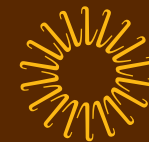


Newport Hospital Healthbeat

A PUBLICATION FOR THE NEWPORT COUNTY COMMUNITY • WINTER 2018



Newport Hospital
Lifespan. Delivering health with care.®

Message from the President of Newport Hospital



Welcome to the winter edition of our Newport Hospital community newsletter, the first of 2018. The new year is often a time when we take stock of our health and make resolutions to eat better, exercise more, and generally take care of ourselves. As your health resource, we're here

to help make those resolutions a little easier to keep.

We've packed this newsletter with useful information, from tips on keeping up an exercise routine in winter weather, to an easy recipe that makes good use of vegetables and whole grains. We've included information on our affiliated primary care practices, since that's the first stop for the well visits and preventive care that keep you and your family healthy and thriving. With new expanded walk-in hours, including evenings and Saturdays in Newport, we've made it easier than ever for established patients to see a provider—so join a practice and make sure to keep up with those flu shots and blood pressure checks!

We have plenty of news to share about new providers and new services here at the hospital. I'm particularly excited about the launch of the Comprehensive Spine Center, which brings the most advanced, multidisciplinary care for people suffering from back pain and spinal disorders to Newport County. An extension of the successful program at Rhode Island Hospital, the center offers the same array of cutting edge diagnostic and therapeutic services—from evaluation and diagnosis, to treatment, to physical or occupational therapy at our Vanderbilt Rehabilitation Center—all right here, close to home. Chronic back or neck pain can be tremendously debilitating, so we know this new center will be a valuable resource for our community.

Finally, I hope you'll make note of our many community offerings, from support groups and classes to our free lecture series and indoor walking group. From our family to yours, we are here to help with all your health needs.

Warm wishes for a healthy, happy new year,

Crista F. Durand

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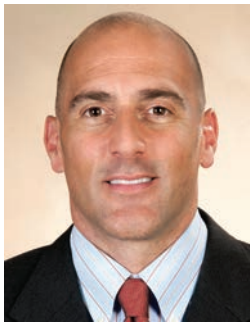
Have A Bright Idea To Build A
Healthier Newport County?

Newport Hospital Community
Lecture Series



New Faces at Newport Hospital

Here's a look at some of the newest physicians and allied health professionals to join the Newport Hospital medical staff and affiliated Lifespan Physician Group practices.



Alexios Carayannopoulos, DO, MPH

Alexios Carayannopoulos, DO, MPH, joined the medical staff in October as medical director of Newport Hospital's new Comprehensive Spine Center. Dr. Carayannopoulos earned his medical degree from Nova Southeastern University in Ft. Lauderdale, and completed his residency at Harvard Medical School and Spaulding Rehabilitation Hospital in Boston and a fellowship at Dartmouth Medical School and Dartmouth-Hitchcock Medical Center in Lebanon, New Hampshire. He also earned

a master of public health from Johns Hopkins University in Baltimore. He is a board-certified interventional physiatrist and pain medicine specialist; a Harvard-trained medical acupuncturist and a U.S. Navy-trained specialist in diving medicine and radiation health. Dr. Carayannopoulos is also the division director of pain and rehabilitation medicine in the department of neurosurgery at Rhode Island Hospital, and a clinical assistant professor of neurosurgery at The Warren Alpert Medical School of Brown University.



Kyle Silva, DO

Kyle Silva, DO, is a board-certified physiatrist and pain medicine specialist with the Comprehensive Spine Center at Rhode Island and Newport hospitals. He received his medical degree from the University of New England, in Biddeford, Maine, and completed his physical medicine and rehabilitation residency and pain medicine fellowship training at Montefiore Medical Center, Albert Einstein College of Medicine, in the Bronx, New York. Dr. Silva specializes in the management of chronic pain utilizing a comprehensive,

multidisciplinary approach to patient care. He has particular expertise in neuromodulation and the use of fluoroscopic and ultrasound-guided interventions for pain management.



Jared Fridley, MD

Jared Fridley, MD, is a neurosurgeon with the Comprehensive Spine Center at Rhode Island and Newport hospitals, subspecializing in complex spinal surgery. He is an assistant professor and director of the Spine Surgery Outcomes Research Laboratory at The Warren Alpert Medical School of Brown University. Dr. Fridley received his medical degree from Baylor College of Medicine, in Houston, Texas, and completed his residency at Baylor and the MD Anderson Cancer Center in Houston. He completed his neurosurgery fellowship at Rhode Island Hospital. His clinical interest and expertise includes degenerative spinal disease, spinal trauma, tumors and deformities, and peripheral nerve surgery.



