A Full Circle Approach to Cancer Prevention and Treatment

Lung Cancer Screening Saves Lives

When a Heart Attack Happens, Timing is Everything

Upcoming Health and Wellness Programs
Dear Friends,

We have put another winter behind us, and it is hard not to feel like we got off a little easy this year. When we sent our spring edition of *For Your Health* to print last year, we were still buried in snow and fighting cabin fever. By the time this edition arrives, you may already be done with your yard clean up or back to your evening stroll.

No matter the weather, each spring offers us a chance to start fresh. Our bodies feel refreshed by the warm air and ability to get outside and enjoy this great season. It is truly a chance to start new routines that can last.

At Circle Health, spring represents a great opportunity to remind our community about the many ways we can help you recommit to your own health and well-being. Be sure to see pages 12-15 to see the many programs offered through the Center for Community Health and Wellness across our local area.

In this edition of *For Your Health*, we also focus on the innovative services and programs at our Cancer Center, which one of our physicians describes as “one stop shopping” for cancer patients, from diagnosis and treatment to rehabilitation and support. Receiving cancer care close to home does not mean you have to sacrifice quality. As you will see in this issue, our highly skilled team of providers participate in clinical trials, utilize state-of-the-art technology and treat a broad array of cancer types.

We also support those fighting cancer through our annual TeamWalk for CancerCare each spring. Over the course of its history, this inspirational event has raised more than $9 million and helped more than 24,000 people and their families fighting cancer in our area. Our community has truly embraced this event, and we hope you will join the fight again this year!

Spring is also a great time to get out and have some fun. We are very excited to be celebrating Lowell General Hospital’s 125th anniversary this year. The theme for our anniversary year is *Growing Stronger Together*, as we know that our hospital’s success is only possible thanks to our community’s ongoing support and trust in us. We will be commemorating this important milestone and thanking those who made it possible at many of the local events we sponsor and participate in the weeks ahead. I hope you will have a chance to join us and enjoy the many great local activities and events that Greater Lowell has to offer this season.

Indeed, spring has sprung. Let’s make the most of it together!

In good health,

Norm Deschene
Chief Executive Officer of Circle Health
and Lowell General Hospital

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**Circle Health is coming to North Billerica!**

We are pleased to announce that Circle Health Billerica will open this fall. Located in the Treble Cove Plaza at 199 Boston Road, the new outpatient facility will offer key services including Circle Health Urgent Care, a Lowell General Patient Service Center and primary care services.

“Circle Health Billerica will provide convenient and affordable access to high-quality preventive, primary and urgent care right in the community,” says Norm Deschene, President and Chief Executive Officer of Circle Health and Chief Executive Officer of Lowell General Hospital. “While Lowell General Hospital has always provided care for Billerica residents, we are excited to bring Circle Health providers and services to this great new location.”

Circle Health Urgent Care will provide walk-in care for non-life-threatening conditions and other ailments that require prompt medical attention, such as: allergies, rash or hives, dehydration, urinary symptoms, scrapes or lacerations, sprains or possible fractures, stings and bites, minor burns, or conditions needing X-rays or laboratory tests.

This marks the health system’s third urgent care location; existing locations include Circle Health Urgent Care at 198 Littleton Road in Westford and Lowell General Hospital Urgent Care at 1230 Bridge Street in Lowell.

*For more information on Circle Health Billerica, please visit [www.circle-health.org/billerica](http://www.circle-health.org/billerica).*
Circle Health Ball Awards Grants to Substance Abuse, Mental Health Programs

Any way you look at it, this year’s Circle Health Ball for Community Health Initiatives was a groundbreaking night.

Held on March 5 at the Renaissance Boston Waterfront Hotel, the 11th annual event drew a record number of participants — more than 620 — who collectively shattered the Ball’s previous record for donations.

When the Sultans of Swing packed up their instruments and the final partygoers filed out, a total of $380,000 had been collected, more than $100,000 over the previous year.

The highlight of the evening was the awarding of this year’s Community Initiatives Grants to support three different behavioral health and substance abuse programs in our communities.

The grant winners were:

- The Center for Hope and Healing’s “Ending Child Sexual Abuse and Exploitation” program.
- Greater Lowell Technical High School received a grant to help in two important areas – drug awareness and prevention, and teen suicide awareness and prevention.
- The Lowell Middlesex Academy Charter School was awarded a grant to develop and run the “Circle Health Speaker Series: Healthy Choices Save Lives.”

The evening also included a “Fund a Need Drive,” which will support the creation of a Community Opioid Outreach Program (COOP) led by Lowell House Inc., the Lowell Police Department and the Lowell Health Department.

“Teamwork is vital to improving the health of our community and addressing critical public health issues like mental health and substance abuse,” said Norm Deschene, CEO of Circle Health and Lowell General Hospital. “We are proud to bring together the many dedicated organizations and agencies that are truly engaged in improving health. Together, we are connecting members of our community with the resources and education they need to improve their lives and the lives of their families.”

