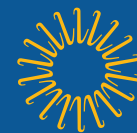


Newport Hospital Healthbeat

A PUBLICATION FOR THE NEWPORT COUNTY COMMUNITY • SUMMER 2016



Newport Hospital
Lifespan. Delivering health with care.™

Message from the President of Newport Hospital



Welcome to Newport Hospital's summer newsletter. We've packed this issue with useful information, from updates on our expanded women's health services and primary care practices, to our free support groups and exercise programs, to a healthy summer recipe. I hope you'll find it helpful.

This has been an exciting year of investment for Newport Hospital. After a record year of recruiting, during which we added more than 20 skilled new physicians, nurse practitioners and midwife to our staff, we turned our focus this spring to the addition of new, state-of-the-art technology in medical imaging.

We recently installed a new 128-slice CT scanner here at the hospital, which delivers high-speed, high-definition images while reducing radiation exposure and maximizing patient comfort. And I'm so pleased to announce that we now have two new digital tomosynthesis units installed at our Newport Hospital and Portsmouth Diagnostic Imaging

Center locations, delivering highly accurate 3D mammography. This new equipment is able to catch smaller tumors earlier, with fewer false positives. As a Breast Imaging Center of Excellence, it's the kind of state-of-the-art equipment we are proud to offer, and that the women of Newport County deserve.

Summer is the busiest time of year in our emergency department, and we have never been better prepared to handle the increased needs of our summer population. Our emergency medicine team has made remarkable progress this year on decreasing wait times and moving patients from the door to a doctor as quickly as possible; we have also adjusted our staffing to handle growing demand and provide fast, efficient, quality care.

Finally, as you look ahead, don't miss the Save-the-Date announcement for our first annual Newport Hospital "Fall into Fitness" 5k on September 18. We're excited to kick off this fun, family event, so mark your calendars, and look for more information to come.

Best wishes for a healthy, happy summer season,

Crista Durand

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Newport Hospital Welcomes New Physicians

Here's a quick look at the newest faces to join our medical staff.



Tanya Rodriguez, MD, joined Family Physicians of Tiverton and Little Compton as a board certified family medicine provider. Dr. Rodriguez received her medical degree from the University of Santo Tomas, in Manila, Philippines, and completed her family medicine residency at McLaren Regional Medical Center, in Flint, Michigan.



Susanne Patrick-MacKinnon, MD, joined Newport Neurology as a neurologist. Dr. Patrick-MacKinnon is well known to patients locally, and has been practicing in the area since 2003. She received her medical degree from the University of Massachusetts Medical School, and did her postgraduate training at Baystate Medical Center in Springfield and Yale New Haven Hospital.

In addition, we welcomed two new members to our expanded behavioral health team: **Leila Sadeghi, MD**, joined Newport Child and Adolescent Behavioral Health as a psychiatrist. Dr. Sadeghi received her medical degree from the University of Maryland Medical School; completed her residency at New York Presbyterian Hospital in Manhattan; and a fellowship at New



Leila Sadeghi, MD



Jocelyn La Haye, MD

York University School of Medicine. She comes to us through our partnership with Bradley Hospital, a national leader in child and adolescent psychiatry. And **Jocelyn La Haye, MD**, joined the staff on our inpatient behavioral health unit as a psychiatrist. Dr. La Haye received her

medical degree from McGill University in Montreal and completed her residency at The Warren Alpert Medical School of Brown University and Butler Hospital in Providence.

Drs. Rodriguez, Patrick-MacKinnon and Sadeghi all welcome new patients. Dr. La Haye provides psychiatric services on our inpatient behavioral health unit.

Dr. Rodriguez can be reached at Family Physicians of Tiverton and Little Compton, 401-624-1400.

Dr. Patrick-MacKinnon can be reached at Newport Neurology, 401-845-3800. She will see patients in suite 150 of the Borden-Carey building, and at 161 Chase Road, Portsmouth.

Dr. Sadeghi is located in Suite 240, Borden-Carey building, and can be reached at 401-845-1950.

Women's Health Services for Every Age

From adolescence, through pregnancy and childbirth, to menopause and beyond, women have unique health needs. That's why Newport Hospital has built on its deep commitment to women's health over the past 18 months, expanding our women's health team, renovating our women's health offices and our highly regarded Noreen Stonor Drexel Birthing Center, and offering new and enhanced services to women at every stage of life. Our team of five physicians and certified nurse midwife offer a wide range of specialized services, from wellness and breast health, to contraception and family planning, to gynecologic surgery and consultation on menopausal issues. We take a holistic approach to women's health, focusing on the medical, emotional, psychological and social components of wellness.



