

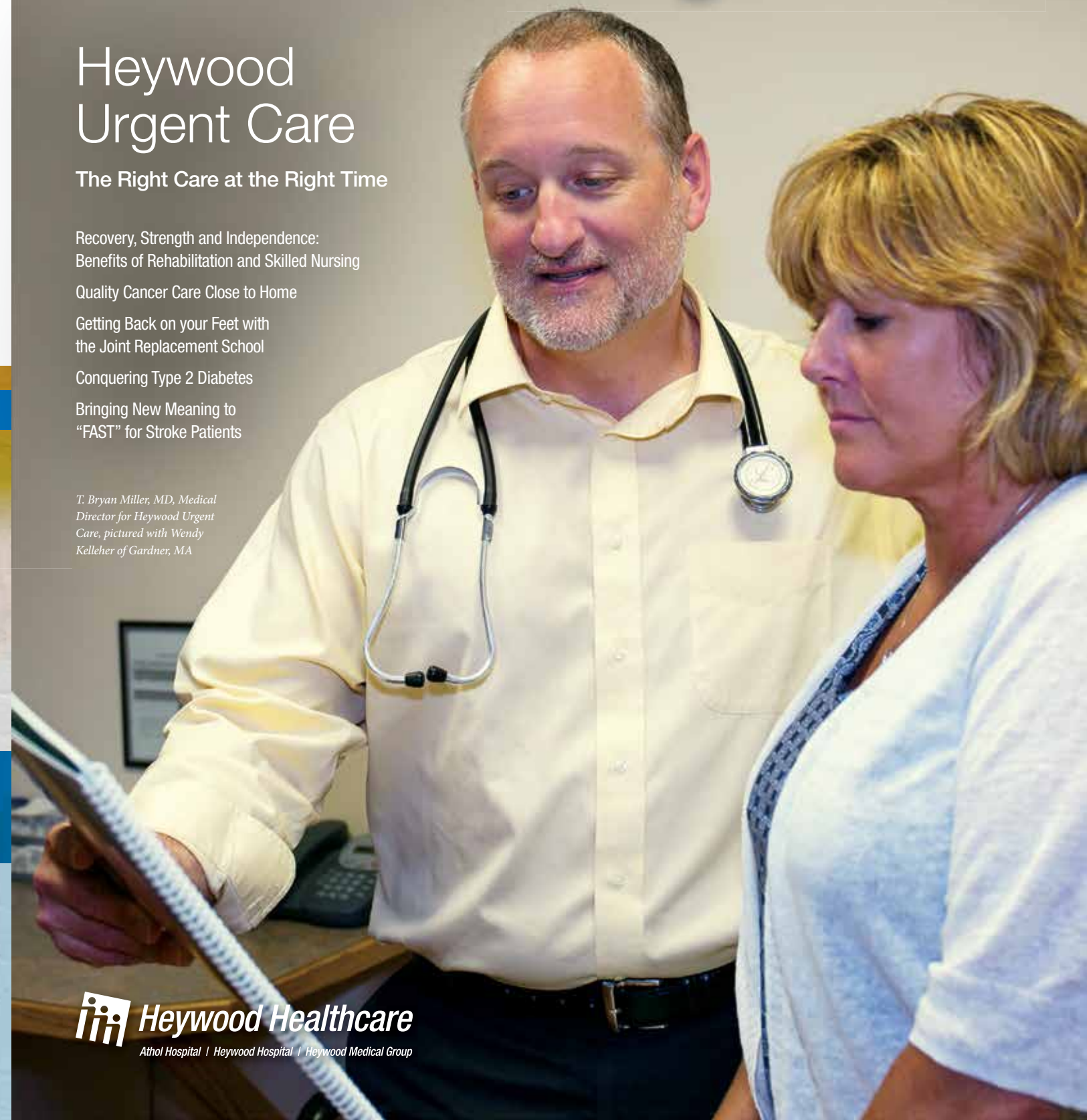
A Healthy You

Heywood Urgent Care

The Right Care at the Right Time

Recovery, Strength and Independence:
Benefits of Rehabilitation and Skilled Nursing
Quality Cancer Care Close to Home
Getting Back on your Feet with
the Joint Replacement School
Conquering Type 2 Diabetes
Bringing New Meaning to
“FAST” for Stroke Patients

*T. Bryan Miller, MD, Medical
Director for Heywood Urgent
Care, pictured with Wendy
Kelleher of Gardner, MA*



■ **SAVE THE DATE FOR THE 2016 HEALTHY HARVEST 5K**



SATURDAY, NOVEMBER 5

8:30 am - Kid's One-mile Race

9:00 am - Adult Run/Walk

For more information or to register,
please visit heywood.org or
runsignup.com/Race/MA/Gardner/HH5K

Running for Mental Health

The 3.1 mile family-friendly course will start and end at Heywood Hospital and is targeted to all fitness levels. Adults may walk or run, and kids can compete in our 1 mile youth race (ages 8-12) or take the Story Book Tour. Test your CrossFit® skills in this year's CrossFit Challenge. Winning runners will be crowned Harvest King, Queen and Court.

Dear Friends of Heywood Healthcare,



It is my pleasure to share this issue of *A Healthy You* with you and your family. Its pages reveal how fortunate we are to have access to quality, local healthcare in our region – and how important it is to protect this precious asset.

Providing “quality, local” care means that we can focus on the specific needs of our area, based on our Community Health Needs Assessment, direct feedback from our patients, physicians, community and staff.

Whether it's a consultation with one of our highly-respected Cardiologists, care through our Diabetes Center of Excellence, treatment in our Oncology Department or joint replacement surgery that gets you back to an active lifestyle, Heywood and Athol Hospitals provide you with access to an array of services targeted to your needs - right in your back yard.

