

Newport Hospital Health

A PUBLICATION FOR THE NEWPORT COUNTY COMMUNITY • SUMMER 2018

Message from the President of Newport Hospital



Welcome to the summer 2018 edition of our community newsletter! Summer in Newport is always a busy time, as the population swells with summer residents and tourists. The same is true at our hospital; when other

institutions enter a summer lull, we enter high season.

This summer is a particularly exciting time for us: we have just launched an innovative project to reimagine and reshape our Emergency Department, creating the kind of state-of-the-art facility this community deserves. This long-awaited project is part of a milestone \$15 million campaign, our first major capital campaign in 20 years. We're calling the campaign "Beyond the Building", because it really is about more than bricks and mortar—it's about the care delivered, the lives saved, the families affected.

As the only emergent care facility on Aquidneck Island, our ED is the one service that everyone depends on, and when complete, our new design will

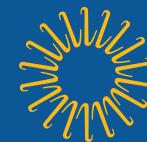
be a model of best practices in emergency medicine, doubling our capacity and ensuring a more private, comfortable experience for all. We need the support of our entire community to help us create this lasting legacy, so please see the message on the back cover for how you can play a part. (And rest assured, our ED will remain open and ready to deliver care throughout the next 15 months of construction.)

In addition to that major initiative, we have a host of new physicians and providers joining us, including four new primary care providers. This is great news for anyone searching for a new primary care home: we are accepting new patients!

Inside, you'll also find news of the partial hospitalization program we launched this spring, for patients struggling with both substance abuse and mental health issues. Finally, there are tips on how to avoid or treat varicose veins; a healthy recipe for a summer pasta salad; and much more.

Best wishes for a healthy and happy summer,

Crista F. Durand



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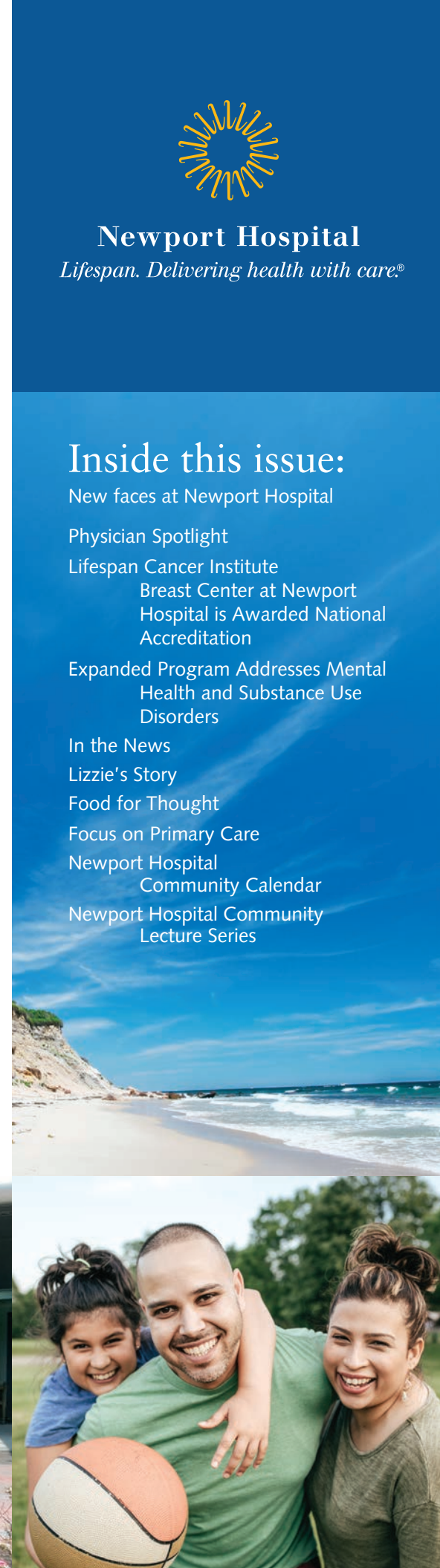
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New Faces at Newport Hospital

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.