Deschene once again served as the event’s Master of Ceremonies, and the event was co-chaired by Arthur Lauretano, MD, and Rebecca Shore, MD. State Rep. Tom Golden hosted a live auction, and William Taylor, Lowell Police Superintendent, and Bill Garr, CEO of Lowell House, spoke about the issue of substance abuse in our communities.

Diamond sponsors of the event were the Demoulas Foundation, Enterprise Bank and Tufts Medical Center. Sapphire Sponsors were Commonwealth Radiology Associates and Merrimack Valley Emergency Associates. Emerald sponsors were Armstrong Ambulance, Fallon Health, Mark Gilchrist, MD, the Hanson family, Jeanne D’Arc Credit Union, Lowell Five Bank, Lowell Sun, MEC Companies, New England Inpatient Specialists, PrideStar EMS, Radiation Oncology Associates, Sage Bank, Shields Healthcare Group, Sodexo, Trinity EMS and UMass Lowell.

To learn more about the Circle Health Ball for Community Health Initiatives, visit www.circle-health.org/ball
When a Heart Attack Happens, Timing is Everything

Westford’s Cindy Flohr doesn’t smoke, isn’t overweight, and has normal cholesterol levels. At age 61, she’d never been to the hospital other than for routine checkups. She had no reason to think she might be on the verge of having a heart attack.

She woke up on February 10, Ash Wednesday, feeling fine, so she went to the church to help prepare for that day’s services. As the day went on, she began to feel tired, and then felt tightness in her chest that started to radiate into her arms.

“They talk about that feeling of an elephant sitting on your chest,” Flohr said. “It’s true.”

After discussing it with a friend at the church, she decided to call 911. The Westford Fire Paramedics told her they were taking her to the hospital best equipped to handle her condition. Then they called Lowell General Hospital to activate the hospital’s STEMI (ST segment elevation myocardial infarction) protocols.

When Flohr arrived, cardiologist Richard Birkhead, MD, FACC met her at the door and told her she was headed to the Cardiac Catheterization Lab. Within 15 minutes Birkhead’s colleague in the Heart and Vascular Center, Omar Ali, MD, FACC was working to re-open a 100 percent blockage of her left anterior descending artery. He then inserted a drug eluting stent that keeps the artery open and helps prevent scar tissue from re-narrowing the blood vessel. Almost immediately, she felt the pressure in her chest go away.

Flohr’s procedure was successful, and she was out of the hospital in less than three days. A week later, she was getting cardiac rehabilitation at Lowell General’s Saints campus. She is back on her feet and enjoying her second chance at life.

“Honestly, I was never frightened at all,” Flohr said. “The doctors and nurses were all very calm, and told me everything that was going on. I was so impressed with Dr. Ali for taking time to explain what happened the whole time I was in the Cardiac Catheterization Lab.”

Her advice to other patients suffering from chest pain?

“First, don’t wait — make the call,” Flohr said. “And I’ve told everyone I know — go to Lowell General. I’m so grateful to get such expert care close to home — it saved my life.”

To learn more about the signs of a heart attack and reducing your risk, visit www.lowellgeneral.org/heart.

Heart and Vascular Center Performs 1,000th STEMI Procedure

The Heart and Vascular Center team at Lowell General Hospital reached a big milestone in January, performing their 1,000th emergent angioplasty to treat a ST elevation myocardial infarction (STEMI) — what we know as a severe heart attack.

Led by cardiologists James Waters, MD, FACC; Omar Ali, MD, FACC; and Kirk MacNaught, MD, FACC, the Heart and Vascular Center team is able to treat these patients when minutes matter.

During a STEMI, patients are rushed into the Cardiac Catheterization Lab for an emergency procedure called a primary angioplasty, in which a tiny balloon is inserted to widen the artery at the point of the blockage. Data shows that when patients receive angioplasty within 90 minutes of suffering the heart attack, survival rates greatly improve. Few community hospitals even offer the procedure, and some nearby hospitals will transfer STEMI patients to Lowell General to have it performed.

The hospital was approved to perform emergent angioplasty in 2004 by the Department of Public Health. In 2006, the Heart and Vascular team began performing elective angioplasty for those patients with stable blockages to reduce the risk of heart attack. In addition, advances in catheterization techniques allow for the majority of cases (both elective and emergent) to be done by inserting the catheter through the radial artery in the wrist, as opposed to the groin. This approach, when possible, is safer for patients and involves less bleeding.

“This milestone is not only a testament to the dedication of our cardiac team, but to the patients and families that have been spared the devastating effects of a sudden heart attack,” notes Dr. Waters.

To learn more about cardiac programs and treatment, visit www.lowellgeneral.org/heart.
This year alone, lung cancer is expected to take more than 150,000 lives in this country. That accounts for more than 1 in 4 cancer deaths, making it the leading cause of cancer death among men and women.

While research seeks a cure, there is another approach to cutting into those numbers — early detection.

