Ophelia Chang, MD, Medical Director of the Breast Care Center, welcomes Kira Wendorf, MD, to the radiology team.

THE BREAST CARE CENTER and STATE-OF-THE-ART TECHNOLOGY
With the onset of a new year, we prepare for changes and new opportunities throughout our organization. The Breast Care Center at St. Joseph Hospital has long been a pillar of excellence within our community. We are proud to be the region’s top breast health center with dedicated, expert clinicians who employ the latest technologies to find cancer early when it is most treatable. As of this past fall, a new Cancer Risk Assessment tool is being offered to our patients as a way of pre-determining a person’s risk for breast cancer. This valuable assessment allows those who are identified with a higher risk for breast cancer to undergo further evaluation or testing in keeping with nationally recommended screening guidelines. Learn more about the benefits of this new cancer risk assessment from a patient who shared her recent story with us.

On a personal note, I would like to thank Ophelia Chang, MD, for her tireless dedication leading the Breast Care Center with excellence and compassion over the past 17 years. I would also like to welcome incoming Breast Care Center Medical Director Kira Wendorf, MD. We look forward to continuing the mission of the Breast Care Center in caring for women throughout our communities.

It's been almost a year since the opening of the St. Joseph Hospital Orthopedics practice in affiliation with Lahey Health. This winter, orthopedic surgeons Albert Tom, MD; Jason Simon, MD; and David Richards, MD, are expanding their services to the greater Milford area. Our growth signifies that we recognized the need for accessible, comprehensive orthopedic care in Milford and the surrounding communities.

Finally, continuing with our dedication to our patients and staff, I am pleased to share that we added a Veterans Wall of Honor to the main hallway of the hospital. This display honors employees who have served in any of the five branches of the United States military. It is our small token of appreciation for the incredible sacrifice these brave men and women have made for our country, and we thank them for their service.

On behalf of the entire St. Joseph Hospital family, I wish you and yours good health in 2017.

Rich Boehler, MD
President and CEO, St. Joseph Hospital

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LETTER to the COMMUNITY

St. Joseph Hospital is pleased to welcome the following new providers:

St. Joseph Hospital Emergency Associates welcome Deepak Vatti, MD, to the medical staff. Dr. Vatti received his medical degree from Ross University School of Medicine, Dominica, West Indies. He completed an Emergency Medicine Residency at State University of New York (SUNY) Upstate Medical University in Syracuse, NY. Dr. Vatti has also been named Emergency Department Assistant Medical Director and will assist Medical Director James Martin, MD, in the day-to-day operations of Emergency Services. He is a member of the Emergency Preparedness Team and was instrumental in the recent Code White-External exercise on September 21. To learn more about Dr. Vatti, visit stjosephhospital.com.

St. Joseph Hospital and Nashua Radiology welcome board-certified Radiologist Kira Wendorf, MD. Dr. Wendorf received her medical degree from the University of Colorado School of Medicine in Denver, CO. She completed her Diagnostic Radiology Residency at Yale New Haven Health, Bridgeport Hospital, Bridgeport, CT. Additionally, she completed a Fellowship in Breast Imaging from the University of California in Los Angeles, CA. Her clinical interests include all aspects of breast imaging and intervention, including breast MRI, 3D mammography (tomosynthesis), and breast ultrasound, with a keen interest in patient education and high-risk counseling and surveillance. Dr. Wendorf is the incoming Breast Care Center Medical Director. To learn more about Dr. Wendorf or to make an appointment, please visit stjosephhospital.com/breast-care-center or call the Breast Care Center at (603) 595.5700.

St. Joseph Hospital welcomes board-certified Obstetrician and Gynecologist Lan P. Tran, MD. Dr. Tran received her medical degree from the University of Rochester School of Medicine and Dentistry in Rochester, NY. She completed her Obstetrics and Gynecology Residency at William Beaumont Hospital in Royal Oak, MI. Dr. Tran is a Fellow with the American College of Obstetricians and Gynecologists (FACOG). Her clinical interests include minimally invasive surgery, women's health, and adolescent gynecology. Dr. Tran has joined the practice of St. Joseph Hospital OB/GYN located at 30 Daniel Webster Highway, Suite 11 in Merrimack. To learn more about Dr. Tran or to make an appointment, please call (603) 883.3365.

