A Collaborative Approach to Substance Abuse Education and Prevention

Q&A about Teens and Substance Abuse

New Breast Density Guidelines Help Women Navigate Screening

Upcoming Health and Wellness Programs
Dear Friends,

After a record-breaking winter, we are all ready for the brighter and warmer days of spring. While the constant snowstorms challenged both our bodies and our patience, they also brought many of us together in incredibly powerful ways. I am so proud to be a part of this community and thank everyone who went out of their way to support one another this winter. I would also like to thank the many dedicated employees and physicians across Circle Health who ensured they made it to work to care for the numerous patients counting on them.

There is no better sign that spring has truly arrived than Lowell General Hospital’s TeamWalk for CancerCare. The Merrimack Valley’s largest single day fundraising event, TeamWalk for CancerCare begins and ends at the Tsongas Center on Sunday, May 31, 2015. Now in its sixteenth year, TeamWalk has raised funds to support more than 22,000 cancer patients right here in our community. I hope you will join us for this inspirational day.

In this issue of For Your Health, we will discuss one of the most critical issues facing members of our community. The growing substance abuse epidemic is one that presents many complex challenges and no simple solutions. At Circle Health, we are working with our local physicians and healthcare professionals, community partners and agencies, state officials, law enforcement, first responders and families across our area to combat this serious issue through focused efforts in education, prevention and treatment strategies. See page 6 to learn how the Greater Lowell Health Alliance’s Substance Use and Prevention Task Force is working to strengthen collaboration among this diverse cross-section of stakeholders.

While there is heightened focus on opiates and its use across ages, racial, and socioeconomic backgrounds, we are also focused on the growing use of synthetic drugs, especially in young people. See page 7 to learn more about the City of Lowell’s work to ban the sale of these products within Lowell’s businesses and to educate our community about the risks associated with these dangerous products. And be sure to see page 5 for a helpful Q&A with Lowell General Hospital’s Chief of Pediatrics Dr. Mark Gilchrist and Tufts Medical Center’s Chief of Child and Adolescent Psychiatry Dr. Albert John Sargent. These shared perspectives are great examples of how Lowell General Hospital and Tufts Medical Center are working together as part of Wellforce to provide expert care where it is needed most.

While some challenges may seem impossible to overcome, we know that tremendous things can happen when we work together. Please find ways you can become involved in this important work. We look forward to working together to improve the health and well-being of you, your family and your neighbors.

In good health,

Norm Deschene
CEO, Wellforce
President and CEO, Circle Health
CEO, Lowell General Hospital

CPR and Concussion Certification Education to be Offered for Area School Athletic Coaches

Legislation passed by the Massachusetts House requires all school athletic coaches to be certified in CPR (cardiopulmonary resuscitation). To help area coaches meet this prerequisite and comply with existing concussion certification requirements, Lowell General Hospital, Xenith and the University of Massachusetts Lowell will host a CPR and concussion education event on Thursday, August 20 at the UMass Lowell Inn and Conference Center located at 50 Warren Street in Lowell.

Education will be provided by instructors from Lowell General Hospital and the University of Massachusetts Lowell.

To learn more, visit www.lowellgeneral.org/health or call 1-877-LGH-WELL.
Circle Health Ball Raises Funds for Community Health Initiatives

A sold-out crowd of nearly 600 guests celebrated Circle Health’s Ball for Community Health Initiatives on Saturday, March 7, 2015. The event, held at the Renaissance Boston Waterfront Hotel, raised over $297,000 to help fund vital health and wellness programs which benefit residents of the Merrimack Valley community.

“The Circle Health Ball for Community Health Initiatives represents a wonderful partnership between Lowell General Hospital, our dedicated physicians, partners and members of the community,” said Norm Deschene, President and Chief Executive Officer of Circle Health. “This event normally raises funds for three local charities, but to celebrate our tenth annual ball we felt it was appropriate to recognize 10 worthy non-profits this year. These 10 organizations focus on supporting the health and well-being of young people in our area.”

The 10 local non-profits awarded Community Health Initiative Grants for 2015 are:

- Boys & Girls Club of Greater Lowell: “Healthy Kids Program”
- Dracut Public Schools: “Peer Mentoring Program”
- The Center for Hope & Healing: “LGBTQ Youth Wellness Program”
- Girls Inc.: “Healthy You Program”
- Greater Lowell Technical High School: “A Mother’s Journey — Your Actions Create Your Tomorrow”
- Lowell Public Schools: “Celebrating Healthy Harvests”
- Lowell House, Inc.: “Healthy Choices — A Diversion Program For Teens”
- Merrimack Valley Food Bank: “Operation Nourish, A Children’s Feeding Program”
- New England Eye: “Expansion of Mobile Eye Care Services for Remedial Summer School Program”
- Tewksbury Police Department: “Substance Abuse Prevention”

A special Fund the Need auction was also held at the event to raise additional funds for these worthy causes; the winning bidder received a stunning diamond necklace donated by Barmakian Jewelers of Nashua, New Hampshire.

For the third consecutive year, flowers were donated to the Power of Flowers Project. This organization delivers flowers for free to recipients that are chosen through many channels, including community outreach programs, friends, elder services, home care organizations, senior centers and cancer clinics.

