

# Newton-Wellesley Hospital's Family HealthSource

Spring 2014



diabetes &  
endocrinology  
geriatrics  
orthopaedics  
urology

**Patient Success Stories**  
from the Kaplan Joint Center

**Partners eCare**

**Primary Care Physicians**

**Experts in Urogynecology**



**NEWTON-WELLESLEY  
HOSPITAL**



FOUNDED BY BRIGHAM AND WOMEN'S HOSPITAL  
AND MASSACHUSETTS GENERAL HOSPITAL

# FREE from Pain



Brenda Galen, 58 from Needham, has been active and athletic for most of her adult life. Through the years she has enjoyed leading Girl Scouts, coaching cheerleading and shopping. Then, at age 45, Brenda was diagnosed with osteoarthritis, and suffered for years.

“I had trouble walking up or down stairs and could not walk for any length of time,” says Brenda. “It usually resulted in being put in a wheelchair, which was discouraging to me and my family. I was in constant pain. I just wanted a normal life.”

She had her right knee replaced in 2004, but wasn’t completely satisfied with the results, so when it became clear six years later that her right hip was next, she called the Kaplan Joint Center at the recommendation of her primary care physician.

**“It was the best thing I could have done,” says Brenda.**

Hany Bedair, MD, replaced her right hip, then her left hip a year later and finally her left knee most recently. “Dr. Bedair is friendly, professional, caring and he makes you feel like your concerns are valid and that you are his only patient at that time,” explains Brenda. “The entire team is personable and great listeners. They make you feel like a person, not a patient.”

The Joint Center team strives to make each patient’s experience as positive as possible. “I had a gorgeous, spacious private room with a picture window and two large screen TVs, one for me and one for my daughter who stayed overnight on the day bed,” says Brenda.

After each surgery, Dr. Bedair, Judy Walsh, Nurse Practitioner and the Joint Center’s internist Judy Yang, MD, visited her. “There isn’t anything better than feeling that you matter,” says Brenda.

She explains that rehabilitation has gone smoothly every time. Just five days after having her right hip replaced, Brenda was scooting down the hallway of a rehab facility with her walker.

“The nurse asked me to slow down and I told her she didn’t understand how wonderful it felt to be able to walk without pain!”

She has been very pleased with her progress in the seven weeks since her most recent surgery on her left knee. “I am able to get up out of the chair without pain, walk further than I have been able to walk in years, and get in and out of bed easily,” she says. Brenda is looking forward to one particular physical activity with her new knee: dancing at her daughter Kathleen’s upcoming wedding!



# Back to GOLF

If there's one message Brian Brown, 58, has for anyone suffering from serious joint problems, it's don't wait until your life is too intolerable to have surgery.

"As you wait, your quality of life deteriorates, you lose your range of motion and you don't sleep anymore," says Brian. "And in some cases, you get complications like back problems because you're constantly favoring one side over the other."

The father of two from Walpole was diagnosed with arthritis at 37. Both hips and his right knee have been replaced over the last 13 years. His most recent knee and hip replacements, by Joseph McCarthy, MD and Hany Bedair, MD at the Kaplan Joint Center, have changed his life.

Brian has always been athletic and active, playing golf, coaching high school basketball for two decades and bartending part time in addition to his full-time job.

"I'm in construction sales and I'm in and out of my car all day going to job sites and visiting customers," explains Brian. "Even when moving is painful, the more active you are, the better it is. But when you sit in the car all day like I do, a bad joint will stiffen. After my joint replacements, getting in and out of the car is so much easier."

About four years ago, the pain in Brian's right knee increased. He was very impressed when he called the Joint Center and was given an appointment for the next day. The surgery by Dr. McCarthy, went superbly, so when his right hip became intolerable a couple of years later, he knew where he would go. This time, Dr. Bedair replaced the joint.

"He's so attentive. He makes you feel like you're the most important case he's doing that month," says Brian.

He explained that the Joint Center runs very efficiently and puts a premium on making sure patients are comfortable and understand everything that will happen to them, from their first appointment to their last.

**"All of the staff are very invested in you and your procedure. From pre-op to the operation to recovery to physical therapy, the entire staff was terrific."**

Brian says that in addition to the lack of pain and improved mobility, he treasures finally feeling safe in his own body. Confident, for example that his right knee won't give out when he climbs the stairs, he is back to walking, biking, swimming and hiking and his favorite activity of all: golf.



The Kaplan Joint Center at Newton-Wellesley Hospital offers patients premium joint services in one convenient location. Through a collaboration with Massachusetts General Hospital, orthopaedic surgeons work closely with multidisciplinary teams to bring patients a range of services including sophisticated, minimally invasive procedures and resurfacing. The Joint Center team provides superior patient care from diagnosis to recovery featuring the expertise of orthopaedic surgeons with specialized skill sets and highly developed techniques.

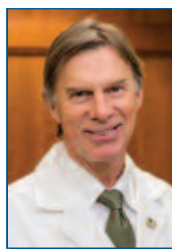
The team uses various minimally invasive surgical techniques to do more procedures on an outpatient basis, which leads to decreased recovery time. Surgeons offer arthroscopy - a minimally invasive procedure - as an alternative to open surgery. Arthroscopy involves smaller incisions and decreased recovery time. Surgeons use computer-navigated or computer-assisted surgery, various conservative muscle and bone-sparing techniques and new, improved pain management methods that result in easier, faster recovery from joint repair and replacement and faster return to regular activities.

Joint Center surgeons have access to state-of-the-art operating rooms with laminar flow and operating room of the future equipment to optimize patient joint surgery outcomes due to better infection control. Patients come to the Joint Center to return to their everyday activities and favorite pastimes – pain free!