We are currently renovating the Newport offices of our women's health service, and we completed a renovation of the Noreen Stonor Drexel Birthing Center this past fall, just in time for the center's 20th anniversary. Updates to the birthing center range from new flat screen televisions and sleep sofas for partners and spouses to warm wood flooring, fresh colors and custom artwork. The attractive private suites—many with water views—offer a peaceful, home-like environment, and family-centered care that encourages mother and baby bonding and provides expertise and support for breast feeding.

“We have a really comprehensive array of services for women, to keep them well and healthy throughout their lives,” says Crista Durand, president of Newport Hospital. “Our birthing center is an absolute jewel—I can't imagine a more peaceful, pleasant, mother and baby-friendly place to welcome a child into the world—but I also want women to know that our women's health program is there for them at all life stages.”

Newport Women's Health Services welcomes new patients at our two convenient locations: 19 Friendship Street, Newport, 401-848-5556; and 77 Turnpike Avenue, Portsmouth, 401-683-7070. The Noreen Stonor Drexel Birthing Center offers free tours for expectant families and a wide range of childbirth and infant care education classes, as well as a free breast-feeding support group led by certified lactation consultants.

Fun Fact: The Noreen Stonor Drexel Birthing Center first opened its doors in 1995; more than 13,000 babies have been born there over the past 20 years.



Were you born at Newport Hospital?

Do you have parents or children who were born here? Tell us your generational story! Go to our Newport Hospital Facebook page, and post a picture of your #NewportBaby in our community baby book.

Physician Spotlight



Sam Evans, MD, is a pulmonologist at Newport Pulmonary Medicine. He received his medical degree from SUNY Downstate College of Medicine in Brooklyn, and completed his residency and a fellowship in pulmonary and critical care medicine at The Warren Alpert Medical School of Brown University and Rhode Island Hospital. He is

board certified in pulmonary and internal medicine, and has expertise in a wide range of pulmonary disorders, including airway problems (asthma and COPD), lung cancer, pulmonary vascular disease, sleep disorders, pulmonary fibrosis and more.

Q. What drew you to pulmonology?

A. I really respect the lungs. Figuring out how to improve a patient's lung health is a great and rewarding challenge.

Q. What are your particular interests within the field?

A. Shortness of breath and exercise limitation are fascinating to me. I also like diagnosing and treating pleural diseases when something goes wrong in the space outside of the lungs but inside the chest.

Q. What do you enjoy about practicing medicine in this community?

A. The people, of course! But I would have to say that the pulmonary rehabilitation program at Vanderbilt Rehabilitation Center is an absolute community treasure. Not many pulmonary practices have ready access to high quality pulmonary rehab, which is so vital to so many patients.

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

A. I enjoy cooking, playing squash, and playing bluegrass music.

Dr. Evans' office is located at 23 Powel Avenue, Newport. He welcomes new patients and can be reached at 401 845 1599.



Liza Famador, MD and Camille Montes, MD

FOCUS ON PRIMARY CARE: *Portsmouth Family Medicine*

You could say that Camille Montes, MD, is embracing a family tradition. As a family medicine physician at Portsmouth Family Medicine, providing primary care to Portsmouth residents of all ages, she is following in her mother's footsteps.

"I grew up in a family of physicians," she says. "My mother is a family practitioner herself. Growing up [in the Philippines], I spent some of my summers helping out around my mother's clinic. [Choosing this specialty] was just the natural thing to do."

"We see many families, and it's great to be able to care for every member, from the young ones to the elderly. Having that continuity of care gives me the framework to provide the best care."

- Dr. Famador

Both she and her colleague, Liza Famador, MD, cite the small, intimate nature of the Portsmouth community as a factor that drew them to the practice, and to the delivery of primary care in a family context.

"A small community like Aquidneck Island gives me the opportunity to really practice family medicine," says Dr. Famador. "We see many families, and it's great to be able to care for every member, from the young ones to

the elderly. This kind of medicine allows me to build relationships with my patients and to care for them through time. Having that continuity of care gives me the framework to provide the best care."

Portsmouth Family Medicine is located at 161 Chase Road in Portsmouth. Both physicians welcome new patients. To make an appointment, please call 401-683-3300.

What is Family Medicine? Family Medicine providers see patients of all ages, delivering comprehensive primary care to individuals or entire families.

All our practices welcome new patients. Once you are an established patient, all practices now offer weekday walk-in hours for quick-sick visits. If you are sick on a Saturday, we also offer appointments and walk-in hours at our Newport location.

