

Healthbeat

A PUBLICATION FOR THE NEWPORT COUNTY COMMUNITY • SPRING 2022



Newport Hospital
Lifespan. Delivering health with care.®

Message from the President of Newport Hospital



Spring has sprung in Newport. After a long winter, it is reassuring to see the world returning to a sense of normalcy. Since our last edition of Healthbeat, Newport

Hospital has continued to expand our services, incorporate new technology, and welcome additional providers and staff members to our team. I am constantly impressed by the dedication of our talented healthcare workers who always *Deliver health with care*, especially while rising to the occasion during the challenges of the last two years. Thank you to our patients and community members for your unwavering support of your community hospital.

In this edition of Healthbeat, you'll meet some of our new providers, including one of our new obstetrician-gynecologists. Our Newport Women's Health team has grown and we are excited to offer enhanced services for women through every life stage. You can learn about the latest improvements we've made to our medical imaging equipment at our Diagnostic Imaging Center of Excellence, as well as a new surgical prostate treatment that is exclusive to Newport Hospital.

I'm also honored to share a patient success story from Lois, a local Middletown resident and Newport Hospital volunteer.

I want to express gratitude again for our inspiring staff, while also emphasizing the need to continue recruiting additional team members. Like so many industries, healthcare is facing an extreme staffing shortage. We have several opportunities at Newport Hospital – from nursing to information technology to environmental services and more – and I encourage you to visit lifespan.org/careers to learn more. I treasure the staff and culture of camaraderie at Newport Hospital and hope you'll consider joining our team.

I look forward to seeing you around town as another busy summer season kicks off. Newport Hospital will once again sponsor a Newport Gulls game, a family favorite tradition, and I hope to see you there on July 18. We also host a free virtual lecture series - learn more on page 11.

In health and partnership,

Crista F. Durand, MBA, FACHE
President, Newport Hospital

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The Latest Medical Imaging Technology

Early detection is essential in diagnosing and treating so many conditions and diseases. That's why Lifespan Medical Imaging is investing in the latest advances in imaging technology and implementing a new fleet of medical imaging equipment for Newport Hospital and the Portsmouth Imaging Center. This equipment will include three state-of-the-art 3D tomosynthesis mammography units, a new CT scanner, and the first open MRI scanner in the Lifespan system. This advanced new medical imaging equipment, all conveniently located on Aquidneck Island, will allow us to provide the next level of exceptional care to our patients in our community.



The new mammography units were installed last fall (two at Newport Hospital and one in Portsmouth). The three Dimensions Hologic units offer superior comfort, higher resolution 3D images and greater accuracy to detect breast cancer earlier.

"These new mammography units benefit from embedded artificial intelligence to create 'smart slices' – sophisticated 3D imagery that can better assist radiologists in their interpretation of mammograms," said Christopher Monteiro, director of Medical Imaging at Newport Hospital.

The open MRI and CT scanner will be installed at the Portsmouth Imaging Center later this year. The new



equipment was funded in part by donors who responded to last summer's "A Salute to Health – Be Part of the Picture" fundraiser, which raised more than \$750,000.

"The care and comfort of our patients is our top priority at Newport Hospital and that requires investment in the latest technologies. We are proud to be able to offer the most advanced mammograms available at both our Newport and Portsmouth locations for the convenience of our community," said Newport Hospital President Crista F. Durand. "We are enormously grateful to those in our community who contributed to their acquisition."

Lifespan Medical Imaging has a large presence in Newport County, offering 10 different imaging modalities such as MRI, non-invasive cardiology, and mammography. Within the various modalities, our Newport Hospital and Portsmouth teams comprise more than 80 staff members, including imaging technologists, registered nurses, clerical staff, and radiologists. In addition, Newport Hospital recently partnered with Rhode Island Medical Imaging (RIMI), the largest radiologist group in the state, to provide our patients with the highest quality subspecialty imaging interpretations available.