Four new physicians have joined our primary care team. **Sami Assad, MD***, is a family medicine physician with experience in a range of primary care and hospital settings. He received his medical degree from St. George's University School of Medicine, in Grenada, and completed his family medicine training at the University of South Alabama Medical Center; the USA Family Medicine Center; and the USA Children & Women's Hospital. He is a member of the American Academy of Family Physicians. *effective 9/1/18



Alberto Gavilanes, MD*, is a board-certified internal medicine physician and a fellowship-trained specialist in geriatrics. He received his medical degree from the Universidad Catolica de Santiago de Guayaquil, Ecuador, with additional training at Weil Cornell Medical College in New York and the University of Miami's Miller School of Medicine. He completed his residency at the Seton Hall University School of Health and Medical Sciences, Trinitas

Regional Medical Center, in New Jersey, and a geriatric medicine fellowship at the Montefiore Medical Center in the Bronx. *effective 7/15/18



Halina Harding, DO, is a board-certified family medicine physician with many years of experience in family medicine and a holistic, patient-centered approach. She received her medical degree from the Michigan State University College of Osteopathic Medicine; completed her family practice residency at Oakland General Hospital; and an internship at Pontiac Osteopathic Hospital, both in Michigan. She has practiced most recently at CCAP Everett C.

Wilcox Health Center, a patient-centered medical home in Warwick. Dr. Harding is a member of the American Osteopathic Association and the American College of Osteopathic Family Physicians.



Jeanne Oliva, MD, is a board-certified internal medicine physician with decades of experience providing compassionate, comprehensive primary care. She completed her medical degree at the Geisel School of Medicine at Dartmouth, and at The Warren Alpert Medical School at Brown University. She completed her residency at Rhode Island Hospital. Dr. Oliva practiced at University Medicine primary care, in Providence, for almost 15 years, and joined us from her most recent practice at Women & Infants Center for Primary Care. She is also a clinical assistant professor of medicine at the Alpert Medical School, and a member of the American College of Physicians.

Andrew A. Nowak, MD, Jon K. Lambrecht, MD and Christopher J. Luttmann, MD are all board-certified cardiologists who have joined the Lifespan Cardiovascular Institute at Newport Hospital.



Dr. Nowak earned his medical degree from the University of Massachusetts Medical School in Worcester, and completed an internship and residency in internal medicine at UMASS Medical Center and a fellowship in cardiology through the Brown Integrated Hospital Program. He specializes in noninvasive diagnostic cardiac imaging and consultative cardiology.



Dr. Lambrecht received his medical degree from Eastern Virginia Medical School, and completed his internship and residency in internal medicine at Roger Williams Hospital. He completed fellowships in cardiology and interventional cardiology through the Brown Integrated Hospital Program. Dr. Lambrecht is a clinical assistant professor of medicine at The Warren Alpert Medical School of Brown University, and a fellow of the American College of Cardiology.

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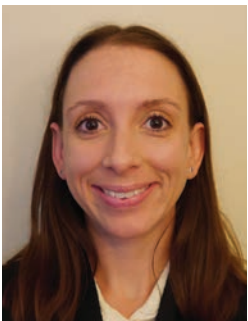
Dr. Luttman earned his medical degree from Albany Medical College of Union University of Albany in New York. He completed his internship and residency in internal medicine at Lankenau Hospital in Philadelphia and a fellowship in cardiology through the Brown University Integrated Hospitals Program. He was an assistant clinical professor of medicine at The Warren Alpert Medical School of Brown University for over 20 years. He has been

listed as one of “Rhode Island’s Top Docs” by Rhode Island Monthly on multiple occasions.



We have three new members of our behavioral health team. **Andrea Elmere, PMH-NP, BC***, is a certified psychiatric mental health nurse practitioner. She completed her master of science in nursing at the University of Rhode Island, and her psychiatric nurse practitioner certification at Husson University in Bangor, Maine. She has more than two decades of experience providing mental health services to adults, adolescents and children, and will see patients in the

Newport Hospital Partial Hospitalization Program. *effective 9/14/18



Christine Leddy, MD*, is a psychiatrist with Newport Psychiatry and Lifespan Physician Group. She received her medical degree from the University at Buffalo, School of Medicine and Biological Sciences, and completed her specialty training at Upstate Medical University Hospital, in Syracuse and at Duke University Hospital, in Durham, North Carolina. She is a member of the American Psychiatric Association. *effective 8/1/18