Additional Primary Care Practices Affiliated with Newport Hospital

Jamestown Family Practice

20 Southwest Avenue, Jamestown, RI

401-423-2616

Joseph England, MD

Lauren Goddard, MD

Carla Vaccaro, MD

Family Physicians of Newport

The Borden-Carey Building

19 Friendship Street, Newport, RI 02840

401-845-2113

Steve Louvet, DO

Jana Magarian, RNP

Lauren Martin, RNP

Family Physicians of Tiverton and Little Compton

1800 Main Road, Tiverton, RI 02878

401-624-1400

Tanya Rodriguez, MD

Anne Neuville, RNP

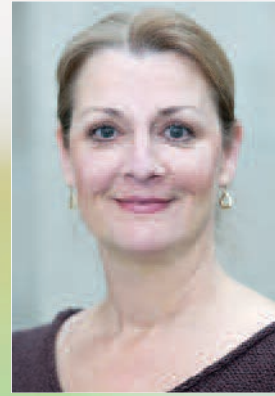
Nancy Jones, RNP

Comprehensive Cancer Center Expands at Newport Hospital

The Comprehensive Cancer Center at Rhode Island, The Miriam and Newport hospitals has expanded at Newport Hospital, bringing new services and benefits to Aquidneck Island patients.

Among the additions is a second full time medical oncologist, Randy Ingram, MD, who will begin seeing patients at the center in September, and a nurse navigator, who provides support with everything from the financial and emotional aspects of cancer to explaining medication, coordinating appointments, arranging referrals and more. The center also now has a full-time research coordinator, who provides access to cutting-edge clinical trials and novel cancer therapies, including unique trials specifically designed for the geriatric cancer population.

The Newport site offers advanced hematology and award-winning cancer care, including chemotherapy, while also offering a full range of services for other non-cancerous conditions, such as infusion therapy for Crohn's disease and gastrointestinal illnesses. **For more information, call 401-845-1646, or find the center online at newporthospital.org.**



In the News

Ginny Bass, MD is an obstetrician/gynecologist with Newport Women's Health. This column first appeared in *The Newport Daily News*.

Understanding Menopause

Menopause can be a difficult time for many women, but understanding what to expect and taking steps to manage menopausal symptoms can help. A woman is considered to be menopausal if she has not had her cycle for a period of 12 months. The average age of menopause is 52 years old.

Menopause is marked by the loss of ovarian function and with this loss comes the loss of the female hormones estrogen and progesterone. The four to 10 years prior to menopause is termed "perimenopause"; during this time the ovaries are no longer producing hormones "in concert". The result is a severe fluctuation in hormone levels, which can cause menstrual abnormalities and mood swings.

Estrogen and progesterone elevate our levels of HDL (the good cholesterol), protect our blood vessel walls, prevent osteoporosis, increase elastin and collagen in our skin and regulate vaginal moisture and sleep. Therefore, when the ovaries decide to retire, women are at risk for harmful changes in cholesterol, cardiovascular disease, osteoporosis, vaginal dryness that can lead to sexual dysfunction, and sleep disturbances.

This is the time when many women have debilitating hot flashes and night sweats. Women are also at their greatest lifetime risk for weight gain if they do not make the necessary lifestyle changes.

Treatment options

Proper diet, exercise, sunlight and decreasing stress are essential. Diets that are low in complex carbohydrates and high in simple carbohydrates such as fruits and vegetables can provide relief for many menopausal symptoms,

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Walter's Story



"It was a fantastic experience. They are all so caring, so kind. At every step, we always felt we got great care here."

- Walter Kalisz

Walter Kalisz has been a practicing attorney for some 45 years, handling cases large and small, but his biggest victory may have been simply walking into his office this past fall.

Walter was a healthy 67-year-old when he was struck by a heart attack last May. His wife, Elsie, found him struggling to breathe and immediately called 911 and had him taken to the Newport Hospital emergency room. "I was following the ambulance," she says, "and by the time I got there, he had flat-lined. It was an out-of-body experience, very scary. But everyone was so kind and reassuring to me, explaining what was going on."

Walter was resuscitated and stabilized in the emergency department, and evaluated by cardiologists with the Cardiovascular Institute (CVI). He was then transported to The Miriam Hospital, our Lifespan partner, for additional treatment, performed by the CVI interventional cardiology team.

There his struggle continued: he developed pneumonia, suffered a stroke, and spent 10 days in an induced coma. And yet, he fought his way through. He returned to Newport Hospital for a stay as an inpatient at the Vanderbilt Rehabilitation Center, where he gradually regained health and function. "They were wonderful," he says. "It was a fantastic experience. They are all so caring, so kind. At every step, we always felt we got great care here."