“This year’s Ball carried on the tradition of highlighting just some of the many organizations that are doing amazing work in our communities,” said Deschene. “The Ball committee, led for the first time this year by Dr. Arthur Lauretano and Dr. Rebecca Shore, did an outstanding job. They created an event where everyone not only had a wonderful time, but also made a difference in the communities we serve.”

Our tenth annual Circle Health Ball was made possible through the generosity of Diamond Sponsor Enterprise Bank; Sapphire Sponsors: Commonwealth Radiology Associates, Merrimack Valley Emergency Associates, Tufts Medical Center, Floating Hospital for Children at Tufts Medical Center; Emerald Sponsors: Armstrong Ambulance, Dr. Mark Gilchrist, Lowell Sun, Mill City Medical, PRIDestar EMS, Sage Bank, Shields Health Care Group, Trinity EMS, The Lowell Five, UMass Lowell, Watermark; Photo Sponsor: O’Connor Studios; and Lounge Sponsor: Eastern Bank.

To learn more about the Circle Health Ball for Community Health Initiatives, visit www.circle-health.org/ball.
Navigating the teen years has its challenges, especially for teens themselves. Teen Talk, a weekly support group that’s part of the Teen BLOCK programs at the Lowell Community Health Center, gives them a safe, structured environment to talk with their peers about the issues they’re facing, such as dating, concerns about a friend’s use of illegal substances, or fitting in with peers.

“We offer a place for teens to get together and discuss whatever’s on their minds or stressing them out,” explains Linda Sopheap Sou, MHS, director of the Teen BLOCK (which stands for Building Leadership Opportunities in the Community) programs. “A licensed clinician helps facilitate the group, but it’s mostly about letting the teens share and talk through issues that are bothering them.”

These topics can range from how their parents are frustrating them to finals pressure or something else that’s happening at school, Sou says.

“It’s an open, safe place for young people to come and feel understood,” she adds, noting that the group has been in existence for nearly three years.

“An average of 10 to 15 teens attend each week,” she continues, “and they generally range in age from 15 to 17 — although the group is open to teens from age 13 to 18.”

Teen Talk meets on Thursdays from 4:00 to 5:00 p.m. at the Lowell Community Health Center at 161 Jackson Street in Lowell. There’s no charge to participate.

“We’re empowering them to become leaders in their community by working to reduce risky behaviors that lead to teen pregnancy, sexually transmitted infections, substance use and violence.”

Linda Sopheap Sou, MHS

“If someone is interested in joining Teen Talk — or if a parent would like to have their teen join — we encourage them to call us and set up a time to come by and check us out,” Sou says. “The Teen BLOCK program is open Monday through Thursday from 2:00 until 6:30 p.m.”

Participants are asked to complete an application form that must be signed by a parent or guardian if the teen is under age 18.

Teen Talk is one of several initiatives offered by the Lowell Community Health Center’s Teen BLOCK programs, all aimed at supporting the healthy development of young people and empowering them to become leaders in their community by working to reduce risky behaviors that lead to teen pregnancy, sexually transmitted infections, substance use and violence.

The Teen BLOCK initiative takes a “youth as assets” approach, carving out meaningful community involvement opportunities for thousands of Lowell youth.

“We offer a positive and empowering space for teens to become involved in their community and make changes around the issues that affect them,” Sou says. “We support them as individuals, but also get them involved in groups, which helps build their skills and enhance their confidence. They find value by giving back to their community.”

For more information about the Teen BLOCK program and Teen Talk, please call 978-322-8949 or visit http://www.lchealth.org

For more information, visit www.circle-health.org
From the Frontlines: Q & A about Teens and Substance Abuse

Mark Gilchrist, MD, FAAP, is Chief of Pediatrics at Lowell General Hospital, and Albert John Sargent, III, MD, is Chief of Child and Adolescent Psychiatry at Tufts Medical Center in Boston. Here they share important information about teens and substance abuse from their frontline perspectives.

Q: When it comes to drug and alcohol abuse among teens, what are you seeing in your practice?

Dr. Gilchrist: There’s a tremendous amount of marijuana; it’s abundant in the schools and teens have a very casual attitude toward it. I also see alcohol and a frightening amount of prescription drugs. And heroin is starting to creep into high schools; it’s inexpensive, common and extremely dangerous.

Dr. Sargent: We are seeing an increase in alcohol and marijuana use. With the rise in medical and legalized marijuana, some think its use in teens isn’t that serious, but we remain concerned about chronic use in early to mid-adolescence and its impact on a still-developing brain. It appears that kids who start using at 11 to 13 lose cognitive abilities.

Q: Why are kids and teens at particular risk for drug and alcohol abuse?

Dr. Sargent: Because of the way kids’ and teens’ brains are structured, stimulation tends to be most important. Their impulse control isn’t as good as it will be when they reach their late twenties and their brains have matured.

Dr. Gilchrist: At this age, they’re going to experiment and they’re tempted to go against what they’ve been told—that’s a natural part of adolescence. Peer pressure is part of it, too; they want to fit in.

Q: Are there certain behavioral health issues that put kids and teens at increased risk of substance abuse?