Earlier last year, Newport Hospital was honored as a Diagnostic Imaging Center of Excellence by the American College of Radiology, the only hospital in Rhode Island to attain the designation. The additional equipment we will acquire this year will keep us on the cutting edge of medical imaging advancements.

Community Health Needs Assessment

Do you wish you had an opportunity to share your health priorities with an audience (beyond your family and friends)?

Do you wish you could share your ideas for improving health in your community with the leadership team at Newport Hospital? Well, this is your chance! 2022 marks Newport Hospital's triennial Community Health Needs Assessment.

Our goals for the needs assessment are to understand the health concerns in our service area, learn how the community prioritizes those concerns, and hear how you would like the hospital to respond to those concerns.

The last assessment in 2019 resulted in five priorities that Newport Hospital has actively responded to:

1. Access to Primary Care and Specialty Services
2. Outreach and Education
3. Access to Mental and Behavioral Health Services
4. Wellness Programs
5. Aging in Place

Again this year, we look forward to listening to our neighbors to generate an up-to-date understanding of broad interests of the people we serve. Please visit the Lifespan Community Health Institute webpage (<https://www.lifespan.org/centers-services/lifespan-community-health-institute/learning-our-community>) to learn more about the 2022 Community Health Needs Assessment or to submit input. Our Newport Hospital community liaisons, Virna De Jesus Matos, Carmela Geer, and Neyda DeJesus, will organize and facilitate this year's forums in the Newport area. The forums will be held both in person and virtually. Details will be added to our website as these are scheduled.

If you are part of an organization that would like to host a community forum, or if you are interested in joining the team conducting the assessment in your area, please contact the Lifespan Community Health Institute at communityhealthinstitute@lifespan.org or 401-444-8009.

Your voice is important to us and we look forward to hearing from you!

Scan this QR code with your smartphone to learn more about the Lifespan Community Health Institute



Sleep Hygiene and How to Sleep Better



By: Archen Krupadev, MD
Internal Medicine Physician
Lifespan Physician Group,
Primary Care – Newport

*To learn more about
Dr. Krupadev or to schedule
an appointment, visit
www.lifespan.org/primary*

*New patients:
call 401-606-4PCP
(401-606-4727)*

Current patients: call 401-606-4510

Sleep plays a critical role in your health and well-being. Unfortunately, sleep disorders are common and sleep deprivation can have both short- and long-term consequences. Sleep hygiene is something you can learn to help you sleep better.

What is sleep hygiene?

Sleep hygiene is a set of habits that promote quality sleep. This includes:

- Creating a bedroom environment that is comfortable with limited disruptions
- Maintaining a regular sleep schedule
- Practicing techniques for relaxation prior to bed
- Avoiding things that will disrupt the quality of your sleep

How many hours of sleep should I get per night?

The Centers for Disease Control and Prevention recommends that an average adult should strive for seven to eight hours of sleep per night. Of course, every individual is different. Age is a factor in how much sleep you need and as you get older, you require less sleep.

What are good things to do before bed?

One of the most important things you can do to sleep better is to maintain a consistent routine before bed. This will help your brain process that you are preparing for sleep.

Begin winding down about 30 minutes prior by doing things that will relax your body, such as stretching, light music, breathing exercises, and meditation. There are several apps available that offer guided meditation and breathing exercises specifically for sleep. You can also try drinking tea that does not contain caffeine, such as chamomile. If you need a small snack before bedtime, cherries, bananas, and walnuts provide a natural source of melatonin, a hormone that promotes sleep.

“Sleep plays a critical role in your health and well-being.”

What are things to avoid doing before bed?

- Anything that stimulates your brain (such as phones, tablets, laptops, and television) for at least 30 minutes prior to bed
- Caffeine in the afternoon and evenings
- Alcohol before bed – while it may help you fall asleep, your quality of sleep will not be as good

How can I fall back to sleep if I wake up in the middle of the night?

If you are unable to fall back asleep after 20 minutes, leave bed and do something calming. Try reading, stretching, or meditating before returning to bed and trying to fall asleep again.

Do you recommend sleep aids, such as melatonin or over-the-counter medications?

