial Rejuvenation: Surgical and Non-Surgical Treatments that Really Work

Paul Stanislaw, Jr., M.D., F.A.C.S.

Join Paul Stanislaw, M.D., and discover how to look young and age gracefully with the most advanced technology used today. The discussion will include both surgical and non-surgical solutions to reverse the effects of aging.

February 22 • 6:30–8:30 p.m. • Ellington
March 27 • 6:30–8:30 p.m. • Avon

Weight Loss Surgery: Laparoscopic Gastric Banding

Scott Ellner, D.O.

Discover ways to achieve long-term weight loss and to reclaim your health. Scott Ellner, D.O., will explain the surgical option of LapBand surgery and review the comprehensive program that is available at Saint Francis.

February 23 • March 13 • 6:30–8 p.m.
Enfield

Lung Disease: Using Traditional and Holistic Medicine

Michael Teiger, M.D.

Discover what you can do to improve your lung health by learning how to use integrative approaches to manage symptoms related to asthma, COPD and other breathing concerns such as shortness of breath and fatigue. Dr. Teiger, a board-certified pulmonary doctor, will discuss the best of conventional medicine with appropriate complementary therapies.

February 22 • 7–8 p.m.
Enfield Public Library

Dizziness and the Ear

Benjamin Wycherly, M.D.

Are you suffering with dizziness? Learn more about dizziness and the treatments directed at eliminating or controlling dizziness caused by the inner ear.

February 29 • 6:30–8 p.m.
Mandell Jewish Community Center

Osteoporosis: What You Need to Know

Jorge Diez, M.D.

One in every two women age 50 or older will develop osteoporosis. Jorge Diez, M.D., will present an update on osteoporosis including risk factors, diagnosis, strategies for prevention, and treatment options.

March 7 • 6:30–8 p.m. • Hartford

HEALTH EDUCATION PROGRAMS (CONTINUED)

Living Well with Hearing Loss

Benjamin Wycherly, M.D., Lynn Firestone, Au.D.
Join Dr. Wycherly, otologist, and Dr. Firestone, audiologist, as they discuss medical and surgical treatments of hearing loss, and the latest advancements in hearing aids.

March 8 • 6–7:30 p.m.

Enfield Senior Center

Surgical and Non-Surgical Treatments for Obesity

Ioannis Raftopoulos, M.D., Ph.D., F.A.C.S.
Join Ioannis Raftopoulos, M.D., the medical director of the Bariatric Center at Saint Francis, as he discusses various options for long-term weight loss.

February 28 • 6–7:30 p.m. • Ellington

March 27 • 6–7:30 p.m. • Glastonbury

Hereditary Colorectal Cancer Syndromes

Amanda Ayers, M.D.,

Linda Steinmark, M.S., C.G.C.

Knowing your family history is important. Join Amanda Ayers, M.D. to learn about the genetic basis of inherited cancer syndromes, including Lynch Syndrome and Familial Adenomatous Polyposis (FAP). Linda Steinmark, a certified genetic counselor, will discuss the cancer risks and risk reduction options, as well as what the discovery of a gene mutation means for your family.

March 13 • 6:30–8 p.m. • Avon

March 28 • 12–1:30 p.m.

Genras Auditorium • Hartford

Treatment of Rotator Cuff Tears — Taking the Mystery Out of a Common Problem

Randall Risinger, M.D.

Join Randall Risinger, M.D., as he discusses the various treatments available for rotator cuff tears including: non-surgical and surgical management; the treatment of failed rotator cuff repairs; and the role of reverse shoulder replacement.

March 14 • 6:30–8 p.m. • Glastonbury

Memory Loss in the Elderly

Elisa Gil-Pires, M.D.

What is normal and acceptable memory loss among the elderly population? When should you address this concern with your primary care doctor and when should you see a specialist for this? Dr. Gil-Pires, Chief of Geriatric Medicine, will discuss the best strategies and what treatment options are available.

March 20 • 6:30–8 p.m. • Avon

Reclaim and Rejuvenate After 40 — Health and Beauty from the Inside Out

Patricia Lampugnale, D.O.

