

# A Healthy You

A Community Health Resource from Heywood Hospital

Vol 1 2012

## Life-saving advancements at the Heywood Heart Center

Quality meets care at  
the LaChance Center  
for Maternity Care

Welcoming new  
physicians to the  
Heywood family

Winter and  
Spring Community  
Education Programs

*Heart Center patient John Flick with his wife Brigitte,  
son Hayden, daughter Lindsey and their cat Mr. Pickles*

 **Heywood Hospital**

242 Green Street, Gardner, MA 01440 • [heywood.org](http://heywood.org) • 978-632-3420



## A Message from the President & CEO

Dear friends of Heywood,

One of the great advantages of the New Year - it provides us with a fresh opportunity to make some healthy changes. February is Heart Month, and it is the perfect time for all of us to evaluate our heart health and see what we can do to improve it.

It is impossible to find a person or family that has not been affected by cardiovascular disease. According to the 2012 American Heart Association Heart Disease and Stroke Statistics, more than 2,200 Americans die each day of cardiovascular disease - that is one person every 39 seconds. More than one third of Americans have high blood pressure or high cholesterol, and 23% of men and 18% of women still smoke - the single most preventable cause of death in the nation.

Together, we can make meaningful changes in our heart health. Visit [www.heywood.org](http://www.heywood.org) to access great resources to get you started. You'll find healthy eating and exercise ideas that will keep your heart pumping and information on Quit to Win, our proven smoking cessation class held on Wednesdays every week.

And, this year consider giving a gift from the heart for your Valentine - a gift certificate for a Cardiac CT Calcium Score Scan. No physician referral is required for this quick, non-invasive test which uses high-speed computerized tomography (CT) to measure calcium deposits present in plaque in your arteries. The more plaque the higher the calcium score, and your risk for heart disease. Specially priced at \$69 for Heart Month, it could be a true gift of life for your loved one.

This February - Heart Month - let's all make the commitment to small changes that can have a big impact on our health. Remember, the road to a healthier lifestyle starts with a single step in the right direction, and Heywood Hospital is here to help lead the way.

Your Partner in Health,

Winfield S. Brown, FACHE  
President & CEO, Heywood Hospital

*"The road to a healthier lifestyle starts with a single step in the right direction, and Heywood Hospital is here to help lead the way."*

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Heywood Hospital is an independent, community-owned, non-profit 134-bed acute-care hospital located in Gardner, MA. Heywood Hospital provides a broad range of high quality medical, surgical, obstetrical, pediatric, transitional care and behavioral health services on an inpatient and outpatient basis. Our Centers of Excellence include the Watkins Center for Emergency and Acute Care; the LaChance Maternity Center; and the Heywood Heart Center, an affiliate of the Heart and Vascular Center of Excellence at UMass Memorial Health Care. In addition to the main campus, Heywood Hospital has two satellite facilities, the Winchendon Health Center in Winchendon and the Heywood Rehab Center in Gardner, as well as a number of primary and specialty care practices in the region. Heywood Hospital also operates a school-based health center, the Murdock Health Center at the Murdock Middle High School in Winchendon.

*A Healthy You* is published by Heywood Hospital. The information is intended to educate people about subjects pertinent to their health, not as a substitute for consultation with a personal physician.

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# A gift for the heart

It did seem like an unusual present to receive for his birthday - a gift certificate for a Cardiac CT Calcium Score Scan. Soon however, 44 year-old Gardner resident John Flick realized it was one of the most important gifts of his lifetime.

A well-known area attorney and Heywood Hospital Trustee, Flick had recently been talking with friend and colleague Win Brown, president of the hospital. It became evident they both shared a family history of early cardiac disease, which had prompted Brown to have the non-invasive Cardiac CT Calcium Score Scan when he turned 40, as a precaution. Knowing Brown is a strong advocate of the test, Flick was not completely surprised to receive a certificate for a free exam as a present. What did surprise him were the unexpected results.

