



your Health Matters

A quarterly publication produced as a community service of South County Hospital Healthcare System

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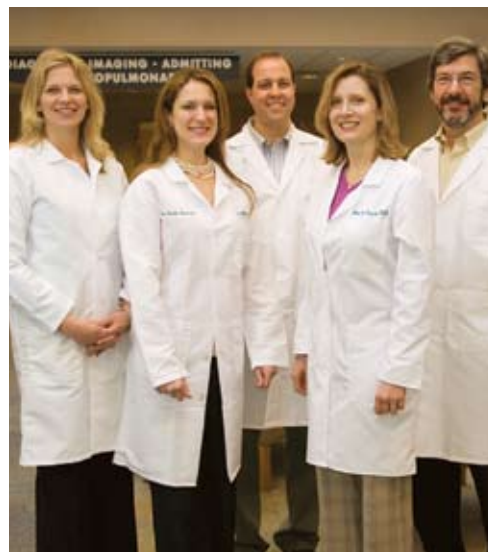
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FRESH NEW SPACE, EXPANDED SERVICES, AND CARE THAT'S ALWAYS CENTERED ON YOU!

This spring will bring exciting changes for South County OB-GYN, the medical practice that is home to five board-certified and board-eligible physicians and their staff. The practice will be relocating to larger, newly renovated quarters conveniently located in the Medical Office Building wing at South County Hospital. This office will be in addition to their new suite at the South County Hospital Medical & Wellness Center on Rt. 2 in East Greenwich, where they see patients Tuesday–Friday.

“The move provides the opportunity for more medical services in-office but also, in collaboration with All That Matters, we will be able to offer more integrative health therapies for women,” Dr. Lisa Rameaka explained recently. “We’re really pleased about that.”

The new space is beautifully appointed and has been specifically designed with women in mind. In addition it is located conveniently close to the Hospital’s digital mammography and bone densitometry suite (directly across the hall), as well as a complete range of diagnostic imaging capabilities including 3-D ultrasound. A full service lab is at the end of the hall.



(L-R): Lisa S. Rameaka, M.D.; Mary Christina Simpson, M.D.; Steven Schneider, M.D.; Jill M. Samale, M.D.; Jeffrey F. Joseph, M.D.

As always, the group will continue to offer exceptional obstetric care, and gynecological care for every stage of life. The physicians provide extensive surgical services including the latest alternatives to total hysterectomy, and an incisionless permanent birth control. In-office uro-dynamic testing is also available as are the latest choices in treatment options for this and other pelvic concerns. Peri- and post-menopausal care is another area of specialty covered by the group. Their 40 years-plus of combined experience—including the delivery of more than 5,500 babies—sets the physicians at South County OB-GYN apart.

As the core of the Hospital’s Center for Women’s Health, the complete care the physicians of South County OB-GYN provide is always “Centered on You.”

For information or to schedule an appointment, call 401 789-0661.



South County OB-GYN patient Sarah Ferraro introduced baby Will last summer at South County Hospital’s Birthing Center.

TO YOUR HEALTH: RENEWAL OF HOPE



*Louis R. Giancola
President & CEO
South County Hospital
Healthcare System*

As I write this, the calendar notes that tomorrow will be the first “official” day of spring. After the unusually cold winter we’ve had, not to mention all the snow, the change of seasons is especially welcome.

You may have been weathering more than the elements over the past few months; the economic climate has touched us all. Whether you’ve lost a job or suffered losses in hard-earned investments, you have my sympathies. As you may have read in the local papers, the Hospital has been feeling the effects of the financial crisis that has hit every business, including healthcare. We have done a lot of belt-tightening and, sadly, that included the layoff of 18 staff. That may seem a small number, particularly for an organization with approximately 1,000 employees, but for everyone here, the loss felt very personal.

But whatever your personal situation may be, I hope you are not ignoring your health. Postponing regular screenings, such as mammography or colonoscopy, does not save you anything in the long run—no matter how you look at it. And your annual appointment with your primary care doctor as well as any specialists you see is an essential part of preventative care, which study after study has shown is not only the best way to safeguard your health but also the most cost effective way, too.

