Discover Care that Gets You Back in the Game
Orthopedic Surgery with Fast Recovery, Less Pain
A Full Circle Approach to Heart Health and Wellness
Complete connected care Arrives in Tewksbury
Expert Pediatric Care Close to Home

Taylor Gibson, 16, of Billerica
Dear Friends,

As we turn our focus to a new year, I want to thank everyone who made 2018 such an exciting time for Circle Health and Lowell General Hospital. It was a year of many accomplishments, and the progress toward our goal of being one of the best community health systems in America will continue in the year ahead.

In this edition of For Your Health, we show you several ways you can take control of your health through prevention, screening and convenient access to the best care. Inside you will learn more about our latest outpatient center in Tewksbury, our nationally recognized cardiac care, and the expert pediatric care we provide families in the emergency department.

Our promise to you is to provide Complete connected care, so in the coming year we will continue to identify new ways to give you the best care, close to home. We’ll do that by leveraging new technologies and strategic partnerships to deliver great care more effectively, and at the best value.

Of course, a healthy lifestyle starts at home, and in this issue there are dozens of programs to help get you started. I encourage you to get on the path to good health. Circle Health will be with you every step of the way.

Be well,
Joseph (Jody) White
Chief Executive Officer, Circle Health

Welcoming New Providers to Circle Health

At Circle Health, we’re dedicated to meeting the growing needs of our communities. That means expanding our network of physicians who are committed to keeping you healthy, providing expert care and treating you with the attention you deserve. With more physicians, we can accept new patients and maintain the Complete connected care™ that is the promise of Circle Health. The following physicians are accepting new patients.

- **Vivek Patel, MD, PhD**
  Specialist: Radiation Oncology
  Radiation Oncology Associates
  Lowell
  978-937-6274

- **David Shi, MD**
  Specialist: Urology
  Merrimack Urology Associates
  Chelmsford
  978-256-9507

- **Katherine Nickley, MD**
  Specialist: Otolaryngology
  Massachusetts ENT Associates
  Chelmsford
  978-256-5557

Need a physician?

For information on more than 700 physicians in over 30 specialties, call an advisor 24/7 at 1-877-LGH-WELL (1-800-544-9355) or visit www.lowellgeneral.org/findaphysician.

To learn more about our new primary care physicians, visit circle-health.org/newPCPs. To learn more about our new specialists, visit circle-health.org/newspecialists.
Billerica Memorial High School junior Taylor Gibson works tirelessly to be the best student-athlete she can be for her team. But one day last summer, she found herself in a different kind of club, one nobody wants to join. Playing summer basketball, she tore the anterior cruciate ligament (ACL) in her knee, taking her away from her sports and into surgery.

Taylor's story is increasingly common. According to a study by the American Academy of Pediatrics, ACL injuries in youth age 6-18 have been on the rise for the past 20 years. The study showed injuries peak at age 17 for boys, and age 16 for girls, and attributed the increased risk to more youths playing sports year-round and a rise in participation by girls.

Taylor fits the mold – she's a three-sport athlete, and was 16 last year when her injury occurred. Like so many knee ligament injuries, there was no contact; she lunged to steal a pass and landed awkwardly. Her knee twisted, followed by a popping sound and pain.

To reduce or eliminate the need for narcotic pain medication, Dr. Sigman uses a post-surgical analgesic to numb the surgical site for 24 to 48 hours, and Taylor said she went home after surgery that same day with no pain. When her pain level rose in the days afterward, she needed very little medication to get through the worst of it.

The next step was to gradually strengthen the knee with physical therapy, and lots of it. Taylor faced eight months of recovery.

“No one really understands the process of recovery with an ACL until they do it,” Taylor says.

To get herself back in the game, she started waking up at 5 a.m. to do physical therapy (PT). She continued to go to practice with her team after school and when she got home, she'd do another round of PT. By track season in the spring she hopes to be back doing the 100 and 200 yard events. And she is confident that by the time she's a senior in the fall, she'll be back to full speed.

She says the care and expertise she received from Circle Health was all she could ask for.

“I think it went perfectly,” she says.

To learn more about our affiliated orthopedic providers visit www.lowellgeneral.org/orthopedics.

Circle Health Orthopedics

Circle Health provides access to more than a dozen board-certified orthopedic surgeons in a wide range of specialties. To find the right surgeon for you, visit www.lowellgeneral.org/orthopedics.