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NOW IN MILFORD!

To make an appointment call (603) 578.9363

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NEW FACES
For the last two decades, the Breast Care Center at St. Joseph Hospital has been dedicated to early breast cancer diagnosis and the eradication of breast cancer deaths within our community. Exceeding best practices in screening, diagnosis, and treatment of breast cancer is routine at the Breast Care Center. The development of new technology in breast care has brought us a long way, and St. Joseph Hospital has been a steward of change.

“We have evaluated each new technological offering and adopted only those that are proven to save lives, decrease risks, and minimize side effects for patients,” states Dr. Ophelia Chang, Medical Director of the Breast Care Center. These latest technological advances allow us to offer various diagnostic and treatment options to our patients that best suit their individual needs. With fundraising efforts by the greater Nashua community, we’ve been able to stay ahead of the curve. “They also deserve credit for much of our success.”

2000: Computer-assisted detection for screening and diagnostic mammograms to improve detection of early breast cancers.

2007: Digital technology for better and safer mammograms.

2013: First in New Hampshire to offer 3D mammograms to patients for screening mammography.

2014: The capability to biopsy with 3D equipment.

What’s next for the Breast Care Center? As we wish Dr. Chang well in her upcoming retirement, she reflects not only on many notable accomplishments, but on our plans for the future. “The Breast Care Center’s future has never looked better. I am delighted to announce the addition of Dr. Kira Wendorf, who is an experienced specialist in breast imaging and intervention, to the radiology team. She gives me great confidence that our patients will remain well cared for and happy with their experience.” Together, Drs. Chang and Wendorf are making big plans for the future of breast care in the greater Nashua region.

For example, this year, the Breast Care Center is offering individualized cancer risk assessment so that our patients can better assess screening options and choose wisely for themselves based on their own risk factors. The goal is for those patients with significantly increased risk for breast cancer to consider adding breast MRI screening to their annual mammography schedule in order to detect breast cancer at an earlier and more treatable stage.

Patient Cynthia Tibbetts shared her experience with the new cancer risk assessment survey: “I was surprised at first. I had seen the results of my survey but did not know that the doctor would call me directly and talk about the results. It was clear that Dr. Wendorf and Dr. Chang were concerned about me as an individual, and I was not just another mammogram to be read on a screen. After our conversation, I understood the findings and why an MRI was a more important test than I would have thought it was several years ago. The information was clearly explained to me and all my questions were answered.

Dr. Wendorf even talked about insurance coverage. She also gave me the choice of having my MRI now or waiting six months. Waiting six months, for me, seemed like the best decision. That way I would be alternating MRI and mammograms every six months. I am more at ease knowing my own personalized screening plan is in place, and that’s due to the fact that I took the risk assessment survey.”

Changes in mammography recommendations can be confusing, and unfortunately many patients are falling out of the habit of getting their screening every year after the age of 40. This trend is alarming, considering that one-third of all lives saved by mammography are women who were diagnosed in their forties. When patients skip their annual mammograms, we lose the ability to save some of those lives by finding the cancer at its earliest, most treatable stage.

To that end, we are partnering with our primary care doctors and practitioners to improve compliance with annual mammograms in all patients age 40 or older. We have a two-pronged plan to help our patients remember their annual mammograms. First, we will be placing phone calls to schedule those patients who have not had mammograms in the last two years, and second, we plan to offer scheduling of next year’s mammogram upon completion of this year’s screening mammogram, much like many physicians do for their patients’ annual physicals.