Happy Spring!
lgiancola@schospital.com

NEW CARDIAC CATH LAB OFF TO A STELLAR START

Thomas Kevin Hughes has a demanding job as a mechanical engineer and inspector for Providence-based Ocean State Technical Services. When on the job at power plants around New England, he must regularly climb flights of narrow metal stairs, cross scaffolding, and work at dizzying heights. In November, Kevin (as he likes to be called) began to suffer from dizzy spells along with pain in his legs. Aware that it would be extremely dangerous to pass out on the job, he immediately called his physician to get checked out.

Although he is only 57, Kevin has a history of smoking, diabetes and family members with heart disease. His doctor suspected a blockage and recommended that Kevin see a cardiologist. This led to an appointment with Dr. Aaron Weisbord, who recommended cardiac catheterization, a diagnostic procedure that involves passing a catheter into an artery or vein and on to the heart or its coronary arteries. The entire process is viewed, live, on a monitor, and reveals the location and degree of heart disease, helping the cardiologist determine which treatment options should be considered.

Dr. Weisbord is a colleague of Dr. Steven Fera, a cardiologist and member of the Cardiovascular Institute of New England, South County Division (located in the Medical Office Building wing at South County Hospital). Fera has performed thousands of cardiac catheterizations at the cardiovascular lab at Rhode Island Hospital in Providence, where he also trains new physicians in the procedure. He was the physician to whom Dr. Weisbord referred Kevin.

Kevin was delighted to learn during his first meeting with Dr. Fera that South County Hospital had just opened its brand new state-of-the-art cardiac catheterization lab and that he could avoid traveling to Providence. “If I can avoid going to the city, I usually do.” And so, on January 9, Kevin became the first patient to use the cardiac catheterization lab at South County Hospital.

“It was a very positive experience,” Kevin said. “The nurses were excellent and the doctors were great. Because I was the first patient, there were balloons and a lot of activity—I was a little nervous and it was a great distraction for me. South County Hospital is a great facility.”

Since then, more than 50 patients have taken advantage of this new service. It is expected that around 250 patients will be served by this very important diagnostic tool this year. “We find that patients are more likely to have the procedure if the service is close to home,” said Dr. Fera. “We are pleased to be able to offer it now at South County Hospital.” Both Dr. Steven Fera and his partner, Dr. John Murphy, have extensive experience performing cardiac catheterizations. Both are members of the faculty of the Warren Alpert Medical School of Brown University.

For an appointment with a cardiologist on the staff at South County Hospital, call 401 789-5770.



*Kevin Hughes, the new
cardiac catheterization lab's
inaugural patient.*

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SPECIALIZED EQUIPMENT PROVIDES PEACE OF MIND FOR NEW MOMS

Being a new mom of a child born with serious medical problems can be stressful enough without the added burden of additional trips to Providence. VNS Home Health Services' Pediatric Department recently obtained state-of-the-art infant automatic blood pressure monitoring equipment that allows vital checks at home.

For babies born with congenital heart problems, hypertension due to kidney dysfunction or other serious conditions, blood pressure monitoring is crucial for appropriate and accurate medication dosage prescriptions by the doctors. For infants with heart problems, the goal is to keep the infant stable until they reach an appropriate weight for surgery. This equipment can be used to monitor the blood pressure of infants through one year of age.

Kim Koslosky, RN, pediatric nurse manager at VNS Home Health Services, explained, "Families are very grateful for the new equipment that allows infants with these medical conditions to avoid additional specialist trips to Providence.



Although the need for this service is rare, we are very pleased to be able to provide it. We are the only home care provider locally with this equipment."

For more information about VNS Home Health Service, please call 401 782-0500.

GOING AWAY THIS SUMMER? MAYBE YOUR FIRST STOP SHOULD BE THE TRAVEL CLINIC!

Do your summer vacation plans include travel? If so, you may need a vaccination before you leave. The Travel Clinic can help.

Located at the new South County Hospital Medical & Wellness Center, 3461 South County Trail (Rt. 2, between

Allies Donuts and Richard's Pub), East Greenwich, The Travel Clinic provides the vaccinations travelers need when visiting both domestic and foreign areas and is one of the very few certified yellow-fever vaccine providers in the entire state.

Call 401 471-6742 for hours and information.



The Travel Clinic provided immunizations and safe travel education to a group of 15 teens and 7 adults from St. Luke's Church in East Greenwich prior to the group's mission trip to El Pedregal in the Dominican Republic. Pictured here is the group on their trip this February. As a convenience for the group, the clinic and workshop were conducted at the church.