In an effort to provide continued access to expert and affordable healthcare in the North Central and North Quabbin regions, Heywood Healthcare is launching the “Fulfilling Our Promise” Capital Campaign. With your help, we will fulfill our promise to provide exceptional care to our communities and our patients both now and in the future by completing three major capital projects.

First, to address the growing need for behavioral health and substance abuse treatment services, we are developing a premier regional destination for these services in The Quabbin Retreat in Petersham.

Next, Athol Hospital's new state of the art Emergency Department (ED) with Outpatient Offices will allow our critical access hospital to be an essential healthcare resource for our communities, and provide improved access for more than 12,000 patients served by our ED each year.

Our third Capital project, the Heywood Surgical Pavilion, will upgrade our existing operating rooms, enabling advanced surgical technologies, operational efficiencies, adequate storage space, and physician and nursing accommodations.

Finally, in addition to our Capital Campaign projects, I am pleased to announce plans for a new Urgent Care Center in Athol, opening in 2017.

These strategic investments will continue to ensure the health of our communities by providing access to excellent care, leading technology and essential services in our region.

If you have any questions or concerns, please feel free to contact my office at President@heywood.org.

Yours in Good Health,

Win Brown
President & CEO
Heywood Healthcare

“In an effort to provide continued access to expert and affordable healthcare in the North Central and North Quabbin regions, we will fulfill our promise to provide exceptional care to our communities and our patients both now and in the future by completing three major capital projects.”

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Heywood Healthcare is an independent, community-owned, non-profit healthcare system serving the North Central and North Quabbin regions of Massachusetts and Southern New Hampshire. It is comprised of Athol Hospital, a 25-bed non-profit Critical Access Hospital in Athol, MA; Heywood Hospital, a non-profit, 134-bed acute-care hospital in Gardner, MA; Heywood Medical Group with primary care and specialty physicians throughout the region; four satellite facilities – Heywood Rehabilitation Center, Gardner, MA, West River Health Center, Orange, MA, Winchendon Health Center and Murdock School-based Health Center in Winchendon, MA, the Heywood Charitable Foundation and the North Quabbin Community Coalition, an affiliate organization.

A Healthy You is published by Heywood Healthcare and is produced by their Community Relations Department in conjunction with DeTore Design Group. The information is intended to educate people about subjects pertinent to their health; however it should not be considered a substitute for consultation with a personal physician.

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THE RIGHT CARE AT THE RIGHT TIME Heywood Urgent Care Center in Gardner

URGENT CARE VS. EMERGENCY

More than half of visits to the Emergency Department are for non-emergencies.
How do you know when to go to an Urgent Care Center or an Emergency Department?

URGENT CARE

Allergic reaction
Asthma
Cold or flu
Cough or croup
Ear pain
Fever
Minor abdominal pain
Minor burn
Minor injury from fall or sport
Pink eye
Rash
Simple laceration
Sinus infection
Skin infection
Sore throat
Sprain or strain
Urinary tract infection
Vomiting and diarrhea

EMERGENCY CARE

Chest pain
Severe abdominal pain
Bleeding that won't stop
Extensive or complicated cut/laceration
Fainting or head injury with loss of consciousness or disorientation
Fever in infants younger than 8 weeks
Loss or change of vision
Major fracture that breaks the skin
Seizure without a previous epilepsy diagnosis
Serious burn
Snake bite
Spinal injury
Sudden change in mental state
Sudden shortness of breath or difficulty breathing
Vomiting or coughing up blood

Very young infants (under 8 weeks) and the elderly should go to the Emergency Department when ill.

COMING
IN 2017

Heywood Urgent
Care in Athol

Please note that this chart is meant to be a guide and for informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. If you are not sure if you need urgent or emergency care, go to the closest emergency room or call 9-1-1.

Heywood Urgent Care, a service of Heywood Medical Group, offers an experienced staff of physicians, nurse practitioners and physician assistants seven days-a-week. They provide quality care and convenient walk-in treatment for everyday illness and injury, including cuts, sprains, fever, sore throats, ear aches and cold symptoms, with no appointment required.

Heywood Urgent Care will help patients who may not be able to see their primary care physician, who don't have a primary care physician or who don't need true emergency treatment.

Go directly to the Emergency Room or call 9-1-1 for serious illness, chest pain or pressure, difficulty breathing, suspected stroke, severely broken or severed limbs, unconsciousness, convulsions or seizures, severe bleeding, poisoning, burns or any life threatening emergency.

HEYWOOD URGENT CARE

266 Main Street, Gardner, MA
(978) 669-5959

Monday - Friday 8:00am - 8:00pm
Weekends/Holidays 9:00am - 5:00pm

**Our last patient is registered
30 minutes before closing.**

GETTING BACK ON YOUR FEET

Heywood Joint Replacement School

The volume of joint replacements have soared during his 19-year tenure as an orthopedic surgeon at Heywood Hospital, according to Michael Azzoni, MD. With aging baby boomers now suffering from arthritis and osteoporosis, and more young athletes getting injured, the number of total knee and hip replacements in the United States rose to one million in 2011 and is expected to reach two million in 2020.

“Years ago, there were fewer options, and people with debilitating aches and pains suffered chronically,” said Azzoni. “Today, people are living longer and generally don’t want to compromise their quality of life. Fortunately, with much more advanced technology, we can get people moving again and anticipate excellent outcomes with 95 percent of our replacement procedures.”