Dr. Sargent: Yes. Attention deficit hyperactivity disorder (ADHD), when not treated effectively, is associated with drug and alcohol use. So are depression and anxiety. While marijuana and alcohol may help a depressed teen feel better while they’re on it, these two depressants will worsen symptoms long term.

Dr. Gilchrist: Yes, these behavioral health issues put kids at higher risk, but really, any kid is at risk, and all parents need to be aware of that.

Q: What are the warning signs of substance use that parents should be aware of?

Dr. Gilchrist: Significant behavioral changes, loss of interest in previous activities like school, a sport or club, detachment from family and friends, associating with different friends.

Dr. Sargent: Parents also need to be up when their kids come home at night so they can tell if they’re intoxicated. And know where your kids are; at age 13, 14 or 15, they shouldn’t be having unsupervised parties, hanging out at the park after dark, or walking around downtown.

Q: What tips would you give parents for talking to their kids about drugs and alcohol?

Dr. Gilchrist: Start the dialog early, talk regularly, and don’t assume your kid isn’t susceptible. Be frank; tell them it’s dangerous, it creates health, legal and academic problems.

Dr. Sargent: The hardest conversations with teens are about sex and drugs; you must find a way of encouraging your child to be calm, in control and to take responsibility for their actions. Talk about rules and expectations before a situation occurs. Never confront them when they’re under the influence; speak to them the next morning. And model appropriate behavior — set a good example.

Q: When is it time to seek professional help?

Dr. Sargent: When you feel as if there’s a problem that isn’t getting better and it’s beginning to affect other aspects of your child’s life — schoolwork is suffering, your child is isolating, staying in his/her room a lot, coming home impaired.

Dr. Gilchrist: If you suspect that your child is using, don’t hesitate to speak with your pediatrician or with any professional you can reach out to.

Lowell General Hospital, the Greater Lowell Health Alliance and other community-based organizations offer a range of substance abuse prevention and education resources. If you are concerned about your child, start by talking to his or her healthcare provider.
Preventing Substance Abuse: How You Can Get Involved

There’s no sugar-coating it: substance abuse has grown into an epidemic in the state and the region, leading former Governor Duval Patrick to declare it a public health emergency in March of last year.

To help reduce and prevent substance abuse among youth and adults within the City of Lowell and surrounding communities, the Substance Use and Prevention (SUP) Task Force of the Greater Lowell Health Alliance (GLHA) strengthens collaboration among a diverse cross-section of stakeholders from nine different communities.

The task force is led by co-chairs Linda Sopheap Sou, Lowell Community Health Center, Maria Ruggiero, Lowell Health Department, and Jennie Welch, Tewksbury Police Department. Members include local fire, police and ambulance companies, boards of health, healthcare professionals, elected officials, school administration, community members, substance abuse support groups, universities and colleges.

"The Greater Lowell Health Alliance plays a critical role in helping individuals and organizations collaboratively improve the health of the Greater Lowell region," says Kerrie D’Entremont, Executive Director of the GLHA. "The substance abuse crisis is affecting all our communities and the only way we are going to win this battle is by working together."

The SUP Task Force partnerships have led to the engagement of over 2,500 residents annually, over 50 compliance checks conducted each quarter and drug prevention education to youths in grades K-12 in the public schools.

There are four dynamic subcommittees under the SUP umbrella: the Massachusetts Opioid Abuse Prevention Collaborative (MOAPC), the Environmental Strategies Working Group (ESWG), the Medical Marijuana Subcommittee and the School Curriculum Subcommittee.

To date, there are 125 members on the SUP task force with approximately 35% of the members actively attending bi-monthly meetings.

“The idea is to have a lot of people at the table — not just healthcare, law enforcement and other service providers, but also parents and young people who live in our communities and are affected by substance abuse,” explains Linda Sopheap Sou, MHS, director of the Teen BLOCK Youth Programs at the Lowell Community Health Center and Chair of the ESWG.

The goal of the ESWG is to inform and educate youth and adults on how substance use is affecting the region’s neighborhoods.

“We also want to get them involved, not only in helping to change attitudes and reduce substance use,” says Sou. “But also to change the physical environment so young people do not have access to substances like alcohol, tobacco, prescription drugs and marijuana.”

For example, the ESWG has a team of young people who will do physical scans of certain neighborhoods.

“If they see an abandoned building next to a run-down park that’s not well lit, it could present an opportunity for using that space in a negative way,” Sou explains. “So the youth would advocate for different ways to use the building and securing better lighting so people aren’t tempted to use it for a drinking or drugging hangout.”

Sou urges community members to get involved in the SUP Task Force and its ESWG.

Massachusetts Opioid Abuse Prevention Collaborative (MOAPC)
Through the leadership of the City of Lowell Health Department, members are committed to reduce the incidence of accidental overdoses from opioids by implementing strategies focused on local policy, practices and environmental change.

Environmental Strategies Working Group (ESWG)
Led by Lowell Community Health Center’s Teen BLOCK, this group works to inform and educate youth, parents and members in the community about how substance abuse is affecting local neighborhoods. Some activities include youth surveys, compliance checks, forums, events, workshops, campaigns and training.