Steven Alter, MD
Christopher Baker, MD
Atul Bhat, MD
Elisabeth Gennis, MD
Samuel D. Gerber, MD
Eric Holstein, MD
Lawrence Johnson, MD
Mark Lapp, MD
Kevin Malone, DO
Jeremy M. Moses, MD
David Prybyla, MD
Peter Roman, MD
Scott Sigman, MD
Kevin Tomany, MD
W. Howard Wu, MD
Circle Health Tewksbury Provides One Stop for Primary and Urgent Care

Great care starts with a primary care physician you can trust. Dr. John Ragucci leads the Tewksbury Family Health practice with Dr. Lourdes Ada, and has practiced medicine in Tewksbury for 18 years. The practice is moving into the new Circle Health Tewksbury facility at 1574 Main Street, where patients will have access to a Lowell General Hospital Patient Service Center, and Circle Health Urgent Care.

Why did you choose to practice in Tewksbury?
I'm a resident. I love the area, I have family and friends here and I'm not going anywhere.

Why did you get into primary care?
I like the variety. I like treating kids and adults, and I'm interested in dermatology, gynecology, infectious disease and other aspects of medicine. Family medicine offers a little bit of everything.

What should someone look for when choosing a primary care physician?
Look for someone who listens to you. I emphasize the biopsychosocial model of medicine, looking at the physiology and psychology, and incorporating everything when caring for a patient. We want to provide comprehensive care.

How would you describe the Tewksbury Family Health practice?
Our practice, including myself, Dr. Ada and our nurse practitioners, is here to listen to our patients. It's a team effort, and the patient is involved on that team. We need to know that the patient is comfortable and understands what the issues are. We want to engage our patients and listening is at the top of the list.

How has family medicine changed over your career?
We're doing more comprehensive care. We're treating more chronic illnesses that in the past were referred to specialists, like heart disease or diabetes. We refer patients to a specialist when it's appropriate, but I think we can handle a lot more things in the office in a more efficient way that is more convenient for the patient.

How will the move across the street to Circle Health Tewksbury impact your practice?
It's a really positive move for our patients. We'll have a patient service center next door, with easy access for bloodwork and diagnostics, and the urgent care center available for off hours. There will be more continuity in terms of getting results quickly and easily.

How valuable is the shared medical record across the Circle Health network?
It's about knowing the patient. For people who stay in the network, we can pull up emergency department records, refer them to Circle Health and Tufts Medical Center specialists, and see all the different visits so things don't have to be repeated. It saves the patient time, and allows us to have a complete picture to make the best care decision possible.

Circle Health Tewksbury Community Open House

Please join us in celebrating the opening of our newest facility on Saturday, February 16, from 10:00am-noon. Come tour the facility, meet the staff and providers, and enjoy free refreshments, health screenings, family activities, and more!

For more information on Circle Health Tewksbury, please visit www.circle-health.org/tewksbury.
When It’s More than Just a Cold, Pediatric Specialists are Prepared

With sick kids in close quarters at school and icy conditions priming them for injury, concerned parents can have confidence that great pediatric care is close to home, especially in an emergency.

At our main campus emergency department, we have pediatric experts, a separate kid-friendly waiting area, and a zone of private rooms to help calm and soothe our younger patients. In addition, our partnership with the Floating Hospital for Children at Tufts Medical Center means we give you access to pediatric hospitalists available 24/7 for consults and to care for your child should they need to be admitted to the hospital.

Parents of children with milder symptoms associated with cold or flu can call their primary care provider or consider urgent care during off-hours. Dr. José Ponce Ríos, Medical Director of Pediatric Emergency Services, sees kids with more severe symptoms in the hospital’s emergency department.

“This time of year, we see many respiratory emergencies,” says Dr. Ponce Ríos. “Respiratory syncytial virus (RSV) and influenza (flu) are two of the most common viruses we see in these winter months and they can be very serious for younger patients.”

RSV is transmitted by contact with people who have the virus. One important way to protect your children is having good hand washing habits as well as minimizing contact with people who have cold-like symptoms.

“Most of the older children who have RSV will only present with symptoms of upper respiratory infection, such as runny nose, fever, and cough,” says Dr. Ponce Ríos. “However, younger children - especially those younger than 2 years of age - can develop bronchiolitis, an infection in the part of the lungs called the bronchioles. This infection and inflammation will cause more difficulty breathing as well as cough, wheezing, and sometimes will require hospitalization.”

Some children with specific medical conditions such as extreme prematurity or some heart conditions should be vaccinated against RSV. It’s important to talk to your child’s provider to see if your child is at higher risk of complications from the virus.

Another major player in illness during the winter months is the flu. Flu is a viral infection transmitted through contact with an infected person through secretions or droplets from a cough or a sneeze. It takes about 1-4 days after exposure to come down with symptoms, which are usually fever, aching muscles, sore throat, and dry cough.

