



**Baystate
Health**

SPIRIT OF WOMEN

Catch the *Spirit*

*Published for members of the
Spirit of Women at Baystate Health*

Winter 2011-2012

Dear Spirit of Women Member:

Welcome to the Winter issue of Catch the Spirit!

When the holidays are over, you may find yourself feeling “some kind of way” about your over indulgence this season. Whether it’s how much you spent, how much you ate, or who you couldn’t accommodate, you’re maybe feeling a little guilty. Unfortunately, there’s no way to un-eat what you ate, get back the money you spent, or change the thoughts and opinions of other people; those things are out of your control. However, there is a way you can get your health and body back on track for the New Year. You can take control of your health by making small changes to what you eat, how much you exercise, and how much sleep you’re getting. Most importantly, remember that becoming healthier in the next year and years to come will take time, so give yourself a chance and the right tools to help you along the way.

This winter, our Baystate Health providers are gearing up to share information about heart health, sleep, and nutrition to get you “Back on Track.” Come out to our Spirit of Women programs to learn more about your health or just get motivated –it’s a great way to get started. If you’re feeling a little guilty, then take control and register for one of our programs today! Hope to see you soon.

Sincerely,
Your Spirit of Women Coordinator,

Tracy Whitley
Manager, Loyalty Programs
413-794-2413



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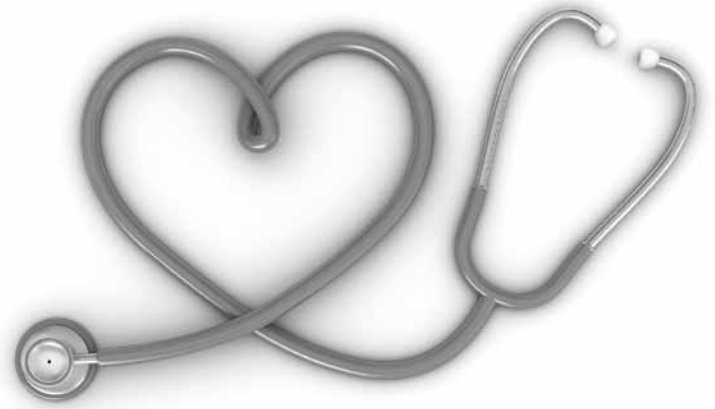
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Baystate Health is a leading not-for-profit health system with the charitable mission of improving the health of the people in our communities every day with quality and compassion.

February

is Heart Health Month



Lecture Series 2012

All seminars are held at the Baystate Health Education Center, 361 Whitney Avenue, Holyoke, 1-3:30 p.m. Heart healthy refreshments will be served and handouts provided. Registration is required: 800-377-4325.



Sunday, February 5

Cardiac Testing and Imaging

STEVEN B. WEINSIER, MD, Interventional Cardiologist, BMP Northampton Cardiology

Join us for a discussion about tests and procedures available to help determine if a person has cardiovascular disease, the type of disease, its severity, and the most effective treatment methods.



Sunday, February 12

Preventing Sudden Cardiac Death

MATHIAS L. STOENESCU, MD, Cardiac Electrophysiologist, Baystate Cardiology

Join us for a discussion about preventing sudden cardiac death in a person with known or unknown cardiac disease.



Sunday, February 19

The Latest Advances in the Treatment of Acute Heart Attack

J. MARK PETERMAN, MD, FSCAI, FACC, Director, Baystate Regional Heart Attack Program, Baystate Medical Center, Assistant Clinical Professor of Medicine, Tufts University School of Medicine

What is the latest in treatment and technology in interventional cardiology? Learn about the latest evidence on heart attack care.



Sunday, February 26

Cardiac Surgery Today

JOHN ROUSOU, MD, Chief of Cardiac Surgery, Baystate Medical Center, Board Certified in Surgery and Cardiothoracic Surgery; Assistant Professor of Surgery for Tufts University School of Medicine

Join us for an in-depth discussion about the wide spectrum of cardiac surgical operations for adult-acquired and congenital cardiac diseases including coronary artery bypass grafting and heart valve surgery.

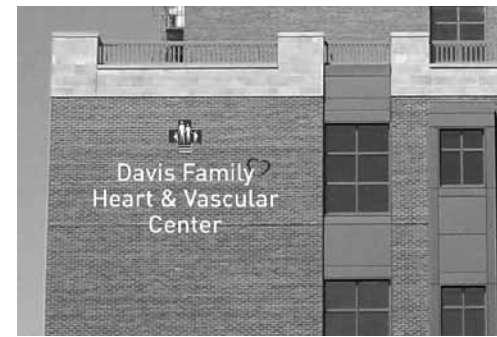
This series, sponsored by the Baystate Heart and Vascular Program, is a popular annual series of seminars featuring our physicians, surgeons, and medical staff.