Philip Schmitt, MD, is a multiple board-certified psychiatrist, specializing in adult psychiatry and addiction medicine. He received his medical degree from Georgetown University Medical School, and completed his post-doctoral training at Georgetown University Hospital, in Washington, DC, and at The Johns Hopkins Medical Institutions in Baltimore, Maryland, where he served as chief resident. He

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Physician Spotlight



Lisa Licare, DO, is a board-certified obstetrician/gynecologist with Newport Women’s Health, a Lifespan Physician Group practice. She joined the women’s health team in Newport last fall, and has already delivered close to 75 babies at the hospital’s Noreen Stonor Drexel Birthing Center. Dr. Licare is a junior fellow of the American Congress of Obstetricians and Gynecologists.

Q. What drew you to the field of obstetrics/gynecology?

A. Helping to bring new life into the world is truly satisfying work. I remember the first birth I ever attended—it was an amazing experience, and it never gets old.

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

A. Obstetrics is at the heart of what I do. I love partnering with women and being a resource for them before, during and after the birth of their babies.

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

A. I like the personal feel of a small hospital, and the nurses at the Noreen Stonor Drexel Birthing Center are wonderful. I have been met with nothing but kindness from the community!

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

A. I enjoy spending time with my family and pets—I have three parrots and a Boston terrier named Ruby.

Dr. Licare is located in the Newport Women’s Health offices, Borden-Carey Building, 19 Friendship Street, Newport. She welcomes new patients and can be reached at 401-683-7070.



Lifespan Cancer Institute Breast Center at Newport Hospital is Awarded National Accreditation

As part of the Lifespan Cancer Institute Breast Center, Newport Hospital received a three-year full accreditation from the National Accreditation Program for Breast Centers and the American College of Surgeons (ACOS). This was the first time that the Newport Hospital Breast Center was included in the ACOS survey process. The accreditation—the top recognition that ACOS offers—formally acknowledges the hospital’s commitment to providing the highest quality evaluation and management of patients with breast disease.



The three-year full accreditation is awarded to centers that comply with rigorous standards at the time of survey. The report singled out the center’s excellent patient navigator, and noted that the associated imaging center at Newport Hospital is accredited by the American College of Radiology as a breast imaging center of excellence.

The center brings all the multidisciplinary skills and expertise of the Lifespan Cancer Institute at Rhode Island and The Miriam hospitals to patients right here at Newport Hospital. A team of specialists, including medical oncologists, radiation oncologists, surgeons, pathologists and more, all meet regularly in a tumor board to discuss the unique circumstances of each patient’s condition and provide an appropriate treatment plan. A dedicated nurse navigator assists patients with all aspects of diagnosis, treatment and recovery.

“We’re proud of this recognition, and pleased to be able to offer this kind of top level cancer care right on Aquidneck Island,” says Crista Durand, president of Newport Hospital. “The excellence of our cancer care sometimes feels like a well-kept secret, so I’m happy to share the news of this accreditation and help people understand the high level of services available.”

Visit cancer.lifespan.org for more information.

Expanded Program Addresses Mental Health and Substance Use Disorders

In response to pressing community need, Newport Hospital opened a second track in its established Partial Hospitalization Program this past spring, for patients with co-occurring substance use and mental health diagnoses. The program offers short-term, group-based, comprehensive outpatient treatment. The new track addressing substance use is the only one of its kind in southern Rhode Island.

The partial hospitalization program brings together a multidisciplinary team that includes psychiatrists, psychologists, nurses, social workers, mental health counselors, and recreational therapists. Team members offer expertise in both mental health and substance use disorders, and the emphasis is on restoring a patient’s health and emotional stability and focusing on recovery.

The average program duration is from one to two weeks, and runs six hours a day, five days a week. Partial hospitalization can be an effective alternative to inpatient treatment, for those patients who do not require that level of care, or can help patients transition to home after an inpatient stay.

For more information, call 401-845-1910, or go to newporthospital.org/partialhospital.

Recent Recognition for Newport Hospital!

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

- An ‘A’ for patient safety and quality from the Leapfrog Group’s annual hospital safety ratings
- Blue Center of Distinction from Blue Cross /Blue Shield for excellence in orthopedics
- Silver Plus rating from the American Heart Association for excellence in stroke care



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resident. He brings decades of experience in behavioral health, seeing both child and adult patients, and is a Distinguished Fellow of the American Psychiatric Association. Dr. Schmitt is seeing patients in the Newport Hospital Partial Hospitalization Program.