**Hany S. Bedair, MD**  
Surgeon, Kaplan Joint Center  
at Newton-Wellesley Hospital

Dr. Bedair is board certified in orthopaedic surgery. He received his medical degree from Yale University School of Medicine. He completed his residency in orthopaedic surgery at the University of Pittsburgh Medical Center. Dr. Bedair completed an orthopaedic adult reconstruction fellowship at Rush University Medical Center in Chicago.



**Joseph McCarthy, MD**  
Director and Surgeon, Kaplan Joint Center  
at Newton-Wellesley Hospital

Dr. McCarthy is board certified in orthopaedic surgery. He received his medical degree from Georgetown University Medical School and completed his orthopaedic surgery residency at Tufts New England Medical Center and his fellowship in reconstructive joint surgery at Massachusetts General Hospital.

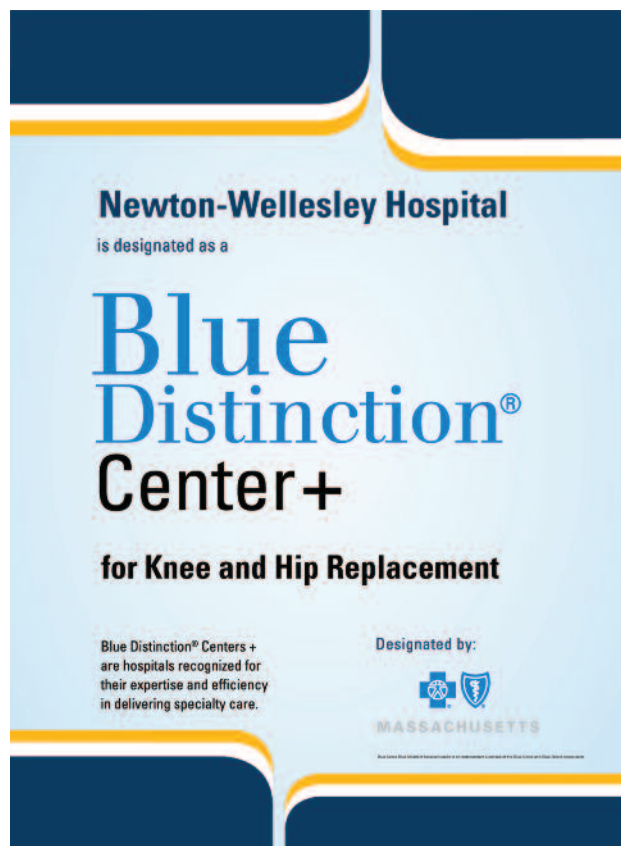
**The Kaplan Joint Center, Newton-Wellesley Hospital working with Massachusetts General Hospital. For more information, call 855-KNEE-HIP (563-3447) or visit [www.nwh.org/jointcenter](http://www.nwh.org/jointcenter).**



NEWTON-WELLESLEY  
HOSPITAL



MASSACHUSETTS  
GENERAL HOSPITAL  
ORTHOPAEDICS



Newton-Wellesley Hospital has once again been designated a

**Blue Distinction Center+  
for Knee and Hip Replacement**

by Blue Cross Blue Shield of Massachusetts!

As a Blue Distinction Center+, Newton-Wellesley offers comprehensive knee and hip replacement with overall quality and safety outcomes for patients that are proven to outperform their peers. Additionally, we have met efficiency measures that address patients' need for affordable health care.

**Congratulations on this  
superb accomplishment!**



# Running Events

Sponsored by Newton-Wellesley Hospital

## Runner's Injury (Pre-Marathon) Screenings

Monday, March 10 and Wednesday, March 12

4:30 - 7:30 pm

\* at our NEW location\*

**Newton-Wellesley Ambulatory Care Center,  
159 Wells Avenue, Newton**

- Are you worried you can't complete your marathon preparation due to injury?
- Are you sidelined with a running injury?
- Are you cutting back on running because of pain?

Come to one of our FREE runner's screenings where you will be assessed by a physical therapist and given appropriate treatment recommendations as they relate to your goals.

Appointments are required and can be made by emailing [carefinder@partners.org](mailto:carefinder@partners.org) or by calling 617-243-6383.

## Free Post-Marathon Athlete Injury Clinics

Tuesday, April 22 and Tuesday, April 29

5:00 - 7:30 pm

**Newton-Wellesley Hospital**

Newton-Wellesley is teaming up again with the Boston Athletic Association to offer a free injury clinic providing diagnosis and treatment of injuries or illnesses that are the result of participating in the Boston Marathon. The Clinic staff is a multidisciplinary team with extensive knowledge and experience in sports medicine and running injuries.

Appointments are encouraged. Walk-ins are welcome. Appointments can be made by emailing [carefinder@partners.org](mailto:carefinder@partners.org) or by calling 617-243-6383.

For more information, visit [www.nwh.org/marathonclinic](http://www.nwh.org/marathonclinic).



## Follow Members of the Newton-Wellesley Marathon Team on the 2014 Blog!

Members of the 2014 Newton-Wellesley Hospital team are training hard for the upcoming race! Some runners are sharing their training experiences as they prepare to run "the Boston". Follow their progress and read more about their training experience on the Newton-Wellesley Marathon Blog. You can also provide comments and words of encouragement to help them on their journey towards completing one of the longest and most challenging distances - the 26.2 miler!

To view the blog, visit [www.nwhmarathon.blogspot.com](http://www.nwhmarathon.blogspot.com).





# Partners eCare

To benefit our patients by streamlining the scheduling and registration process, Newton-Wellesley Hospital recently upgraded to a new system called Partners eCare. When fully implemented, this system enables a seamless flow of clinical and administrative information about a patient anywhere within the Partners system.

Partners eCare is part of a multi-year program by Partners Healthcare to develop a common registration process and a single scheduling system for all of the Partners hospitals. This is a key component to Newton-Wellesley's pledge to deliver the highest quality care to our patients. The first phase of the implementation went live at Newton-Wellesley at the end of January with a new scheduling, registration and billing system.