CALENDAR OF EVENTS

NEW MOM'S CLUB. FREE. Meets every other Tuesday, 10:00 a.m. - 12:00 noon, at the Hospital. Join other new moms and their babies to share insights in a casual, supportive and social group setting. Led by a certified childbirth educator and OB nurse. Whether this is your first baby or your fifth, and no matter where you delivered, you are welcome! Call 792-2229 for more information.

BRIGHT BEGINNINGS CHILDBIRTH PREPARATION PROGRAMS. The *Bright Beginnings* childbirth preparation programs offer a full spectrum of classes from Childbirth Education to Sibling Class to Postpartum Exercise, and *much more*, provided by a highly experienced, dedicated and caring staff. Call 792-2229 for more information.

CHILDBIRTH EDUCATION. Attend a five-week Wednesday-evening series of classes, or an all-day Saturday class. Conducted by a Certified Childbirth Educator. Information on labor, birth options, breathing/relaxation techniques, pain relief options during labor, and much more. Recommended for women in the sixth or seventh month of pregnancy. Spouses or companions welcome. \$85. Pre-registration is required. A Refresher Childbirth Ed Class is also offered. Call 792-2229 for more information.

BREASTFEEDING CLASS. A prenatal class, offered once a month most months throughout the year; Wednesdays, 7:00 - 9:00 p.m. Call 792-2229 or 788-1226 for more information.

PARENTING CLASS. Offered once a month most months throughout the year; Wednesdays, 7:00 - 9:00 p.m. Call 792-2229 for more information.

DADDY BASICS. Offered every other month, Saturday mornings, 10:00 - 11:00 a.m. Call 792-2229 for more information.

SIBLING CLASS. One Saturday a month, 10:30 - 11:30 a.m., ongoing. Ages 3 and up welcome. Call 792-2229 for more information.

BREASTFEEDING SUPPORT GROUP. A postpartum support group, led by a certified lactation consultant, meets two Tuesdays a month all year, 10:00 a.m. - 12:00 noon. Call 792-2229 or 788-1226 for more information.

INFANT & CHILD CPR. Offered 2nd Wednesday of the month, 5:00 - 7:00 p.m. Taught by certified Basic Life Support instructors, this 2-hour evening class is offered once a month all year. Call 792-2229 or 788-1999 for more information.

CPR CLASSES. Offered throughout the year. Courses available for Friends & Family CPR; Healthcare Provider CPR; Heartsaver CPR; and Infant/Child CPR. Call 788-1999 for more information.

LIVING WELL: WEIGHT LOSS, WEIGHT MANAGEMENT. A supervised 12-week exercise program in conjunction with regular consultations with a registered dietitian. Other weight loss/weight management programs are also offered. Call 782-8020 ext. 3484 for more information.

SMOKING CESSATION. One-on-one smoking cessation counseling. Ongoing, offered year round. An eight-week program that combines informative lectures and exercise, with the theme, "Fit to Quit." Includes unlimited use of the Wellness & Fitness Center's gym facilities. Registration is required and there is a fee. A follow-up maintenance program is also available. For more information, call 782-8020, ext. 3484.

"LIVING FIT" - SENIOR FITNESS FOCUS. Seniors with BlueChiP have unlimited use of the Hospital's Cardiopulmonary Wellness & Fitness Center for \$15 per month; call 782-8020 ext. 3484 for more information.

DIABETES EDUCATION CLASS. Six-week sessions meet once a week, offered five times per year, day and evening programs offered. Classes are taught by Certified Diabetes Educators and cover nutrition, medication, blood glucose monitoring, exercise, and much more. To register, call 788-1135.

DIABETES SUPPORT GROUPS. Ongoing, open session; join any time. Support groups led by members of the Hospital's diabetes education team, including registered dietitians, nurses, and clinical exercise physiologists.

- **For adults:** 3rd Tuesday of the month, 7:00 - 8:30 p.m.; call 782-8020 ext. 3366 for more information.
- **For children:** Last Wednesday of the month, 6:30 - 7:45 p.m.; call 782-8020 ext. 3484 for more information.