Kathleen Johnston, PA-C, is a certified physician assistant with the Comprehensive Spine Center at Newport Hospital. She received her master of science degree in physician assistant studies from DeSales University, in Center Valley, Pennsylvania, and has more than 12 years of experience as a physician assistant in spine and orthopedic settings. She has practiced most recently as a physician assistant focused on spine

surgery, in both the urgent care and outpatient practices of Orthopedic Partners in Connecticut.

New provider directory

Here is how to reach these new providers

Sami **Assad**, MD, Alberto **Gavilanes**, MD, Jeanne **Oliva**, MD:
Lifespan Physician Group, Primary Care, Newport: 401-606-4510

Halina **Harding**, DO: Jamestown Family Practice: 401-423-2616

Andrew A. **Nowak**, MD, Jon K. **Lambrecht**, MD, Christopher J. **Luttmann**, MD: Lifespan Cardiovascular Institute at Newport Hospital: 855-332-8474

Christine **Leddy**, MD: Newport Psychiatry: 401-845-4340

Andrea **Elmere**, PMH-NP, BC, Phillip **Schmitt**, MD: Newport Hospital Partial Hospitalization Program: 401-845-1910

Kathleen **Johnston**, PA-C:
Comprehensive Spine Center: 401-845-1190



In the News

Jason Vachon, MD, is an interventional radiologist at Newport Hospital, where he offers minimally invasive vein therapy for painful or unsightly varicose veins. In this column, which first appeared in the *Newport Daily News*, he discusses this common ailment and what can be done about it.

Straight Talk About Varicose Veins

Q. What are varicose veins?

A. Varicose veins are generally the result of abnormal blood flow. With the help of one-way valves, veins carry blood back from the tissues to the heart and lungs to get oxygen. Malfunctioning valves allow blood to pool in diseased veins. This is particularly true in the legs, where returning blood must fight gravity. The result is enlarged, painful, and unsightly veins. These typically develop and worsen as we age.

Q. Are varicose veins more than a cosmetic problem?

A. Varicose veins are not just a matter of looks – they can cause significant discomfort. The most common symptoms I see are throbbing pain and itching around varicose veins. Some people may develop leg swelling. In more severe cases, wounds can form, typically at ankle level, which can be slow to heal due to changes in blood flow. Blood clots can form in varicose veins, although these are different from the clots in deeper veins that could travel to the heart and lungs. Clots associated with varicose veins can result in a painful inflammatory reaction, but are rarely life-threatening.

Q. What are the most effective treatments for varicose veins?

A. Compression stockings can be very effective in helping to manage symptoms. However, many patients find them uncomfortable. A variety of minimally invasive outpatient treatments are available to help treat varicose veins:

- thermal (laser or radiofrequency) ablation, which closes the vein, eliminating blood flow
- vein removal (phlebectomy)
- injection of agents to scar small veins to make them disappear (sclerotherapy)

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Lizzie's Story

Lizzie Benestad is a Latin teacher at Portsmouth Abbey, and a patient of Dr. Kyle Silva's at the Comprehensive Spine Center. She recently completed a 500-mile hike across northern Spain.

Lizzie Benestad is a lifelong athlete. Growing up in Scranton, Pennsylvania (“Home of *The Office* and Joe Biden,” as she puts it), she ran track and played soccer and basketball through high school. In college, she ran cross-country and discovered an affinity for long distances.

“I ran my first marathon when I was 19, because it sounded fun,” she says. “It was that simple.” A decade later she was running two a year, including two Boston marathons. She was also teaching Latin and Greek at Portsmouth Abbey; coaching basketball, track and softball; and coaching adult women runners.

All those miles logged began taking a toll on her joints, and she had two knee surgeries, both at Newport Hospital. The procedures were successful, and she was soon back out on the road. Then she developed arthritis in her back, and the pain started to radiate to her legs.

“I really couldn't run for long periods without a lot of pain; and after running, the rest of the day would be really bad,” she says. “I just couldn't do the things I'm used to doing. My doctor [Ralph Earp, MD, at Lifespan Physician Group, Primary Care, Newport] referred me to Dr. Silva. I went in to see him and he suggested radiofrequency ablation [a non-surgical procedure that blocks pain caused by back arthritis.]