As we look to the future, the Breast Care Center team at St. Joseph Hospital will continue our mission to bring the latest technology and treatment options to our patients. For more information, please call (603) 595.5700.
COMMUNITY CLASSES
PRE-REGISTRATION REQUIRED!

ST. JOSEPH HOSPITAL
COMMUNITY HEALTH EDUCATION

Register for all classes online at stjosephhospital.com/classes or call Community Health Education at (603) 595.3168.

PREPARING FOR PARENTHOOD
Visit us at stjosephhospital.com/classes for descriptions, fees, program dates, and times for the following classes:

- Basic Childbirth Education
- Breastfeeding 101
- Child Passenger Safety Seat Education
- Childbirth Tour Night
- New Mothers’ Support Group
- Newborn Basics

FAMILY FUN
NEW! Mommy & Me (Ages 6 weeks and older) Yoga at Banyan Tree Yoga!
Wednesday, January 11 to February 1; February 22 to March 15; March 22 to April 12; April 19 to May 10; or May 17 to June 7, 11:00 to 11:45 AM
Join Brandy Hill in her beautiful studio for this specially designed mom and baby yoga class. Gentle poses focus on postpartum recovery, reclaiming your body, and developing strength and flexibility. Benefit from breathing and calming techniques as well as socializing with other new moms to help you to adjust to this new phase in life. This 4-week class is held at 5 Pine St. Ext., Unit 2A, Nashua. Fee: $40

Super Sitters (Ages 11 to 13 years)
January 23, February 21, March 22, or April 13, 3:30 to 6:00 PM
This one-time course provides children with the necessary skills to be responsible and safe, not only while babysitting, but also when home alone. Topics in this class include safe marketing practices, basic first aid, child development, safe play ideas, feeding, bathing, diapering, and much more! Fee: $25

Easter EGGStravaganza!
Saturday, April 8, 10:00 AM to 12:00 PM
Hop on down to St. Joseph Hospital as we celebrate spring and the coming Easter! Children of all ages will enjoy fun activities, including face painting, games, cookie frosting, and arts and crafts. Photos with the Easter Bunny will also be available. Limit one photo per family. FREE!

ART ACTIVITIES
Zentangle
Create beautiful images in this easy-to-learn and relaxing art form. Zentangling increases focus and creativity, reduces anxiety, and increases our sense of personal well-being. Classes generally have a seasonal theme with the opportunity to explore traditional Zentangle methods as well as other creative approaches.

Classes for Adults
Wednesday, January 18, February 8, March 8, April 5, May 3, or June 7, 6:30 to 8:30 PM
Fee: $25, includes supplies

Classes for Kids & Teens
(Ages 10 to 16 years)
Saturday, February 25 or May 13, 10:30 AM to 12:30 PM
Fee: $15, includes supplies
**HEALTH & WELLNESS**

**Advance Care Planning Sessions**
Advance care directives are legal documents that state your medical care preferences in the event that you aren’t able to do so yourself. Call (603) 882.3000, ext. 63850 to schedule an individual session for assistance in completing your plan. *By appointment only. FREE!*

**Thriving with Yoga for Those with Cancer**
*Thursdays, ongoing through December 2017, 12:00 to 1:00 PM*

Thriving with Yoga is a class specially designed by the nonprofit YogaCaps, Inc., for people living with cancer. Participants will feel empowered, as this practice relieves tension and anxiety, rebuilds strength, and restores range of motion. Witness emotion with compassion, while managing the side effects of treatment and medications as naturally as possible. A friend or family member is welcome to join you in the class. *Pre-registration is required. FREE!*

**CPR: Family and Friends (Ages 11 to Adult)**
*Sunday, January 8, March 12, or May 14, 12:00 to 2:30 PM*

This *one-time* course will teach you basic CPR for infants, children, and adults. This is *not* a certification course, but it will provide you with the necessary skills for personal use in an emergency situation. *Participating children must be accompanied by an adult. Fee: $35*