"We are pleased to be able to offer this new system, Partners eCare. Our team has worked tirelessly to ensure a smooth transition," says Ellen Moloney, Senior Vice President for Outpatient Services. "This upgrade helps to save time for our patients through smoother, more efficient scheduling and registration. Partners eCare also provides simplified, easy to understand statements and online bill pay. We are working hard to provide our patients with a seamless and positive experience at Newton-Wellesley Hospital. Our first priority, as always, is to deliver the highest quality care possible."

The team at Newton-Wellesley has made every effort to ensure that there is minimal impact to patients during this transition.

"This new system is a key component to our pledge to deliver care to our patients that is safe, effective, accessible and affordable," says Mary Murray, Director of Patient Access Services at Newton-Wellesley. "Partners eCare makes scheduling, registration and billing easier for patients and allows us to integrate patient care coordination across the Partners locations."

The second phase of Partners eCare will replace many of the Hospital's clinical systems. This next upgrade, scheduled for 2016, will improve system-wide coordination and allow for better management of patient populations, all while assuring ongoing quality and safety advancements.

"Our new clinical system will provide many benefits for our patients," says Jerry Hadley, Interim Vice President for Finance at Newton-Wellesley Hospital. "It will help our clinical team manage high-risk patients and reduce unnecessary hospital admissions by allowing for a seamless flow of information. Our care providers can easily access their patient's test results in order to provide the most effective and high-quality care."

**For more information about Partners eCare, visit [www.nwh.org/ecare](http://www.nwh.org/ecare).**

# A better statement:

**PARTNERS HEALTHCARE** | FOUNDED BY BRIGHAM AND WOMEN'S HOSPITAL AND MASSACHUSETTS GENERAL HOSPITAL  
P.O. BOX 9693 BOSTON MA 02114-9693

Eight Cathedral Test  
123 Sesame St.  
Andover, MA 01810  
[Barcode]

Page: 1 of 1  
**Patient care for every need.**  
Newton-Wellesley Hospital  
Newton-Wellesley Ambulatory Services

**Thank You!**  
Thank you for selecting Partners HealthCare System's hospitals and/or professional providers for your health care needs.  
To learn more about Partners HealthCare System go to [www.partners.org](http://www.partners.org)

**Account Number: 3837**

Statement Date: 6/30/2013  
Payment Due Date: 7/21/2013  
Patient Name: Eight Cathedral Test  
Responsible Party: Eight Cathedral Test  
Current Account Balance: \$892.00  
Minimum Due: \$892.00

**Please pay the minimum due by the payment due date above to keep your account current.**

**Questions?**

If you have questions about this bill or have difficulties paying this bill, you can call or email our Customer Service team:  
Call: 617-726-3884 or 800-XXX-XXXX, Email: [xxxxxxxx@partners.org](mailto:xxxxxxxx@partners.org)

**Pay Your Bill:**

- Send check or money order to Partners HealthCare or [www.patientgateway.org](http://www.patientgateway.org)
- Pay your bill online at [www.patientgateway.org](http://www.patientgateway.org)

**PARTNERS HEALTHCARE** | FOUNDED BY BRIGHAM AND WOMEN'S HOSPITAL AND MASSACHUSETTS GENERAL HOSPITAL  
P.O. BOX 9693 BOSTON MA 02114-9693

**To pay by check or money order:**  
Make checks payable to **Partners HealthCare System**.  
Please write your account number on your check or money order and mail in the enclosed envelope to:

Partners HealthCare System  
PO Box 418393  
Boston, MA 02241-8393  
[Barcode]

1000086523659407426

Service location

Important billing dates and costs

Important contact information and multilingual instructions

Bill summary

Customer service contact information

Payment options

Important notice about your bill translated.

facturas médicas.  
importante aviso sobre suas contas médicas.  
醫療帳單的重要通知。  
الرجاء ترجمة هذا الإخطار المهم بخصوص فواتيرك الطبية.  
услуги.  
Veuillez faire traduire cet avis important concernant vos honoraires médicaux.  
Tanpri tradwi avi enpòtan sa a konsènan bòdwo medikal ou.  
Si prega di provvedere alla traduzione di questa importante informativa sulle sue spese mediche.  
この医療費に関する重要な通知を翻訳してください。  
Vui lòng dịch thông báo quan trọng này về những hóa đơn y tế của quý vị.



# Are you Looking for a P

## Our Primary Care Physicians Accepting New Patients at a Location Near You!

Newton-Wellesley Hospital has a strong network of primary care physicians with access to specialists in a variety of fields.

For more information or to make an appointment, please call CareFinder at 866-NWH-DOCS or visit [www.nwh.org/docs](http://www.nwh.org/docs).



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# Primary Care Physician?

## ans Are

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### Natick

Medical Associates of Greater Boston  
307 West Central Street, Natick, MA

- **Hadia Tirmizi, MD**

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### Needham

Newton-Wellesley Primary Care  
1450 Highland Avenue, Needham, MA

- **Megan Mistry, DO**

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### Newton

Newton Wellesley Primary Care  
2000 Washington Street, White 441, Newton, MA

- **Janine Pardo, MD**

Newton Wellesley Internists  
2000 Washington Street, White 546, Newton, MA

- **Alicia Ringel, MD**

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### Walpole

Newton-Wellesley Family Medicine at Walpole  
111 Norfolk Street, Walpole, MA

- **Cristina Cataldo, MD**
- **Stacey Breen Greally, MD**
- **Hana Karim, MD**
- **Kay Thompson, MD**

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### Waltham

Newton-Wellesley Family Medicine at Waltham  
9 Hope Avenue, Suite 151, Waltham, MA

- **Paola Batista, MD**
- **Jacquelyn Perna, DO**
- **Erin Piontek, MD**

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### Wellesley

Newton -Wellesley Physicians,  
Primary Care at Wellesley Hills  
372 Washington Street, Wellesley Hills, MA