Join Patricia Lampugnale, D.O., as she discusses ways to help patients look and feel their best. Registered dietitian Cara Andreoli will discuss how personalized nutrition and weight management programs can help patients feel and function their best.

March 21 • 6–7:30 p.m. • Glastonbury

Senior Health Series: Taking Care of Your Heart

Mahammed Parvez Saiyed, M.D.

Do you know what your cholesterol numbers should be? How can you lower your blood pressure? What treatment options are available for high cholesterol and high blood pressure? If you have similar questions, join us for this informative lecture that will discuss important information for improving your heart health.

March 22 • 10–11 a.m. • Ellington

CPR AND SAFETY

CPR for Family & Friends

Each year, cardiovascular disease and sudden cardiac arrest claim the lives of 335,000 Americans before they reach a hospital. CPR can double a victim's chance of survival. Join us for this American Heart Association class, intended for the lay rescuer, and learn CPR and choking management for infants, children and adults.

January 25 • 5:30–8 p.m. • Glastonbury

February 15 • 5:30–8 p.m. • Ellington

March 7 • 5:30–8 p.m. • Glastonbury

March 14 • 10 a.m.–12:30 p.m. • Glastonbury
Fee: \$45

Heartsaver CPR AED – Certification Course

Heartsaver CPR AED is for anyone with limited or no medical training who needs a course completion card in CPR and AED use to meet job, regulatory or other requirements. It will cover CPR and foreign body airway maneuvers for the adult, child and infant age groups, along with use of automated external defibrillators (AEDs).

February 1 • 5:30–8 p.m. • Ellington

March 7 • 10 a.m.–1 p.m. • Glastonbury

Fee: \$50

CONGESTIVE HEART FAILURE EDUCATION SERIES

Clinicians from Saint Francis Hospital and Medical Center invite patients with heart failure and their families to attend a series of heart failure education classes. Taught by experts in heart failure, classes will provide an overview of the anatomy and physiology of heart failure, including medications and therapeutic modalities used when treating heart failure. Classes also cover the nutritional and psychological aspects of living with heart failure and information about ways to stay active. Individual sessions include:

How Your Heart Works
Nutrition
Planning for the Future
Medications

Exercise
Dealing with Your Disease
All about Defibrillators
Support Group

For more information about the class schedule or to register, please call 1-877-STFRANCIS (877-783-7262) or visit Classes and Events at www.stfranciscare.com.

CPR for Healthcare Providers — Recertification Course

This recertification class is for healthcare providers (HCP) only, who have taken an HCP CPR course in the last two years. It will cover CPR and foreign body airway maneuvers for the adult, child and infant age groups, along with use of automated external defibrillators (AEDs). Participants must bring their current certification cards to the class.

January 17 • 10 a.m.–1 p.m. • Ellington
January 24 • 10 a.m.–1 p.m. • Glastonbury
February 16 • 10 a.m.–1 p.m. • Ellington
March 20 • 10 a.m.–1 p.m. • Glastonbury
Fee: \$50

SMOKING CESSATION

Stop Smoking through Hypnosis

Barbara Fasulo

For decades, hypnosis has helped thousands of people successfully quit smoking and stay off smoking for life. Be a part of this one-session seminar and change the way you feel about smoking for good!

January 19 or March 7 • 6:30–8:30 p.m.
Center for Integrative Medicine, Hartford
Fee: \$40.00

Break Free from Smoking Program

Sally Lerman, M.S., C.H.E.S., Certified Tobacco Dependence Treatment Specialist

Have you tried a variety of ways of quitting smoking and not found long-term success? This service uses the U.S. Surgeon General's "best practice" recommendations, including face-to-face counseling combined with supervised nicotine replacement therapy. Join others who have found success using the only method scientifically proven to improve your chances of quitting for good.