Medical Marijuana Subcommittee
Focusing on legislation that was passed allowing for the medical use of marijuana, this committee has convened local leaders to discuss the concerns of enforcement and access.

School Curriculum Subcommittee
This subgroup focuses on providing age-appropriate, evidence-based education to youths in grades K-12 in the public schools.

“It’s so important to get more residents and parents involved in this work because they’re the ones who are living and breathing the impact of substance abuse in our community,” she says.

If you would like to get involved, please contact Sou at LindaSou@lchealth.org or visit www.greaterlowellhealthalliance.org.

The Substance Use and Prevention Task Force meets on the first Tuesday of every other month from 9:00-10:30am.
As agencies and individuals throughout Greater Lowell work to combat the opiate epidemic facing local residents, the city is also working to tackle another substance use challenge that is growing, especially among young people in our area. The use of so-called “designer” drugs or synthetic drugs, such as bath salts, K2, Spice and many others has grown substantially over the past several years and has caused overdoses and other serious reactions in some users.

When consumed, inhaled, injected or otherwise administered, these substances produce a psychoactive, psychotropic or hallucinogenic effect. Designer drugs typically fall under one of two categories — either “synthetic marijuana” or “synthetic cathinones.” Synthetic marijuana or cannabinoids contain substances that functionally mimic the effects of THC (delta-9-tetrahydrocannabinol), the most prevalent psychoactive substance in marijuana. Synthetic cathinones produce effects similar to amphetamines (speed) or cocaine.

The Lowell City Council passed an ordinance in August 2014 banning the sale of synthetic drugs within city limits. With the help of a three-year grant totaling $150,000 from Lowell General Hospital, the city has also hired a new outreach worker for the Health Department, Mim Bonn. She works to raise awareness and educate the community on the dangers of substance use and abuse, including those associated with synthetic drugs. Bonn takes an active role in reaching out to local business owners, especially convenience stores and gas stations, to ensure they know about the ordinance and those products that are included in this ban.

“Lowell General Hospital is proud to support this effort to protect the health and well-being of our community,” says Dr. Nathan MacDonald, Chief of Emergency Services at Lowell General Hospital. “Unfortunately many people, especially high school and college-aged students, think these substances are safe because they can often be bought in stores or on the Internet. Both young people and their parents need to be aware that these drugs can be very dangerous, and have serious risks and health consequences.”

To learn more about the City of Lowell’s work to combat synthetic drug use, visit www.lowellma.gov. To learn more about synthetic drugs and their health risks, visit www.drugfree.org.

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### Potential Risks of Synthetic Marijuana Use

- increased heart rate and blood pressure
- paranoia
- agitation
- irritability
- confusion
- drowsiness
- headache
- electrolyte abnormalities
- seizures

Severe side effects may include acute renal failure and significant negative effects to the cardiovascular and central nervous systems.

### Potential Risks of Synthetic Cathinones Use

- increased heart rate and blood pressure
- paranoia
- hallucinations
- suicidal thoughts
- violent behavior
- nausea and vomiting
- dehydration
- panic attacks

Severe side effects may include progression to renal or liver failure, seizures, heart attack, brain swelling and hypothermia.

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### Learn to Cope

Learn to Cope is a peer-led support group for parents/caregivers struggling with a member of the family who is addicted to opioids, alcohol and/or other drugs.

This group meets every Wednesday from 7:00-9:00pm in the First Floor Conference Room at Lowell General Hospital’s Saints Campus.

There is another Learn to Cope group meeting located at Tewksbury High School on Tuesdays from 7:00-8:30pm.

For more information call 508-801-3247 or visit www.learn2cope.org or www.lowellgeneral.org/supportgroups
Welcoming new physicians to Circle Health

Priyal Amin, DO
Allergy/Immunology
978-619-5447
Dr. Priyal Amin is a board-certified allergist and immunologist practicing at Allergy West in Westford, MA where she is accepting new adult and pediatric patients. Dr. Amin completed her fellowship in allergy and immunology at the University of Cincinnati Medical Center in Cincinnati, OH. She finished her residency in internal medicine at North Shore Long Island Jewish Health System in Manhasset, NY and received her medical degree from New York College of Osteopathic Medicine in Old Westbury, NY.

Durathun Farha, MD
Internal Medicine and Vascular Medicine
978-275-1913
Dr. Durathun Farha is a board-certified internist practicing at Greater Lowell Medical Group in Lowell, MA where she is accepting new patients. Dr. Farha completed her fellowship in vascular medicine at Lahey Clinic in Burlington, MA. She finished her residency in internal medicine with the Boston University Program at Carney Hospital in Boston, MA and received her medical degree from Bangalore University in Bangalore Karnataka, India.

Katalin Kovalszki, MD
Adult and Pediatric Dermatology
978-371-7010
Dr. Katalin Kovalszki is a board-certified dermatologist practicing at Adult & Pediatric Dermatology, PC in Westford and Concord, MA where she is accepting new patients. Dr. Kovalszki completed her residency in dermatology at the University of Michigan in Ann Arbor, MI. She received her medical degree from the University of Michigan in Ann Arbor, MI. Dr. Kovalszki is fluent in English and Hungarian.