Azzoni and his Heywood Orthopedics colleagues believe that mobility matters at any age, and they strive to get patients off the sidelines and back in the game – or at least back up the stairs.

The highly skilled surgeons at Heywood Orthopedics serve both Heywood and Athol Hospitals, and offer a full array of services including diagnostic evaluation and imaging, medical and pain management, arthroscopic and total joint replacement surgery, therapy for injuries such as fractures and sprains, sports medicine, ligament reconstruction, education, and rehabilitation.

One advantage for area patients is Heywood’s popular Joint Replacement School, a free educational program that helps patients and families prepare for surgery and recovery. The classes, taught mornings once a month by members of the Heywood Orthopedic Team, provide a step-by-step guide for patients to learn about their condition and take charge of their mobility.

JOINT SCHOOL FEATURES INCLUDE:

- What you should know about your joints and how they work
- What to ask your doctor
- What to do before you check in
- What happens on the day of your surgery
- What happens during your hospital stay
- What are potential risks
- What the replacement procedure consists of and how long it takes (generally one-to-three hours)
- What to expect during recovery (about six weeks before returning to work)
- What resources are available

They’re also here to advise patients about insurance coverage (which is typically available throughout the process).

“Education is so important,” says Azzoni, who also does community outreach by speaking at senior centers. “We encourage patients to take our classes, which include demonstrations and discussions, so they can become active partners in their healthcare treatment. This can be helpful even for those who decide not to proceed with surgery.”

After surgery, at our Center for Skilled Nursing and Rehabilitation at Athol Hospital, we offer post-acute care, support, and other assistance with your recovery. Services

include physical and occupational therapy provided by trained staff with access to specialized equipment. For more information about the Center for Skilled Nursing and Rehabilitation, call (978) 249-1181 or visit atholhospital.org. For more information on outpatient rehabilitation services, call Heywood Rehabilitation Center at (978) 630-6900 or visit heywood.org/rehab.

“Total Joint School at Heywood Hospital is a great opportunity for patients to learn about joint replacement surgery in a more informal setting than the doctor’s office,” says Andrew Markwith, MD. “Patients are encouraged to ask questions so that they may feel more confident and better informed heading into surgery. Both patients scheduled for surgery and those who may be considering total joint replacement are welcome and encouraged to attend. Attendees leave the session with a better understanding of their diagnosis, anatomy of the knee and hip, and details of the surgical procedure and implant. We also cover the importance of post-operative care and rehabilitation, setting up patients for the best possible outcome. Our ultimate goal is to get them back to their normal daily activities as quickly, and safely, as possible.”

It’s unfortunate that different forms of arthritis and joint deterioration are often a fact of life due to overuse, injury, or basic wear-and-tear. But help is just a call away – at Heywood Healthcare.

Our board-certified and board-eligible surgeons have helped to put thousands of satisfied patients back on track. These patients often tell us that replacement surgery has dramatically changed their lives for the better. In the words of one patient, “There’s no replacement for caring physicians and excellent education.”

How do you know if your knee or hip cartilage has worn away to the point where replacement surgery is right for you? Here is a good checklist:

- Severe pain and stiffness. Difficulty walking, climbing stairs, getting up from chairs.
- Bone damage. Severe joint damage reflected through imaging.
- Non-surgical treatments not working. Medication/injections are not sufficient.
- Deformity. Swollen knees or bowed legs.
- Overall poor quality of life. Daily mood and activities are adversely affected.

Heywood Orthopedics

Michael Azzoni, MD (978) 632-0383

Medical Education - Georgetown University
Internship - Georgetown University Hospital
Residency - Union Memorial Hospital and Georgetown University Hospital
Fellowship - Union Memorial Hospital – Sports Medicine
Board Certification - Orthopedics



Peter Brassard, MD (978) 632-0800

Medical Education - Georgetown University
Internship - Georgetown University Hospital
Residency - Georgetown University Hospital
Board Certification - Orthopedics



Andrew Markwith, MD (978) 632-0800

Medical Education - Eastern Virginia Medical School
Residency - University of Massachusetts Medical School
Fellowship - MedStar Union Memorial Hospital – Sports Medicine



Anders G. J. Rhodin, MD (978) 632-0800

Medical Education - University of Michigan
Residency - Yale University
Board Certification - Orthopedic Surgery



Emily DiConza, PA-C (978) 632-0800

Undergraduate Education - College of the Holy Cross
Medical Education - Massachusetts College of Pharmacy & Health Sciences
Internship - Worcester County Orthopedics, St. Vincent’s Hospital



For more information about Heywood Orthopedics, visit heywood.org/surgery, call (978) 632-0383 or email paula.maricola@heywood.org. For more information about the Joint Replacement School, visit heywood.org/jointschool; to register, call (978) 630-6267.

“I truly enjoy helping our patients bridge the gap between inpatient care and returning back home to work and to their daily activities.”

Julie Lee, MSPT, CCCE



RECOVERY, STRENGTH, INDEPENDENCE

Getting Back on Track with Rehabilitation and Skilled Nursing Services

After surgery, a stroke, injury or extended illness, physical therapy can be vital for recovery and pain management. Physical therapy seeks to restore your body's function and movement, as well as provide pain relief and promote healing. Additional skilled nursing and rehabilitation can offer the post-acute care, support and recovery time that makes the difference for your continued quality of life, activity and independence when you return home.

Heywood Healthcare's trained Physical Therapists work with each patient to tailor a treatment program that fits individual needs. Treatment plans are geared to provide pain relief, improve strength and mobility, increase range of motion and relieve stress.

Since each person and injury is unique, the duration and type of treatment will vary.