Flick had been doing his best to escape the early cardiac disease that both his father and his grandfather had experienced. He and his family - wife Brigitte, daughter Lindsey, 12 and son Hayden, 8 - have always maintained healthy lifestyles. So when his primary care physician told him that the Cardiac CT Calcium Score Scan had revealed severe calcification in three of the four arteries of his heart, Flick was stunned.

"It was fortunate I took this test when I did," said Flick. "It helped catch my problem before I had a major cardiac event."

This is a key advantage of the Cardiac CT Calcium Scoring exam, according to Heywood Hospital Chief of Cardiology Benjamin Prentiss, MD. "It not only can help predict the risk for a heart attack, it can help prevent one by identifying patients that can benefit by preventive measures and treatment."

The Cardiac CT Calcium Scoring exam at Heywood uses leading-edge 64-slice CT



*From skiing to board games, the Flicks enjoy special family time together. From left to right, daughter Lindsey, John and his wife Brigitte, and son Hayden.*

technology to quickly and painlessly evaluate calcium build-up in the arteries. If there is no plaque, the score and the risk are very low. If plaque is present, the calcium score is higher - and so is the risk of cardiac disease.

Today Flick is even more vigilant about his health. He says no to red meat, opting for lower fat, healthier chicken, turkey or fish alternatives and more closely watches his salt intake and takes medication daily. In addition, he runs several times a week and stresses the importance of good eating habits to his children.

And, Flick encourages others to get the Cardiac CT Calcium Score test. "Don't think about it, just do it," he says. "It is wonderful that Heywood offers this state-of-the-art technology right here in Gardner. The test is inexpensive and truly worth the half hour it takes. At the least you'll get peace of mind - at the most you could save your own life."

## Getting to the Heart of Cardiovascular Disease: Free Seminar and Screenings

Join cardiologist Michael Stauder, MD for an informative Q & A session on cardiovascular disease. Learn what you can do to prevent heart disease and how to recognize the symptoms. The seminar will be followed by a series of free screenings - know your risk factors!  
*Thursday, February 16 at 2:30 pm in the Heywood Hospital Dining Room*

## Cardiac CT Calcium Score Scan

Quick, non-invasive and no physician referral needed. Gift certificates available!  
*February Heart Month Special: \$69*  
For more information, or to buy a Gift Certificate or schedule an appointment, call Central Scheduling at 978-630-5070

# Where quality meets care for our tiniest patients

## The LaChance Maternity Center: an exceptional birth experience

From relaxing hydrotherapy to supportive doulas, the expert, compassionate care of the LaChance Maternity Center at Heywood Hospital creates a warm, personal birthing experience for expectant moms and their families.

“The personal touch really makes the difference for us,” said Pamela Stauder. She and her husband, Michael, recently gave birth to their third daughter, Emma, at LaChance. “They were always there for us if we had any questions or concerns. It makes you feel very important – not just a number.”

Jeff Blake, MD, an obstetrician from Heywood Hospital’s Health Center for Women feels that is a vital part of the philosophy at LaChance. “What makes our birthing experience so unique is the coordinated effort between physician, dedicated nurses, volunteer doulas, and the expectant mother and her family.”

Karen Beaton, Heywood’s director of maternal child health agrees, “The nurses are very in-tune with our patients. They provide the care and support that helps them through the challenges of giving birth.”

While the modern, comforting environment, along with doula support, hydrotherapy, post-partum massage therapy, spa services, and a gourmet celebration dinner create a memorable birth experience, it is the expert care and highly skilled staff at LaChance that provides real peace of mind for expectant families.



*Thoughtful care makes giving birth at LaChance a memorable experience for Pamela Stauder (left), with new baby Emma and nurse Judy Lavenski, RN (right).*

The LaChance Maternity Center offers a full range of services featuring state-of-the-art surgical services, anesthesiologists available 24-hours-a-day (supporting epidural and intrathecal pain management) and inpatient/outpatient lactation services. The non-interventional philosophy of the physician and nursing teams at LaChance offers patients a more natural birthing experience, which has helped the hospital to achieve the lowest caesarean birth rate in Massachusetts.