Over-the-counter sleep aids like melatonin can be useful when used short term. The most common side effects include headaches, dizziness, and nausea. Melatonin can interact with various medications and is not recommended for long-term use.

This holds true for many over-the-counter sleep aids. These may contain antihistamines, which could make you feel groggy the next day.

What are signs of poor sleep hygiene and not getting enough sleep?

- Excessive daytime sleepiness
- Lack of energy
- Reduced concentration
- Delayed thinking
- Mood changes, including irritability and anxiety

If I'm having trouble sleeping, when should I see a doctor?

You should see a doctor if your inability to sleep is affecting your ability to function for your daily activities. If you are suffering from insomnia, a good thing to do before seeing your doctor is to keep a sleep diary for about 10 days. In this, include the following details:

- When you go to bed
- When you fall asleep
- When and how often you wake up
- Any nap routines - time of day, frequency, and duration
- Your exercise routine
- Your alcohol and caffeine intake

This will help your doctor identify if sleep can be improved by making changes to sleep hygiene or if it requires further investigation. Your primary care provider can also refer you to other specialists if necessary.

Stay up to date with the latest in mental and emotional wellness on the Being section of our Lifespan Living health and wellness blog: www.lifespan.org/lifespan-living



Stay Healthy

By: Jeffrey Gaines, MD, MHCM, FACEP • Chief Medical Officer and Vice President of Medical Affairs, Newport Hospital



A famous saying used in medical schools for years is, “Half of everything we learn is wrong; the trouble is, we don’t know which half.”

Much of what I learned in medical school is now being challenged. I do not write this to cast doubt on my profession, but to encourage you to challenge past thinking.

Some of the primary pillars of health will always remain true. Eat right. Exercise. Get plenty of good sleep. So why are we not getting healthier?

I believe it is because so much of what we thought we knew about these fundamentals was wrong. Let’s take “eat right” for starters. Is breakfast the most important meal of the day? What about eggs - good or bad? Whites, yolks or the whole thing? Red meat? Fish? No meat? Is counting calories the best way to lose weight? Will eating food with fat make me fat? Questions that should be easy to answer turn out to be more complicated than we thought.

Eat more vegetables. I think that is something we can all understand. And once you read about how fiber works, you will probably agree that eating more fruit is a good idea too. Beyond that, things start to go sideways.

For the longest time we have strived for a low-fat diet, believing that eating fat would make us fat. It turns out that is almost certainly wrong. Even worse than that was the push to eat low-fat foods, many of which are processed and high in sugar. Bad to worse. Jellybeans are low-fat. Oops.

We can probably all agree that eating candy is not healthy. Sugar is a big part of the problem, for sure. So just cut out sugar, right? Easier said than done.

When I think of nutrition, I think about three main areas. Two are fairly straightforward, one is a bit more complicated:

- What you eat, or the quality of your food
- When you eat, or the timing of food and fasting
- What happens to your blood sugar, and more importantly to your body’s insulin

If you follow some simple rules regarding what you eat, you will see why I think the first one is pretty easy. Look at what you buy. Does it have fewer than 5 ingredients? Can you pronounce all the words? If “no,” then it is really not food. For example, apples are food; they have one ingredient. “Partially hydrogenated anything” is probably not food.

When you eat gets a bit trickier. Many experts are now pushing back on the idea that breakfast is the most important meal of the day, especially if your typical breakfast is something like cereal, pancakes, muffins, or low-fat food with a glass of juice. That is not the breakfast of champions.

Last, but probably most important, is the complicated one: sugar, insulin, and how your body reacts to both what you eat and when. Unless you have severe diabetes, your body makes insulin all the time. This has a big effect on your weight and how your body stores or uses food. If you eat those jellybeans (fat free!), your blood sugar spikes. Insulin pushes that sugar around so you can get that jolt of energy and sugar high. Some foods cause a sugar/insulin roller coaster, and some have a much smaller impact. This is why processed foods and sugars get a bad reputation. Did you know that your body needs protein and fat to survive, but that you can live entirely without sugar? It’s a shame since it is delicious.