Opening in March!

Put Your Heart in the Right Place

The Davis Family Heart & Vascular Center at Baystate Medical Center

Baystate Medical Center's Heart & Vascular Center, opening in March, will carry the name of one of the region's most renowned and respected philanthropic families. The Davis Family Heart & Vascular Center is the first of the patient care areas to open in Baystate's new facility, currently in the final stages of construction.



The center provides a new home for Baystate's award-winning Heart & Vascular Program. "We're a national leader in cardiovascular care, among the best in the country on response times, outcomes, and survival rates," says Dr. Aaron Kugelmass, chief, Cardiology, and medical director, Baystate Heart and Vascular Program.

All of the extensive heart and vascular care currently provided at a variety of locations within Baystate Medical Center will be brought together under one roof in this visionary new facility.

"Cross functional surgical suites will enable us to deliver a full range of therapies—from imaging to surgeries—in one place," says Dr. Mark Hirko, chief, Vascular Surgery. "And a new 20-room Cardiac Assessment Recovery & Evaluation (CARE) Unit will allow patients undergoing outpatient procedures to go from pre-op to discharge in the same room, with the same nursing team."

"This facility will make a tangible difference in the lives of our patients," says Dr. John Rousou, chief, Cardiac Surgery. "It will facilitate better communication among physicians, improve patient satisfaction by streamlining the care experience, and generally allow us to deliver better, more integrated care by capitalizing on our strengths and commonalities."

Kugelmass continues, "As trends continue toward minimally invasive approaches to cardiovascular problems, we will continue to identify new ways to bring our perspective, knowledge, and expertise together on behalf of our patients. The new Davis Heart & Vascular Center will facilitate that

collaboration, while supporting the kind of high-quality clinical and nursing care that characterizes stellar programs. At the end of the day what really matters is the impact we have on each individual life."

As the region's only provider of tertiary heart and vascular services, Baystate Medical Center's experts perform more than 80% of all cardiac surgeries in western Massachusetts. It is among the top three highest-volume medical centers in the entire state for coronary surgery and coronary angioplasty. And it offers the region's only full-service interventional cardiac catheterization laboratory, with the capability to help stop a heart attack while it's happening.

"We see treatment of cardiovascular disease as a symphony—with the different pieces of our 'orchestra' coming together to deliver a healing rhythm of exceptional care. Everything about the Davis Heart & Vascular Center, from the look and feel to the functionality, has been designed with that in mind," says Betty LaRue, RN, director, Heart & Vascular Program.

"I think people will be amazed," says John Davis, who, with his family, made the largest gift ever given to Baystate Health in support of the new center. "The facility is well thought out and planned to provide the latest technologies in a warm, patient-centered environment that will bring cardiovascular services together in a way we haven't seen before."

Learn more at baystatehealth.org/heart.

Heart to Heart

Support Group for Women with Heart Disease

Third Tuesday of each month, 4:30-6 p.m.

Baystate Franklin Medical Center
164 High Street, Greenfield

The purpose of "Heart to Heart" is to provide mutual support, motivation to continue healthy lifestyle behaviors, and education about matters concerning heart disease and heart health. Kathryn Aubry McAvoy, NP, facilitates the support groups. She is a graduate of the University of Massachusetts, Amherst with a Masters of Science in Nursing, and has been employed as a nurse practitioner in the Cardiopulmonary Department at Baystate Franklin Medical Center since 2002. For more information: 413-773-2397. FREE!

Women's Healthy Heart Forum

Mondays, February 13, March 19, April 9
& Friday, May 4, 5-6 p.m.

Baystate Cardiovascular Rehabilitation & Wellness
3300 Main Street, Suite 2A, Springfield

Facilitator Elaine McCaffrey, MSN, RN-BC, Baystate Medical Center's Cardiac Rehabilitation and Wellness, offers a free open forum for women with heart disease or women who wish to prevent heart disease starting in February 2011. The program offers support, education, motivation, and information to continue with healthy lifestyle behaviors. To register: 800-377-4325. FREE!



Hearts and Backs Bear the Brunt of Snow Shoveling



Dr. John Santoro



Dr. Julio
Martinez-Silvestrini

It's a scene we are all familiar with in New England: you wake in the morning to a light blanket of freshly fallen snow. But that blanket is not always as light as you think.

"If you haven't already, it's a good idea to familiarize yourself on how to protect your heart while removing that often beautiful, but heavy white stuff," says Dr. John Santoro, vice chairman, Emergency Medicine, Baystate Medical Center.