Lauren Marvell, MSN, APRN

Lauren Marvell, MSN, APRN, is a certified family nurse practitioner with Newport Pulmonary Medicine, a Lifespan Physician Group practice. Marvell received her undergraduate degree from the University of Rhode Island, and her master of science in nursing from the Massachusetts General Hospital Institute of Health Professions, in Boston. She brings more than 12 years of experience in surgical, oncology and intensive care settings.



Wei Song, MD

Wei Song, MD, is a child and adolescent psychiatrist with Child and Adolescent Behavioral Health, a program of Newport and Bradley hospitals and a Lifespan Physician Group practice. Dr. Song earned her medical degree at The Warren Alpert Medical School of Brown University, and completed a triple-board residency program in pediatrics, general psychiatry and child psychiatry at the University of Utah and Primary Children's Hospital, and the University of Utah Neuropsychiatric Institute.

New provider directory

Here is how to reach these new providers:

Alexios **Carayannopoulos**, DO, MPH

Kyle **Silva**, DO

Jared **Fridley**, MD

Comprehensive Spine Center, 845-1190

Lauren **Marvell**, MSN, APRN

Newport Pulmonary Medicine, 845-1599

Wei **Song**, MD

Child and Adolescent Behavioral Health, 845-1590

Recent Recognition for Newport Hospital!

We're proud to share some of our most recent accolades:

- **Fourth consecutive Guardian of Excellence award** from Press Ganey Associates, Inc., for the outstanding inpatient experience at our Vanderbilt Rehabilitation Center
- An 'A' for patient safety from the Leapfrog Group's annual hospital safety ratings
- **National certification** for the Vanderbilt Rehab inpatient unit from the Commission on the Accreditation of Rehabilitation Facilities
- **National certification** for our Cardiac and Pulmonary Rehab programs from the American Association of Cardiovascular and Pulmonary Rehab

Physician Spotlight



Randall Ingham, MD, is a hematologist/oncologist with the Lifespan Cancer Institute at Newport Hospital. He is board certified in hematology oncology and internal medicine, and an assistant professor of medicine at The Warren Alpert Medical School of Brown University.

Q. What drew you to the field of oncology?

A. Like most people, I've known people close to me that have been affected by cancer. One of those experiences was at a point fairly early on in medical school. It served as a motivator to learn more about the oncology field. To me, it represents the perfect balance of the humanistic and scientific aspects of medicine. It's an exciting time to be an oncologist, with the breakthroughs that are taking place.

Q. What are your particular interests/expertise within the field?

A. My interests in both hematology and oncology are broad, which is one of the benefits of working in a hospital like this. I get to see a wide variety of cases over the course of my day. It helps motivate me to stay on top of the latest developments.

Q. What do you enjoy about practicing medicine in a community like Newport?

A. I have really enjoyed the camaraderie amongst all the physicians and staff members here. It's a benefit of an intimate hospital setting. I have also been struck by the interconnectedness that the patients here on Aquidneck Island have – it really does seem like everybody knows everybody on the island!

Q. What do you enjoy doing in your free time?

A. I have three young kids at home who do a great job of keeping me busy, but I love to ski, hike, and paddle board when I have the chance. I also am an unabashed U2 fanboy. I have seen the band 18 times in concert and counting.

Dr. Ingham sees patients at the Newport Hospital branch of the Lifespan Cancer Institute, 20 Powel Avenue, Newport. He can be reached at 844 222 2881.

Focus on Primary Care

If you need a primary care provider anywhere in Newport County, from Portsmouth to Tiverton, Newport Hospital has an affiliated Lifespan Physician Group practice right in your backyard. And because we understand that our patients lead busy lives, all our practices make it easy to see a doctor or nurse practitioner.

For a quick-sick visit, all locations offer walk-in hours to our patients from 8 to 9 a.m. every morning, no appointment necessary. We also offer new evening and weekend walk-in hours at our Newport location, accessible to all patients of all our practices.



Stephanie Maryeski, MD

That's a big benefit for working people, for school children, for parents of school children, for anyone who needs to see a doctor fast to feel better—in other words, for our entire community.

“We realize that our patients are busy, and illness doesn't always strike during work hours,” says Dr. Stephanie Maryeski, director of primary care. “Expanding access to our services is all about meeting the needs of our patients.”

Consult the directory above to join a practice or make an appointment.

Why consider a nurse practitioner?