“Rehab post injury or illness is such a vital part of a patient's recovery. After discharge, many patients need to rebuild strength and confidence to transition back to independent living,” says Julie Lee, MSPT, CCCE.

Heywood Healthcare offers an array of therapy options for inpatients and outpatients in both Athol and Gardner.

At the Center for Skilled Nursing and Rehabilitation at Athol Hospital, we offer patients a full array of nursing and rehabilitative care, along with immediate access to vital hospital services not available at long-term care, rehab facilities and

nursing homes. Quality skilled nursing and rehab care with the confidence of a hospital is available just moments from home.

Additionally, Athol Hospital offers outpatient physical, occupational and speech therapy.

The Heywood Rehabilitation Center, located just a few miles from Heywood Hospital in Gardner, offers outpatient physical and occupational therapy services as well as speech and language pathology and audiology treatment.

Onsite at Heywood Hospital, physical therapy services are available for inpatients seven days-a-week. Occupational therapy is also available to all patients in our Geriatric Psychiatry and Mental Health Units.

For more information about our Rehabilitation Services, please visit atholhospital.org/rehab (Athol) or heywood.org/rehab (Gardner), or call Heywood Rehabilitation at (978) 630-6900.

QUALITY CANCER SERVICES CLOSE TO HOME

Compassionate Care and Convenience for Area Patients

Massachusetts is home to some of the best hospitals in the country, but unless you live in a metropolitan center like Boston or Worcester, frequent visits to a tertiary medical center for cancer treatment can mean traffic gridlock, expensive parking and a tiring commute.

Fortunately, high-quality, convenient cancer care, including oncology and hematology, are offered at both Heywood and Athol Hospitals. Our experienced staff of board-certified oncologists and oncology-certified nurses offer personalized, compassionate care including chemotherapy, related treatments and surgery. Our physicians, M. Sheila Donnelly, MD and Saleem M. Khanani, MD, work closely with Saint Vincent Hospital and UMass Medical Center in Worcester, ensuring integrated, multidisciplinary services when radiation or more specialized care is needed. In addition, Heywood Healthcare offers support groups, transportation services, nutritional counseling and access to wigs and scarfs.

“Everyone who works in our department would absolutely have a loved one treated here – we are that confident that we provide the best care available,” said Sandra Ryder, Director of Oncology and Hematology.

When asked about the treatment she receives at Heywood Hospital's Oncology Department, Roberta Jacks of Leominster responds enthusiastically, “I owe so much to Heywood and the whole oncology department – they have been absolutely wonderful. My physician Dr. Donnelly always takes the time to answer my questions, and I never feel rushed. The nurses and staff have truly become my second family. Every time I come in, I am greeted with a hug and treated like a friend, not just a patient. I would be lost without them.”



Pictured left-to-right: patient Roberta Jacks, Sandra Ryder, RN, MSN, Heywood Healthcare Director of Oncology Services, and M. Sheila Donnelly, MD.

“I had a choice. I could either feel sorry for myself or I could fight with every fiber of my being. I choose the latter.”

Roberta Jacks

A decade ago, Jacks found out she had Stage-Two colon cancer after a routine colonoscopy. Following surgery and chemotherapy at a medical center in Worcester, she and her doctors were optimistic. However, two years later, a PET (Positron Emission Tomography) scan – a powerful, non-invasive test that accurately images to the cellular level to detect and diagnose disease – revealed her cancer was back and had spread.

After surgery, Jacks went to Dana-Farber in Boston for a second opinion. The doctor advised her to stay local, assuring her she would get outstanding care at Heywood.

“As scared as I was knowing that my cancer had spread and the next chemo treatments were going to be tough, the Heywood team helped me get over that fear, and I shifted to a more positive attitude,” she said.

Over the last seven years, Dr. Donnelly, a Dana-Farber fellowship trained oncologist at Heywood, has treated Roberta, ranging from aggressive chemo to “chemolite” maintenance. “Roberta's case has been unusual and complex,” said Dr. Donnelly, “and she has endured terrific challenges for a decade.”

Through all the bumps and trying moments, Jacks has maintained a healthy spirit and has taken to heart her favorite quote: “Life isn't about waiting for the storm to pass; it's about learning to dance in the rain.”

Jacks recently celebrated her 50th birthday, and the Heywood oncology nurses made sure they were there to see her blow out her candles and continue dancing in the rain.

For more information about our cancer services, call (978) 630-6457 or visit heywood.org/cancer or atholhospital.org/cancer

LIFE-SAVING SERVICES FOR STROKE

Bringing New Meaning to “FAST”

Services and Treatment

To help prevent and treat cardiovascular disease and stroke, Heywood’s Heart & Vascular Center offers comprehensive cardiology and vascular care and services, with state-of-the-art equipment and a highly trained staff, including four distinguished cardiologists, known for their compassionate approach. Affiliated with the highly respected Heart & Vascular Center of Excellence at UMass Memorial Medical Center, Heywood Hospital has been designated by the Massachusetts Department of Public Health as a Stroke Care Center and Athol Hospital as a Stroke Service.

Related services provided at Heywood and Athol Hospitals include:

- Cardiopulmonary
- Cardiac Testing
- Cardiac Rehabilitation
- Stroke Care

According to Robert Terlato, MD, a Heywood cardiologist for 21 years, an FDA-approved clot-buster medication may reduce long-term disability for the most common type of stroke if given within three hours of the first symptom.

“It’s critical that patients get to the emergency room as soon as possible if they exhibit any of the FAST signs or any other sudden symptoms such as numbness, confusion, trouble seeing, loss of balance, or severe headaches,” said Terlato.