Avon
Fee: \$225 for 6-week individual counseling program

FOR EXPECTANT MOMS

Saint Francis Hospital and Medical Center offers a wide variety of childbirth classes including:



Prepared Childbirth Class Offerings

eBEGINNINGS

Have you ever wished you could take a prepared childbirth class in the comfort of your own home? For the mother who is looking for an

alternative to attending on-site classes, Saint Francis now offers childbirth classes via the web. The program provides access to a website for six months where you will find more than 50 video clips that show real-life examples of the subjects you are reading about. You can watch breathing and relaxation techniques, helpful labor positions, animation of the stages of labor, infant care topics and much more. "See What You Read — Childbirth" is a comprehensive book that accompanies the website. You can get additional information or register for the program by calling 1-877-STFRANCIS or going to Classes and Events at www.stfranciscare.com.

MATERNITY TOUR

The tour includes labor and delivery suite, newborn nursery and the maternity floor for expectant families.

BREASTFEEDING & BREASTFEEDING SUPPORT GROUP

Class includes the benefits of breastfeeding for the mother and baby. Other topics include: getting started, the first few weeks and preparing to return to work. An informal group also meets weekly to promote continued breastfeeding.

PREPARATION FOR CHILDBIRTH

These classes are designed to prepare first-time parents for labor, childbirth, and taking care of your newborn. Childbirth techniques include relaxation and breathing patterns, practice of comfort measures and the coach's role during labor. Newborn topics include normal newborn characteristics, common maladies and treatments, diapering and dressing a newborn, and demonstrations on sponge baths, umbilical cord care and circumcision care. Plan to attend during the early third trimester.

For more information about the class schedule or to register, please call HealthConnect at 1-877-STFRANCIS (877-783-7262).

Kids in Safety Seats

Kids in Safety Seats — an Initiative of the Violence and Injury Prevention Program of the Trauma/Surgery Department at Saint Francis. Our program educates staff, patients and families about decreasing injuries and fatalities by correctly using car seats, booster seats and safety belts. A car seat safety presentation will be done by a National Child Passenger Safety Technician that will include proper selection, direction and installation of the car seat, and a hands-on demonstration of proper use of a car seat in the vehicle.

January 11 & 18, February 1 & 15,
March 7 & 21 • Hartford
January 12, March 15 • Avon
January 17, February 21,
March 20 • Glastonbury
5–6 p.m.
Fee: Free

CANCER PROGRAMS

Look Good...Feel Better®

Join us for this free program that teaches beauty techniques to women cancer patients to help them manage the appearance-related side effects of cancer treatment. Each participant receives a free makeup kit. Provided in partnership with the American Cancer Society.

January 23, February 27, March 26
11 a.m.–1 p.m. • Hartford
Fee: Free

Unless otherwise noted, please call toll-free 1-877-STFRANCIS (877-783-7262) for program information and registration, or visit www.stfranciscare.com.

HEALTH SCREENINGS

Fall Prevention Screening

Pamela LeClair, M.S.P.T.

Do you have a fear of falling? Physical therapists from Physical Therapy Partners will be available by appointment to conduct a FREE balance screening. The physical therapist will assess your balance and risk of falls, and briefly review the findings.

*January 27 • 8:30 a.m.–1:30 p.m. • Enfield
Fee: Free*

Skin Cancer Screening

Edward Benjamin, M.D.

Do you have suspicious-looking moles or skin lesions? Take this opportunity to be screened for skin cancer. Call today to make an appointment.

*March 16 • 9–11 a.m. • Enfield
Fee: Free*

INTEGRATIVE MEDICINE PROGRAMS

Hartford programs take place in our Center for Integrative Medicine and include free parking.

Prepare For Surgery, Heal Faster

Joan Harovas, R.N., B.S.N.

Medical studies show that people who prepare for an operation have less pain, fewer complications and recover sooner. Peggy Huddleston's steps to prepare for surgery will help you calm preoperative jitters, visualize a positive recovery, and establish supportive doctor-patient relationships.

*January 11, February 15, or March 14
6:30–8 p.m.*

*January 12, February 16, or March 15
10:30 a.m.–12 p.m.*

*Center for Integrative Medicine, Hartford
Fee: \$45 includes book, CD, and group education (one support person may attend at no charge)*

(One-on-one educational session also available for \$75)

Holistic Weight Loss Solutions for Women

Barbara Fasulo, R.Y.T.200, Carol Tyler, M.A., R.D.