"People who have coronary artery disease and other illnesses should avoid exposure to cold weather, especially when shoveling," says Santoro. "If you do experience the symptoms of a heart attack, call 911 immediately."

Unusual exertion from shoveling snow can also cause severe back pain for those with healthy and bad backs, according to Dr. Julio Martinez-Silvestrini, staff physiatrist from Baystate Physical Medicine and Rehabilitation.

5 Symptoms of a Heart Attack

Dr. J. Mark Peterman, director of the Baystate Regional Heart Attack Program, lists these common symptoms of a heart attack:

1. Pressure or pain in the chest, arms or neck
2. Nausea
3. Lightheadedness
4. Sweating or feeling clammy
5. Unusual fatigue

If you think you may be having a heart attack, call 911 immediately.

"Shoveling snow is a strenuous physical activity. Besides placing strain on the heart, there is also a lot of physical stress to the back, hips, and knees," says Martinez-Silvestrini.

He notes that a standard shovel full of snow weighs about 16 pounds. Shoveling 10 times every minute for ten minutes alone is equivalent to lifting about 1,600 pounds after 10 minutes of shoveling. Martinez-Silvestrini offers the following tips to reduce your risk of injury:

- When possible, try to shovel the snow while it is still falling. The snow may be less compact and easier to move.
- Shovel small amounts more frequently rather than waiting for all the snow to fall. It's easier to shovel two inches of snow than six inches or more.
- Pick up small amounts of snow; bend your knees and use your legs, not your back, to lift the snow.
- Throw the snow forward and avoid twisting at the waist. Step forward when throwing the snow, just like throwing a ball.
- If possible, push the snow away, don't lift it.

Martinez-Silvestrini also warns that people lose significant amounts of water in the form of vapor while breathing and talking outdoors in the winter. Combined with sweating while shoveling, this can easily cause dehydration.

"Drinking two eight-ounce glasses of water prior to shoveling, and taking a break every 15 to 20 minutes to drink one glass of water will help you to stay hydrated and also provide rest to your back and joints," says Martinez-Silvestrini.

NEWS & NOTES

BMLH Is a 2010 Joint Commission Top Performer

The Joint Commission on Accreditation of Healthcare Organizations has recognized Baystate Mary Lane Hospital as one of the Top Performers on Key Quality Measures for 2010. This is the first time the Joint Commission has recognized accredited hospitals and critical access hospitals that sustain excellence in accountability measure performance. Only 405 hospitals were recognized in 2010, or 14% of accredited hospitals, and BMLH is one of only six hospitals, recognized in Massachusetts.

BMLH was recognized for measures relating to pneumonia and surgical care. "We are extremely proud of this accomplishment," says Joan Sullivan, president, Baystate Mary Lane Hospital and Baystate Health Eastern Region; interim leader, Baystate Health Information Services. "This is a wonderful acknowledgment of the care we provide to our community and our dedication to quality and patient safety."



Front: left to right: Debby Camp, OR Tech; Caryn Mastalerz, RN, BSN; Norma Berthiaume, RN, Manager; Tina Kaczuwka, CMA III; Leticia Kennedy, RN, BSN. Back: Nancy Collett, CMA; Debra Sanborn, CFA; Jill Stolgitis, RN; Linda Lloyd, RN; Sue Després, RN, CAT. Not in photo: Jennifer Harvey, ORT; Richard Renshaw, RN, BSN.



Clean, Healthy Hands Prevent Infection

Winter weather tends to dry our skin. Below is a list of tips to keep your hands healthy all year-round. Be proactive to keep your skin as healthy as possible because healthy hands are important.

- Moisturize hands at least four times a day in the winter.
- At home, moisturize after washing with soap.
- Keep moisturizer handy in the bathroom, bedroom, kitchen, and desk.
- Wear rubber gloves when cleaning, washing dishes, or gardening.
- Protect your hands with sunscreen when working outdoors.

And when you visit any Baystate Health facility, we invite you to use hand sanitizer to keep your hands clean. You will notice dispensers mounted on the walls at entrances to our hospitals, and inside each patient room. Always remember to clean your hands when you enter and exit a patient room to reduce the spread of infection and to protect yourself.

Seminars

Registration is required for most seminars and events, and seating is limited. Unless noted otherwise, for more information or to register for any of these events, please call Baystate Health Link at 800-377-4325 or register online at baystatehealth.org/spiritofwomen.