**Joint Replacement Education**
*Thursday, January 12, February 23, March 16, April 20, or May 11, 3:15 to 4:15 PM*

Have you scheduled an upcoming hip or knee replacement at St. Joseph Hospital? Meet in a comfortable setting as you and your support person have the opportunity to meet and ask questions of a nurse, physical therapist, case manager, and anesthesiologist who may be involved in your care. *FREE!*

**Mind-Body Healing**
*Monday, January 16, April 10, July 17, or October 16, 4:00 to 6:00 PM*

Developed from Peggy Huddleston’s bestseller *Prepare for Surgery, Heal Faster: A Guide of Mind-Body Techniques*, this class will help you feel secure and confident throughout life’s challenges. Although this class prepares one for upcoming surgery, it also applies to other health issues or anxiety that may affect your everyday life. *All are welcome to join us as we discuss this simple, yet powerful technique. FREE!*

**AARP Smart Driver™ Course (Ages 50+)**
*Monday, March 6 and Wednesday, March 8, or Monday, May 1 and Wednesday, May 3, 9:00 AM to 12:00 PM*

AARP Smart Driver™ is a two-part refresher course that reviews the skills and tools that are needed to drive safely on today’s roads. This course will help you to remain independent and safe for many years to come! *Fee: $15 for AARP members (with member card) or $20 for non-members.*

**Stress Management through Meditation Workshop**
*4-part class held on Monday, April 3, 10, 24, and May 1, 6:00 to 7:30 PM*

Join Rebecca Johnston, PhD, as she teaches you meditation techniques that reduce the negative effects of chronic stress, while promoting optimum health and wellness. *Fee: $100 (Check with your insurance company, as some policies cover or reimburse this fee!)*

**Your Organized Life Starts Here!**
*Thursday, April 6, 6:00 to 8:00 PM*

Back by popular demand, this interactive, information-packed seminar will help you to master the five fundamental steps necessary to transform your space into a neat, clean, and functional place that you’ll enjoy. *Led by Certified Professional Organizer® Lorraine Falcone of Naturally Organized, LLC. Fee: $10*

**DINNER with the DOCTOR SERIES**

You must pre-register by calling Community Health Education at (603) 595.3168 or by signing up online at stjosephhospital.com/classes.

**NEW! Featuring delicious and wholesome food catered by locally owned Great Harvest Bread Co. of Nashua!**

Enjoy hearty sandwiches, soups, and salads made from traditional ingredients. *At Great Harvest Bread in Nashua, we pride ourselves on hand-making our bread the traditional way, loving that what we’re doing is helping to make our community healthier! “It’s Bread, the Way It Ought to Be!”*

**The Pelvic Floor: Advice for Relief**
*Tuesday, February 7, 6:00 to 8:00 PM*

Do you struggle with back or hip pain, incontinence, constipation, or other symptoms that can be embarrassing to talk about? Join Rebecca Brown, PT, DPT, as she helps us to set the record straight regarding the many symptoms and solutions associated with pelvic health. This class will include an informative presentation, demonstrations of relaxation and muscle coordination exercises, and time for Q & A. *Fee: $10, includes dinner*

**Save Someone from Stroke: Act FAST!**
*Wednesday, February 22, 6:00 to 8:00 PM*

Stroke causes 20% of deaths, is a leading cause of disability, and is the leading preventable cause of disability. Are you confident that you could recognize stroke symptoms in loved ones? Would you know what to do to help them? Join Sue Barnard, APRN, and Khawaja Rahman, MD, of our Stroke Leadership Team in this interactive and educational evening, including personal stroke survival stories and practicing Act FAST scenarios that could help you save lives and decrease chances of disability. *Fee: $10, includes dinner*

Register for all classes online at stjosephhospital.com/classes or call Community Health Education at (603) 595.3168

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**HEALTHY CHOICES • WINTER 2017**