Remember the scene at the end of “Back to the Future” where Doc Brown puts garbage into the fuel tank of the DeLorean? It always amazes me that our bodies can run on Fruity Pebbles. Not surprisingly, our bodies run better on cleaner fuel. So, as delicious as those processed foods are, if you want to feel better and fit into those jeans, run your machine on real foods.

If you want to learn more about healthy eating, I encourage you to talk to your primary care provider. In some cases, even meeting with a nutritionist or dietitian is beneficial. You may also want to visit the Nourishing section of the Lifespan Living health and wellness blog: lifespan.org/lifespan-living for the latest on nutrition and healthy recipes.

The more you know about which fuels are best for your body, when the best times are to refuel, and a bit more about how your body responds to food, the better you will look and feel, and the healthier you will be!

Lois Broke Her Ankle — and It Saved Her Life



When Lois Mass fell at her Middletown home and broke her ankle, she received, at least, a small measure of comfort knowing she would be taken to Newport Hospital to have her injury surgically repaired. “I knew I’d be in good hands,” she says.

But what the retired nurse didn’t expect—but would come to learn firsthand—were the incredible lengths the Newport Hospital team would go to ensure she had a positive outcome... even if what she came in for didn’t turn out to be her biggest concern.

Lois’ orthopedic surgeon noticed that she had a fever, which persisted even after he had taken steps to reduce it. This prompted the surgeon to consult with a hospitalist. Among other tests, the hospitalist took a CAT scan of Lois’ abdomen,

which revealed three large tumors on her colon. Just days later, Lois underwent a colectomy to remove the tumors. Shortly after that, Lois had ankle surgery and then went to our Vanderbilt Rehabilitation Center for 10 days of recovery. All told, she spent a month inpatient at Newport Hospital.

“The fact that I received the wide range of expert care I did all in one place is amazing,” Lois says. “The doctors, the nurses, the support staff... I can’t thank them enough. The way I see it, the hospital staff could have done my ankle surgery and sent me home, but we probably would never have known about the cancer. I’m so grateful they went the extra mile. They saved my life.”

Gratitude comes in many forms, but one thing that is consistent is its positive power: to heal, to connect, to thank, to inspire. We invite you to join us on a journey of gratitude. For more information or questions about the Gratitude Program at Newport Hospital, visit giving.lifespan.org/newport/gratitude or contact Sara Meirowitz, Chief Development Officer, at 401-845-1617.



Physician Spotlight



Emily Blosser, MD, PhD, is an obstetrician-gynecologist with Newport Women's Health, a Lifespan Physician Group practice. She welcomes new patients and can be reached at 401-848-5556. New patients may also request an appointment using the online form at

www.lifespan.org/newportwomenshealth.

Q: Why did you choose the field of obstetrics and gynecology?

A: I chose to go into the field of obstetrics and gynecology because it's a unique opportunity to work with patients across an entire lifetime, providing care for people with obstetric and gynecological needs from a very early age all the way through older adulthood.

Q: How do you help your patients feel comfortable when they come to the practice?

A: It's a part of my practice to make sure that everyone feels welcome, regardless of age, sexuality, or sexual preferences. I want everyone in the office to feel welcome to come and ask the hard questions that they may not have anyone else to ask. When my patients leave the office, I want them to feel that all of their concerns have been addressed and that they can always return with any additional problems in the future.

Q: What are some of your areas of specialty?

A: I enjoy working with adolescents, teaching them about sexual health and wellness. It's an opportunity to work with people on conditions that affect the menstrual cycle, like birth control. As they enter into adulthood, we start talking about things like preconception counseling if they're thinking about becoming pregnant in the future. Later on in adulthood, we might talk about problems like bleeding when it becomes abnormal, or issues like fibroids in the uterus. We treat these conditions with a number of different mechanisms, including medicines and surgical approaches.

Q: How do you spend your free time?

A: When I'm not at work, I enjoy traveling. I have family and friends all over the U.S. and abroad, so it's a nice opportunity to visit other places. I also enjoy reading for pleasure when I have the opportunity.