Join us for an opportunity to create a new you. Holistic techniques will be taught and discussed to support an understanding of balanced nourishment for your body, mind and spirit. Topics included are nutrition, hypnosis, gentle movement, and mindfulness.

January 12 • 6:30–8:30 p.m.

Center for Integrative Medicine, Hartford

February 8 • 6:30–8:30 p.m. • Enfield

Fee: \$30

Integrative Cancer Care

Throughout your healing journey, we'd like to support you — spirit, mind and body. Join us for education, support, and refreshments.

January 12 – Mind Body techniques

February 9 – Journaling

March 8 – Yoga

12–1 p.m.

Center for Integrative Medicine, Hartford

Fee: Free

Touch, Caring & Cancer

Susan Forster, L.M.T.

Touch is one of the most helpful forms of support you can offer a loved one with cancer. This inspiring program provides detailed instruction by leading experts in safe, simple techniques for comfort and relaxation that anyone can learn and apply. Light refreshments provided.

January 14 – In English • 2–5 p.m.

February 11 – In Spanish • 2–5 p.m.

Center for Integrative Medicine, Hartford

Fee: Free

Introduction to Infant Massage

Susan Forster, L.M.T.

Touch is an infant's first form of communication and through massage we can effectively communicate as well as understand what our babies are saying. Learn basic strokes to assist in the growth of your baby's body, mind and spirit, and bring relief to colic, constipation, respiratory and sleeping difficulties.

January 14 or February 11 • 11 a.m.–12 p.m.

Center for Integrative Medicine, Hartford

Fee: \$25 (includes onesie and book)

Wisdom of the Crone

Joan Harovas, R.N., B.S.N.

Crone, one of the phases in a woman's life, was at one time the name given to a Wise Woman Elder. Come and explore the wisdom of the female elder and how that can manifest in our youth-oriented society. Learn techniques of using inner awareness to promote health and a sense of well-being.

January 18 • 6:30–8 p.m.

Center for Integrative Medicine, Hartford

Fee: \$10

Nourish Yourself With Art

Lorraine Greenfield, Art Therapist, M.S.

Creative expression is a powerful source of health and wellness for body, emotions, mind and spirit. Especially helpful in times of stress, pain, depression and anxiety, art-making is a healing force that can lighten pain, lift your spirit and energize your soul. In this course, art projects are designed so that both experienced artists and those with no formal art training benefit from the fun and transformative art-making journey.

January 24 Theme: "Dreams and Goals"

February 16 Theme: "Love"

March 22 Theme "Emerging from Winter"

Time: 6:30–8 p.m.

Center for Integrative Medicine, Hartford

Fee: \$5

A Taste of Mindfulness Introductory Class

Carol Tyler, M.A., R.D.

Are you curious about mindfulness and the impact it can have on your life? This is your opportunity to experience mindfulness, including guided meditation, gentle movement, and brief discussion. Based on the work of Jon Kabat-Zinn who developed *Mindfulness-Based Stress Reduction* to successfully help people deal with chronic pain and stress-related symptoms.

January 26, February 29, March 15

6:30–8:30 p.m. • Hartford

Fee: \$20

Gentle Kundalini Yoga and Meditation with Gong Vibrations

Kay Lani, R.Y.T., Ph.D.

Sound relaxation has been scientifically reported to benefit health and a host of conditions such as lower blood pressure, reduce stress, relieve pain, increase circulation, and promote healing and mental focus/clarity. Come experience deep relaxation accompanied by relaxing sounds of the sacred gong, held during a full moon.

February 6 • 6–8 p.m. • Hartford

Fee: \$30

Lift Your Spirit and Enhance Your Health with Art and Yoga

Lorraine Greenfield, Art Therapist, M.S. and Barbara Fasulo, R.Y.T. 200

Practicing yoga and creating art together offer abundant opportunities for health, wellness and inner peace. Join us as we guide you on a physical and spiritual journey that includes meditation, movement and creative expression. You will learn simple yoga and art-making exercises that will raise your awareness, relax you and improve the quality of your life. Please bring a yoga mat and wear comfortable clothes.