- **Ivy Brackup, MD**
- **Julie Elgas, MD**
- **Edward Shashoua, DO**
- **Nimmi Trapasso, MD**
- **David Wenzel, MD**

Primary Care of Wellesley  
195 Worcester Street, Wellesley, MA

- **Nancy Venditti, MD**

Wellesley Family Care Associates  
173 Worcester Street, Wellesley, MA

- **Alana Franklin, MD**
- **Catherine Rea-Lyon, MD**

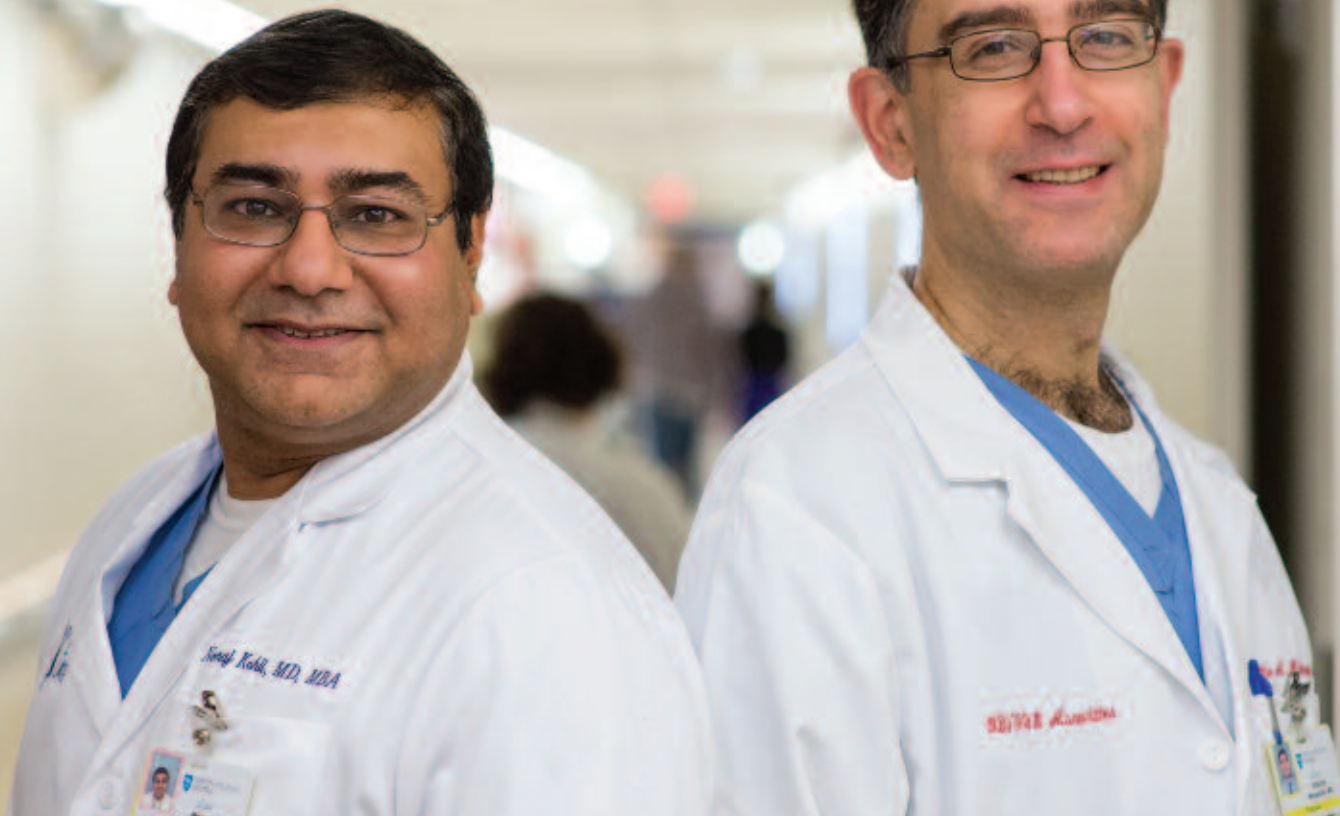
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### Weston

Weston Primary Care  
56 Colpitts Road, Weston, MA

- **Christine Chang, MD**

# EXPERTS IN



# UROGYNECOLOGY

Newton-Wellesley Hospital has experts in urogynecology, both within its independent medical staff and through its collaboration with Brigham and Women's Hospital. NWH provides the most advanced urogynecological care to women who suffer from problems related to various pelvic floor conditions. Urogynecology involves the diagnosis and treatment of urinary incontinence and female pelvic floor disorders, which are very common among women.

Vatche Minassian, MD, MPH, Urogynecologist at Newton-Wellesley specializes in urogynecology and reconstructive pelvic surgery and the treatment of pelvic prolapse, urinary incontinence and advanced pelvic surgery. Dr. Minassian and his team help women regain their quality of life through a variety of treatment options.

"Many women are reluctant to receive help for these conditions and suffer in silence because they think it is a normal part of aging or side effect of childbirth, but that is not true," says Dr. Minassian.

"Many women are bothered by a loss of bladder control, bowel symptoms and pelvic discomfort and are often not aware that these problems have very effective treatment options."

The team at Newton-Wellesley specializes in the treatment of a wide range of urogynecologic conditions including:

## Urinary incontinence

Stress urinary incontinence is one of the most common types of incontinence and is characterized by urinary leakage during activity such as coughing, sneezing, exercising, lifting and laughing. Urgency urinary incontinence, often known as overactive bladder (OAB) is another type of incontinence where women have leakage of urine associated with bladder spasms and a strong desire to urinate. Some women have mixed incontinence where both stress and urgency urinary incontinence co-exist.