Research has confirmed that a low dose Computed Tomography (CT) scan of the chest can detect potential tumors that a normal chest X-ray can’t, and this early detection can save lives.

“The chances of surviving lung cancer can be as much as 10 times greater by catching it at an early stage,” says Scott Abel, MD, Chief of Radiology at Lowell General Hospital. “For those who qualify, this 15-minute screening can be a life saver.”

Earlier in 2015, The Center for Medicaid and Medicare Services (CMS) announced it would cover Low Dose CT (LDCT) lung cancer screening for its beneficiaries that meet certain risk criteria. In addition, under the Affordable Care Act, as of 2015 this service is now covered by many health insurance providers.

Those who smoke a pack a day or more over many years are at the highest risk for developing lung cancer, and screening is not a substitute for taking personal measures to prevent this deadly disease.

Lowell General Hospital is proud to be an American College of Radiology (ACR®) designated Lung Cancer Screening Center. If you believe you may be a candidate for this screening, contact your primary care physician.

“"The best way to prevent cancer is to not smoke cigarettes, or quit if you already do,” Abel says. “But for those who are at a high risk, access to this test gives us greater ability to catch lung cancer in its early stages, when it is most treatable.”

To learn more about lung cancer screening, visit www.lowellgeneral.org/lung.

For High Risk Patients, Lung Cancer Screening Saves Lives

New Diagnostic Tools Help with Tobacco Treatment

Lowell General Hospital offers a variety of smoking cessation classes and support groups to help curb the incidence of lung cancer in our community. In addition to supplying tools to end dependence on nicotine, instructors also have new devices that help measure carbon monoxide levels and lung function — all aimed at helping participants understand the impact of smoking on their health.

One such tool is a carbon monoxide breath monitor. Carbon monoxide (CO) is a poisonous gas that is produced in car exhaust, fumes, and tobacco smoke. Since smokers have very high levels of CO that are considered toxic, this device enables program participants to see how their numbers improve after they stop smoking. The second device is a mini pulmonary function testing (PFT) device that measures lung capacity and function. Participants can see how their breathing and lung functions improve within just a few weeks of quitting smoking, providing real time results to keep them committed to a smoke-free lifestyle.

To learn more about tobacco treatment programs, visit www.lowellgeneral.org/health.

Programs to Help You Quit

**Freedom from Smoking®**

*Wednesdays, June 1-July 20, 4:00-5:00pm, $30*  
This eight-week American Lung Association® program will give attendees the tools needed to end dependency on smoking and improve their health and wellness. *Fee refunded upon completion of the course.*

For more information or to register, visit lowellgeneral.org/health or call 1-877-LGH-WELL (1-877-544-9355).

**Smoking Cessation Support Group**

*Wednesdays, 6:00-7:00pm, FREE*  
The Smoking Cessation support group is an open forum that will provide you with advice, support and encouragement while you are trying to remain nicotine-free.

Are You at Risk for Lung Cancer?

If you have one of more of the following risk factors, you may benefit from a lung cancer screening:

- You are age 55 to 77 years old and have smoked at least a pack a day for 30 years or two packs a day for 15 years
- You are a current smoker
- You quit smoking in the past 15 years, and are in relatively good health
- You do not have any general health exclusions

To learn more about tobacco treatment programs, visit www.lowellgeneral.org/health.
At Circle Health, we are committed to fighting cancer on all fronts. From education and screening programs to diagnostic tools and state-of-the-art treatments, our goal is to reduce the incidence of cancer in our community. In 2016 alone, the American Cancer Society® estimates over 1.6 million new cancer cases will be diagnosed. Our Circle Health physicians, providers and member organizations — Lowell General Hospital, Circle Home and Lowell Community Health Center — are committed to lowering these numbers by bringing screening and preventive care to thousands of residents throughout the Merrimack Valley.

Many cancers are preventable and treatable. On page 5, learn about an important screening tool for the early detection of lung cancer. Read page 8 to learn how a simple endoscopy screening can help protect you from colon cancer. Within our facilities, advances in robotic surgery help us provide minimally invasive options for cancers of the head and neck, while clinical trials allow our patients to be on the cutting edge of new cancer treatments.

To earn the three-year voluntary accreditation from the Commission on Cancer, a cancer program must meet 34 quality care standards.

This program also provides a framework for the hospital to improve the quality of patient care through several different programs that focus on the full spectrum of cancer care, from prevention to end-of-life care. Patients also have access to information on clinical trials, new treatments, genetic counseling and other patient support services.
For several years, the state-of-the-art da Vinci® Si Surgical System has enabled Lowell General surgeons to treat several forms of cancer and other conditions with minimally invasive techniques that can significantly decrease side effects and complications, while cutting down recovery time.

The da Vinci, essentially a remote controlled robot, has been used in urology, gynecology, and general surgery for several years at Lowell General Hospital to perform some of the most complex and delicate procedures with unmatched precision.