Jeffrey Mailhot, MD
Adult and Pediatric Dermatology
978-371-7010
Dr. Jeffrey Mailhot is a board-certified dermatologist practicing at Adult & Pediatric Dermatology, PC in Leominster and Marlborough, MA where he is accepting new patients. Dr. Mailhot completed his residency in dermatology at UMass Medical Center in Worcester, MA. He received his medical degree from the University of Massachusetts Medical School in Worcester, MA.

Sara Narayan, MD
Allergy/Immunology
978-619-5447
Dr. Sara Narayan is a board-certified allergist and immunologist practicing at Allergy West in Westford, MA where she is accepting new adult and pediatric patients. Dr. Narayan completed her fellowship in allergy and immunology at SUNY Downstate Medical Center in Brooklyn, NY. She finished her residency in pediatrics at Maria Fareri Children’s Hospital Pediatrics in Valhalla, NY and received her medical degree from St. George’s University in Grenada, West Indies.

Would You Like to Improve Your Patient or Family Experience at Lowell General Hospital?

The hospital’s Patient Family Advisory Council (PFAC) is seeking individuals to join our council who represent our community and have chosen Lowell General Hospital for their healthcare needs either as an inpatient, an outpatient or both. Family members are also welcome.

The PFAC is composed of volunteer patient and family advisers as well as clinicians and administrators. Its purpose is to strengthen the collaboration between patients, family members and the healthcare team to enhance the hospital’s ability to deliver the highest standard of safe, comprehensive and compassionate healthcare.

If you are interested in joining our council and sharing your ideas, please email pfac@lowellgeneral.org or visit www.lowellgeneral.org/pfac for details.

Our Take Your Medications for a Checkup program is designed to help ensure our community receives the best possible care. We have created an easy-to-use and editable form to help you track your medical information.

For more information or to download a form, which is available in English, Spanish and Portuguese, please visit www.lowellgeneral.org/medscheckup

Would You Like to Improve Your Patient or Family Experience at Lowell General Hospital?

For information on more than 700 physicians in over 30 specialties, call an advisor 24/7 at 1-877-LGH-WELL or visit www.lowellgeneral.org/findaphysician

Need a physician?
Massachusetts law now requires any patient whose recent mammogram shows dense breast tissue to receive more information about what this means and where to find answers to additional questions. At Lowell General Hospital, each woman who has a mammogram is notified as to whether or not she has dense breast tissue. This notification is part of the results letter that is mailed to each woman after having a mammogram.

Dr. Jill Steinkeler, Director of Breast Imaging at Lowell General Hospital, discusses breast density and her recommendations for mammography screening.

What is dense breast tissue?
On mammograms, breast tissue can display a range of appearances depending on the proportion of fatty and glandular tissue. If you are notified that your breasts are dense, this means that there is more glandular tissue in your breasts than there is fatty tissue. Dense breast tissue is common and not abnormal. In fact, up to 50% of women have dense breast tissue.

Why does dense breast tissue matter?
Dense breast tissue can make it harder to find cancer on a mammogram. Additionally, dense breast tissue may increase a woman’s risk of breast cancer. Breast density should be factored into a woman’s overall risk assessment for breast cancer.

What should you do if you have dense breast tissue?
If you have dense breast tissue, I encourage you to speak with your healthcare provider about your mammogram result and also about any other risk factors for breast cancer that you may have. You may also contact your radiologist with any questions. There are many risk factors for breast cancer, in addition to breast density, that need to be considered when determining if you would benefit from any supplemental screening tests. Supplemental screening tests offered at Lowell General Hospital are Breast MRI and Digital Breast Tomosynthesis (also known as 3D Mammography).

What do you recommend for breast cancer screening?
It is important to remember that regardless of breast density, mammography remains the most important examination to screen for breast cancer. Annual mammography is recommended starting at age 40 for women at typical risk of developing breast cancer.

Mammograms can be scheduled at any Lowell General Hospital location; no referral is needed. Call 978-937-6023 to schedule yours today.

Lowell General Hospital offers multiple locations for breast imaging:

**Main Campus**
295 Varnum Avenue, Lowell
Screening and diagnostic mammography, breast MRI and biopsy, ultrasound and stereotactic biopsies, needle localizations

**Saints Campus**
1 Hospital Drive, Lowell
Screening and diagnostic mammography (tomoynthesis), breast ultrasound, ultrasound and stereotactic biopsies, needle localizations

**Lowell General Chelmsford**
10 Research Place, North Chelmsford
Breast MRI provided by Shields Healthcare

**Women’s Imaging Center**
4 Meeting House Road, Chelmsford
Screening mammography

**Circle Health North Andover**
203 Turnpike Street, North Andover
Screening mammography (tomoynthesis)

Mammograms can be scheduled at any site; no referral is needed. Call 978-937-6023 to schedule yours today.

Women’s Imaging Services at Lowell General Hospital possess a valid license and certificate of inspection issued by the Massachusetts Department of Public Health.
Breast Cancer Survivor Champions: Importance of Regular Mammograms

For Collette D’Amour, 62 of Pelham, NH, life often just got in the way of keeping up with regular checkups. With her husband Richard, a Chief Master Sergeant Munitions Specialist in the Air Force, she was able to experience what many of us only dream of — traveling, living, working and raising her family overseas.