Nurse practitioners are registered nurses with advanced graduate education who have passed national board exams. A nurse practitioner can be a great choice as your primary care provider: they perform physical exams, order and interpret appropriate testing, diagnose and treat illnesses, and prescribe medications.

Primary Care Practices Affiliated with Newport Hospital

All our practices have at least one provider taking new patients. Our family medicine physicians and nurse practitioners see patients of all ages, from infants to seniors, so the whole family can find care under one roof. We offer onsite labs, convenient locations and take almost all insurance.

Lifespan Physician Group, Primary Care, Newport
50 Memorial Boulevard, Newport, 401-606-4510

Lifespan Physician Group, Primary Care, Portsmouth
77 Turnpike Avenue, Portsmouth, 401-606-4550

Portsmouth Family Medicine
161 Chase Road, Portsmouth, 401-683-3300

Lifespan Physician Group, Primary Care, Tiverton
711 Main Road, Tiverton, 401-624-1400

Jamestown Family Practice
20 Southwest Avenue, Jamestown, 401-423-2616



In Case You Missed It

Newport Hospital's Emergency Department leadership was recognized in *Newport Life Magazine* with a “Top 10 Groundbreakers Award” for their work on dramatically reducing wait times and improving the patient experience in the ED.

Comprehensive Spine Center Opens its Doors

If you live in Newport County and are suffering from chronic back or neck pain, you can now find expert help right in your own backyard. As of this fall, the Comprehensive Spine Center, anchored at Rhode Island Hospital, has expanded to offer its full range of services at Newport Hospital.



Patients are seen in Newport by interventional pain specialist and physiatrist **Kyle Silva, DO**; neurosurgeon **Jared Fridley, MD**; and **Alexios G. Carayannopoulos, DO, MPH**, medical director of the center and division director of pain and rehabilitation medicine in the Department of Neurosurgery at Rhode Island Hospital. Services at Newport Hospital are integrated with the adjacent Vanderbilt Rehabilitation Center.

The spine center brings together interventional and noninterventional physiatry, pain medicine and neurosurgery—using both medical and surgical approaches—to effectively address pain and improve quality of life. The center employs the most advanced diagnostic and therapeutic equipment and treatment options available, always starting with the least invasive methods to bring patients relief.

“We’re confident this new center will be a valuable resource for the Newport County community and beyond,” says Crista Durand, president of Newport Hospital. “We’re so excited to be able to bring this kind of cutting-edge, multidisciplinary spine care to Aquidneck Island.”

For more information, call 845-1190 or visit goodback.org.

In the News



Michael Mason, DO, is an orthopedic surgeon with Newport Orthopedics, a Lifespan Physician Group Practice.

A version of this column first appeared in *The Newport Daily News*.

Don't Let Winter Freeze Your Exercise Routine

As days get shorter and temperatures drop, it's harder to get motivated to exercise outdoors. But that doesn't mean you can slack off. Michael Mason, DO, is an orthopedic surgeon with Newport Orthopedics, a Lifespan Physician Group practice. We asked him to share his views on why it's important to stay active, even in the winter months.

When winter weather keeps us cooped up indoors, what kinds of exercise do you recommend, especially for patients with arthritis?

A combination of flexibility, aerobic, and strengthening exercises is great for everyone, but especially for people with arthritis. If the weather is too nasty to get outdoors, try swimming laps at your local Y, doing water aerobics, walking on a treadmill. Even walking laps inside a mall or “big-box” store will do you good.

Settling down by the fireplace with a good book might seem more appealing than getting outside and exercising, but it's key to beating the winter blues. Exercise causes our body to release endorphins, which generally make us feel better, and getting outdoors during daylight hours increases our Vitamin D, which is good for bones, muscles, and teeth.

Regular exercise provides enormous health benefits, including protection against diabetes, obesity, high blood pressure, osteoporosis and fractures, heart disease and more.

How does exercise help keep joint movement smooth and pain-free?

In addition to maintaining your body's strength and endurance, exercise helps your joints function better. Rubbery cartilage cushions the ends of the bones in our joints. Cartilage doesn't have a blood supply, so it gets its nutrients from synovial fluid, which also lubricates the joint.

continued on page 7

Judy's Story

Judy McLennan is a fixture in the Newport sailing world—a lifelong sailor, from a family of world-class sailors, and founder/director of the Clagett regatta, an international event for sailors with disabilities. She's also a passionate skier, who strapped on her first pair of skis at age 8 and went on to spend years working as a ski instructor (a footnote to her career in politics and diplomacy), even founding a ski school in Quebec.