Now, Lowell General otolaryngologist Arthur Lauretano, MD, FACS is using the da Vinci robot to treat cancers and other conditions of the head, mouth and neck, enabling him to access areas that required much more invasive techniques previously.

“Using the robot, we do more selective incisions while at the same time preserving function of the involved structures,” Lauretano says. “We now have the ability to access the base of the tongue, the tonsils and the entrance into the esophagus.”

Lauretano, Medical Director for the Head and Neck Multidisciplinary Clinic at the Cancer Center at Lowell General Hospital, has already utilized the da Vinci robot with several patients.

He says this new surgical technique has allowed his team to avoid tracheotomy, as well as reduce the need for radiation in some patients and help those with severe sleep apnea.

Every patient is different, and patients are closely evaluated by physicians to determine whether they are candidates for this cutting edge surgery.

Because Lowell General takes a multidisciplinary approach, each patient’s case is reviewed by clinicians from several different areas. Circle Health and the Lowell General Hospital Cancer Center teams make sure a patient is supported every step of the way, from diagnosis to recovery.

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**Robotic Surgery Brings Pinpoint Precision to Head, Mouth and Neck Surgery**

Saturday, May 7, 9:00am-1:00pm
465 School Street in Lowell

“It’s one stop shopping,” Lauretano says. “We cover all facets of a patient’s journey.”

Learn more about the latest advances in surgical procedures at www.lowellgeneral.org/surgery.

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**The Cambodian Mutual Assistance Association Health Fair**

Saturday, May 7, 9:00am-1:00pm
465 School Street in Lowell

CMAA members and other residents are encouraged to attend to receive free health screenings (blood pressure, BMI, glucose), education on smoking cessation and nutrition, and cancer screenings (oral and head/neck/skin).

Circle Health and Lowell General Hospital are proud sponsors of this important health and wellness event for our community.
What is colorectal (colon) cancer?
Colorectal cancer usually begins with small growths, called polyps, inside the large intestine or rectum. Cancers in the colon or rectum develop very slowly, over a period of about 10 years. Cancer in these areas are very preventable. In fact, detection and removal of these precancerous polyps means that it is highly unlikely that an individual will develop colon cancer.

Who is at risk?
Anyone can get colon cancer, however, men have a higher incidence than women, and it is more common in adults 50 and over, or if there is a family history of the disease.

How is it detected?
The most accurate way to detect colon cancer is by having a colonoscopy, which is considered the gold standard of colon cancer screening due to its high sensitivity. The procedure is done with a colonoscope, which is a long flexible instrument that has a small video camera on the end so we can examine the lining of the colon. This high-definition camera helps us find very small polyps, even those as small as an eighth of an inch.

What happens if something abnormal is found?
The great thing about a screening colonoscopy is that the procedure is both diagnostic and therapeutic. If we find polyps, we are able to remove them at the same time, avoiding the need for an additional procedure. If we find something that looks more advanced or possibly cancerous, we are able to coordinate a consultation with a colorectal surgeon at Lowell General right away to determine if surgery may be needed.

When should you have a colonoscopy?
The American Cancer Society recommends colonoscopy screening at age 50. People at high risk, such as those with a family history of colon polyps or colon cancer, should talk with their doctor about being screened at an earlier age. And of course, if you have any symptoms such as abdominal pain, blood in the stool or a change in bowel habits you should be seen by your physician right away. If nothing is found, the test typically does not need to be repeated for another 10 years.

Is a colonoscopy painful?
Today, colonoscopies are performed with medications that should completely prevent discomfort. In fact, most patients find the preparation the most challenging part, as it involves drinking a solution that cleanses the colon so we can get a clear picture of the lining.

My patients often tell me they wish they hadn’t worried so much about having it done, and done it sooner.

What can we do to prevent colon cancer?
Having the recommended screenings, eating well with a diet high in fruit and vegetables, regular daily exercise of at least 30 minutes a day, and not smoking are the best things you can do to prevent colon cancer.

For more information on colorectal screening, speak to your primary care physician and visit www.lowellgeneral.org/endoscopy.
Jennifer O’Loughlin of Tewksbury was not prepared for the devastating news following a colonoscopy that fateful day in February 2003.

After the procedure, Dr. James Reichheld met with her and her husband Paul to tell them that they had found a tumor in her colon.

“He immediately consulted with a surgeon so I could get in for surgery right away. It all happened so fast,” said O’Loughlin. “I had the colonoscopy on a Friday and surgery to remove a one-foot section of my colon that following Tuesday.”

She still describes the experience as somewhat of a blur — after all, she was only 45, and never had any symptoms with her stomach or digestive system. As far as she knew, nobody else in her family had a history of colon cancer.

She had gone to her primary care physician several months before after noticing a little blood in her stool. Thinking it was probably a hemorrhoid, she decided to err on the side of caution and have it checked out. To this day, she is so grateful her physician was extremely thorough and ordered a colonoscopy, as she was still five years younger than the recommended screening age of 50.