After going to the Emergency Department, patients may be admitted to Heywood or Athol Hospital or transferred to a tertiary care hospital when needed for additional or specialized care. Heywood’s multidisciplinary approach also includes collaboration with patients’ primary care physicians and neurologists for a comprehensive level of care.

We typically perform real-time diagnostic imaging and customize a treatment plan for stroke patients, including Warfarin and the novel anticoagulants, anti-platelet drugs such as Aspirin and Plavix and anti-hypertensives.

“Education is key for preventive measures and to enhance quality of life for patients afflicted with this condition,” said Terlato. “We strive to motivate our patients and increase their awareness.”

Follow-up care offered by Heywood Healthcare includes cardiac fitness, nutritional training, physical therapy, occupational therapy, and maintenance appointments at both Athol and Heywood hospitals.



If you or a loved one are experiencing symptoms of stroke, quick access to quality emergency care is key to your recovery. In these circumstances, the acronym FAST takes on a very important meaning. Thinking FAST can help you remember the critical warning signs of stroke and help save a life:

F: FACE DROOPING

A: ARM WEAKNESS

S: SPEECH DIFFICULTY

T: TIME TO CALL 9-1-1

The bad news is that many patients don’t respond fast enough.

The good news is that stroke is the nation’s leading preventable cause of disability. And even better, is the news that both Heywood and Athol Hospitals are prepared and designated by the Department of Public Health for emergency treatment of stroke.



Prevention and Risks

According to Dr. Terlato, prevention starts with knowing the risk factors of stroke, especially high blood pressure, high cholesterol, and diabetes. Other tips for preventing stroke include:

- **Avoid tobacco.** Smoking, including second-hand smoke, can damage blood vessels and cause clots and blockages that lead to stroke.
- **Drink less alcohol.** It is recommended that men average no more than two drinks and women no more than one drink per day.
- **Improve eating habits.** A heart-healthy diet should be high in fruits and vegetables and preclude foods high in saturated fat.
- **Maintain healthy weight.** As is the case with the above, being overweight increases your chances for developing high blood pressure, high cholesterol, and stroke.
- **Get active.** Exercise helps keep your weight down and improves your cardiovascular health.
- **Decrease stress.** This can help you avoid emotional eating, drinking, and smoking.
- **Know what you can’t change.** Your risk for stroke is higher if you are male, Afro American, or have had a stroke before.
- **Know the main warning signs (FAST).** See callout box on left.
- **Get regular checkups.** Your doctor can help you manage risk factors through lifestyle change and/or medication.

“Some things are out of our control,” said Terlato. “But patients can take steps to help prevent and manage stroke. And they can take heart in knowing that excellent care is available here at Heywood and Athol Hospital if they need it.”

For more information, visit heywood.org/heart, atholhospital.org, the American Heart Association (heart.org) or American Stroke Association (strokeassociation.org), or call Heywood Cardiology at (978) 630-5020 to schedule an appointment.

HEYWOOD MEDICAL GROUP CARDIOLOGY

Affiliates of the renowned Heart and Vascular Center of Excellence at UMass Memorial Medical Center in Worcester, cardiologists at Heywood’s Heart and Vascular Center offer continuity if transfer for more intensive cardiac care is required. For more information call (978) 630-5020.

KEVIN D. FLOYD, MD

Cardiologist specializing in Electrophysiology Services (EP)

Medical Education: Ohio State University

Internship: Dartmouth-Hitchcock Medical Center

Residency: Dartmouth-Hitchcock Medical Center (Internal Medicine)

Fellowship: University of Massachusetts (UMass) Medical Center (Cardiovascular Disease); UMass Medical Center (Electrophysiology)

Board Certification: Internal Medicine, Cardiology, Cardiac Electrophysiology



CRAIG A. NAPOLITANO, MD

Medical Education: Tufts University School of Medicine

Internship: The Mount Sinai Hospital

Residency: The Mount Sinai Hospital

Fellowship: UMass Memorial Medical Center

Board Certification: Cardiology, Internal Medicine



BENJAMIN D. PRENTISS, MD

Medical Education: UMass Medical School

Internship: UMass Medical Center

Residency: UMass Medical Center (Internal Medicine)

Fellowship: UMass Medical Center (Cardiovascular Disease)

Board Certification: Internal Medicine, Cardiology, Nuclear Cardiology, Echocardiography



MICHAEL S. STAUDER, MD

Medical Education: Loyola University of Chicago

Internship: Dartmouth-Hitchcock Medical Center

Residency: Dartmouth-Hitchcock Medical Center (Internal Medicine)

Fellowship: UMass Medical Center (Cardiovascular Disease)

Board Certification: Cardiology, Nuclear Cardiology, Echocardiography



ROBERT J. TERLATO, MD

Medical Education: New York Medical College

Internship: UMass Medical Center

Residency: UMass Medical Center (Internal Medicine)

Fellowship: UMass Medical Center (Cardiovascular Disease)

Board Certification: Cardiology



TACKLING AND CONQUERING TYPE 2 DIABETES

Diabetes Centers of Excellence

According to the Centers for Disease Control and Prevention, one in three Americans will develop Type 2 diabetes in which the body does not produce enough insulin and blood sugar levels are too high. This can be a very dangerous condition leading to numerous medical complications. Fortunately, Type 2 diabetes is generally manageable and often preventable.

With Type 2 diabetes skyrocketing in our region, Heywood Healthcare is tackling the epidemic head on. Our Diabetes Centers of Excellence (DCE) at Heywood Hospital and Athol Hospital represent the most robust program for diabetes management in our area. Our clinicians are highly trained diabetes educators that include Registered/Licensed Dietitians and a Registered Nurse who is the coordinator of the DCE program. They work with endocrinologists from Heywood and UMass Medical Center, as well as with the patient's primary care physician, for a comprehensive treatment plan.