March 21 • 6:30–8:30 p.m.

Center for Integrative Medicine, Hartford
Fee: \$20

YOGA & T'AI CHI

T'ai Chi

Beth Price, Instructor

T'ai Chi is a mind/body art that is equal parts health-nourishing exercise, balanced living and personal growth. This ancient art both energizes and relaxes as you learn to use your body in a coordinated, agile, healthy way that enhances your everyday activities. These are ongoing classes — you can join anytime.

Wednesdays, 3:45–4:45 p.m.

Fridays, 3:30–5:30 p.m. & 6–7 p.m.

Glastonbury

Fee: \$48 for 4 weeks session;

\$15 for drop-ins

Kundalini Yoga and Meditation to Increase Vitality and Maintain Good Health

Kay Lani, R.Y.T., Ph.D

Enjoy gentle rhythmic yoga designed to safely and effectively brighten your life. Benefits include increasing strength, flexibility and stamina, as well as improving focus, sleep and stress tolerance. Some classes will include transforming vibrations of a gong played by the instructor. It is suggested to bring water, mat and blanket.

Thursdays, February 9 – March 15

6–7:15 p.m. • Glastonbury

Fee: \$72

Chair Yoga

This gentle class uses postures sitting in a chair or standing using a chair for support.

Mondays; Ongoing classes starting January 9
11:15 a.m.–12:15 p.m. • Hartford

MaryAnn Demko

Fridays; Ongoing classes starting January 13
10:45–11:45 a.m. • Avon

Jennifer Errickson

Gentle Yoga Class

This gentle class is appropriate for beginners and those with minor physical limitations.

Students should be able to move easily and safely from the floor to sitting or standing.

Mondays; Ongoing classes starting January 9
6–7 p.m. • Glastonbury

Barbara Fasulo

All Levels Yoga Class

This class will explore a variety of postures standing, seated and on the floor. Students should be able to move easily and safely from the floor to sitting or standing.

Mondays; Ongoing classes starting January 9
5:45–7 p.m. • Enfield

Lynne Miller

Thursdays; Ongoing starting January 12
7:30–8:30 p.m. • Glastonbury

Neena Gupta

Fridays; Ongoing starting January 13
9:30–10:30 a.m. • Avon

Jennifer Errickson

Fridays; Ongoing starting January 13
10–11 a.m. • Glastonbury

Neena Gupta

SUPPORT GROUPS

Saint Francis offers a number of support groups including:

- Breast Cancer
- Prostate Cancer
- Gynecologic Cancer
- High-Risk Pregnancy
- Gastric Bypass
- Lap-Band
- Insulin Pump
- Pregnancy and Infant Loss
- Successful Living with a Cardiac Device

VETERANS PROGRAMS

Mind-body Medicine Skills

Sharon O'Brien, B.S.

Join like-minded individuals to learn about a powerful and effective combination of research-based healing therapies to help you cope with life changes, stress, and illness. Experience techniques such as breathwork, meditation, art, and guided imagery.

January 25 and March 28 • 5:30–7 p.m.

Center For Integrative Medicine,
Hartford • Fee: Free

Mindful Yoga for Military Personnel

Barbara Fasulo, R.Y.T.200, Maria Eberle, R.N.

Yoga can provide a way to reconnect when life's challenges result in feeling fatigued, stressed, or discouraged. It can help to provide some relief and comfort by calming the mind, the nervous system, and the body as a whole. Class includes movement, breath awareness, and meditation.

January 9 – March 26 • 7:15–8:15 p.m.
Glastonbury

Fee: \$120 for series

All are welcome; sliding fee and scholarships available

Integrative Medicine Services

Mind body techniques, massage therapy, acupuncture, and energy therapy are offered at a 25% discount to all those who have served in the military.

Call 860-714-4450 to schedule a session or for more information.

Mount Sinai Rehabilitation Hospital offers a number of support groups including:

- Amputee Support Group
- Caregiver Support Group
- Lymphedema Support Group
- Spinal Cord Injury Informational Series
- Stroke Support Group

For more information, please call HealthConnect at 1-877-STFRANCIS (877-783-7262).