“The colonoscopy found a really aggressive tumor that had spread into walls of my colon. This screening exam saved my life.”

After undergoing surgery at Lowell General Hospital, she started a nine-month round of chemotherapy at the hospital’s Cancer Center. Chemotherapy can be pretty tough, but she credits the strong support of her husband Paul which helped her get through it.

“A cancer diagnosis is so scary... and while you are really sick you often feel like it’s your loved ones that have it even harder. We lived in Dunstable at the time, so it was much easier for Paul to bring me to Lowell General for treatment than going into Boston. Dr. Anamur and the staff at the Cancer Center were so supportive and caring.”

O’Loughlin is thankful for the care she received that she gives back by walking in Lowell General Hospital’s Team Walk for CancerCare. She walks with friends and family, some who have also been touched by a cancer, as a way to support others in the community through their journey.

Now, she is a huge advocate for colon cancer screening with a colonoscopy. She says it’s important to know the symptoms and get the recommended screening beginning at age 50, and she stresses to go earlier as sometimes symptoms can be missed.

“I’m the one that drives my friends and family members to their colonoscopy appointments,” says O’Loughlin. “It’s one of those tests that people avoid as they think it’s extremely unpleasant or painful, but it’s not. The cleansing prep [referring to the liquid to clear the colon] is actually the most uncomfortable part.”

And since she didn’t have any symptoms until the tumor had progressed, she stresses the importance of taking preventive measures like eating healthy and keeping up regular exercise.

“My getting colon cancer was just a fluke. My friends always say I must be so angry because I’m the last person this should have happened to. I have always eaten really healthy, not a whole lot of red meat, and kept up regular exercise.

“I say I’m not angry, but incredibly lucky! I have five wonderful grandchildren, all under 7, and I get to babysit my two-year-old grandson and four-year-old granddaughter every day. Paul and I are looking forward to celebrating our 40th anniversary this December, and we just moved to a new house where we plan to celebrate a bunch of the grandkids’ birthdays this spring. It’s always loud and chaotic at our house — so full of life — and I wouldn’t have it any other way.”

To learn more about endoscopy screening, visit www.lowellgeneral.org/endoscopy.
Sunday, May 22, 2016
Tsongas Center at UMass Lowell

Walk!
Join as an individual or put a team together — big or small

Volunteer!
Volunteering at Team Walk is fun and rewarding

Sponsor!
Be a corporate sponsor or sponsor an individual or team

Join the Fight! Watch our new video at teamwalk.org.
Recognized for Superior Quality in Maternity Care

Lowell General Hospital was recently recognized as a Blue Distinction® Plus Center for Maternity Care by Blue Cross Blue Shield Association. Only healthcare facilities that demonstrate expertise in delivering the highest quality care — safely, effectively, and cost efficiently — are eligible for this national designation. Congratulations to the team at the Regional Center for Maternal and Pediatric Care for this honor!

“We are honored to receive this designation by Blue Cross Blue Shield Association,” says Jody White, Lowell General Hospital President. “It’s a testament to the high quality standards and personalized care by our maternal child health team and obstetric providers, and why so many expectant parents choose Lowell General Hospital.”

To learn more about maternity care at Lowell General Hospital, visit www.lowellgeneral.org/maternity.
Getting Ready for Your Baby

**ABCs of Babies for New Parents**  
Tuesday, June 7, 7:00-9:00pm, FREE  
Get started as a parent with everything you need to know about infant care, feeding, development and achieving good sleep.

**Big Brother & Sister Sibling Class**  
Thursday, June 9, 10:00-11:00am, $10*  
Children ages 3-8 will explore their feelings concerning the arrival of a new baby. They will read a story, complete an art project and tour the Birthplace. Additional siblings are $5 each.

**Boot Camp for New Dads®**  
Saturday, June 4, 9:00am-12:00pm, $40  
This nationally-recognized workshop is taught by fathers and is for men only. Rookie dads (men expecting their first baby) are oriented to the joys and challenges of fatherhood with the help of a coach and veteran dads with their newborns.

**Breastfeeding Class**  
Sunday, May 22, June 5, July 31, August 14 or September 11  
Wednesday, May 11, June 8, August 24, or September 21  
12:00-2:00pm, FREE  
Learn the art of breastfeeding. Discover the benefits for mom and baby, valuable tips and other information.

**Happiest Baby**  
Monday, August 29, 6:00-7:30pm, $15 per family  
Learn an extraordinary approach to calming your baby, tips on how to help babies sleep longer and ways to soothe even the fussiest infant in minutes. Fee includes program DVD and Soothing Sounds CD.

**Prenatal Wellness Package**  
$149.99/6-week session  
Develop and strengthen your body for the changes it will experience during pregnancy through yoga and strength training. Classes are held three days per week at SLS Fitness located at 345 Chelmsford Street in Lowell.