Scan this QR code with your smartphone to watch videos about Dr. Blosser:



Newport Hospital Offers First-in-Rhode Island Procedure for Enlarged Prostate



A new surgical procedure for enlarged prostate, which is performed in Rhode Island exclusively by Newport Hospital urologist Samuel Eaton, MD, results in fewer complications and faster recovery times. The technique, known as laser enucleation of the prostate, uses a surgical laser to remove tissue that is blocking urine flow.

Enlarged prostate, or benign prostatic hyperplasia (BPH), is a very common condition that affects virtually all men as they age. “As the prostate enlarges, it compresses the urethra making it more difficult to urinate,” said Dr. Eaton. “BPH causes issues like slow stream urgency, frequency of urination, and the need to get up at night.”

There are two standard procedures for enlarged prostate:

- transurethral resection of the prostate (TURP), which employs a camera and electric electrocautery to scrape out the central portion of the prostate
- simple prostatectomy, which removes the same portion through surgery but is generally reserved for very large prostates

The laser enucleation procedure performed by Dr. Eaton combines advantages of each, allowing a minimally invasive approach that can treat prostates of nearly all sizes with fewer bleeding issues than either standard option.

To make an appointment with Dr. Eaton, call 401-619-3930.

Welcome to Newport Hospital



Matthew Reuter, MD, is a physiatrist with Newport Physical Medicine and Rehabilitation, a Lifespan Physician Group practice. Dr. Reuter earned his doctor of medicine degree from the Georgetown University School of Medicine, where he also served as a research assistant in the department of orthopaedic surgery. He completed a physical medicine

and rehabilitation residency at Thomas Jefferson University Hospital in Philadelphia and an internship at Monmouth Medical Center in Long Branch, New Jersey. Prior to joining Newport Physical Medicine and Rehabilitation, Dr. Reuter was an ambulatory physiatrist with Hartford Healthcare.

Dr. Reuter is a diplomate of the American Board of Physical Medicine and Rehabilitation and a member of the American Academy of Physical Medicine and Rehabilitation. He is fluent in English and Spanish.

Dr. Reuter welcomes new patients and can be reached at 401-845-1652.

We're Hiring!

Looking for a rewarding career in healthcare? With sign-on bonuses up to \$20,000 for a variety of roles across the system, working with Lifespan is more rewarding than ever. Visit lifespan.org/careers to learn more and apply today.



Share Your Experience

A good patient survey process should make patients feel known, heard, and understood. That's why we have redesigned the way we gather patient feedback with the goal of creating a more patient-centered survey process. This survey emphasizes how likely patients are to seek future care from Newport Hospital and other Lifespan practices and recommend us to their friends and family, based on their positive experience.

You may receive a call or email from NRC Health (connectsurvey@surveynrc.com) within a few days after your visit to Newport Hospital asking about your experience. This call or email should only take a couple minutes of your time. Your feedback is important to us, so please answer the questions honestly.

You may be asked questions like these:

- During your most recent visit, did the provider listen carefully to you?
- Did the provider give you easy-to-understand information about your health questions or concerns?
- Would you recommend us to your family and friends?
- Free-response question makes space for your voice to be heard.

We strive to create an environment focused on patient and family needs. Thank you for sharing your experience and helping us to *Deliver health with care.*



Turn To Lifespan Pharmacy For All Your Prescription Needs



Lifespan Pharmacy at Newport Hospital

Last spring, we opened our retail pharmacy at Newport Hospital, conveniently located next to the main entrance. Turn to Lifespan Pharmacy for all of your prescription needs. We offer:

- Convenient, fast, professional service
- Easy refill options, day or night, online through MyLifespan or by phone
- Appointment or walk-in vaccinations for adults
- Competitively priced prescriptions and most insurance plans accepted
- Free home delivery
- Medication take-back bin to safely dispose of expired prescription and over-the-counter medications
- Easy-to-use pouch packaging option, with all medications pre-sorted into doses



Call us at 401-845-1100 or visit www.lifespanpharmacy.org to learn more. We are open weekdays between 8 a.m. and 4.30 p.m.