CANCER SUPPORT GROUP. Meets monthly, first Wednesday of every month at 4:00 p.m., at the Hospital. Open and ongoing, join anytime. Come for fellowship, friendship, comfort, and information. Call 788-1294 for details.

CARDIAC AND PULMONARY REHABILITATION PROGRAMS. Twelve-week, medically supervised cardiac and eight-week pulmonary rehab programs in a state-of-the-art facility. The programs feature exercise physiologists, respiratory therapists, and registered dietitians. There is also a 12-week "Wellness" and "Cardiac Maintenance" follow-up program. For more information, call 782-8020, ext. 3484.

NUTRITION COUNSELING. Nutrition counseling services with a registered dietitian are available for a variety of diet and nutrition issues, including Diabetes and Gestational Diabetes, Overweight and Obesity, Celiac Disease, Crohn's Disease, and others. For more information, please call 782-8020, ext. 3366. To make an appointment, call 788-1135.

PREGNANCY LOSS SUPPORT GROUP. Last Thursday of every month, 7:00 - 8:30 p.m., at the Hospital, join anytime. A support group for those who have experienced miscarriage, fetal demise, or stillbirth, no matter when the loss occurred. Partners, family members, and friends are welcome. Call Joanne LaBelle at 789-0661.

VNS GOLF TOURNAMENT - SHELTER HARBOR GOLF CLUB. Monday, July 13, 2009. Proceeds benefit South County Hospital Healthcare System's VNS Home Health Services. For registration information or sponsorship opportunities, call 788-1610.

DINNER DANCE & AUCTION - THE DUNES CLUB. September 11, 2009. Proceeds benefit patient programs and services. For registration information or sponsorship opportunities, call 788-1610.

3RD ANNUAL WOMEN'S WELLNESS DAY. The Dunes Club, Narragansett, Saturday, September 26, 2009. For registration information or sponsorship opportunities, call 788-1273.

THE INVITATIONAL GOLF TOURNAMENT - PT. JUDITH COUNTRY CLUB. October 7, 2009. Proceeds benefit Women's Health Services. For registration information or sponsorship opportunities, call 788-1610.

FREE LECTURE SERIES. For full information on lectures, visit www.schospital.com or call 788-1273.

- **Stroke—What Everyone Should Know:** Thursday, May 7, 2009, 6:30 p.m., Dr. J. Russell Corcoran, The Neighborhood Guild, Peace Dale.
- **Living with Arthritis:** Wednesday, June 3, 2009, 6:30 p.m., Dr. Christopher D'Arcy, The Neighborhood Guild, Peace Dale.
- **The Latest Advancement in Joint Replacement:** Thursday, June 4, 2009, 6:30 p.m., Dr. R. Marchand, Dr. M. Coppes and Dr. R. Risinger of South County Orthopedics, South County Sports Performance, Wakefield.

GARDENING—IT'S GOOD FOR YOUR BODY AND SOUL!

Mark your calendar for a very special free gardening workshop!

Don't let arthritis or other physical problems, including joint replacement, keep you from gardening!

Spring is here and gardening is on our minds. But gardening can be a challenge for people with arthritis or other physical conditions such as joint replacement. Fortunately, gardening is adaptable. A variety of gardening styles—plus gardening equipment—exist that can help you enjoy gardening without pain or difficulty.

Our workshop presenters will discuss garden designs, tools, and tips that can make gardening enjoyable, as well as how gardening can enhance your well-being and decrease stress levels. Physical therapists will be on hand to talk about joint-protection strategies and to offer guidelines and ideas that allow you to continue doing the gardening you love—during every stage of life.



Saturday, May 2

The Farmer's Daughter

716 Mooresfield Rd (Rt. 138) • Wakefield, RI

9:00 a.m. – 11:00 a.m.

For plant and garden lovers of every ability level. Learn about how to make the perfect window box/patio pot, how to grow your own fresh herbs and reap the health benefits, vegetable gardening in a suburban setting, and much, much more.