Back on Track *after the holidays*

Getting A Good Night's Sleep

Did you think you weren't sleeping because of the excitement of the Holidays? Now that the holidays have come and gone, if you or someone you love has any of the following complaints, this seminar is for you:

- Difficulty falling asleep
- Waking up a lot during the night
- Waking up early and not being able to get back to sleep
- Waking up feeling un-refreshed
- Snoring
- Pauses in breathing
- Restless legs

Join our Baystate Regional Sleep Program team for a discussion about the diagnosis and treatment options for many kinds of sleep disorders including sleep apnea, insomnia, and restless legs syndrome (RLS).

Tuesday, January 24, 6-7:30 p.m.

Baystate Health Education Center
361 Whitney Avenue, Holyoke
Speaker: Karin G. Johnson, MD, neurologist
Baystate Neurology

Tuesday, January 31, 6-7:30 p.m.

Baystate Mary Lane Hospital
85 South Street, Ware
Speaker: Jay Fleitman, MD, F.C.C.P
Baystate Mary Lane Hospital

Thursday, February 23, 6-7:30 p.m.

Baystate Franklin Medical Center
164 High Street, Greenfield
Speaker: Kathryn Aubry-McAvoy, NP
Baystate Medical Practices—Greenfield
Pulmonary and Sleep Medicine

Refreshments provided. Registration required:
800-377-4325. FREE!



Tips for a Good Night's Sleep

1. Set a regular bedtime and wake up schedule.
2. Make your bedroom a quiet, dark environment that is primarily a place for sleeping.
3. Establish relaxing before-bed routines, such as taking a bath or light reading.
4. Develop relaxation techniques, such as quiet meditation or listening to soft music.
5. Avoid stimulants like coffee, tea, and soda at least six hours before bed.
6. Do not smoke—nicotine is a stimulant and can make it difficult to fall asleep.
7. Avoid troubling news right before bed, such as violence on TV or in the newspaper.
8. Exercise regularly and early in the day. This helps keep the body and mind healthy. (Avoid vigorous exercise activities right before bed.)
9. Don't nap during the day.
10. Hide the clock so you can't see the time when you are in bed.
11. Make the room cool or at a temperature conducive for sleeping.



Nutrition

Vitamins and Nutrition for Women's Health

Thursday, February 2, 6-7:30 p.m.
Baystate Mary Lane Hospital
85 South Street, Ware

It's a New Year! Are you focusing on eating right, exercising, and taking your vitamins this year? We can help! This lecture and discussion will be led by Dr. Dyanne Tappin and Lisa Beaudry, CNM, from BMP-Mary Lane Ob-Gyn, as well as dietitian, Alicia Walter, RD, to offer information about how basic nutrition affects women's health and to answer the question, "what vitamins should I take?" Join us for an evening of fun and information to help you have a successful year! Refreshments provided. Registration required: 800-377-4325. FREE!

Out with the Old, In with the New: Food That Is!

An interactive workshop with a Baystate Health dietitian
Tuesday, February 7, 6-7:30 p.m.
Baystate Health Education Center
361 Whitney Avenue, Holyoke

Taking care of your family begins with taking care of you. Join Paula Serafino-Cross, MS, RD, LDN, as she discusses simple dietary lifestyle changes that you can make to reduce your relative risk for disease. She will show us how to get rid of the old "bad" food items in our cabinets and stock up on the new "good" stuff to prepare healthy meals for ourselves and families. Come join the fun and learn ways to get back to eating healthy. Refreshments provided. Registration required: 800-377-4325. FREE!





**Baystate
Health**

SPIRIT OF WOMEN

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Mini-Medical School: Spring 2012 Semester



Mini-Medical School gives us the opportunity to open our doors to the public and share our knowledge of medicine in a comfortable and friendly environment.

Many students start out with a general interest and later find that many of the things they learned are relevant to their own lives. The goal of the program is to help you make more informed decisions about your health care while receiving insight on what it's like to be a medical student.

The Mini-Medical School program takes place over eight weeks featuring a different aspect of medicine each week. Designed for an adult audience, each course is taught by an energetic faculty member from Baystate Medical Center who explains the science of medicine using everyday terms. These Baystate physicians also serve as faculty for Tufts University School of Medicine.

All classes are held in Springfield at Baystate Medical Center in the Chestnut Conference Center. The classes are on Thursday evenings from 6-9 p.m. or 6-8 p.m. depending on the subject matter. The scheduled dates are March 29, April 5, April 12, April 19, April 26, May 3, May 10, and May 17. A wide range of topics will be covered, which may include sleep disorders, surgery, cancer, psychiatry, and many more. Tuition is \$95 per person, \$80 for Senior Class and Spirit of Women members. Each student is required to attend a minimum of six classes to receive a certificate of completion. To register: 800-377-4325. For more information: baystatehealth.org/minimed.