“The best way to prevent influenza is to get vaccinated every year. I do and I have never gotten the flu,” says Dr. Ponce Ríos. “One cannot get sick from the flu vaccine – that is a common myth.”

While most people eventually recover from the flu, the virus can cause other complications such as pneumonia and in severe cases death.

“In the 2017-2018 season, up to October 2018, the Centers for Disease Control and Prevention reported 185 pediatric deaths. Eighty percent of these children had not received their flu vaccination. We urge everyone who is eligible to receive their vaccination to do so.”

Learn more about our pediatric emergency care as well as urgent care services at www.lowellgeneral.org/pediatricED.
For Chelmsford Woman, Diabetes Scare Ends with Silver Lining

As a Type 1 diabetic for more than 30 years, Clare Gunther is very familiar with the daily routine of monitoring her blood sugar levels.

“I don’t go for a walk without testing my blood sugar,” says Gunther, of North Chelmsford. “I always have carbs with me just in case it gets low. I keep a juice box in my purse because of diabetes. You have to because diabetes is with you all the time.”

However, when she got a bad stomach virus last fall, her usual dose of insulin delivered through her automated pump that helps her body process sugars wasn’t effective. Unsure what to do and not thinking clearly due to her highly elevated blood sugar levels, she went to bed and her condition worsened.

By the morning, she had developed ketoacidosis, a potentially fatal condition that results from acids forming in the blood stream due to elevated blood sugars. EMTs saved her life with intravenous electrolytes, and then took her to Lowell General Hospital, where she spent three days in the Intensive Care Unit (ICU).

But from this near tragedy came what Gunther considers “a gift” in the form of Judy Pentedemos, FNP, Clinical Manager of the new Diabetes and Endocrine Center at Circle Health Dracut.

Pentedemos was first called to the ICU to help Gunther get her blood sugar levels back in balance. For two days, she had Gunther calling her every three hours, around the clock, to report her blood sugar levels, then guiding her to adjust her insulin intake and diet accordingly.

By coincidence, Gunther’s long-time endocrinologist had recently left his practice and the day of her trip to the ICU, she was scheduled to meet with a new endocrinologist in Boston. But after meeting Pentedemos, she learned that expert diabetes management services and experienced endocrinologists are available within the new Circle Health Dracut facility.

“It was the resource that I lacked,” Gunther says. “To be able to go up the street and get such quality care means the world to me.”

The centralized services offer a new level of Complete connected care for individuals with diabetes in the region.

“We have extensive knowledge collectively among all of us,” Pentedemos says. “If anything comes up, we have each other as an immediate resource.”

Pentedemos says her primary focus is to help patients create a routine to manage their diabetes on a day-to-day basis. She has 25 years of experience, is backed by a team of dietitians, diabetes educators, and board certified endocrinologists Dr. Miguel Ariza, Dr. Hannah Matthew, Dr. Anca Staii, and Dr. Hayward Zwerling.

“We customize a diabetes plan to fit your life,” she says. “It’s about diet, exercise and living a healthy lifestyle.”

For Gunther, the level of experience matched with the convenience was exactly what she needed. She cancelled her appointment in Boston and made a new one in Dracut.

“One I met Judy, I thought, ‘I don’t need to go to Boston,’” Gunther says. “(Judy) is a savant with insulin pumps, and there is an endocrinologist there if I need one. I’m in really good hands.”

The Diabetes and Endocrine Center is located at Circle Health Dracut, at 9 Loon Hill Road. For more information about how the Diabetes and Endocrine Center can help you manage your health, visit www.diabetesandendocrinecenter.com To make an appointment, call (978) 323-0360.
A Full Circle Approach to Cardiac Care

Each year, more than 600,000 people die of heart disease in the United States, making it the leading cause of death among men and women. But for many, heart disease risk can be lowered with a healthy lifestyle. Others may need the care of an expert physician.

At Circle Health, we take a full circle approach to cardiac care, from education and prevention to treatment, recovery and rehabilitation:

- To lower your risk of ever getting heart disease, we offer health and wellness programs that help you focus on nutrition, lose weight, get and stay active, and live a healthier lifestyle.
- If you suffer a heart attack, our Lowell General Hospital paramedics are stationed around the region to provide Advanced Life Support when minutes count most.
- For patients who need surgical intervention, we provide access to cardiologists, surgeons, interventionists and nurses with decades of experience, and access to cutting-edge technology.
- To get heart patients back on their feet, we connect you with cardiac rehabilitation services that are convenient and close to home.
- For long-term medication management, we have a specialized Anticoagulation Management Service to help cardiac patients with testing, dietary needs, dosing and counseling on these medications.

Did you know that Lowell General Hospital’s Heart and Vascular Center is recognized by U.S. News & World Report for exceptional cardiac care? To find a doctor or learn more, visit www.lowellgeneral.org/heart.