“Dr. Silva is just the nicest person on the planet,” she continues. “He's so cordial, and explained everything so thoroughly. He made what could be a painful experience into something much more pleasant. He was so friendly and supportive, and hopeful that the treatment would work.”

Before the pain in her back had derailed her, Lizzie had made plans with a friend to walk the famous Camino de Santiago, an 800-kilometer historic trail across northern Spain. “I knew I'd have to walk an average of 16 miles a day, and carry a backpack,” she says. Lizzie had her first treatments in February. By the end of April, she was feeling well enough to get on the plane to Europe.

“It's 31 days of walking with only three rest days—and I was pain-free,” she says. “It was an amazing trip. It's incredible that something so simple,



just walking, could provide such a rich experience. You are forced to be present at all times, just walking, or enjoying the moments of rest and connection.

“When I went back to see Dr. Silva and told him I'd been able to do the walk with no pain, he was genuinely excited and happy for me. He's wonderful.

“I'm also back to running three to five miles, and so far, so good. I probably will be back running marathons, at least accompanying the runners I coach. I just can't imagine not running.”

To contact the Comprehensive Spine Center, call 845-1190 or visit goodback.org.



Food for Thought

Healthy Recipes from Newport Hospital

Mediterranean Pasta Salad

2 tablespoons Extra virgin olive oil vinegar
 3 oz dry weight Cooked whole wheat pasta
 1 cup Chopped red and green peppers
 ½ cup Chopped celery
 ¼ cup Chopped red onion
 Optional: black olives, capers, chopped fresh herbs
 (basil, chives, mint)

1. Mix together cooked pasta and chopped vegetables.
2. Toss with a salad dressing made with extra virgin olive oil and vinegar.



Calories	600
Vegetables	3.5
Starch	3

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/newsletters.

Focus on Primary Care

We know that if you're sick, or have a family member in need of care, you want to be able to see a primary care provider right away. That's why we've spent the past year expanding our hours and access to our four affiliated primary care practices. For our established patients, we now offer quick-sick walk-in hours at every practice, every weekday morning, and evening and Saturday hours at our central Newport location.

This fall, we're taking that one step further—we will be offering all-day walk-in hours to established patients, Monday to Thursday, at our central Newport location, along with evening and Saturday hours.

That means you can always walk in and get a quick strep test for a child with a sore throat, or an antibiotic prescription for an infection, or whatever care you need to help you get on with your busy life.

If you are a new patient looking for a primary care home, just call our new patient number—**401-606-4PCP**—and we will help you sign on with a provider and practice that meets your needs. For all other requests, please call the practice numbers below.

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

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

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Q. What can I expect from treatment?

A. These treatments are all minimally invasive, requiring incisions of less than a quarter-inch. Treatment takes about an hour. Patients typically are able to go home 30 minutes after their procedure and can resume most of their routine activities within 24 hours. However, patients should avoid heavier exercise for two weeks after most procedures.

Patients can expect some discomfort for one to two weeks after treatment. Over-the-counter analgesics such as acetaminophen or ibuprofen (not aspirin) will provide relief.

Dr. Jason Vachon can be reached at 401-845-1338.

Newport Hospital Community Calendar

COURSES AND PROGRAMS

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.

Safe Sitter: designed to prepare students in grades 6-8 to be safe when home alone, watching younger siblings or babysitting. Includes CPR and choking rescue skills. Registration and fee required. Call 401-845-1592.

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.

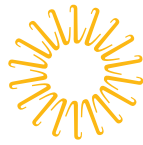
FREE SUPPORT GROUPS

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

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

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

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



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 complimentary light refreshments.

Upcoming topics for the fall include living well with COPD, a physician-led wellness panel, and a forum on the role and importance of primary care. Lectures are 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. No registration is required, but seating is limited.

To reserve a seat, call 401-845-1492 or sign up online at www.newporthospital.org.



BEYOND *the* BUILDING

The Campaign for Newport Hospital

Call 845-1617 to learn more.
<https://giving.lifespan.org/Newport/Campaign>



Newport Hospital Foundation

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