**Prenatal Yoga**  
Sundays, June 19-July 31* or August 21-October 2*, 1:15-2:15pm, $60  
This six-week prenatal yoga class is designated to help pregnant women strengthen and stretch, with a focus on connecting to their changing bodies, their growing babies and a community of moms.  
*No class on July 3 or September 4.

**Quit Smoking for Your Baby Webinar**  
To register or for more information, visit www.lowellgeneral.org/health, FREE  
Designed for expecting families, this program provides facts about the dangers of smoking while pregnant, second hand smoke, the importance of having everyone in the family quit and strategies for quitting.

**Reducing Your Risk of Diabetes Before and After Pregnancy**  
Wednesday, June 15, 6:00-7:30pm, FREE  
Are you planning a pregnancy and concerned about gestational diabetes? Have you had gestational diabetes and now want to reduce your risk of developing Type 2 diabetes? Learn lifestyle tips and strategies to reduce your risk of gestational and Type 2 diabetes.

**Tiny Fingers, Tiny Toes: Everything New Parents Need to Know**  
Saturday, August 20, 9:00am-4:30pm, FREE  
This class teaches expectant parents about the care of their new baby, including newborn appearance, infant care basics, at-home safety and pediatrician visits.

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**Childbirth Classes**

Lowell General Hospital offers a variety of classes to help you prepare for the birth of your child. Space is limited and registration is required. Birthplace tours included.

Call 1-877-LGH-WELL or visit lowellgeneral.org/health for full descriptions, dates, times and cost.

- Six-Week Prepared Childbirth
- Weekend Prepared Childbirth
- Online Prepared Childbirth
- Hypno-Birthing®
- Teen Prepared Childbirth

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Can't visit our gift shop in person?

Call us at 978-937-6373 (Main Campus) or 978-934-8499 (Saints Campus) or place an order online at www.lowellgeneral.org/giftshop

For a full description or to register for these and other programs, classes and support...
Parenting Programs:  
For Parents of Children of All Ages

Family and Friends CPR  
Second Monday of the month, 6:30-8:30pm, $40  
Learn important CPR techniques for all ages. This program is designed for parents, family members and those who want to learn lifesaving skills. This class is presented in partnership with Trinity EMS.

Infant Massage  
Tuesday, May 17 or August 22, 6:30-7:30pm, FREE  
Infant massage is a centuries-old tradition that offers benefits such as bonding, better sleep, improved colic, relaxation and better digestion.

Itsy-Bitsy Movement and Signs  
Fridays, May 20-June 24, July 1-August 5, August 12-September 16, 10:00-11:00am, FREE  
Explore new and different ways for parents and babies to utilize music and movement to benefit development and attachment. Infant sign language will be introduced and used in the songs each week.

Let’s Be Honest  
Wednesday, June 8, 6:00-7:30pm, FREE  
Help your kids make the right choices with this interactive workshop. Parents will learn strategies for responding to their children’s hard-to-answer questions as well as techniques for talking about sexual health issues in a skilled, knowledgeable and comfortable manner.

SIDS Workshop: A Certification Course for Childcare Providers  
Monday, June 6, 6:00-7:30pm, FREE  
This SIDS training course will define sudden infant death syndrome, discuss risk factors and identify safe sleeping positions and environments.

Surf, Boot Camp and Boxing Classes!

Classes are held on an ongoing basis, $149.99/6-week session  
Through a partnership with SLS Fitness, Lowell General offers a youth program package for children ages 7 and up and includes surfing, boot camp and boxing classes. Classes are located at SLS Fitness, 345 Chelmsford Street, Lowell, MA.

Kids Boot Camp  
Tuesdays, 4:30-5:00pm  
The child-focused boot camp teaches the importance of health and fitness in a fun atmosphere. All aspects of fitness will be addressed, including nutrition tips, flexibility, strength and cardiovascular training, along with general guidelines for a healthier overall lifestyle.

Kids Boxing  
Mondays, Wednesdays, Thursdays, 4:30-5:00pm and Saturdays, 11:00-11:40am  
This boxing class is supervised by a boxing coach who teaches boxing basics, including how to properly hit the bag, and foot and handwork techniques.

Kids Surf  
Tuesdays, 5:00-5:30pm  
This class is designed to develop your child’s strength, flexibility, power and core control through the use of SURFSET® boards.

Tweens and Teens Programs

Babysitting Basics plus CPR  
Fridays, May 20-June 24, July 1-August 5, August 12-September 16, 10:00-11:00am, FREE  
Boys and girls ages 10 and older will learn babysitting skills, CPR and receive a CPR Anytime Kit to practice at home.

Careers in Healthcare Tour  
Wednesday, June 8, July 13 or August 10, 7:45am-12:00pm, FREE  
Are you interested in a career in healthcare? If so, we invite you to tour with us. The tour provides an opportunity to meet hospital staff and view many departments including the operating room, emergency room, the Birthplace, Heart & Vascular Center and more.