“We lived in England for a total of nine years, and after that traveled to Japan for five years,” said D’Amour. “A lot of people never get to live in a different area of the world, and I’m so happy for the opportunity.”

Upon moving back to the country in 2000, D’Amour went to see her cardiologist at Merrimack Valley Cardiology, Dr. Robert Shulman, in early May. Eager to make sure she was getting all the proper screenings and keeping on top of her health, Dr. Shulman scheduled an appointment for her to get an annual mammogram screening. At 47, Collette never had one and didn’t yet have a primary care physician (PCP) upon returning to the States.

“I remember it vividly,” says D’Amour. “It all happened so fast. I went in on a Thursday for my mammogram, and Dr. Shulman called me the next day to tell me they found an abnormality. I was immediately scheduled for a biopsy, and when the biopsy was over, they told me it was cancer.”

“I met with Dr. Murat Anamur and a team of physicians at Cancer Care Associates in Lowell General Hospital’s Cancer Center. They went over my case and options with me and my husband. I was scheduled for my mastectomy at Lowell General in June, began chemotherapy in July, and completed all my treatment in November.”

As a 15-year survivor, D’Amour considers herself extremely lucky. Not only did a mammogram detect the cancer early enough, she didn’t lose her hair or have any extreme reactions to chemotherapy. She explained staying local for her care made it much easier to get through her treatments.

“My husband was able to come with me to all my appointments, and I can’t say enough about the care of Dr. Anamur and his team. The nurses, doctors, all the staff — they were so kind and compassionate. “

And she ensures her family members stay vigilant with their breast health as well, as she comes from a very large family of 12 — with eight sisters.

“We definitely have the family risk factor, and four of us have undergone treatment for breast cancer. It’s weird, though, none of us have the gene,” she says, referring to the BRCRA gene, where a woman’s risk of developing breast and/or ovarian cancer is greatly increased if she inherits a harmful mutation in the gene.

And her thoughts on getting regular mammograms now?

“Don’t be lax on getting your yearly mammogram — be diligent! My sisters and I, we really coach each other and stay on top of our other four sisters who haven’t had a diagnosis. There’s just no getting out of this important yearly test.”

The American Cancer Society recommends annual mammograms for women after age 40. Call 978-937-6023 to schedule yours today. Mammograms are available at Lowell General Hospital’s main campus and Saints campus, the Women’s Imaging Center in Chelmsford and Circle Health North Andover.

TeamWalk for CancerCare 2015
Sunday, May 31
The walk starts and finishes at the Tsongas Center at UMass Lowell

7:30 am: Registration/Donation Drop Off, Incentive Pick Up and Free Team Photos
8:45 am: Opening Ceremonies
9:00 am: 6.2 Mile Walk Begins
10:00 am: 3 Mile Walk Begins
11:45 am: Closing Ceremonies

Rain or shine!

It’s easy to step up and join the effort! Simply visit www.teamwalk.org to learn how you can form a team, make a donation or volunteer your time.

For more information, visit www.lowellgeneral.org or call 1-877-LGH-WELL (1-877-544-9355)
Sunday, May 31, 2015
Tsongas Center at UMass Lowell

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

Volunteer!
Volunteering at TeamWalk is fun and rewarding

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

IGNITE HOPE, INSPIRE COURAGE, JOIN TEAM WALK

RAIN OR SHINE!  |  www.teamwalk.org  |  978-937-6434  |
Get your body movin’

**Gentle/Moderate Yoga**  
**Wednesdays, May 13-July 1** or **July 15-August 26, 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 June 10*

**Insanity®**  
**Mondays, May 11-June 22**, 6:30-7:30pm, $45  
Insanity is a cardio-infused, total body conditioning program and is the most INSANE workout program you will ever try! Burn tons of calories during the class and long after you leave.  
*No class May 25*

**PiYo™**  
**Mondays, May 11-June 22**, 5:30-6:30pm, $45  
This unique class builds strength and improves flexibility while focusing on energy, power and rhythm. It will help sculpt abdominals, increase overall core strength and increase stability.  
*No class May 25*

**Qigong**  
**Tuesdays, May 12-June 2, 6:00-7:00pm, $30**  
Qigong, pronounced chi-kung, is a practice of aligning body, breath and mind for health, meditation and martial arts training. It involves moving meditation, coordinating slow-flowing movement, deep rhythmic breathing and calm meditative state of mind.

**Tai Chi Chi Kung**  
**Thursdays, May 14-July 2, 6:00-7:00pm, $60**  
This Yang-style tai chi short form is ideal for people with limited space and time. Tai Chi Chi Kung is a series of 13 movements done in a circular pattern in five directions. The program has all of the benefits of qigong and most of the benefits of long form (108 move) tai chi.

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**Surf, Boot Camp and Boxing for Kids!**

**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 Surf**  
**Tuesdays, 4:30-5:00pm**  
This class is designed to develop your child’s strength, flexibility, power and core control through the use of SURFSET® boards.