He has continued as an outpatient in Vanderbilt's cardiac rehab and cardiac maintenance programs, working to regain his strength and endurance, and now sees Newport CVI cardiologist George Charlton regularly. With Elsie at his side, he returned to work this fall, and recently won a case for a new client. And with his strength returning, he is eager to be more mobile, so he is having a knee replacement done...here at Newport Hospital.

"We have been married 2,705 days, and every day is our anniversary," he says, taking Elsie's hand. "I send her flowers every week. Believe me, I learned that every day is important."



Food for Thought

Healthy Recipes from
Newport Hospital

A toasted Italian bruschetta makes an easy summer appetizer, and is a great way to pack in servings of healthy vegetables and legumes (beans).

Tuscan-style Bruschetta

2 tablespoons of extra virgin olive oil

1 clove garlic

1/2 cup of roasted red pepper strips

1/3 cup of frozen spinach (defrosted) or 2 cups fresh baby spinach

1/2 cup cannellini beans, drained and rinsed

2oz. whole grain bread toasted

Optional: fresh basil or chives, shavings of parmesan or pecorino



Heat the olive oil on medium. Add the red pepper and cook for three to four minutes. Stir in the spinach and cook another five minutes. Add the cannellini beans, heat through. Toast the bread, then brush the slices with a little olive oil.

Peel and crush the garlic clove under a knife blade or in a garlic press, then rub gently over the bread. Pile each slice with some of the bean/pepper/spinach mixture. If you like, top with a sprinkle of fresh herbs and a shaving of parmesan or pecorino.

Per serving:
550 calories
3 vegetables
2 starches



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.

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.

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as well as prevent weight gain. Increasing calcium and vitamin D-rich foods is also important to prevent osteoporosis.

Many menopausal women benefit from antidepressants which can help not only with the potential depression and anxiety but also with hot flashes. Hormone replacement therapy benefits many women, but is not for everyone.

A woman should seek treatment when any of the potential consequences of menopause are affecting her quality of life. Ask your gynecologist about menopause and the menopausal transition around the age of 40, and communicate openly with your partner or spouse for support throughout this stage.

For more information, visit www.newporthospital.org/womens-health-services.html

This column first appeared in the Newport Daily News.



Newport Hospital Community Calendar

COURSES AND PROGRAMS

Family and Friends CPR or Heartsaver CPR and First Aid:
Registration and fee required. Call 401-845-1547.

Noreen Stonor Drexel Birthing Center education programs on childbirth preparation, infant care, breast feeding and more.
Registration and fee required. Call 401-845-1547.

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.
- **Tai Chi for Health.** Safe and gentle exercise using sun-style Tai Chi with trained instructors. Three levels available. Registration and fee required.

FREE SUPPORT GROUPS

Alzheimer's Caregiver Support Group: Contact Stewart Burchard at 560-275-8818.

Brain Injury Association of RI: Contact 401-461-6599 or 800-824-8911.

Breastfeeding Support Group: Contact 401-845-1110.
Meets weekly.

Diabetes Support Group: Contact VNS Newport/
Bristol Counties at 401-849-2101. Meets at Edward King House, Newport.

Fibromyalgia Support Group: Contact Julie Hopkins-DeSantis at 401-783-5538, or Rebecca at 401-739-3773, ext. 18.

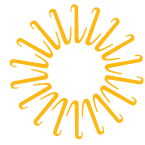
NAMI (National Alliance for Mental Health) Connection, Recovery Support Group: Contact NAMI Rhode Island at 401-331-3060. Meets weekly.

Parkinson's Disease Support Group: Contact Mary Ellen Thibodeau at 401-736-1046.

Stroke Support Group: Contact Julia Nutt at 401-845-1845.
Meets monthly.

Tobacco Smoking Cessation Program:
Contact Donna Levesque at 401-519-1970.

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



Newport Hospital

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Newport Hospital
11 Friendship Street
Newport, RI 02840

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 complementary blood pressure screening and light refreshments.

Upcoming topics for the fall include memory preservation techniques as we age; maintaining joint health and flexibility with exercise; and dietary and nutritional tips for women over 50. Check back for dates and times at www.newporthospital.org.

Most lectures take place in Newport Hospital's Gudoian Conference Room, just off the hospital's main lobby. Parking is free. Blood pressure screenings are provided from 6 to 6:30 p.m. No registration is required, but seating is limited. **To reserve a seat, call 401-845-1492 or sign up online at www.newporthospital.org.**



Save the Date!

Sunday, September 18, 2016

Fall into Fitness: Newport Hospital 5k