Personal Safety and Self Defense for Teens  
Saturday, July 16 or September 17, 9:00am-1:00pm, $10  
Learn the warning signs of aggressive behavior and how to react to an attack. Participants will also learn basic self-defense skills.

Careers in Healthcare Experience Program  
Monday, August 1-Friday, August 5, 8:30am-2:00pm, $250  
This five-day program is open to high school students, ages 15-18 years of age, looking to pursue a career in healthcare. Students will participate in educational and interactive activities that include speaking with various hospital department staff, becoming CPR certified and learning to examine human tissue under a microscope.

For a full description or to register for these and other programs, please visit www.lowellgeneral.org/health or call 1-877-LGH-WELL (1-877-544-9355).
Get Your Body Movin’

Gentle/Moderate Yoga
Tuesdays, May 17-July 5*, 5:00-6:00pm, $75
Wednesdays, May 18-June 29 or
July 13-August 31*, 5:00-6:00pm, $75
Thursdays, May 12-June 30* or
July 14-August 25, 5:00-6:00pm, $75
The class is designed to create breath awareness,
enhance your balance, increase flexibility and bring
about inner peace. Classes include basic breathing
practices, as well as a variety of standing, sitting
and lying postures. *No class on June 2, June 21,
or August 24.

INSANITY®
Mondays, May 9-June 27*, 6:30-7:30pm, $45
INSANITY is a cardio-based, total-body conditioning
workout with cardio moves, plyometric drills, strength
intervals, as well as core and abdominal training.
You’ll work at your own level and build your strength
and endurance. *No class May 30 or June 20.

PiYo™
Mondays, May 16-July 11*, 5:30-6:30pm, $45
PiYo is a unique class designed to build strength
and gain flexibility. The class is filled with intense
choreography that’s fun, challenging and will make
you sweat. It’s about energy, power, and rhythm.
Think sculpted abdominals, increased overall core
strength, and greater stability. *No class May 30,
June 20 or July 4.

Tai Chi Workshops—YangTao™
Short & Long Form
Sundays, August 14 and/or August 21,
9:00am-4:00pm, $60 per day
YangTao Tai Chi is a unique blend of two popular Tai
Chi forms to enhance the healing qualities of this
moving meditation. This two-part workshop will
 teach you YangTao Tai Chi Short Forms (August 14)
and YangTao Tai Chi Long Form 108 movement set
(August 21).

YangTao™ Tai Chi
Tuesdays, May 24-July 19*, 6:15-7:15pm
Thursdays, May 12-June 30, July 7-August 25 or
September 1-November 3*, 6:00-7:00pm, $60
YangTao Tai Chi is a unique blend of two popular Tai
Chi forms to enhance the healing qualities of this
moving meditation. This Tai Chi style can help you
reduce stress, improve balance (physical, mental,
spiritual), expand range-of-motion, and enhance
quality-of-life. *No class on June 21, October 6
or October 13.

Your Heart Health

Cardiovascular Risk Screenings
Thursday, May 5, June 2, July 7, August 4 or
September 1, 7:30-11:30am, $25
These 30-minute screening appointments include
a blood pressure check, body mass index and body
fat analysis, cholesterol reading, blood sugar check,
peripheral artery disease and more.

CPR, AED, First Aid
Saturday, May 7, June 4, July 2, August 6 or
September 3, 9:00am-5:00pm, $85
This one-day combined course is designed for
 participants to become certified in Basic CPR,
AED and First Aid. Cost includes workbook and
face mask.

Heart CT Calcium Score Scan
Cardiac calcium scoring is one of the simplest, yet
most advanced methods to detect heart disease at
its earliest stages. The Heart CT Calcium Score Scan
costs $100. The scan does not require a physician
referral, and it is not covered by insurance.
Call 978-937-6023 to schedule your appointment.

Stroke Awareness Dinner
Wednesday, May 18, 6:00-8:00pm, FREE
Join Jonathan Drake, MD, emergency medicine
physician, and Jason Viereck, MD, neurologist, to
learn the signs and symptoms of stroke as well as
lifestyle changes to aid in stroke prevention. Dinner is
provided; registration required.

Support Groups
Lowell General Hospital offers a variety of support groups for both new moms and patients. Our support groups include a range of areas, from diabetes and sleep
disorders, to cancer, heart disease, stroke and more! For more information visit www.lowellgeneral.org/supportgroups.
Wellness and You

Anxiety Relief with Self-Hypnosis
Tuesday, June 7, 6:30-8:00pm, FREE
This 90-minute presentation will teach participants the effective techniques of slow breathing, deep relaxation and use of the power of suggestion with word and images to produce a sense of quieting and settling of the body and mind. Attendees will learn natural, easy-to-do calming methods that lower the effects of disabling anxiety, which in turn result in more understanding and better control.

Diabetes & Physical Activity
Tuesday, May 17, 6:30-8:00pm, FREE
Join the staff from the Diabetes Management Center and learn about the benefits of physical activity when managing diabetes. Learn motivational skills to help you get started and keep you on track.