**Kids Boot Camp**  
**Tuesdays and Thursdays, 5:00-5:30pm**  
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**  
**Thursdays, 4:30-5:00pm and Saturdays, 11:00-11:30am**  
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.
Parenting programs: For parents of children of all ages

Basic Child Passenger Safety
Wednesday, May 6, 6:30-8:30pm, FREE
New and expectant parents will learn how to keep children safe in a moving motor vehicle. Topics include Massachusetts’ Child Passenger Safety Laws, the five types of car seats, basic child safety in car seats, and how to properly install car seats in a motor vehicle.

Body Image Starts Now
Tuesday, August 4, 6:30-8:00pm, FREE
When do children start to struggle with body image? Why do adults fight with weight problems? This workshop discusses what children see when they look in the mirror, how the media affects self-image and what parents should know before it gets out of hand.

Budgeting for New Parents
Saturday, June 27 or August 22, 10:00am-12:00pm, FREE
This workshop introduces money saving tips, including coupon websites, blogs and diaper and grocery rewards programs. It also explores the importance of budgets and saving money, analyzes the cost of dining out versus cooking at home and compares name and store brands. This class is presented in partnership with Jeanne D’Arc Credit Union.

Car Seat Safety Check up Event
Saturday, May 16*, 10:00am-2:00pm, FREE
Hannaford, 777 Rogers Street, Lowell
Having a child seat installed incorrectly could put your child at risk. Get your car seat inspected by Certified Child Passenger Safety Technician. Learn the five most common types of car seat misuse and which seat type is right for your child. Parents are strongly encouraged to bring their child to the event. *Rain date: Sunday, May 17

Family and Friends CPR
Second Monday of the month, 6:30-8:30pm, $40
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.

Healthy Families: Small Changes, Big Impact
Wednesday, May 20, 6:00-8:00pm
Bring your whole family to this fun, interactive program that explores healthy foods and promotes daily physical activity. Learn how even the smallest changes can have a big impact on a family’s health and wellness. Attendees can also find out about our upcoming Comprehensive Weight Management Class for children ages 6-11.

Infant Massage
Wednesday, June 3 or August 26, 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.

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
- Understanding Key Warning Signs of Early-Onset Mental Illness in Children and Adolescents
- Workplace and Personal Skills Certificate

Potty Training without Pressure
Wednesday, May 6, 6:30-8:00pm, FREE
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.

Toddlers and Teens programs

Babysitting Basics Plus CPR
Saturday, May 9 or August 8, 9:00am-1:00pm, $60
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, August 12, 8:00am-12:00pm, FREE
Are you interested in a career in healthcare? This tour provides an opportunity to meet hospital staff and view hospital departments, including the operating room, emergency department, Birthplace, our hospitalists, human resources and more.

Dare to Prepare: What Teens Need to Know Before They Take the Wheel
Thursday, May 21 or August 6, 6:30-8:30pm, FREE
This pre-driver’s permit presentation presented by AAA© is for parents and teens. This program provides critical information for teens before they take the wheel.

Personal Safety and Self Defense for Teens
Saturday, June 20, 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.

Itsy-Bitsy Moving and Grooving
Fridays, June 12-July 24* or August 7-September 11, 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 with songs each week. *No class July 3

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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.

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

- Prepared Childbirth
- One Day Prepared Childbirth
- Weekend Prepared Childbirth
- Online Prepared
- Hypno-Birthing®
- Prepared Teens

Getting ready for your baby

ABCs of Babies for New Parents
Tuesday, July 14, 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.

Boot Camp for New Dads®
Saturday, May 16, July 25 or September 26, 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) will be oriented to the joys and challenges of fatherhood.

Breastfeeding Class
Saturday, May 9 or June 6, 12:00-2:00pm, FREE
Learn the art of breastfeeding. Discover the benefits for mom and baby, valuable tips and other information.

The Happiest Baby on the Block®
Monday, June 29, 6:30-8:30pm, $15/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 — Yoga and Strength Training
Classes are held on an ongoing basis, $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.

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.

Tiny Fingers, Tiny Toes: Everything New Parents Need to Know
Saturday, May 2, June 6, August 1 or September 5, 9:00am-4:30pm, FREE
This workshop teaches expectant parents about the care of their new baby, including newborn appearance, infant care basics, at-home safety and pediatrician visits.

Join Us in Celebrating World Breastfeeding Week!
Wednesday, August 5, 5:00-7:00pm, FREE
This event is open to moms who plan to breastfeed or who are currently breastfeeding. Activities include infant massage demonstrations, The Happiest Baby on the Block® infant soothing demonstrations, crafts, games, prizes and more! Light appetizers and beverages will be served. Registration is preferred. When you register, you will be entered in a special door prize drawing.

Tdap Vaccine Clinic
Clinics are held the first Monday of every month at Lowell General Hospital’s main campus from 5:00-6:00pm for adults. The Tdap vaccine protects people from tetanus, diphtheria and pertussis (also known as whooping cough). It is especially important to be vaccinated if you have close contact with a baby younger than 12 months, including grandparents, babysitters, spouses or significant others, aunts and uncles as well as friends of the family. This clinic is available at no out-of-pocket cost to you. Call 877-LGH-WELL to register.
Wellness and you

**Calming Yourself for Medical Procedures**
**Wednesday, May 27, 6:30-8:00pm, FREE**
This class helps patients prepare physically, mentally and emotionally for upcoming medical procedures by using effective techniques that considerably reduce tension and discomfort. When patients learn how to control their breathing and focus on positive words, it produces an improved relaxation skills and empowerment.