So when this vibrant, athletic woman was faced with the prospect of a hip replacement this past fall, her first thought was of the ski season to come. She'd already been kept off the slopes the previous year, due to back surgery. The prospect of losing another season was grim.

Judy had been referred to Dr. Michael Mason, an

orthopedic surgeon with Newport Orthopedics. After delivering the verdict on her hip, "He just looked at me with a big smile and said, 'Well, maybe you don't have to give up skiing for the whole winter. How does February sound to get you back on the slopes?' I thought that sounded absolutely fabulous. So he said, 'Ok, I'll see you in the operating room in two weeks!'"

Judy had a total hip replacement in September, which Dr. Mason performed using the innovative Radlink GPS imaging system [see sidebar]. She

was back at her Portsmouth home within a few days. "It was a wonderful experience, if surgery can be wonderful," she says. "You really feel Dr. Mason cares about you, and that's not always the case. He and Julie [Woodside, PA] and everyone in that office are just so kind and pleasant. I really appreciate that they get back

to you with answers to your questions right away, so you're not waiting around; all the precautions they take at the hospital and by Dr. Mason made me feel very comfortable. If you have to have surgery—this was an extraordinarily positive experience."

Of course, when the surgery is over, that's when the hard work starts—as an athlete, and someone who has worked with and

been inspired by other athletes with disabilities, Judy understood more than most the importance of physical therapy. The past months have been laser-focused on recovery, with daily physical therapy and other strengthening sessions.

And today, three months post-surgery? "I'm mobile, and my hip feels fabulous," she says. And she's planning to hit the slopes later this winter.



Photo: Billy Black

"You really feel Dr. Mason cares about you, and that's not always the case."

> *Judy McLennan*

Radlink GPS: Cutting-edge technology available only at Newport Hospital

Newport Hospital is the only hospital in Rhode Island using innovative Radlink GPS technology to provide noninvasive, instant feedback during total hip or knee replacement. This imaging software and hardware system helps reduce time in the operating room, shortens your stay in the hospital, and speeds your recovery.

- **Before your surgery**, the software is used to analyze your X-rays and apply mathematical algorithms to determine anatomical landmarks. This allows your surgeon to pre-plan your procedure and operate with pinpoint precision.
- **During your surgery**, the tool uses real time GPS images to guide your surgeon in positioning your hip or knee implant with near-perfect accuracy.
- **After your surgery**, the precision accuracy permitted by Radlink GPS technology allows you to get back to an active lifestyle sooner, drastically reduces the risk of dislocation and wear on the joint, and delivers excellent long-term results.

For more information, or to make an appointment at Newport Orthopedics, call 401-845-1474, or visit newporthospital.org/ortho.





Food for Thought

Healthy Recipes from
Newport Hospital

Vegetable Lasagna (*This can be made with any combination of vegetables*)

8 oz Whole wheat lasagna noodles
1/2 cup Extra virgin olive oil
2-3 cloves Minced garlic
2 cups Chopped red onion (about 1 medium)
8 oz Fresh mushrooms, sliced
28 oz can Crushed tomatoes
2 cups Part skim ricotta cheese
1 large Raw egg
(optional) 1/2 cup Chopped fresh flat leaf parsley
6 oz Part skim mozzarella cheese

Boil 8 ounces of whole wheat lasagna noodles, as directed on package. Drain and brush with olive oil; set aside as you prepare the rest of the lasagna.

Heat the olive oil in a pan large enough to hold the vegetables. Add the garlic. Stir in the chopped onion. Cook until soft (about 6-8 minutes). Add the mushrooms, stir to combine. Cook until the mushrooms



lose their water and soften.
lose their water and soften.

While the vegetables are cooking, beat the egg in a large bowl. Stir in the ricotta cheese. Add the parsley (if using) and season with black pepper. When the onions and mushrooms are cooked, stir in the can of tomatoes, and cook an additional few minutes.

To assemble: Put some of the vegetable mix in the bottom of a 13 x 9 pan. Place rows of the cooked lasagna noodles over the vegetables to cover them. Spread a layer of the ricotta cheese mix over the noodles. (Drop spoonfuls of the ricotta on the noodles and use a butter knife to spread it around.) Top with some of the grated mozzarella cheese. Drop some of the vegetable mix on the cheese and then start another layer of noodles. Continue to layer until all the ingredients are used.

Bake at 350F until hot and cheese is melted. Let stand about 15 minutes until set.

Total calories: 3,400 or about 280 calories for 1/12th of the pan. The cooked lasagna freezes well.