Keep in Touch with Newport Hospital

VIRTUAL COMMUNITY LECTURE SERIES

Our goals are to keep our community healthy and provide timely education on the dynamic nature of the healthcare environment. This educational series is held monthly via Zoom webinar and features health tips and medical expertise from clinicians and other hospital employees. Lectures are held from 6 to 7 p.m.

Check back for dates and details at www.newporthospital.org under Events. If you aren't able to attend live, all lectures are also recorded and shared online to view at your convenience. We hope to "see" you soon!

VIRTUAL SUPPORT GROUPS

Stroke Support Group

- Second Wednesday of every month
- 6 – 7:30 p.m.
- For more information: Nakeesha Brown
401-444-8237, nbrown1@lifespan.org

Breastfeeding Support Group

- Thursdays 12:30 – 2:30 p.m.
- Zoom video meeting (requires personalized link)
- For more information: Noreen Stonor Drexel
Birthing Center, 401-845-1110

WADK's "HOUR OF HEALTH"

Tune in to WADK 1540 AM for the "Newport Hospital Hour of Health" program on the first Thursday of each month at 9 a.m. Host Bruce Newbury interviews Newport Hospital employees for a lively discussion on a variety of healthcare topics from local experts. Podcast recordings of the radio show are also posted online afterward at www.wadk.com.

Helpful Phone Numbers

Lifespan Cancer Institute

401-845-1646

Lifespan Cardiovascular Institute

401-845-1201

Lifespan Laboratory at Newport Hospital

401-845-1260

Lifespan Medical Imaging

401-444-7770

Lifespan Pharmacy at Newport Hospital

401-845-1100

Lifespan Urgent Care – Middletown

401-606-3110

Newport Hospital Partial Hospitalization Program

401-845-1910

Newport Neurology

401-845-3800

Newport Physical Medicine and Rehabilitation

401-845-1652

Newport Psychiatry

401-845-4340

Newport Women's Health

Newport and Portsmouth locations: 401-848-5556

Norman Prince Spine Institute

401-845-1190

Primary Care in Newport County: 401-606-4727 (401-606-4PCP)

Jamestown Family Practice: 401-423-2616

Lifespan Physician Group Primary Care, Newport: 401-606-4510

Lifespan Physician Group Primary Care, Tiverton: 401-624-1400

Total Joint Replacement at Newport Hospital

401-845-4330

Vanderbilt Rehabilitation Center

Outpatient Rehab: 401-845-1845

Vanderbilt Wound Care Center

401-845-3810

Newport Hospital Foundation

401-845-1536

Friend of the Foundation

401-845-4339





Newport Hospital

Lifespan. Delivering health with care.®

Newport Hospital
20 Powel Avenue
Newport, RI 02840
401-846-6400

An Award-Winning Hospital Serving Newport County and Beyond

- Four-time designation as a Magnet hospital, the gold standard for nursing excellence
- Five Star rating for overall quality from the national Centers for Medicare and Medicaid Services in 2020
- Eight consecutive semi-annual 'A' Grades for patient safety (through spring 2021) and Top General Hospital award (in 2020) from the Leapfrog Group
- Baby-Friendly designation (since 2003) from the World Health Organization and UNICEF for excellence in support of breastfeeding mothers and infants
- Certification by the American College of Radiology as a Diagnostic Imaging Center of Excellence
- American Heart Association/American Stroke Association Get With The Guidelines Stroke Gold Plus Quality Achievement Award
- Certified Primary Stroke Center by the Joint Commission
- Target: Type 2 Diabetes Honor Roll Award from American Heart Association/American Stroke Association
- Two Commission on Accreditation of Rehabilitation Facilities (CARF) accredited programs for Inpatient Rehabilitation Program for Adults and Stroke Specialty Program for Adults
- Blue Cross Blue Shield Blue Distinction Center for exceptional cancer care in 2020