“As the condition progresses, it can even occur with simple acts such as bending and walking,” says Neeraj Kohli, MD, MBA, Urogynecologist at Newton-Wellesley. “This condition is due to an anatomic weakness of the bladder neck, which maintains the seal of urine during activity. Urinary incontinence can result from a variety of conditions including vaginal childbirth, aging, menopause and obesity. Women may also experience accidental bowel leakage.”

The primary treatment may involve pelvic floor exercises or minimally invasive surgery. Surgery can often be done on an outpatient basis without the need for general anesthesia.

## Pelvic prolapse

When the muscles and ligaments supporting a woman’s pelvic organs weaken, the pelvic organs can slip out of place known as prolapse. These may include a dropped bladder, rectum or uterus. Some women develop pelvic organ prolapse after childbirth, a hysterectomy or menopause.

## Overactive bladder

Overactive bladder is a bladder condition related to problems with storage of urination. The primary symptoms include frequent urination, frequent interruptions of sleep because of the need to urinate and unintentional leakage of urine associated with a strong desire to urinate. Overactive bladder can result from dietary factors (bladder stimulants such as caffeine or alcohol), increased fluid intake, drug side effects, urinary tract infections and nerve dysfunction (associated with nerve trauma, diabetes, multiple sclerosis or spinal cord injury). Primary treatments for overactive bladder include behavioral interventions and medications. Botox has recently been approved for treatment of OAB that is nonresponsive to conservative therapies.

The experts at Newton-Wellesley specialize in the most innovative surgical and non-surgical treatment options for these urogynecologic conditions including minimally invasive procedures.

“We meet with each patient to develop an individualized treatment program for her specific diagnosis,” says Dr. Kohli. “Many patients think that the diagnosis and treatment of pelvic floor conditions is uncomfortable and invasive, but we strive to put our patients at ease and make the whole process as easy as possible.”

When a patient comes to Newton-Wellesley for an initial appointment, the diagnosis starts with a complete history and physical exam, which can often determine the cause of her condition. In cases of mild incontinence, pelvic floor exercises and physical therapy may result in significant improvement.

“Newton-Wellesley also offers a comprehensive pelvic floor physical therapy program as a nonsurgical option,” says Dr. Kohli. “Specially trained physical therapists work to teach patients techniques to improve the muscles and nerves of the pelvis.”

In cases of moderate to severe incontinence, surgery is often the best option. “We review the details regarding a patient’s frequency and amount of urination as well as urinary leakage,” adds Dr. Minassian. “A voiding diary is sometimes given to the patient to record how much she drinks and voids, and to understand specifics regarding leakage episodes. The physical exam includes a detailed pelvic exam. Office-based testing can help to further determine and characterize urinary incontinence.”

One of the most common procedures currently performed involves a suburethral sling. During the procedure a small permanent tape is inserted underneath the urethra, which acts as a hammock and prevents movement during activity.

“Treatment options have improved greatly over time for pelvic floor conditions. Our team provides advanced vaginal or laparoscopic minimally invasive surgical techniques performed as outpatient procedures and our patients can go home the same day,” adds Dr. Minassian. “Woman can experience significant improvement in their symptoms with appropriate diagnosis and treatment. There are many misconceptions about these conditions and we encourage women to discuss their symptoms and concerns with their physician. We want all of our patients to enjoy everyday activities without worry, bother or impact on their quality of life.”

**For more information about the programs and services offered at Newton-Wellesley Hospital, call CareFinder at 1-866-NWH-DOCS (694-3627) or visit [www.nwh.org](http://www.nwh.org).**



### Neeraj Kohli, MD, MBA

#### Urogynecologist at Newton-Wellesley Hospital

Dr. Kohli received his medical degree from Boston University and completed his residency at Beth Israel Deaconess Medical Center. He completed his fellowship in urogynecology and reconstructive pelvic surgery at Good Samaritan Hospital, Cincinnati, Ohio. Dr. Kohli is board certified in obstetrics and gynecology. He is in private practice at Newton-Wellesley Hospital.



### Vatche Minassian, MD, MPH

#### Urogynecologist at Newton-Wellesley Hospital

Dr. Minassian received his medical degree from American University of Beirut and completed his residency at UCLA - Olive View and University of Iowa Hospital & Clinics. He completed his fellowship in urogynecology and reconstructive pelvic surgery at the University of Toronto - Mt. Sinai Hospital. Dr. Minassian is board certified in obstetrics and gynecology, as well as in female pelvic medicine and reconstructive surgery. He is Chief of Urogynecology at Brigham and Women’s Hospital.

# Awards & Recognition

*The compassionate and talented physicians, nurses and staff of Newton-Wellesley Hospital are often the recipients of local, national and international awards and honors. We are proud to share the news of these recent accolades with the members of our community.*

## Newton-Wellesley Hospital is Recognized as a Top Place to Work in Massachusetts!

The Boston Globe

TOP  
PLACES  
TO WORK  
2013

For the fourth year in a row, Newton-Wellesley has been named one of the Top Places to Work in Massachusetts by *The Boston Globe*! The Top Places to Work recognizes the most progressive companies in the state based on employee opinions. This year the rankings were organized into three categories: Large, Midsize and Small companies. We are proud to announce that Newton-Wellesley Hospital was ranked 16th in the Large category.

*The Boston Globe's* 2013 Top Places to Work survey, conducted by employee survey firm WorkplaceDynamics, measured more than 76,000 individuals' responses to statements regarding six key factors related to employee happiness, including company direction, execution, employee connection, management, work load and responsibility, and pay and benefits.

## Newton-Wellesley Hospital Sleep Center Receives Program Accreditation

The Sleep Center at Newton-Wellesley Hospital recently received program accreditation from the American Academy of Sleep Medicine (AASM).

To receive accreditation for a five-year period, a sleep center must meet or exceed all standards for professional health care as designated by the AASM. These standards address core areas such as personnel, facility and equipment, policies and procedures, data acquisition, patient care and quality assurance. Additionally, the sleep center's goals must be clearly stated and include plans for positively affecting the quality of medical care in the community it serves.