**Introduction to Personal Safety and Self-Defense for Women**
**Saturday, August 15, 9:00am-1:00pm, $10**
Join us for a one-day, women’s only workshop to learn about safety awareness, risk reduction, personal safety techniques and basic self-defense skills to react to an attack. Open to women over the age of 18.

**Joint Replacement Education**
**Monday, May 4, June 1, July 6, August 3 or September 7, 4:00-5:00pm, FREE**
Are you having your hip or knee replaced? Learn what to do before surgery, what will happen on the day of your surgery and during recovery, as well as tools for case management and discharge planning.

**Older, Wiser Driver**
**Wednesday, June 24, 2:00-3:00pm, FREE**
This program presented by AAA® discusses changes seniors need to consider in maintaining and sharpening safe driving skills.

**Eat Smart, Stay Healthy**
**Thursday, May 14, 6:00-7:30pm, FREE**
The program provides you and your family insight into the many factors that influence food choices and overall health. Attendees will learn how to halt their progression toward the development of diabetes.

**Self-Defense for Women**
**June 22, 24 and 26 or August 10, 12 and 14, 5:30-9:30pm, FREE (Call Alison at 978-937-6360 for questions or to register for this program)**
This 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, July 2, 6:00-7:30pm, FREE**
Did you know that one of the safest and easiest ways to reduce stress and get healthy is to sing? Join us for this fun and judgment-free, group singing event as we teach you how to sing for your health.

**Introduction to Zentangle®**
**Wednesday, May 6 or September 2, 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 3, 6:30-8:30pm, $25**
In this class, you will build on what you learned in Introduction to Zentangle. You will learn new tangles and play with embellishments and shading. Paper will be supplied; bring your Zentangle mini kit (included in the intro class).

**Women’s Health Expo**
**Saturday, June 20, 11:00am-2:00pm, FREE, Pheasant Lane Mall, Nashua, NH**
This free event will provide health topics for women of all ages! Services and activities will include:
- Breast health, heart health and nutrition education
- Wellness screenings
- Physical activity information from in-person instructors
- Beauty professionals
- Massage therapists
- Staff from the Center for Weight Management
- Much more!
The expo will also feature raffles, giveaways and light refreshments. Be sure to join us at this great event!

**Your Heart Health**

**Cardiovascular Screenings**
**Thursday, May 7, June 4, July 2, August 6 or September 3, 7:30-11:30am (30-minute appointments), $25**
Screening includes blood pressure, body mass index, body fat analysis, cholesterol, blood sugar, peripheral artery disease and more.

**CPR, AED, First Aid**
**Saturday, May 2, June 6, July 11, August 1 or September 5, 9:00am-5:00pm, $95**
This 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**
**Call 978-937-6023 to schedule your appointment, $100**
Cardiac calcium scoring is one of the simplest, yet most advanced methods to detect heart disease at its earliest stages. The Heart CT Score Scan does not require a physician referral and is not covered by insurance.

**ICD Dinner and Support Group**
**Monday, May 11, 6:00-8:00pm, FREE**
Free dinner offered for patients with ICD and their significant other, featuring guest speaker Dr. Samuel Sears, psychologist, who specializes in care for people living with ICDs.

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**The Center for Weight Management and Bariatric Surgery**
**FREE Weight Loss Surgery Informational Sessions**
**North Chelmsford office: 20 Research Place**
- Tuesdays from 6:00-7:00pm: June 2, July 7, August 4, or September 1
- Fridays from 12:00-1:00pm: June 19, July 17, August 21, or September 18

**North Andover office: 203 Turnpike Street**
- Thursdays from 6:00-7:00pm: June 18, July 17, August 20, or September 17

**Spanish Sessions:** Saturdays from 9:30-10:30am: June 13, July 11, August 8, or September 12

To register for a FREE informational session visit: [www.lowellgeneral.org/weight](http://www.lowellgeneral.org/weight) or call 1-877-LGH-WELL
Rehabilitation Services Open at Circle Health Village Square

Lowell General Hospital’s outpatient physical therapy and occupational therapy departments moved to a newly-expanded space at 43 Village Square in Chelmsford in early March. The new facility, which features a modern exercise space that looks like a state-of-the-art fitness center, provides the latest in rehabilitation technology and greater accessibility for patients. In addition, hours have been expanded through the evening for patient convenience.

“We are excited to offer our patients the latest in amenities – including private treatment rooms and a new women’s health specialty program,” says Jody White, President of Lowell General Hospital. “Our goal is to provide outpatient rehabilitation services that exceed patients’ expectations. We are working hard to provide superior outpatient support services to reduce the risk of re-injury or readmission to the hospital.”

Circle Health Village Square
43 Village Square
Chelmsford, MA 01824

Physical Therapy
978-937-6232
Monday-Thursday: 7:00am-8:00pm
Friday: 7:00am-4:30pm

Occupational Therapy
978-937-6408
Monday and Friday: 7:00am-5:30pm
Tuesday, Wednesday, Thursday: 7:00am-2:00pm