Take Some Healthy Steps for Heart Month

The American Heart Association recommends a goal of 150 minutes of activity each week. But a successful routine doesn’t happen overnight.

The best way to get started, fitness experts say, is to start slow and learn to enjoy it.

“The body is just meant to move,” says Sherri Sarrouf, Owner and CEO of SLS Fitness in Lowell. “Get moving, even if it’s walking around the house one more time or getting fresh air for five minutes. Do one percent more every day, and people start to feel really good.”

SLS Fitness is partnering with Circle Health to present Dance for Your Heart, where participants of any age or skill level will raise their heart rates with dance styles from salsa to ballroom, then indulge in heart healthy wine and chocolate. The event will be led by Kathy Coughlin, owner of the Center Stage Dance Academy in Tyngsboro, and will include a raffle to support the Cardiac Cares Fund, which provides financial assistance to patients who are going through cardiac rehabilitation at Lowell General Hospital.

The event is one of several heart-healthy activities taking place at Lowell General Hospital throughout the month of February to honor American Heart Month, including weekly blood pressure checks and heart healthy meal items in the cafeterias at the main and Saints campuses. These efforts are spearheaded by Lowell General Hospital cardiac nurses, who see the impacts of poor heart health firsthand and understand how even small, steady changes can impact a person’s overall health and attitude.

Dance for Your Heart
February 21, 2019
6:30 to 8:00pm
Clark Auditorium, Main Campus,
295 Varnum Avenue, Lowell

Get your body moving and join us for a fun night of light fitness dancing followed by a little heart-healthy wine and dark chocolate. Registration is just $15. Bring a partner, a friend or come on your own. Visit www.lowellgeneral.org/danceforyourheart to reserve your spot.
It was April 8, 2018, and Dana Corr was looking forward to celebrating his 55th birthday that day with his wife and two daughters in their Westford home. He had just returned from a trip visiting colleges in Rhode Island the day before with his daughter. Unfortunately, all celebrations were put on hold that day as his heart seemed to have other plans.

“My wife told me later that she heard an awful gasp from me that woke her out of a sound sleep – she called 9-1-1 and that’s when the Westford EMTs arrived and began lifesaving measures,” said Corr.

Corr was rushed to Lowell General Hospital in the early morning hours in an acute state of heart failure.

When he arrived, Dr. Kirk MacNaught, interventional cardiologist, was fully prepared to treat him for cardiogenic shock, a life-threatening condition where the heart can’t pump enough blood to support the body’s organs.

“Mr. Corr’s heart was only pumping at about 5% when he arrived,” said Dr. MacNaught. “He was in pretty bad shape at that point.”

During these critical situations it is important that experienced cardiologists have access to the latest cutting-edge technology to help save lives.

Dr. MacNaught immediately decided that Corr’s failing heart needed mechanical support. A tiny heart pump, called the Impella® CP, was inserted through his groin into his left ventricle. This device helped Corr’s heart function while they worked to stabilize him for transport to Tufts Medical Center in Boston.

As paramedics wheeled Corr out of the Cardiac Catheterization Lab to the med flight helicopter, MacNaught briefly prepped Corr’s wife and daughters on his serious condition. He recalls Corr’s wife telling her unconscious husband, rather loudly, that he’d better stay alive as his two daughters expected him to walk them down the aisle.

At Tufts Medical Center, Corr had a team of heart specialists come together to manage his tenuous condition. He underwent angioplasty to clear two blocked vessels, and catheters were placed in case he needed to be placed on Extracorporeal membrane oxygenation (ECMO), an advanced life support machine that takes over for the failing heart and lungs. Fortunately, this was avoided and his condition was expertly managed by the Heart Failure Team and the Intensivists in the Critical Care Unit. To help improve Corr’s cardiac function and protect him from a sudden cardiac event in the future, an advanced defibrillator was implanted to detect any abnormal heart rhythm. After about three weeks, he was able to return home.

Physicians explained to Corr that his life was saved by a true team effort, with Lowell General Hospital cardiologists serving as the plumbers, ensuring his arteries were clear, and Tufts MC specialists as the electricians, making sure the electric impulses in his heart were working properly.

The clinical partnership between Lowell General Hospital and Tufts Medical Center made his care seamless and allowed the cardiologists to easily consult on his care. Corr completed 12 weeks of cardiac rehabilitation at Lowell General Hospital’s Saints campus and now sees Dr. MacNaught at his Merrimack Valley Cardiology office in North Chelmsford.