Our Diabetes Self Management Education (DSME) program, certified by the American Association of Diabetes Educators, focuses on self-care skills. Customized programs include an initial evaluation/assessment, 1:1 or group sessions, and follow-up classes. We address eating patterns, meal planning, shopping and label reading, physical activity, medication management, blood sugar testing/monitoring, stress and coping mechanisms, medical complications, behavior modification and lifestyle changes.

"Self-care is essential to manage diabetes, but most patients need ongoing coaching to help them over the hurdles with this chronic disease," said Denise Foresman, MS, RD, LDN, Director of Nutrition Services and the Diabetes Centers of Excellence for Heywood Healthcare.



Common symptoms include:

- Extreme thirst or hunger
- Frequent urination
- Weight loss
- Extreme fatigue
- Blurred vision
- Cuts/bruises that are slow to heal
- Areas of darkened skin

If you have any of these symptoms, check with your primary care doctor and request a referral.

"Our global approach involves medical, emotional, social and psychological support to guide and provide patients with skills and tools for lifestyle changes. We often serve as the patient's advocate."

Shaw's Wake Up Call

Such was the case with Sandra Shaw, age 68, from Orange, MA. Shaw's mother was a diabetic and Sandra developed Type 2 diabetes about four years ago. In the Fall of 2015, Sandra felt she was in a "rut." She had stopped taking her medication for her diabetes and for her depression, and stopped checking her blood sugar. "I had no energy and just wanted to sleep," said Shaw. "I was barely eating and only drinking soda, yet my constant thirst was never quenched."

To make matters worse, she started sweating, shaking and feeling dizzy. In January 2016, Sandra let her husband, with much encouragement from him, check her blood sugar. The results on the meter said >600mg/dl, which was life-threateningly high. Normal fasting blood sugar is between 70-100mg/dl.

Shaw was rushed to Athol Hospital's Emergency Department and was started on an I.V. drip of insulin. She was admitted to the hospital for further treatment, stabilization and medication reconciliation.

Foresman consulted Shaw in Athol Hospital and began diabetes education. She explained the multiple risks of uncontrolled blood sugar. "If left untreated it can cause long term complications, such as blindness, kidney failure and seizures. And severely elevated blood sugar can lead to a diabetic coma."

At that point during her 10-day hospital stay, when Shaw was surrounded by her husband and several of her children and grandchildren, she had her "wake-up call."

Upon discharge, Shaw started to exercise and attended Athol Hospital's diabetes program. She stopped drinking soda and dramatically changed her diet (no sugar, salt or fried foods). Sandra faithfully began checking her



"I remember the doctor looking at us and saying, 'This is critical. You can't be in denial. We're not sure you'll pull through.' Right then, I promised to change my ways."

Sandra Shaw

blood sugar three times daily and taking her medications as scheduled. This included administering a dose of Lantus (a long acting basal insulin) and taking Metformin (an oral diabetic agent) twice daily to control her blood sugar. Also, Sandra started back on Cymbalta for her depression.

Today, five months later, Sandra's blood sugar readings are stable between 90-100mg/dl for her fasting level and less than 180mg/dl for non-fasting levels. Her A1C level (a test that reflects your average blood sugar level in the past two-three months) is down from an extremely high 13.7% to 7.6% which shows a significant change and improvement of diabetes control. Less than 7% is the optimal goal for A1C. Also Shaw has lost 40 pounds and has discontinued taking insulin and is controlling her blood sugar with Metformin only.

Staying the Course

Education is vital to managing Type 2 diabetes and preventing it for those who are pre-diabetic. To help, Heywood Healthcare offers community outreach programs, free cooking classes, support groups, and an annual diabetes fair.

Heywood also has a unique partnership with the Athol YMCA which offers the national Diabetes Prevention Program (DPP) for participants with pre-diabetes. It is one of four programs offered in Massachusetts and the only one in the region. The YMCA also offers a variety of wellness programs, diabetes and blood pressure screenings, and information on diabetes prevention and coaching.

The first step in preventing Type 2 Diabetes is to know your risk factors. These include:

family history of diabetes, ethnic background (African American, Hispanic, American Indian, or Asian-American descent have greater risk), overweight, unhealthy eating, physical inactivity, increasing age, high blood pressure and history of gestational diabetes.

"I have a whole new lease on life now, thanks to the staff at the Diabetes Center of Excellence," said Shaw, who continues with follow-up outpatient diabetes visits at Athol Hospital. "I am here today because of the support of my family and the caring diabetes team, who gave me the tools to stand on my own two feet."

"Sandy is a rock star of our program," said Foresman. "We are passionate about coaching her and other patients, providing them with ongoing encouragement to stay the course and tackle the condition."

For more information on our Diabetes Centers of Excellence, please contact Denise Foresman, MS, RD, LDN, at (978) 630-6289 or Doug Miller, RN, CDE, at (978) 630-5719, or visit heywood.org/diabetes or atholhospital.org/diabetes.

WELCOMING NEW PHYSICIANS to Heywood Medical Group

Craig Napolitano, MD Cardiology/Internal Medicine – (978) 630-5020

Dr. Craig Napolitano has joined the Heywood Heart and Vascular Center and is accepting new patients. He earned his medical degree from Tufts University School of Medicine, MA and completed his residency at The Mount Sinai Hospital, NY. Following residency, Dr. Napolitano completed a fellowship at UMass Memorial Medical Center, MA.