For information about the Sleep Center at Newton-Wellesley Hospital, please visit [www.nwh.org/sleep](http://www.nwh.org/sleep).



**ACCREDITED  
MEMBER CENTER**



## AHA Heart Failure Gold Plus Award

Newton-Wellesley has been awarded the Get With the Guidelines Heart Failure Gold Plus Award and Target: Heart Failure Honor Roll for 2013! A Get With The Guidelines (GWTG) Achievement Award demonstrates the Hospital's commitment to quality and the ability to work as a team that is dedicated to providing patients with care that is appropriate and based on the latest clinical guidelines. Specifically, the NWH has achieved and sustained 85 percent or higher adherence to specific evidence-based guidelines, over a 24-month consecutive time period as measured in the Get With The Guidelines-Heart Failure program.

In addition, Newton-Wellesley attained Plus level by reaching at least 75 percent in added, optional quality measures. Target: Heart Failure Honor Roll designation is earned by achieving a compliance rate of 50 percent or greater on a set of HF measures designed to reduce hospital heart failure readmission rates.



# Support Groups Held at Newton-Wellesley Hospital

## **Al-Anon (for Family & Friends of Alcoholics)** 508-366-0556

Discussion groups Tuesdays, 7:30 pm or Saturdays 7:00-8:15 pm  
Step program Fridays, 8:00 pm

## **Alcoholics Anonymous** 617-426-9444, [www.aaboston.org](http://www.aaboston.org)

Sundays, 10:30 am-noon or 7:30-8:30 pm

## **Children's Alopecia Project (CAP) Support Group**

[www.cbildrensalopeciaproject.org](http://www.cbildrensalopeciaproject.org), Email [cindy@cbildrensalopeciaproject.org](mailto:cindy@cbildrensalopeciaproject.org)

Support group for children with alopecia areata that causes partial or total hair loss and their family and friends. *Bi-monthly on Saturdays from 2:00-4:00 pm*

## **Massachusetts Alopecia Areata Support Group** Chrissa 617-201-6761,

[massalopaciasupportgroup@live.net](mailto:massalopaciasupportgroup@live.net), 1st Monday monthly, 7:00-9:00 pm

## **Asthma & Allergy Foundation** 781-444-7778, [www.asthmaandallergies.org](http://www.asthmaandallergies.org)

Monthly educational and networking meetings.

## **Attention Deficit Disorder Group for Adults** John 508-353-8348

First and third Wednesdays monthly (except December), 7:00-9:00 pm

## **Breastfeeding Support Group** 617-243-6314

For breastfeeding mothers after hospital discharge. Meet with Newton-Wellesley Hospital's lactation consultants. *Tuesdays and Thursdays, 1:00-2:00 pm*

## **Cancer Support Groups**

[www.nwh.org/cancersupport](http://www.nwh.org/cancersupport), 617-219-1230

The Vernon Cancer Center at Newton-Wellesley Hospital offers a variety of support groups. For a complete listing of groups and times, please visit our Web site.

## **Cardiac Rehabilitation Program** 617-243-6378

Medically supervised healthy lifestyle and cardiac risk reduction program. Appropriate for individuals who have recently had a heart attack, angioplasty, heart surgery or have been diagnosed with angina.

## **Childbirth Loss Support Groups** 617-243-6221

For families who have suffered the death of a child before birth, at birth or shortly after birth. Sponsored by Newton-Wellesley Hospital's HEAL Committee (Helping Educate After Loss).

## **Diabetes Management Program** 617-243-6144

For patients and their families. Individual instruction and education in all aspects of day-to-day management of diabetes.

## **Frontotemporal Dementias**

Caregiver and family support group for those affected by Frontotemporal Dementias. *Last Tuesday monthly, 7:00 pm. Email [FTD.Boston@gmail.com](mailto:FTD.Boston@gmail.com)*

## **Gastric Bypass Surgery Groups** 617-243-3724, [www.nwh.org/weightloss](http://www.nwh.org/weightloss)

Allen-Riddle Living Room, free and open to all

- **New Patient Instructional Group** last Thursday monthly, 6:30 pm
- **Community Support Groups** 1st Thursday and 3rd Tuesday monthly, 6:30-8:00 pm
- **0-6 Month Post-Surgery Group** 2nd Thursday monthly, 6:30-8:00 pm

## **Heart Failure Prevention & Monitoring Program** 617-243-6378

Medically supervised program for people with decreased heart function. Includes education, support, enhanced monitoring and physical reconditioning.

## **MA/NH Myasthenia Gravis Foundation Support Group**

Judy Weinberg 781-444-4897, *Every other month on Sunday, 2:00-4:00 pm*

Open to persons with MG and their family and friends.

## **Multiple Sclerosis** 617-243-6967, 1st Tuesday monthly, 7:00-8:00 pm

This peer-led group focuses on sharing positive outcomes, living a healthy, productive life and helping members with the uncertainties of a Multiple Sclerosis diagnosis.

## **National Alliance of Mental Illness**

Sid Gelb 617-320-3048, [el.cid3@rcn.com](mailto:el.cid3@rcn.com), 2nd Tuesday monthly, 7:00-8:30 pm

## **Overeater's Anonymous**

781-641-2303, [info@oambi.org](mailto:info@oambi.org), [www.oambi.org](http://www.oambi.org), Saturdays, 7:15 am

## **Parkinson's Support Group**

Sarah Singer 617-323-0574, 4th Monday monthly, 7:30-9:00 pm

## **Parkinson's Support Group of Greater Boston**

Karen Baker 508-446-5093, [psggbinfo@gmail.com](mailto:psggbinfo@gmail.com), September-May, 3rd Saturday monthly, 1:00 pm

## **Pelvic Pain Support Group** Annette Eddy 781-407-0914, [annetteeddy@rcn.com](mailto:annetteeddy@rcn.com)

2nd & 4th Monday monthly, 6:30-9:00 pm. For women suffering from pelvic pain.