Eat Well, Be Well
Thursday, June 16, 6:00-7:00pm, FREE
Confused about what is actually healthy nowadays? Have questions about proper nutrition? Looking for reliable health information that you can trust? This program will cover nutrition and healthy lifestyle recommendations to help you meet and maintain your health goals. Bring related questions on this subject; there is time built-in for an open forum based on your questions.

Freedom From Smoking®
Wednesdays, June 1-July 20, 4:00-5:00pm, $30
This eight-week American Lung Association program will give attendees the tools needed to end dependency on smoking and improve their health and wellness. * Fee is refunded upon completion of the course.

Gluten Free Shopping 101
Thursday, May 26, 5:00-6:00pm, FREE
Lowell General Hospital and Stop & Shop® team up to break through the confusion about gluten. Whether newly diagnosed or just interested in learning to shop and prepare gluten-free meals, this program is for you. Learn about gluten free food options and sample some products.

Introduction to Zentangle®
Wednesday, May 4, 6:30-8:30pm, $30
Zentangle is an easy to learn, relaxing method of creating images from repetitive patterns while reducing stress, increasing focus and creativity and increasing personal well-being.

More Zentangle®
Wednesday, June 1, 6:30-8:30pm, $25
Learn new, more complex tangles and play with embellishments and shading. Paper will be supplied; bring your Zentangle mini Kit (included in the introductory class).

Joint Replacement Education
June 6, 13, 20, 27, July 11, 18, 25; August 1, 8, 15, 22, 29, 11:00am-12:00pm, FREE
June 6, July 5, August 1, September 6, 4:00-5:00pm, FREE
Are you having your hip or knee replaced? Attend one of our education classes to learn what to do before surgery, what will happen on the day of your surgery, what will happen during recovery and tools for case management and discharge planning.

Nutritious Finds Under $1
Wednesday, May 18, 5:00-6:00pm, FREE
Join Lowell General Hospital and Stop & Shop® to learn which of the more than 40,000 grocery store products give you the most nutritional bang for your dollar.

Self Defense for Women
June 13, 15 and 17, or August 8, 10 and 12, 5:30-9:30pm, FREE
This 3-day course utilizes RAD (Rape Aggression Defense) approach to provide self-defense education for women, focusing on awareness, risk reduction and options for physical self-defense.

Sing for the Health of It
Thursday, June 30, 6:30-8:00pm, FREE*
Can you sing? I’ll bet you can. As a matter of fact, we all sing when we are infants. Did you know that one of the safest and easiest ways to get healthy is to sing? Join us and sing just for the health of it (group singing only)! * $5 donation towards TeamWalk for CancerCare is encouraged.

Sleep Better Tonight
Tuesday, June 7, 5:00-6:00pm, FREE
Lowell General Hospital and Stop & Shop® will explain how your nutrition and eating habits may be interfering with your sleep. Have you ever noticed you are hungrier the day after you do not get enough sleep? Research proves there are reasons why; join us to find out more!

Small Steps That Make Big Changes
Tuesday, May 31, 6:00-7:30pm, FREE
In partnership with SLS Fitness, join us and find out how to lose fat, train smarter, and cut through all the media hype and confusion while you discover quick and easy tips about exercise and diet.

Women’s Health Expo
Saturday, May 28, 11:00am-2:00pm, FREE,
Pheasant Lane Mall, Nashua, NH
Women of all ages are invited to join us this May! Learn how to keep your body and mind healthy while getting pampered! Attendees will enjoy raffles, giveaways and light refreshments. Expo features include:

- Breast health, heart health and nutrition education
- Wellness screenings
- Physical activity information from in-person instructors
- Beauty professionals
- Massage therapists
- Staff educators from the Center for Weight Management
- Much more!

Online Education
To register call 1-877-LGH-WELL or visit www.lowellgeneral.org/onlineed
These programs can be completed at your own pace from the comfort of home. Courses consist of concise, learner-friendly modules that focus on personal development and provide strategies for aspects of your life.
- Conquer Your Anxiety
- Workplace and Personal Skills Certificate
- Understanding Key Warning Signs of Early-Onset Mental Illness in Children and Adolescents

groups, please visit www.lowellgeneral.org/health or call 1-877-LGH-WELL (1-877-544-9355)
Online Scheduling Now Available for Mammography and Urgent Care

Reserve your spot online and spend less time waiting when you arrive.

Choose a time that works for you.

Fill in the requested information and click make appointment.

You'll receive an email asking you to confirm your appointment – just click to confirm!

Circle Health Urgent Care
www.circle-health.org/urgentcare

Lowell General Hospital Urgent Care
www.lowellgeneral.org/urgentcare

Mammography
www.lowellgeneral.org/mammogram
A Full Circle Approach to Cancer Prevention and Treatment

Lung Cancer Screening Saves Lives

When a Heart Attack Happens, Timing is Everything

Upcoming Health and Wellness Programs