PROGRAM INCLUDES:

- *Back to the Garden—Enhance Well-Being and Manage Stress through Gardening*
Keynote Speaker: Mary Beth Miller, Horticultural Therapist and founder of Gardening 4 Good—dedicated to promoting the therapeutic benefits of a connection with gardening and nature
- *Sensational Window Boxes & Patio Pots*—Nursery Staff
- *Growing and Using Culinary Herbs for Flavor and Good Health!*—Liz Smith, Certified Herbalist, and Audrey Pincins, Horticultural Therapist
- *Boundless Vegetable Gardening*—Audrey Pincins, Horticulturist Therapist

PLUS

*Fabulous Free Raffle Prizes, including a spa day!
Gardening and Health Literature!
Adaptive Gardening Techniques!
Tote Bags Filled with Goodies!
Discount Nursery Coupons!
Refreshments!*



This program is free, but space is limited.

Call 401 788-1647 to reserve your space.

Sponsored by the South County Hospital Orthopedic Center.

WE VALUE YOUR OPINION

Overall, how would you rate *Your Health Matters* compared to other hospital wellness newsletters you receive?

EXCELLENT VERY GOOD GOOD FAIR POOR

What health topics would you like to read about in future issues?

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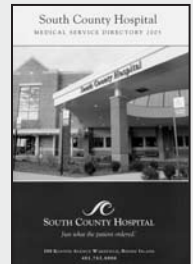
Yes! Add me to your mailing list for health and wellness lectures.

Please print your name and address below:

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KATE CASSIN, M.D.

An Ob-Gyn's Career of Delivering Care Comes Full Circle

Dr. Kate Cassin joined the medical staff at South County Hospital in 1988 and between then and 2005, “probably delivered more than 2,000 babies” to women from every corner of Washington County. Now, she sees some of those same ‘babies’ as her adult patients. Although she no longer delivers babies (she stopped in 2005), her work as a board-certified gynecologist provides the opportunity to see women through the various stages of life and remains very rewarding. “I have many families where I take care of three generations. I really get to know the whole family.”

Kate (as she likes to be called) grew up in Providence but spent summers in Matunuck, where her parents had a cottage. Her family still owns it, and even now her mother continues to enjoy spending her summers there. Her five siblings all live in Rhode Island, as do her nieces, nephews and grand-niece and nephew. It was only natural, then, that she would eventually set up practice here in South County.

After graduating from Brown Medical School, Kate moved to Springfield, Massachusetts to complete her residency at Bay State Medical Center. In 1986, after finishing training, she stayed on in Springfield and practiced for another two years. She knew all along, though, that she eventually wanted to return to Rhode Island, and in 1988 she did. “Initially, I assumed I’d work at Women & Infants. I interviewed for a couple of positions there but I really liked the opportunities and environment at South County Hospital and it worked out.”

What attracted her to obstetrics and gynecology during medical school is a pairing she refers to as “the perfect combination of surgery and medical care.” She also liked the aspect of the continuity of care. “It’s the teenage years right up through older age, which most surgical specialties don’t offer. I liked that combo. What I like is the full spectrum of my families, which includes caring for patients that I delivered! I know their moms, their grandmothers, their sisters, the family history. It’s a large part of what makes me want to go to work everyday.”

Her office is located in a wing (the Medical Office Building) attached to South County Hospital, which she finds especially convenient for her patients, who can access digital mammography and bone densitometry two flights down in the Women’s Health Center, as well as ultrasound, X-ray, and lab services in that same vicinity.

“There are a couple of things I particularly like about the Hospital. The quality is amazing. It gives me comfort as a physician. I know that when my patient comes in for a surgery,

she’s going to get the absolute best in terms of infection control, drug dispensing, computerized records, and nursing care. The people here—from Housekeeping on up to Lou [Giancola, president & CEO]—are really invested in the success and quality of the Hospital. This has just made it so enjoyable to practice here.

“Our biggest challenge is to educate the community about South County Hospital. We do exceptionally well in our reviews by the Joint Commission, in our care of ICU patients, in infection control, and in the areas of patient safety and satisfaction. The staff nurses and docs are optimally educated and certified. Unless a person needs a tertiary care center for something we don’t do at South County, the care here will be just as good if not *better*.”

Kate is a member of the Hospital’s Board of Trustees and has just signed up for another three-year term. In her role as a trustee, she’s come to an even greater appreciation of the importance of the Hospital’s fiscal strength and, “why it’s important to be part of the annual campaign and planned giving.”

Planned giving (a term that refers to including the Hospital in your Will as part of your estate planning) plays an essential role in the growth of the Hospital’s endowment, as well as funding the ongoing technological upgrades and facility improvements, for

example. To recognize this very important support, the Hospital formed the Flagship Society. Kate is a member.