The nurturing philosophy at LaChance also lends itself well to expectant mothers hoping to experience VBAC (Vaginal Birth After Caesarean). Often women feel it is impossible to deliver vaginally after

caesarean birth, however physicians at LaChance are confident about the process. “Approximately two-thirds of patients who’ve previously had caesarean birth have a positive VBAC experience,” said Dr. Blake. “For patients that meet the health criteria, I encourage VBAC as an option. We’ve had great success.”

After three births at Heywood Hospital, the thoughtful care is what Stauder remembers the most. “We had the same nurse the entire time we were there,” she remembers. “There was a support and comfort level that made me feel confident and reassured. It was an exceptional experience.”

# Welcoming new physicians to Heywood Hospital

Need a physician? Visit [heywood.org](http://heywood.org) and click on Find a Doctor Quicklink

## Anthony Babigian, DPM Podiatry and Wound Care

Dr. Babigian is accepting new patients at Family Foot Care Center in Westminster and at the Center for Wound Care & Hyperbaric Medicine at Heywood Hospital, specializing in podiatric care and surgery. Dr. Babigian earned his medical degree from Ohio College of Podiatric Medicine in Cleveland and completed his surgical residency at Kennedy Memorial Hospital in Stratford, NJ where he trained extensively in foot surgery and reconstruction techniques. In addition he has extended training in diabetic Limb Salvage and Wound Care. Dr. Babigian is board certified by the American Board of Podiatric Orthopedics and Primary Podiatric Medicine. He also is board certified by the American Board of Podiatric Surgery. *For more information or to schedule an appointment call the Family Foot Care Center at 978-874-1300 or the Center for Wound Care & Hyperbaric Medicine at Heywood Hospital (978) 669-5690.*



## Andreea Lungu, MD Endocrinology

Dr. Lungu is accepting new patients at the UMass Division of Specialties at Heywood Hospital specializing in Endocrinology. Dr. Lungu also works as a physician in the Division of Endocrinology, Department of Medicine at UMass Memorial Medical Center in Worcester, MA. Prior to working at UMass, Dr. Lungu held a Clinical and Endocrine Fellowship at the National Institutes of Health, Bethesda, MD. Board certified in Internal Medicine, she earned her Medical Degree from GR. T. Popa University of Medicine and Pharmacy, Iasi, Romania and completed her Internal Medicine Residency Program at Albert Einstein School of Medicine at the Long Island Jewish Medical Center, New Hyde Park, NY and at Cambridge Hospital, Cambridge, MA. Dr. Lungu focuses on Lipodystrophy, Type 2 Diabetes Mellitus, Insulin resistance and Hypoglycemia/Insulinoma. *For more information or to schedule an appointment call (978) 630-2770.*



## Janet Yardley, MD Hospitalist

Dr. Yardley recently joined the Hospitalist Staff, providing medical care to inpatients at Heywood Hospital. Prior to joining Heywood, Dr. Yardley was part of the Hospitalist Program at Signature HealthCare at Brockton Hospital in Brockton, MA. Dr. Yardley earned her Medical Degree at the University of Massachusetts Medical School in Worcester, MA and her Bachelor in Chemistry from the University of Massachusetts in Boston. She completed her graduate study in Chemistry at the University of Wisconsin and she holds a Certificate in Family Therapy from the Boston Family Institute. *For more information about Dr. Yardley or the Hospitalist Program at Heywood Hospital call (978) 669-5620.*



## Srikant Muddana, MD Gastroenterology

Srikant Muddana, MD is pleased to be accepting new patients at his practice located in the Heywood Medical Arts Building. Board certified in gastroenterology, Dr. Muddana earned his medical degree at University of Massachusetts Medical School in Worcester, MA. He went on to complete a residency in gastroenterology at Boston Medical Center and a fellowship in gastroenterology at Vanderbilt University Medical Center in Nashville, TN. As a gastroenterologist, Dr. Muddana performs endoscopy and colonoscopy, and specializes in the diagnosis and treatment of digestive diseases, including Acid Reflux Disease, Irritable Bowel Syndrome, Crohn's Disease, and Colitis. *For more information or to schedule an appointment call 978-669-5522.*