Great Harvest Bread Co. of Nashua! Enjoy hearty sandwiches, soups, and salads made from traditional ingredients. At Great Harvest Bread in Nashua, we pride ourselves on hand-making our bread the traditional way, loving that what we’re doing is helping to make our community healthier! “It’s Bread, the Way It Ought to Be!”
**Guide to GI Health: Dinner with the Dietitians**
Tuesday, March 7, 6:00 to 8:00 PM

Your gut has a lot of big responsibilities: digestion, regulating hormones, eliminating toxins, and producing key nutrients. When your gut is out of balance, the rest of your body follows suit. Join Emily Palen, RD, and Tegan Swift, RD, as we discover the ins and outs of keeping your gut healthy! We'll address topics such as digestion, high-fiber diets and hydration, pre- and probiotics, diverticulosis, diverticulitis, exercise, and stress reduction. Fee: $10, includes dinner

**Medication Safety: Ask the Pharmacist**
Thursday, March 16, 6:00 to 8:00 PM

Do you take over-the-counter medications? Do you have medical conditions that require prescribed medications? When combined incorrectly, these medications can actually do more harm than good. This presentation will review safe prescription and over-the-counter medication use. Additionally, a few words about opioids will be discussed to bring awareness to the current epidemic. Fee: $10, includes dinner

**FODMAP 101: Relief from IBS**
Tuesday, April 4, 6:00 to 8:00 PM

Does Irritable Bowel Syndrome dictate your life? Have you experienced anxiety, inconveniences, embarrassment, and physical discomfort because of IBS? You are not alone! Join Pat Hunter, MA, RD, CDE, and Rebecca Brown, PT, DPT, PRPC, as they guide you on a journey of finally finding relief! Topics covered: defining and understanding the FODMAP diet, FODMAP food sampling, and functional bowel management through exercises, breathwork, and massage. Fee: $10, includes dinner

**A Dietitian’s Guide to Mindful Eating and Self-Care**
Thursday, April 20, 6:00 to 8:00 PM

Do you “inhale” your food? Do you eat on the go, at your desk, or on your couch? Rushing or not paying attention to our food is not only a drag, but it’s also detrimental to your health and well-being. Join Rebekah Donelan, RD, and Tegan Swift, RD, as they teach us how mindful eating can help strengthen self-awareness when it comes to the psychological, physical, and environmental cues that affect our food decisions. This class will help you to feel happy and healthy knowing how to choose and enjoy foods that are both satisfying and nourishing! Fee: $10, includes dinner

**EXERCISE** Pre-registration and medical forms required

**Fit and Young for Life: A Strength and Balance Training Program for Seniors**
Classes meet twice per week, beginning the week of January 9, 2017
- Milette Manor, Nashua (72 Vine St.)
- Milford Medical Center, Milford (444 Nashua Rd.)
- St. James United Methodist Church, Merrimack (646 DW Highway)
- St. Joseph Hospital Family Medicine, Hudson (208 Robinson Rd.)

Fee: $50

**Low-Impact Aerobics**
Monday and Thursday, January 9 to March 30, 5:00 to 6:00 PM
This 6-week fun but gentle class combines fat-burning aerobics with muscle-building exercises and stretching. Low-impact classes are ideal for people just beginning an exercise program, as well as people who experience muscle or joint pain. Fee: $55

**Zumba®**
Tuesday and Thursday, January 10 to February 16 or February 28 to April 6, 6:30 to 7:30 PM
All levels of fitness are welcome to join us for this 6-week Latin-inspired combination of international rhythms and easy-to-follow dance and fitness moves. Burn calories while having fun! Fee: $60

**Gentle Yoga**
Classes begin the week of January 9, 2017
- St. Joseph Hospital Family Medicine, Hudson (208 Robinson Rd.)
- St. Joseph Hospital, Nashua (172 Kinsley St.)
- Milford Medical Center, Milford (444 Nashua Rd.)