“What really convinced me to include the Hospital in my estate plans was what I learned when I finally got a financial planner. A number of years ago when interest in advance directives increased, I sought legal advice for mine, which eventually led me to see a financial planner. I had never realized the tax advantages to leaving IRA funds to a charitable organization.”

Retirement isn’t on the horizon for Kate. She plans to practice another 15 years or so, and as a newly certified Menopause Practitioner (she is one of only a few in the entire state), she knows she’ll be busy. Her interest in helping women maintain and achieve good health in peri- and post-menopause is what prompted her to join the North American Menopause Society, the leading nonprofit scientific organization devoted to promoting women’s health through an understanding of menopause. “Menopause is a time to really optimize your health. Good health during these years affects quality of life and longevity.”



Kate Cassin, M.D.

UPCOMING SPECIAL EVENTS

THE 18TH ANNUAL VNS GOLF TOURNAMENT

Monday, July 13, 2009
Shelter Harbor Golf Club
Charlestown, RI

All proceeds benefit
VNS Home Health Services
Shotgun Start at 1:00 p.m.
Registration at Noon

Space is limited. Please contact
Nicole Manfredo at 401 788-1610
to take advantage of great sponsorship
opportunities at this elite golf course.



*We are accepting
foursome
and tee sign
sponsorships
at this time.*

GRAND SPONSOR



SAVE THE DATE

2009 DINNER DANCE & AUCTION TREASURES BY THE SEA

Friday, September 11, 2009
The Dunes Club
Narragansett, RI

Live & Silent Auction
Entertainment featuring
"The Rat Pack" & "FuZion"

Join us for an evening of intrigue and
enchantment, featuring exotic travel
destinations and a sea of treasured items
of rare distinction.

Auction proceeds benefit vital
patient programs and services
at South County Hospital



HELPING WOMEN NAVIGATE A DIAGNOSIS OF BREAST CANCER

Marie McCormick, Nurse Practitioner and Breast Health Coordinator at South County Hospital, is passionate about her work. “We know that the prospect of a positive diagnosis of breast cancer can be overwhelming. Navigating your way through treatment shouldn’t be.

“It’s my role to provide consistent care coordination throughout the continuum of care. I am available to be at a woman’s side every step of the way assessing her physical, psychological and social needs, and to assure appropriate and timely referrals to the multidisciplinary breast health team members. As soon as I receive a call from a patient or her physician, I can make arrangements to meet with her to start the process and offer support.”

Breast cancer is a disease that requires the input of multiple medical disciplines in its diagnosis and treatment. Because of this, South County Hospital created a position for a Breast Health Coordinator to serve as the first point of contact for women with positive mammographic findings or newly diagnosed breast cancer.

Comprehensive care for breast cancer is not new at South County Hospital. Board-certified surgeons and physicians with decades of experience are complimented by advanced technologies. Patient cases are reviewed at regular interdisciplinary conferences where members of the medical team come together to coordinate a woman’s treatment and ensure that she is being provided with the best care path possible.

Marie helps women understand their treatment options whether it be a surgical procedure, radiation therapy, chemotherapy, or reconstructive surgery. She is there to counsel, educate, and support. “As a registered nurse

“It’s my role to provide consistent care coordination throughout the continuum of care. I am available to be at a woman’s side every step of the way.”



Marie McCormick, Nurse Practitioner and now Breast Health Coordinator at South County Hospital.

practitioner with expertise in breast disease and oncology, I can answer her questions and soothe her concerns. I will accompany her through the diagnostic and treatment process, advocating for her needs. Ultimately, my job is to ensure she receives the optimal medical, emotional, and educational support she deserves.”

For more information about breast health services at South County Hospital, call the Breast Health Coordinator at 401 788-3850.

your Health Matters

Your Health Matters is a free quarterly publication produced as a community service of South County Hospital Healthcare System. To be added to our mailing list, please call us at 401 788-1492.

This publication is for general information only and is not intended to replace the advice of your doctor or other healthcare provider. Articles published in *Your Health Matters* reflect the views of those quoted and do not necessarily represent the opinions of all healthcare providers associated with South County Hospital Healthcare System.

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