## Ekaterina Brodski-Quigley, MD Family Medicine

Dr. Brodski-Quigley is accepting new patients at Heywood Family Medicine. Specializing in Family Medicine, her practice covers the spectrum of family health needs, including pediatrics, adults, geriatrics and gynecology. Prior to earning her medical degree, Dr. Brodski-Quigley earned a bachelor of science in biology from Brandeis University in Waltham, MA. She earned her Ed.M. in Health Education from Boston University, School of Education in Boston, MA and her medical degree from Albany Medical College in Albany, NY. Dr. Brodski-Quigley completed her residency program at UMass Family Medicine in Worcester, MA. *For more information or to schedule an appointment call (978) 630-5030.*



## Victoria Mark, MD Hospitalist

Dr. Mark recently joined the Hospitalist Staff, providing medical care to inpatients at Heywood Hospital. Dr. Mark earned her Bachelor of Science in Chemical Engineering from Illinois Institute of Technology in Chicago. She earned her Doctorate in Medicine from Rush University Medical College in Chicago, IL and completed her Residency Program in Internal Medicine at Allegheny General Hospital in Pittsburgh, PA. Dr. Mark is a Member of the American College of Physicians. *For more information about Dr. Mark or the Hospitalist Program at Heywood Hospital call (978) 669-5620.*





# Winter/Spring 2012 Community Health and

## Childbirth and Parenting Classes and Support Groups

### Birthing and Education Classes

#### Early Pregnancy Class

Expecting mothers will learn what to expect and how to be comfortable throughout the course of their pregnancy.

*Third Wednesday of every other month (Feb., April, June, Aug., Oct., Dec.) from 6:30pm-7:30pm, \$15 delivering at Heywood (\$20 delivering elsewhere)*

#### Childbirth Education Series

Taught by certified childbirth educators, this is designed for parents who are having their first baby. Covers breathing and relaxation techniques, how to recognize and cope with each stage of labor, as well as options for pain relief. *Heywood Hospital: First four Tuesdays of every other month (Feb., April, June, Aug., Oct., Dec.) from 6:00-9:00pm, \$50 delivering at Heywood (\$80 delivering elsewhere)*

*Winchendon Health Center: First four Wednesdays of every other month (March, May, July, Sept., Nov.) from 10:00am-1:00pm, \$50 delivering at Heywood, \$80 delivering elsewhere*

**One-day Class:** Includes the same information as the full four-week series, but condensed into a one-day class. *Second Saturday of every other month (March, May, July, Sept., Nov.) from 9:00am-3:00pm, \$50 delivering at Heywood, \$80 delivering elsewhere*

#### Teen Childbirth Education Class

Content is similar to the four-week series, but is offered in a condensed format (three weeks) specific to the needs of teens and young adults.

*First Monday of every other month (April, June, Aug., Oct., Dec.) from 4:30-7:30pm, \$40 delivering at Heywood, \$55 delivering elsewhere*

#### Childbirth Education Refresher Class

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

*Second Wednesday of every other month (Feb., April, June, Aug., Oct., Dec.) from 6:00-9:00pm, \$40 delivering at Heywood, \$55 delivering elsewhere*

#### Meet the Doula

Learn the benefits of a Doula, which include uninterrupted care for the laboring woman and her family, a shorter labor, reduced need for pain medication and a decrease in C-section rates.

*Fourth Monday of every month from 6:00-7:00pm, free for patients delivering at Heywood Hospital*

For further information about any of our classes, please contact the LaChance Maternity Center at (978) 630-6216.

### Newborn and Parenthood Preparation

#### Sibling Class

Prepare your children for the arrival of a new brother or sister. Class covers feeding, diaper changing and caring for their new sibling; children are shown a brief movie and given a tour of the maternity unit. Includes a coloring book, crayons and cookies!