Fee: $50

**NUTRITION & COOKING**

**IGT/ Pre-Diabetes**
Tuesday, January 24, March 14, or May 2, 6:00 to 7:30 PM
Class is held at St. Joseph Hospital Adult Medicine, 173 Daniel Webster Highway (exit 2 on Rt. 3).
This 90-minute class is designed for individuals with elevated blood sugars, which if left untreated, can lead to diabetes. Learn how this condition may be reversed with diet and exercise! Fee: $20

Register for all classes online at stjosephhospital.com/classes or call Community Health Education at (603) 595.3168
HANNAFORD CLASSES AND SHOPPING TOURS
All tours are on Thursdays, from 5:30 to 7:00 PM at Hannaford Supermarket (exit 6 on Rt. 3, Coliseum Ave. in Nashua, NH).

• January 12: **Start the New Year off Right**
  **Let the Stars be your Guide.** Determined to get your lifestyle on track with a healthy, well-balanced nutrition plan? Let Hannaford’s “Guiding Stars” system lead you in the right direction! With Ashley Iannaco, RD, LD, by your side as you tour your Nashua Hannaford, you’ll discover foods that nourish the body and provide beneficial nutrients. Leave your overwhelmed feelings about grocery shopping in 2016, and become knowledgeable and empowered in 2017! **FREE!**

• February 9: **Love Your Heart-Healthy Diet**
  Show your heart some love this month with this Hannaford tour as your local Hannaford Dietitian Ashley Iannaco RD, LD, teaches you to compare the sodium and fat content of many foods throughout the store. Learn how to locate the best heart-healthy options while reducing your risk for heart disease. **FREE!**

• March 9: **Eating Gluten Free**
  In this educational shopping tour, learn how to make a healthy transition to a gluten-free diet. Address common mistakes and pitfalls, as well as ways to avoid cross-contamination—all while ensuring that your diet changes are as healthy and enjoyable as possible. **FREE!**

• April 13: **DASH Diet—Lowers Blood Pressure**
  Would you like to lower your blood pressure without using medication? Do you want to learn how to effectively lose weight, lower your cholesterol, or manage or prevent diabetes? Ranked best diet for the 6th year in a row by *US News & World Report*, the DASH diet, which focuses on a balance of healthy foods, can be easy to follow. This class includes a sodium shopping tour at Hannaford supermarket. **FREE!**

• May 11: **Sugar Sleuths—Find Hidden Sugars**
  Do you try to make healthy food decisions? Are you aware that your efforts are often sabotaged by surprising sources of hidden sugar? Stop those sneaky sugars in this informative class! Learn how to identify sugar’s various names and forms, and more importantly, learn how to avoid it to keep your diet clean. **FREE!**

For free demos and other classes offered by Hannaford, please visit hannaford.com/dietitians.
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**St. Joseph Hospital**
172 Kinsley Street
Nashua, NH 03060

**MILFORD MEDICAL CENTER**

- Urgent Care: (603) 673.5623
- Laboratory: (603) 673.5625
- Radiology & Ultrasound: (603) 673.5623
- St. Joseph Hospital Family Medicine: (603) 673.3014
- Rehabilitative Services - Physical & Occupational Therapy: (603) 673.9950
- St. Joseph Hospital Pediatrics: (603) 673.3870
- Mammography & Bone Density: (603) 595.5700

442 NASHUA STREET, MILFORD, NH 03055
stjosephhospital.com

**RECOGNIZED FOR LIFE SAVING CARE**

"High Performing" in caring for heart failure and chronic obstructive pulmonary disease.

**BEING MORTAL**
Free Film Screening & Discussion

Join us for a free screening and discussion of the PBS FRONTLINE documentary Being Mortal. Based on the best-selling book by Dr. Atul Gawande, this film explores the hopes of patients and families facing terminal illness and their relationships with the doctors, nurses, and family members who care for them.

**WHEN**
Wednesday, March 29, 2017 | 6:00-8:00 pm

**WHERE**
St. Joseph Hospital | Carl Amelio Room
172 Kinsley Street, Nashua, NH

This is a free event & no pre-registration is required.