Corr said this life-changing experience really caught him by surprise. He always considered himself very healthy – working outdoors, eating right, and going to the gym at least three days a week. Although his dad had a history of heart disease, his three older brothers never had any issues. Now he has a different perspective.

“I don’t think I’ll ever be able to get my wife to let her guard down,” said Corr. “But I’m definitely going to cherish every birthday moving forward.”

Learn more about our comprehensive cardiac services at www.lowellgeneral.org/heart.

For more information, visit www.circle-health.org
At Lowell General Hospital, we are fully committed to the fight against heart disease. For patients, that means we provide access to educational programs, screenings, diagnostics and treatment options. But it’s when a patient is having a heart attack that commitment matters most. Paramedics begin treatment during transport, and our team of experienced interventional cardiologists have access to the latest technology and life-saving techniques that reduce the risk of life-altering illness, disability, or death.

“For a patient undergoing a sudden cardiac event, every minute counts,” says Dr. Kirk MacNaught, interventional cardiologist with Merrimack Valley Cardiology Associates. “Fortunately, technology has rapidly advanced over the years, from the interventions that paramedics can perform out in the field, to reductions in the time we can treat in the cath lab.”

Fortunately for those living in the Merrimack Valley, Lowell General provides emergency angioplasty services 24 hours a day/7 days per week/365 days a year to specifically treat heart attacks and is a high performer in these cardiac cases, particularly for the speed in which patients are treated.

For patients having a heart attack, or STEMI (ST-elevation myocardial infarction), The American Heart Association recommends that the artery be reopened within 90 minutes. This is called “door to balloon time” – the time from which STEMI is diagnosed in a patient to the time the artery is reopened using a tiny balloon inserted with a catheter to where the blood vessel is clogged. The balloon is inflated to widen the artery and restore blood flow to the heart. Most often, a stent is placed to keep the artery open.

Our team of cardiac experts consistently exceed this goal, resulting in better patient outcomes and quicker recovery. For example, our door to balloon time for STEMI patients in Quarter 3, 2018 was 41 minutes, well below the 90 minute goal and well below the national average of 60 minutes.

One of the latest pieces of this effort to improve survival rates of heart attack patients is the implementation of a new heart pump system for patients in cardiogenic shock. This condition happens when the heart is so weak that it can’t pump enough blood, blood pressure falls, and organs begin to fail.

Cardiogenic shock may happen as a result of a heart attack or other causes such as abnormal heart rhythms, heart failure, heart defects, genetics, or from a viral illness. The Impella® CP heart pump device takes blood from the left ventricle and pumps it into the circulatory system, which allows the heart to rest.

“It’s the newest device that can be inserted safely thorough the groin and allows the heart to rest and keeps a patient’s blood pumping when their heart is too weak,” says Dr. MacNaught. “Because it’s so small and the technology is quite advanced, it allows us to preserve organ function and helps to stabilize the patient before transfer to the Intensive Care Unit or until a more permanent device or other interventions can be done.”

Dr. MacNaught is quick to credit the collaborative efforts of the Heart and Vascular Center, Cardiology Department and the Intensive Care Unit staff and physicians for bringing this advanced technology to Lowell General.

“It’s really a testament for everyone coming together for the best interest of patients in our community.”
Celebrating 20 years!

SAVE THE DATE
MAY 19, 2019

Walk • Volunteer • Sponsor!
Every step you take will make a cancer patient’s fight a little easier.

New Location! Le Lacheur Park

REGISTER TODAY!
www.teamwalk.org or 978-937-6434
Physicians among Boston Magazine’s Top Docs

Circle Health’s affiliated physicians are some of the best in New England in their respective fields. Boston Magazine’s annual Top Docs list agrees: 13 Circle Health physicians were selected as Top Doctors in the January issue.

Boston Magazine’s list is based on nominations from physician colleagues, compiled by a physician-led team from the independent research firm Castle Connolly.

Circle Health’s Magazine Top Docs for 2019 are Dr. Damian Folch (Family Medicine); Dr. Geetanjali Akerkar (Gastroenterology); Dr. James Reichheld (Gastroenterology); Dr. David Sidebottom (Infectious Disease); Dr. Pauline Tsirigotis (Internal Medicine); Dr. Murat Anamur (Medical Oncology); Dr. Bjorn Bie (Otolaryngology); Dr. Arthur Lauretano (Otolaryngology); Dr. Daniel Dubner (Pediatrics); Dr. Irving Newman (Pediatrics); Dr. Paul Menitoff (Psychiatry); Dr. David Berman (Urology); and Dr. Robert Edelstein (Urology).

To learn more about the expertise and experience of Circle Health’s network of more than 700 physicians, visit www.lowellgeneral.org/findaphysician.