Unless otherwise noted, please call toll-free 1-877-STFRANCIS (877-783-7262) for program information and registration, or visit www.stfranciscare.com.

Saint Francis Offers Online E.R. Check-In

Saint Francis is taking an innovative approach that is revolutionizing patient satisfaction in the emergency room.

InQuicker®, a web-based service, enables patients with non-emergency conditions to minimize wait times in the emergency room by opting to wait for their visit from the comfort of home.

With the InQuicker free online service, patients can request a visit for up to two hours in advance. Nationwide, nine out of ten InQuicker users are seen by a health-care professional within 15 minutes of their projected treatment times.

InQuicker is not an appointment or reservation service, as the nature of ER triage does not allow for the scheduling of medical treatment. Instead, the InQuicker system estimates treatment times based on patient traffic conditions and allows users to wait from home instead of in the waiting room. InQuicker users do not affect the wait time of other ER visitors at Saint Francis.

To be seen by a healthcare professional within 15 minutes of their arrival, InQuicker users provide requested information during the online

check-in process. In the event of an unexpected delay, InQuicker users receive real-time notifications via email or phone.

“When requesting a visit through InQuicker, patients are asked to fill out information about their medical history and symptoms,” said Steven Wolf, M.D., Chairman, Department of Emergency Medicine.

“Not only does this eliminate a portion of the paperwork a patient must provide upon arrival, it allows nurses and physicians to know what to expect before the patient arrives. This is valuable, time-saving information for staff to know,” concluded Dr. Wolf.

The InQuicker system is designed to filter certain symptom keywords that may indicate a life-threatening or limb-threatening medical condition. If those key words appear, patients are

immediately prompted to call 9-1-1 or to go straight to the nearest emergency room.

You can access the InQuicker system by clicking on the InQuicker link, prominently displayed at www.stfranciscare.com.



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114 Woodland Street
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701 Cottage Grove Road
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860-528-4124



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Randall J. Risinger, M.D.
1000 Asylum Avenue
Hartford
860-525-4469

For information about our new physicians or other members of our Medical Staff, please call 1-877-STFRANCIS (877-783-7262) or visit stfranciscare.com.

Mandell Multiple Sclerosis Center Expands

The Joyce D. and Andrew J. Mandell Center for Comprehensive Multiple Sclerosis Care and Neuroscience Research at Mount Sinai Rehabilitation Hospital has completed a major \$1.7 million expansion of its facilities and services.

"This expansion allows us to significantly increase both our services to patients with Multiple Sclerosis and to enhance our research facilities," said Robert Krug, M.D., Medical Director, Mount Sinai Rehabilitation Hospital.

The addition of more than 5,000 square-feet of floor space has enabled the Center to increase treatment rooms from two to six, install a "cool pool," expand infusion facilities, build a neurorehabilitation gym, and add physician offices. Water in the cool pool is maintained at 84 degrees for therapeutic water exercises by MS patients, who are unable to tolerate the 92-degree water in the main therapeutic exercise pool at Mount Sinai Rehabilitation Hospital.

The neurorehabilitation gym features exercise equipment that is configured to meet the special needs of neurological patients. It will be used for the Center's gait assessment research studies as well as clinical care. The Center has recently added additional research staff and is now engaged in 15 different research projects.

Opened in 2008, the MS Center provides a coordinated approach to comprehensive care not previously available in the region and rarely available nationwide for treatment of Multiple Sclerosis, an autoimmune disease that affects the central nervous system. One thousand of the 6,000 known individuals in Connecticut with MS currently receive their care at the Mandell Center. Funding for the renovations was generated through the proceeds of the MIRACLES XXI gala, held in September, 2010, which had the MS Center as its beneficiary.



Joyce and Andy Mandell were honored at the event for their contributions to the success of the Center.

Saint Francis Hospital and Medical Center is proud to offer patients, families, and friends a unique way to stay connected throughout their hospital stay.

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Saint Francis Care at Ellington

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