*Third Sunday of every other month (March, May, July, Sept., Nov.) from 1:00-2:30pm, \$15*

#### Mother and Baby Class

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

*First Thursday of every month from 6:00-8:30pm, \$20 delivering at Heywood, \$30 delivering elsewhere*

#### Prenatal Breastfeeding Class

Discover information and techniques that ensure successful and rewarding breastfeeding experience. Topics include health benefits 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.

*Second Monday of every other month (March, May, July, Sept., Nov.) from 6:00-8:30pm, \$20 delivering at Heywood, \$30 delivering elsewhere*

#### Breastfeeding Support Group

Local mothers exchange breastfeeding information, support and encouragement in an informal setting. Babies (and breastfeeding) are always welcome.

*First Wednesday of every month from 10:00-11:00am, Free*

#### Infant/Child Safety and CPR

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

*First Wednesday of every other month (April, June, Aug., Oct., Dec.) from 5:30-8:30pm, \$40 per couple/\$30 per person*

*Saturday Class: includes the same information as the evening class.*

*First Saturday of every other month (March, May, July, Sept., Nov.) from 9:00am-12:00pm, \$40 per couple/\$30 per person*



# Wellness Programs at Heywood Hospital



**Looking for a rewarding  
volunteer opportunity?**

**Train to be a Volunteer  
Doula with LaChance  
Maternity Center**

## **What is a Doula?**

A Doula is a woman experienced in childbirth who is specially trained to provide various kinds of support for the mother before, during and after the birth. They work alongside our maternity staff and are an integral part of the LaChance maternity team.

*Classes are being offered March 23, 24, and 25. If you are interested call Karen Beaton, director of maternal child health at (978) 630-6475.*

## **Joint Replacement School**

### **Total Hip or Total Knee Replacement: Preparing You for Surgery and Recovery**

Attend an informational session with one of Heywood's Orthopedic Surgeons. Refreshments will be provided.

*Second Wednesday of every month from 5:00-6:30pm, Free. To register or for more information call (978) 630-6126*



## **CPR and First Aid Classes**

- Classes offered for ages 10 and up
- Perfect for families, businesses and civic organizations
- Course includes how to save someone who is choking and an AED overview
- One instructor
- Maximum of six people per class; relaxed training environment
- Great for recertification
- Refreshments provided

*Held on Saturdays: March 10, April 14, May 12, June 9 and July 7*

*CPR: 9:00am-12:00pm, \$45*

*First Aid: 12:30-3:30pm, \$45*

*Both Classes \$80 (Pre-payment is required)*

*For more information contact the Heywood Hospital Office of Community Relations at (978) 630-6248.*

## **Quit to Win – A Smoking Cessation Program**

Heywood Hospital is partnering with the Fallon Community Health Plan to offer the "Quit to Win" Smoking Cessation Program. Receive competent advice and compassionate support that can really help people become tobacco free.

*Wednesdays from 7:00-8:00pm, Free*

*For more information, call 1-888-807-2908 or e-mail [quittowin@fchp.org](mailto:quittowin@fchp.org)*



■ ■ ■ CAPITAL CAMPAIGN FOR HEYWOOD HOSPITAL

## ***Next Century/New Beginnings Campaign a community success!***

It's been three years since Heywood Hospital launched the *Next Century/New Beginnings Campaign*, a critical fundraising effort in support of the construction of the new Watkins Center for Emergency and Acute Care. Over the course of these few years, support from our community as well as physicians, employees, trustees and the Hospital Aid Association, has been overwhelming, with an unprecedented show of support through gifts and pledges.

It is with great pride and excitement that we are now officially able to declare the *Next Century/New Beginnings Campaign* a success! Through the tireless efforts of campaign Chair, Dr. James Faust, along with community, employee, and physician volunteers, the Hospital has surpassed its \$10 million goal!

We would like to thank you for your incredible support. Your contributions are making a difference everyday for the patients we serve. Your generosity has not only helped to make our *Next Century/New Beginnings Campaign* a success, it has built the foundation for healthcare excellence for our community!