Grant Helps Lowell Students Make Fitness More Fun

Obesity has been identified as a top health issue in Greater Lowell, so Circle Health is doing its part to instill fitness routines in our youngest residents.

Circle Health Chief Operating Officer Amy Hoey joined Lowell Public Schools Superintendent Jeannine Durkin to help McAuliffe Elementary School cut the ribbon for its new Project Fit America (PFA) playground, equipment and fitness curriculum on November 16.

McAuliffe is the third school to receive the Project Fit America grant from Circle Health, following schools in Methuen and Chelmsford.

The grant provides programming that includes state-of-the-art outdoor fitness equipment specifically designed to address the deficit areas where children fail fitness tests; indoor fitness equipment; installation of the equipment; a dynamic curriculum with games, activities and challenges for kids.

Stop the Bleed and Save a Life

An hour of your time could help you save someone's life.

Stop the Bleed is a new program developed by the American College of Surgeons, the Committee on Trauma and the Hartford Compendium designed to teach individuals basic techniques to stem massive bleeding. The program arose from the recent terrorist and active shooter incidents, where medical response is often delayed.

Massive bleeding of any kind can result in death in as few as 5-10 minutes. By applying pressure, packing wounds with gauze and using tourniquets, ordinary people can buy precious time before first responders arrive.

Anyone can be certified by participating in an hour-long training session. Lowell General Hospital Trauma Coordinator Cyndee Paolillo will train groups across Greater Lowell free of charge.

To schedule a session, contact her at cynthia.paolillo@lowellgeneral.org.
Getting Ready for Baby

ABCs of Babies for New Parents
Tuesday, February 26, 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.

Birthplace Tours
Monthly tours, Times vary, FREE
Your guide will answer questions as you visit The Birthplace, including our labor and delivery area, mother and infant area, nursery and special care nursery.

Boot Camp for New Dads®
Saturday, March 2 or May 4, 9:00am-12:00pm, $25
This nationally-recognized workshop for men is taught by fathers. First-time dads are oriented to the joys and challenges of fatherhood with the help of a coach and veteran dads with their newborns.

Breastfeeding Class
Monthly classes, Times vary, FREE
Learn the art of breastfeeding. Discover the benefits for mom and baby, valuable tips and more.

Prenatal Wellness Package
$99.99/6-week session
Develop and strengthen your body for the changes it will experience during pregnancy through yoga and strength training. Presented in partnership with SLS Fitness.

Quit Smoking for Your Baby Webinar
To view, visit www.lowellgeneral.org/health, FREE
Learn the facts about the dangers of smoking while pregnant, second hand smoke, the importance of having everyone in the family quit, and strategies for quitting.

Tdap Vaccine Drop-In Clinic
Monday, March 11 or May 13, 5:00-7:00pm, FREE
This drop-in clinic is open to expecting mothers, spouses or significant others, grandparents, babysitters, aunts and uncles as well as friends of the family who are in close contact with infants.

The Happiest Baby on the Block®
Monday, May 20, 6:00-7:30pm, $15*
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 more.

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.

Childbirth Classes

• Six-Week Prepared Childbirth
  available in English, Khmer and Spanish

• Weekend Prepared Childbirth
  available in English, Khmer and Spanish

• Online Prepared Childbirth
  available in English and Spanish

• Hypno-Birthing®

• Teen Prepared Childbirth

For a full description or to register for these and other programs, classes and support
Parenting

Basic Car Seat and Child Passenger Safety
Monday, March 4, 6:30-8:00pm, FREE
Learn how to keep children safe in a moving motor vehicle. Topics include Massachusetts’ Child Passenger Safety Laws, types of child car seats and how to properly install them.

Infant Massage
Tuesday, March 19, May 7 or May 21
12:30-1:30pm, $15
Infant massage is a centuries-old tradition that offers benefits such as bonding, better sleep, improved colic, relaxation and better digestion.

Itsy-Bitsy Movin’ and Groovin’
Fridays, 10:00-11:15am, 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.

New Moms Support Group
Tuesdays, 10:00am-12:00pm, FREE
This drop-in support group for new mothers and their babies is led by Registered Nurses/Lactation Consultants of Lowell General Hospital. Come with your questions and concerns or just to meet other new mothers.

Kids and Teens

Teddy Bear Clinic
Saturday, March 23, 11:00am-2:00pm, FREE
Pheasant Lane Mall, 310 Daniel Webster Highway, Nashua
Located by the food court.
Calling all kids! Bring your favorite stuffed animal or doll for a check-up, learn how to keep you and your teddy bear healthy, participate in fun activities, and learn valuable health information for the whole family!
Registration is preferred. Call 1-877-LGH-WELL (1-877-544-9355) or visit www.lowellgeneral.org/health

Babysitting Basics Plus CPR
Saturday, February 9, March 9, April 6 or May 11, 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.