This recipe is based on the work of **Mary Flynn, PhD, RD, LDN**, a well-known research dietitian with the Lifespan health care system whose work focuses on diet and health.

Dr. Flynn has developed a series of *Mary Meals*, recipes made with ingredients that studies have shown will reduce risk factors for chronic diseases. The meals are calorie-controlled and contain extra virgin olive oil, at least two servings of healthy vegetables, and two to three servings of whole grains and/or legumes (beans). All the *Mary Meals* are easy to prepare and inexpensive. To see more free *Mary Meals* recipes, go to Newporthospital.org/newsletters.

Don't Let Winter Freeze Your Exercise Routine continued from page 5

Exercise compresses the joints, forcing more of this nutrient-rich fluid into the cartilage, helping it stay healthy.

Does staying active and flexible help delay the need for joint replacement surgery?

Keeping active can aid in preserving your bones and cartilage. Exercise helps build endurance, strengthen your muscles, and increase your flexibility, which ultimately will protect your joints. Without exercise, arthritic joints become more stiff and painful, and bones become brittle and susceptible to fractures. Studies have shown that exercising may help patients with mild to moderate arthritis delay hip replacement surgery.

Joint replacement eventually becomes necessary for some people.

What advances have enabled better outcomes?

There have been major advances: reduced surgery time and fewer days in the hospital, and quicker recovery time. Patients regain a greater range of motion than in years past, and the joint implants last much longer.

Also, Newport Hospital is the only hospital in Rhode Island where Radlink GPS imaging technology is used during joint replacement procedures. This digitized X-ray software technology allows the surgeon to analyze the size, position and orientation of hip replacement implants and place them precisely where they need to be for the best results. Using real-time images during surgery, Radlink helps ensure more accurate joint placement, a shorter surgery, and faster recovery for our patients.

Michael Mason, DO, is a board-certified orthopedic surgeon who has designed and been involved in the development of multiple artificial joints, and has more than 20 years of experience in joint replacement and reconstructive surgery. He sees patients at Newport Orthopedics, a Lifespan Physician Group practice, in the Borden Carey Building at 19 Friendship Street, Newport. Reach the office at 401-845-1474.

Newport Hospital Community Calendar

COURSES AND PROGRAMS

Community Yoga. Wednesdays, 5:30 to 6:30 p.m. in the Hill Courtyard. Beginners welcome; bring your own mat. Free with suggested \$10 donation for the instructor. Call 845-1503.

Family and Friends CPR or Heartsaver CPR and First Aid. Registration and fee required. Call 401-845-1110.

Noreen Stonor Drexel Birthing Center education programs on childbirth preparation, infant care, breast feeding and more. Registration and fee required. Call 401-845-1110.

Risk Factor Reduction Program. Monitored exercise and disease prevention education at Vanderbilt Rehabilitation Center. Registration and fee required. Call 401-845-1179.

Newport Hospital community exercise programs. Call 401-845-1845.

- Community Walking Program. Indoor walking program in a safe hospital environment with trained leaders. No cost.
- Fitness for Function. Exercise in a safe environment with experienced leaders. Must be able to transfer to a chair independently. Registration and fee required.

FREE SUPPORT GROUPS

Brain Injury Association of RI: Contact 401-228-3319.

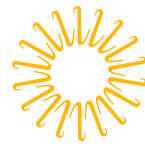
Breastfeeding Support Group: Contact 845-1110.
Meets weekly.

Parkinson's Disease Support Group:
Contact 401-736-1046.

**NAMI (National Alliance on Mental Illness)
Recovery Support Group:** Call NAMI Rhode Island at 401-331-3060.

Stroke Support Group: Contact Kathy Bergeron at 401-845-1244.

For further information on any program, please call the Newport Hospital Education Office at **401-845-1590**.



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11 Friendship Street
Newport, RI 02840

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Newport Hospital Community Lecture Series

Our community lecture series is intended to share health tips and medical expertise with the community, and introduce you to clinicians at the hospital. All lectures are free and open to the public, and include complimentary light refreshments.

Upcoming topics for the spring include spinal stenosis, managing migraines, tips on maintaining healthy joints, and more. Lectures are typically held the second Thursday of the month, from 6:30 to 7:30 p.m. Check back for dates and details at www.newporthospital.org under Events.

Most lectures take place in Newport Hospital's Gudoian Conference Room, just off the hospital's main lobby. Parking is free. Registration is recommended, as seating is limited. To reserve a seat, call 401-845-1492 or sign up online at www.newporthospital.org.

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