Nari Sabeti, MD Surgery – (978) 630-6130

Dr. Nari Sabeti has joined Heywood Medical Group, practicing in the Medical Arts Building at Heywood Hospital in Gardner, where she is accepting new patients. She received her Bachelor's Degree from Tufts University, MA and earned her Medical Degree from Tufts University School of Medicine, MA. She completed her residency at Tufts New England Medical Center. She is a member of American Society of Breast Surgeons and is fluent in Farsi.



John Poremba, MD Endocrinology – (978) 630-6474

Dr. Poremba has joined Heywood Endocrinology, located in the Medical Office Building at Heywood Hospital, and is accepting new patients. He earned his medical degree from the Uniformed Services University of Health Sciences in Maryland and completed his internship and residency at Kessler Air Force Medical Center, MS. Dr. Poremba also completed a fellowship in Endocrinology at Wilford Hall Air Force Medical Center, TX. Dr. Poremba is Board Certified in Internal Medicine, Endocrinology and Metabolism and is a member of the National Board of Medical Examiners. He specializes in General Endocrinology, Diabetes and Thyroid Diseases.



William Lohrer, MD Orthopedic Surgery – (978) 249-1295

Dr. William Lohrer is a Board Certified Orthopedic Surgeon, practicing primarily at Athol Hospital, where he is accepting new patients. He brings decades of experience to the Heywood Healthcare team, most recently practicing at Cooley Dickinson Hospital. He earned his medical degree from the University of Rochester School of Medicine, NY and completed his internship at the University of Massachusetts Medical Center. Additionally, Dr. Lohrer completed a residency at the University of Rochester Medical Center, NY and his fellowship in Sports Medicine at the Cleveland Clinic Foundation, OH.



NEED A PHYSICIAN?

Visit heywood.org or atholhospital.org and click on *Find a Physician* or call the Physician Referral Line at (978) 630-6248



HEALTH AND WELLNESS PROGRAMS



ZUMBA®

Mondays and Tuesdays from 4:30-5:30pm
\$50 for six-week session or \$10 for drop-in

Zumba mixes low-and high-intensity moves for an interval-style, calorie-burning dance fitness party. It combines cardio, muscle conditioning, balance and flexibility. This class gives you no less than 5,000 steps if you're wearing a FitBit! Bring a water bottle and wear comfortable clothing and athletic footwear. Zumba is appropriate for all levels of fitness.

H.I.I.T. 2B FIT

Tuesdays from 1:30-2:30pm
\$50 for six-week session or \$10 for drop-in

H.I.I.T. (High Intensity Interval Training) starts with a gradual warm-up and moves into 30-60 second intervals using hand weights and cardio-based movements to develop your core strength and endurance and burn more calories than other workouts. Exercises can be modified, but it's best if you have a base level of fitness. Bring a water bottle and wear comfortable clothing and athletic footwear.

PILATES

Tuesdays from 5:30-6:30pm
\$50 for six-week session or \$10 for drop-in

Pilates is a body conditioning routine that increases circulation and builds flexibility, strength, endurance and coordination without adding muscle bulk. Wear comfortable clothing, bring a mat, water bottle, and a towel. This class is for all fitness levels.

JUMPSTART YOGA

Wednesdays from 6:00-7:00am
\$50 for six-week session or \$10 for drop-in

This early morning class incorporates elements of Lyengar, Viniyoga, Vinyasa, Kundalini, Sivananda and Anusara. Discover your own experience in each centering, warm-up, and relaxation pose and develop greater alignment and a deep sensation through breath and movement. Wear comfortable clothing and bring a yoga mat and a water bottle. The class is appropriate for all levels of fitness.

GENTLE YOGA

Thursdays from 5:30-6:30pm
\$50 for six-week session or \$10 for drop-in

This class is designed to "de-stress" and release tension with gentle yoga moves. The program is designed for all fitness levels. Wear comfortable clothing and bring a mat and a water bottle.

TAI CHI CHI KUNG (THE BROCADE OF EIGHT)

Wednesdays, October 5-November 30 from 6:00-7:30pm, \$80 for nine-week session

This program introduces the art of nurturing the flow of life-giving, healing chi energy throughout the body using a series of carefully designed Chi Kung movements known as The Brocade of Eight. Because these gentle, easy-to-learn exercises involve body, mind and spirit, Chi Kung is remarkably effective in improving general health. Wear comfortable clothing and bring a water bottle.

CHILDBIRTH AND PARENTING CLASSES

FREE SUPPORT GROUPS



We offer a variety of classes and services to help you through your pregnancy and prepare you for parenthood. We recommend that you register for classes by the fifth month of your pregnancy. For more information or to register, call the LaChance Maternity Center at (978) 630-6216.

Class schedule subject to change. If inclement weather, class will be cancelled three hours before scheduled start time – please call ahead or visit our website.

CHILDBIRTH EDUCATION

One Saturday every month from 9:00am-3:00pm. \$50 delivering at Heywood Hospital, \$80 delivering elsewhere. Date announced at registration.

Taught by certified Childbirth Educators, this class is designed for parents having their first baby. It covers information on breathing and relaxation techniques, how to recognize and cope with each stage of labor as well as various options for pain relief.

CHILDBIRTH EDUCATION – REFRESHER

Second Wednesday of every other month (February, April, June, August, October, December) from 6:00-9:00pm. \$40 delivering at Heywood, \$55 delivering elsewhere.

For those with previous childbirth experience, this class reviews breathing and relaxation techniques, signs of labor, sibling preparation and more.

INFANT/CHILD SAFETY AND CPR

Evening Class: First Wednesday of every other month (February, April, June, August, October, December) from 5:30-8:30pm. \$40 per couple, \$30 per person.