Comprehensive Weight Management Program for Teens
This interactive group wellness program helps teens age 11-18 learn how a balanced lifestyle can lead to improved health, weight and self-confidence in 10 weeks. Two assessment visits are included.

Teen Prepared Childbirth
Thursday, February 7, March 7, April 4 or May 9, 3:00-6:00pm, FREE
This three-hour class will cover all aspects of childbirth, from the first signs of labor through postpartum care, breastfeeding, and basic infant care and safety. A tour of The Birthplace follows the class.

Youth Six-Week Wellness Package
$99.99/6-week session
Children ages 7 and up can increase physical activity by trying a combination of boxing and kids yoga classes in this wellness package. Classes are held six days per week. Presented in partnership with SLS Fitness.

Gift Shop
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, please visit www.lowellgeneral.org/health or call 1-877-LGH-WELL (1-877-544-9355)
Health and Wellness Programs

Education Classes and Certifications

Fitness Over 40
Wednesday, May 15, 6:00-7:30pm, FREE
Learn how to address the unique health challenges facing adults over 40 when trying to lose body fat, balance hormones and maintain a focus on overall health. Presented in partnership with SLS Fitness.

Freedom From Smoking®
Tuesdays, March 12-April 9, 6:30-7:30pm, $25*
The American Lung Association’s Freedom From Smoking program is a proven way to quit smoking for good, even if you’ve tried before. *Full refund of fee upon completion of the course.

Introduction to Personal Safety & Self Defense for Women
Saturday, June 8, 9:00am-1:00pm, FREE
This women’s only workshop teaches safety awareness, risk reduction and how to react to an attack with basic self-defense skills.

Joint Replacement Education
Weekly, Mondays, 11:00am-12:00pm, FREE
Monthly, Mondays, 4:00-5:00pm, FREE
Are you having your hip or knee replaced? Attend one of our education classes to learn what to expect before, the day-of and after your surgery, as well as tools for case management and discharge planning.

Self Defense for Women (RAD)
April 15, 17 and 19, 5:30-9:30pm, $25
This three-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.

SIDS Prevention Workshop: A Certification Course for Childcare Providers
Monday, February 25 or March 18, 6:00-7:30pm, FREE
This workshop will define Sudden Infant Death Syndrome, discuss risk factors and identify safe sleeping positions and environments.

Small Steps That Make Big Changes
Wednesday, March 20, 6:00-7:30pm, FREE
Learn the difference between fat loss and weight loss, how to focus on fat loss, how to exercise smarter and how to cut through all the media hype and confusion. Presented in partnership with SLS Fitness.

Managing Disease

COPD Education Seminar
Tuesday, April 16, 5:00-8:00pm, FREE
Join Dr. Irwin Buchwald and Lowell General Hospital’s Respiratory Department to learn what you need to know about COPD. Screenings for oxygen saturation, simple lung function, and spacer usage and technique will be offered.

Parkinson’s Disease Wellness
Visit www.lowellgeneral.org/health for dates
Classes are designed for people with Parkinson’s Disease who want to improve their mobility and strength in a supportive environment. Presented in partnership with SLS Fitness.

Connecting me to a whole new life

Center for Weight Management and Bariatric Surgery
Take the first step to living your new life. Sign up online at www.lowellgeneral.org/infosessions for a weight loss information session now or call 877-544-9355.

North Chelmsford
20 Research Place
February 5 at 6:00pm
March 5 at 6:00pm
March 15 at 1:00pm
(Available in Spanish)
April 2 at 6:00pm

North Andover
203 Turnpike Street, 3rd Floor
February 25 at 1:00pm
(Available in Spanish)
March 21 at 6:00pm
April 22 at 1:00pm
(Available in Spanish)

For a full description or to register for these and other programs, classes and support...
Fitness

65+ Fitness Programs
Weekly, Monday-Thursdays from 11:00am-12:00pm, $44.99 per member
Age is just a number. Learn exercises that range from stretches and light weights to TRX and fun circuits; modifications are available for all levels. Presented in partnership with SLS Fitness.

Gentle/Moderate Yoga
Tuesdays, January 8-February 19, February 26-April 2* or May 7-June 18, 5:00-6:00pm, $85
Learn to create breath awareness, enhance 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 March 12, 19 or 20

PiYo™
Mondays, February 18-April 8* or April 15-May 20, 5:45-6:45pm, $50
PiYo is designed to build strength and gain flexibility with intense choreography that’s fun, challenging and will make you sweat. *No class March 4 or 18

Reduce Stress with Qigong & Tai Chi
Tuesdays, March 26-April 16, 6:15-7:15pm, $55
Synchronize slow flowing movements, rhythmic breathing, and a calm state-of-mind to help you reduce stress, improve balance and increase range of motion.