## **Prostate Cancer Support Group**

Brad Greenfield 781-789-0675, 1st Thursday monthly, 7:00 pm

## **Survivors Network of those Abused by Priests (SNAP)**, [SNAPnetwork.org](http://SNAPnetwork.org)

Dave O'Regan, [worcestersnap@gmail.com](mailto:worcestersnap@gmail.com), 434-446-6769, 4th Sunday monthly, 3:00 pm

Open to any sexual abuse victim who has been abused by an authority figure.

## **Vestibular Disorders Support Group: Living with Dizziness/Vertigo**

Claire 781-383-0253 or [clairebaddad@comcast.net](mailto:clairebaddad@comcast.net)

1st Monday monthly (Oct. - June), 7:00-8:30 pm

## **Well Spouse Support Group**

Jerry Bishop 508-641-3508, [gbish815@yahoo.com](mailto:gbish815@yahoo.com) evenings/weekends or

Martha 617-924-5206, [mascott33@rcn.com](mailto:mascott33@rcn.com), 2nd Tuesday monthly, 7:15-9:00 pm

For those who take care of a spouse with a chronic illness.

## **Widow/Widower Support Group: Moving On** 617-243-6221

Life after Spousal Loss: An Unusual Approach to Loss for Widows and Widowers of 55 years and older. *September-June*

## **Young Widow/Widower Support Group** 617-243-6221

A supportive atmosphere, grief education and coping strategies to manage the loss of a spouse or partner. For ages 55 and younger.

## **You Are Not Alone: Straight Spouse Network, Boston Chapter**

Ivan 978-618-6670, [ssn.boston@straightspouse.org](mailto:ssn.boston@straightspouse.org), [www.straightspouse.org](http://www.straightspouse.org)

4th Monday monthly, 7:30-9:30 pm

Visit [www.nwh.org/support](http://www.nwh.org/support) for a complete listing.

# Programs & Classes

## The Wellness Center at Newton-Wellesley Hospital

*Newton-Wellesley Hospital offers exercise and fitness classes designed to accommodate various levels and abilities. Our instructors are always happy to suggest ways of adapting any class or workout to meet your individual needs.*

*All weekday exercise and yoga classes are held at Temple Reyim, 1860 Washington Street, Newton. Saturday classes are held at the Shipley Fitness Center, on the Newton-Wellesley Hospital campus. When attending classes on the Newton-Wellesley Hospital campus, please use the Patient/Visitor Parking Garage located at the Hospital's East Entrance.*

### 20/20/20

A combination class designed to improve strength, flexibility and endurance, which includes 20 minutes of stretch and abdominals, 20 minutes of cardio and 20 minutes of light weights. For all ages and abilities.

### Fit & Fabulous

Class includes a warm up, aerobics and strength training routine that promotes total body well being. Focus is on building strength and improving balance and posture. For all ages and abilities.

### Low Impact Aerobics

Aerobic class based on dance moves and includes arm and core strengthening exercises. Focus is on energy boost, improved heart function and stress reduction. For all ages and abilities, no dance experience required.

### Pilates for Everybody

Pilates mat work and gentle stretching to strengthen the core muscles, tone and increase flexibility in the back and spine. Will also improve balance, breathing, energy level and posture. All levels welcome.

### Pilates & More

Pilates mat class with props to strengthen and tone the total body, includes flexibility exercises to help prevent injuries. All levels welcome.

### Pilates with Strength Training

Class includes strength training exercises (standing) and Pilates mat work (floor) exercises to help improve balance and posture while also increasing muscular strength. For all ages with the ability to get down to and up from the floor.

### Seated Chair Strength

Seated class designed for various fitness levels and abilities. Class format includes a thorough warm-up, strength training using hand weights, resistance bands and body weight and gentle stretching exercises. Standing exercises may be incorporated, as appropriate.

### Strength Training

Non-aerobic routine of strength building exercises (standing and floor) using repetitions, resistance bands and hand weights. Focus is on using correct form for maximum strength gain and to improve posture, balance and reduce the risk of osteoporosis. For all ages with the ability to get down to and up from the floor.

### Strength Training for Women

Non-aerobic routine of strength building exercises (standing and floor) using repetitions, resistance bands and hand weights. Focus is on using correct form for maximum strength gain to improve posture, balance and reduce risk of osteoporosis. For women of all ages with the ability to get down to and up from the floor.

### Stretch and Strengthen

Non-aerobic routine of stretch and strength building exercises (standing and floor). Focus is on becoming/staying active and increasing muscle strength to improve health, posture, balance and reduce risk of osteoporosis. For all ages and abilities.

### Step & Strengthen

An aerobic class that incorporates a combination of step and strength building exercises. Focus is on energy boost, improved heart function and increasing muscle strength. For all ages and abilities.

### Zumba

Aerobic class of choreographed dance routines to create a fun workout. For all levels, ages and abilities, no dance experience required. Focus is on energy boost, improved heart function and stress reduction.

### Introduction to Yoga

Designed specifically for new students. Learn the basics of proper body alignment, gentle stretching, dynamic breathing and various techniques for relaxation. A great primer for any of our other Yoga class offerings.

### Gentle Yoga

This class emphasizes relaxation, breathing, meditation and gentle exercise.

### Chair Yoga

The most gentle yoga for those with mobility limitations such as arthritis, multiple sclerosis, Parkinson's disease and chronic pain. All poses, breathing techniques and stretches are modified to accommodate each person's unique ability level.

### Kundalini Yoga – All Levels

For beginners through advanced students. Reduce stress and awaken awareness by using dynamic breathing, stretching, exercise, relaxation and meditation. Experience various techniques to use in meditation and yoga exercises. These classes are for students of all experience levels from beginner to advanced.