Saturday Class: One Saturday every other month (January, March, May, July, September, November) from 9:00am-12:00pm. \$50 per couple, \$30 per person. Date announced at registration.

Recommended for parents, grandparents and anyone caring for an infant or toddler – even before your baby arrives – this program teaches you how to prevent injuries, basic safety, and the proper procedure for assisting a child who is choking or unconscious.

MEET THE DOULA

Fourth Monday of every month at 6:00pm. Free to patients delivering at Heywood.

Heywood Hospital offers a volunteer Doula program to enhance the comfort of our patients through continuous care for the laboring woman and her family. Learn about the benefits of a Doula, including a shorter labor, reduced need for pain medication and a decrease in C-section rates.

MOTHER AND BABY CLASS

First Thursday of every other month (January, March, May, July, September, November) from 6:00-8:30pm. \$20 delivering at Heywood, \$30 delivering elsewhere.

New mothers will learn what to expect during the first three months after their baby is born, including the post-partum period and newborn care.

PRENATAL BREASTFEEDING CLASS

Second Monday every other month (January, March, May, July, September, November) from 6:00-8:30pm. \$20 delivering at Heywood, \$30 delivering elsewhere.

This class provides you with the information and techniques to ensure a successful and rewarding breastfeeding experience. Topics include health benefits of breastfeeding for you and your baby, positioning, how to know if your baby is getting enough milk, expression and storage of milk, and how to continue breastfeeding if you plan to return to work.

SIBLING CLASS

One Sunday every other month (January, March, May, July, September, November) from 1:00-2:30pm. \$15. Date announced at registration.

This class helps to prepare children for the arrival of a new brother or sister. How babies are fed, diapered and cared for are some of the topics that are covered. Children are shown a brief movie and given a tour of the maternity unit so they can see where mom and the new baby will be once it is born. Includes a coloring book, crayons and cookies.

HEYWOOD HOSPITAL

AA MEETING

Held on Tuesdays in the Community Education Room from 7:30-8:30pm.

BETTER BREATHERS CLUB

Meets on the first Monday of every month (except January, February, July, August and September) from 2:30-3:30pm in the Heywood Hospital Dining Room. For more information call (978) 630-6222. Co-sponsored by the American Lung Association.

This club provides support for patients and their families with breathing problems and lung disease.

BREASTFEEDING

Held the first Wednesday of every month from 10:00-11:00am in the Lactation Room on the Maternity Unit.

Local mothers share breastfeeding information and encouragement in an informal setting. Babies and breastfeeding are always welcome.

CANCER

Meets on the fourth Wednesday of every month from 7:00-8:00pm in the Oncology Department Waiting Room. For more information call (978) 669-5642.

This group provides support for patients and their families through discussions with people with similar experiences.

CAREGIVER

Held on September 7 and October 5 (no meetings November or December) from 2:00-3:00pm in the Community Education Conference Room (dates and times subject to change). For more information call (978) 630-6325. Co-sponsored by the Social Service and Geriatric Psychiatry Departments.

The group is for family and caregivers of a person with Alzheimer's disease or dementia.

COMMUNITY BIRTH/LOSS

Held on the first Thursday of the month from 7:00-8:30pm in the Heywood Community Education Conference Room. For more information call (978) 630-6228. Co-sponsored by Heywood Hospital, UMass Memorial Health Care and Milford Regional Medical Center.

This group provides resources, understanding and acceptance to parents and their families and friends who have experienced miscarriage, stillbirth or the death of a newborn.

EMOTIONS ANONYMOUS

Held on Thursdays at 6:00pm in the Heywood Hospital Board Room. For more information call 920-917-8538.

This group offers women a 12-step program to cope with stress and to live a healthier life.

HIV & AIDS: SUPPORT, EDUCATION, ADVOCACY

Meetings are scheduled on an as-needed basis. For more information call (978) 630-6490.

The Infection Control department provides support, education and advocacy for HIV positive individuals and their families upon request.

LEARN TO COPE

Held on Tuesdays from 7:00-8:30pm in the Heywood Hospital Board Room. For more information call (508) 738-5148 or visit learn2cope.org.

This network is for families dealing with addiction and recovery.

MENDER'S

Held on the first and third Wednesday of every month from 7:30-9:00pm in the Community Education Conference Room. For more information call (978) 630-6455.

MENDER's brings together guys facing similar issues including illness, anger, stress, substance abuse, relationship problems or major life changes.

NAMI CONNECTION RECOVERY

Tuesdays from 7:00-8:30pm in Heywood Hospital Dining Room B. For more information call (508) 331-2921.

This is a peer-led support group for adults who are concerned about their mental health. Gain insight from the challenges and successes of others.

ATHOL HOSPITAL

CANCER

Meets the first Wednesday of every month at 4:30pm in the Small Conference Room. For more information call (978) 249-1207.

MENDER'S

Held on the first and third Wednesday of every month from 7:30-9:00pm in the Hillis Board Room. For more information call (978) 630-6455.

MENDER's brings together guys facing similar issues including illness, anger, stress, substance abuse, relationship problems or major life changes.

SMART RECOVERY

Meets on the first and third Saturday every month at 10:00am in the Education Room.

Learn a cognitive/rational approach to overcoming addictive behavior and maintaining abstinence.

OVEREATERS ANONYMOUS

Meets every Thursday from 4:00-5:00pm in the Athol Hospital Briggs Conference Room.

Members come in all sizes and there are no weigh-ins. Newcomers are always welcome.

SMOKING CESSATION

Meets every Monday from 6:00-7:00pm in the Dining Room.