YangTao™ Tai Chi Long Form Part One
Thursdays, March 7-April 25 or May 2-June 20, 6:00-7:00pm, $70/session or $10 drop-in rate
YangTao Tai Chi is a unique blend of two popular Tai Chi forms to enhance the healing qualities of this moving meditation. It can help you reduce stress, improve balance, regain lost range-of-motion, slow the aging process and enhance quality of life.

You – In Better Balance with Circular Tai Chi
Tuesdays, May 7-28, 6:15-7:15pm, $55
Synchronize slow flowing movements, rhythmic breathing, and a calm state-of-mind to help you reduce stress, improve balance and increase range of motion.

Zumba
Thursdays, February 28-April 11* or April 25-May 23, 5:30-6:30pm, $50
Interval training sessions are combined with fast and slow rhythms and resistance training to sculpt your body while burning fat. People of all ages can enjoy the infectious music and easy-to-follow dance moves. *No class March 7 or March 28

Heart Health

Dance for Your Heart
Thursday, February 21, 6:30-8:00pm, $15
Here’s your chance to get moving and make your hips do things you thought they could never do. Learn new dance moves while enjoying three things that are good for your heart: exercise, red wine and dark chocolate!

Heart and Soles
Mall Walking Program
Daily, 8:00-11:00am, FREE
Take advantage of a climate-controlled atmosphere for walking. Free blood pressure screenings are offered on the third Thursday of every month. Presented in partnership with Simon Pheasant Lane Mall.

Mental Well-Being

Anger Management Series
Tuesdays, February 26-April 2, 6:00-7:30pm, $40
Learn how to recognize how your current anger expression is interfering in your life and relationships, identify and defuse personal triggers, and develop skills for coping, relaxation and conflict resolution.

Understanding Mental Health
Thursday, March 28, 6:00-7:00pm, FREE
Mental health problems are common in at least one out of every five people. In most cases, they are manageable and with the right kind of help, most people who experience these difficulties are able to live happy and successful lives. Join us to learn about the basics of mental health – signs & symptoms, myths vs. facts, and various forms of treatment.

Game Changing Approaches to Dementia Care
Thursday, April 11, 6:00-7:30pm, FREE
Caregivers will learn and share in a caring atmosphere, receive practical information, vital tools for success, effective communication tips and strategies to deal with dementia behaviors.

Let’s Meditate: Going Within to Your Peaceful Space
Thursday, March 28, 6:00-8:00pm, FREE
Nourish your body, mind and spirit by exploring meditation through sound and vibration, and enhance your own peace and relaxation.

Meditation: A Three-Part Series
Thursdays, April 11-25, 6:00-8:00pm, $40
Discover the benefits of meditation by exploring meditation, mindful meditation, Metta meditation (love and kindness practice), mantra meditation and walking meditation.

Nutrition

Hormones, Sleep & Nutrition Tips
Thursday, February 28, 6:00-7:30pm, FREE
Discover how hormones can play a big role in fat loss, sleep and exercise. Learn easy tips to help balance your hormones by improving your food intake and managing weight gain. Presented in partnership with SLS Fitness.

Support Groups

Al-Anon/Alateen
Wednesdays, 7:00pm, Saints Campus, FREE
Fridays, 7:30pm, Main Campus, FREE
This support group is for anyone who has been affected by someone else’s drinking.

AA
Sundays, 1:00pm, Saints Campus, FREE
The AA Support Group is an open meeting for all individuals who have been affected by alcohol addiction.

Bereavement
Second Wednesday of each month, 10:00am, FREE
Fourth Thursday of each month, 7:00pm, FREE
Bereavement support groups are available to anyone who is grieving the death of a loved one.

Family Caregivers
Second Wednesday of each month, 1:00pm, FREE
Meetings are designed for family and friends who are caring for people with any diagnosis to help ease stress, share coping strategies, find peer support and increase confidence in their caregiving role.

Lowell General Hospital offers a variety of support groups for both the public and patients. For more information, visit www.lowellgeneral.org/supportgroups.
Introducing Circle Health Tewksbury
Opening Tuesday, February 19, 2019

The newest member of the Circle Health family is opening in Tewksbury at 1574 Main Street (Route 38) at the corner of Victor Drive.

Services include:
• Convenient urgent care services, seven days a week
• Lowell General Hospital Patient Service Center for x-rays and diagnostic tests
• Tewksbury Family Health primary care

To learn more, visit www.circle-health.org/tewksbury