### Prenatal Yoga

This class is designed to meet the special needs of pregnant women. Release tension, stretch and increase strength, flexibility and energy. An excellent class for all fitness levels.

### Exercise Program for Breast Cancer Survivors

Healthy steps – The LEBED Method®. An effective therapeutic movement and exercise program to improve overall wellness, reduce pain, improve range of motion and reduce the symptoms and likelihood of developing Lymphedema. Our experienced clinical instructors specialize in lymphedema treatment and rehabilitation management. *To register, please call 617-243-6644.*

For pricing and date information visit [www.nwh.org/classes](http://www.nwh.org/classes) or call the Wellness Center at 617-243-6221.



## Lifestyle Classes

### Weight Loss and Wellness Success

Whether you want to lose weight, eat healthier, have more energy, or just feel better, this program is for you! During this six week session you'll learn practical strategies and tips to help improve your health, increase your metabolism and reach your nutritional goals. Class is taught by a registered dietitian.

### Smoking Cessation Support

Eight week program held in a caring and encouraging group format. Provides concrete strategies to use on working toward your goal of tobacco-free living.

### Reiki 1 Workshop

This workshop covers the benefits, uses and history of the Usui Reiki System. Participants receive a Reiki attunement to enhance their ability to transmit life force energy through their hands. Includes instruction and practice time using all hand positions for giving and receiving a complete Reiki treatment on self, family and friends. Participants will receive certification as a Reiki 1 Practitioner upon course completion.

### Reiki 2 Workshop, Reiki 3 Master Workshop

For those that have completed Reiki 1 and 2. For information, call 617-243-6221.

### Babysitter Training

Everything you need to know to be a responsible babysitter: what to do in an emergency, choke saving, first aid, diapering and more. A certificate is awarded.

## Childbirth Education

Newton-Wellesley Hospital offers programs and classes during pregnancy and throughout the early parenting period. To register for classes or for more information, please contact the Childbirth Education office, 617-243-6649 or visit our Website at [www.nwh.org/classes](http://www.nwh.org/classes).

## American Heart Association Courses

### Heart Saver CPR with AED\*

This course is designed to teach the skills of CPR and foreign body airway obstruction for the infant, child and adult, and provide instruction in the use of an automated external defibrillator (AED). Appropriate for people whose job requires them to respond to cardiac emergencies. Participants receive official two-year certification from the American Heart Association.

### HealthCare Provider CPR (BLS - Basic Life Support)

HealthCare Provider CPR is for medical and allied health professionals. Class includes adult, child and infant CPR, as well as two-person CPR, ambu bag use and instruction in the use of an automated external defibrillator (AED). Participants receive official two-year certification from the American Heart Association.

### Heart Saver CPR, AED and First Aid Combination Class\*

AHA First Aid class & AHA Heartsaver® CPR class for infant, child and adult includes AED training and testing. Covers first aid topics such as foreign body airway obstruction, use of an epipen, shock, head injury, wounds, nosebleeds, fractures, muscle injury, poisons, drowning, insect bites, bandages and dressing, heart attack and stroke. Participants receive course completion/certification cards for both CPR and First Aid that are good for 2 years. The Office of Child Care Services has approved Heartsaver® classes for daycare providers.

### CPR for Family & Friends

An American Heart Association informational course providing the basic skills of CPR for infants/children and adults and how to help an infant, child or adult who is choking. Course does not provide official CPR certification and is appropriate for parents, grandparents, family members, babysitters and other lay rescuers.

*All American Heart Association Courses are held on the Newton-Wellesley Hospital Campus. Please call 617-243-6221 to register.*

*\* Newton-Wellesley Hospital offers Heart Saver CPR and Pediatric First Aid courses at a discount to childcare providers in the Newton, Waltham, Wellesley, Weston and Needham area.*



SAVE THE DATE!

## NEWTON-WELLESLEY HOSPITAL GALA

TO BENEFIT CHILD & ADOLESCENT PSYCHIATRY SERVICES

**SATURDAY, MAY 10, 2014**

WESTIN COPLEY PLACE • BOSTON, MASSACHUSETTS

**GALA CHAIRS: SINESIA & BILL KAROL**

COCKTAILS, SILENT & LIVE AUCTIONS,  
DINNER & DANCING

**FEATURING "THE VOICE" FINALIST  
MICHELLE CHAMUEL**

EVENING DESIGNED BY RAFANELLI EVENTS  
INVITATION TO FOLLOW

FOR MORE INFORMATION,  
CONTACT MARYANN ZSCHAU AT 617.243.6712 OR  
[NWHGALA@PARTNERS.ORG](mailto:NWHGALA@PARTNERS.ORG) OR VISIT [WWW.NWH.ORG/GALA](http://WWW.NWH.ORG/GALA)



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5<sup>th</sup> ANNUAL

# Health Fair and Community Open House

Sunday, March 23 • 9:00 am to 12:00 pm

At our **BRAND NEW SPACE:**

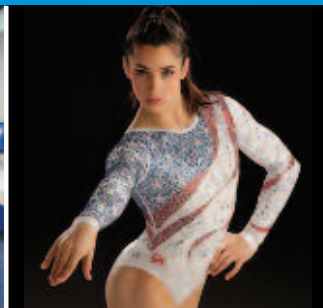
**Newton-Wellesley Ambulatory Care Center, 159 Wells Avenue, Newton**

*New home of Rehabilitation Services, Spine Center and Pain Management*

**FREE**



NEW SPACE



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ASK THE DOC

Join us to receive the latest information on nutrition, rehabilitation, cardiology, women's health, medication safety, urgent care, palliative care, stroke education, weight loss surgery, sleep medicine, joint replacement and more.

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**HEALTH CHATS WITH OUR MEDICAL EXPERTS**

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