

Health+

Charlton Memorial Hospital

| St. Luke's Hospital

| Tobey Hospital

Live better
with
Southcoast
Health

Companion in Health

Pets aren't just
fun — they
provide great
health benefits

Also in this issue:

- > Overuse Injuries in Young Athletes
- > Kick the Vaping Habit
- > Look Out for Tick-Borne Diseases
- > Summer Wellness Calendar

From the CEO

Protecting Our Community



The warmer weather inspires us to renew, renovate and refresh our homes, our gardens and our lives. For Southcoast Health, the same is true for *Health+*. (The dog on the cover was your first hint.) As you read, you will notice we have included articles on general

health matters that may be of interest to you.

We tackle youth athlete burnout — the risk of injury when a child or adolescent becomes over-scheduled or spends too much time playing a single sport. Dr. Joseph Lirak, Sports Medicine Orthopedic Surgeon and Team Physician for the Providence Friars ice hockey team, discusses the dangers of overuse and how to prevent injuries in kids who can't get enough of sports.

We explore the health benefits of having a pet, and we revisit the topic of ticks and the harmful diseases they carry. We are seeing some new tick-borne diseases in the region and want to be sure that both you and your furry friend(s) are protected from these troublesome pests.

We also address the issue of vaping in this issue. Often proclaimed as a "safe" alternative to smoking, e-cigarettes pose dangers of their own — especially to teens.

Though not included in this issue, I would be remiss if I did not mention the resurgence of Measles in the United States. Once nearly eliminated, this dangerous and very contagious disease is making a comeback. The Centers for Disease Control and Prevention (CDC) attributes the revival to two factors:

> Increasing cases of Measles in some countries Americans often visit (such as England, France, Germany, India, the Philippines and Vietnam), which results in more Measles cases coming into the United States; and/or

> Measles spreading in U.S. communities with pockets of unvaccinated people.

You are considered protected from Measles if you were born before 1957 or if you received two doses of the vaccine containing Measles as a child.

The most effective way to protect yourself and your children from Measles is through vaccination. The Measles vaccine is safe and effective. Please do what you can to protect yourself, your family and the community.

Your primary care physician can help with this. If you do not have a primary care physician, visit **southcoast.org/doctors** and we would be happy to help you find the physician who's best for you and your family.

Best of health,

Keith A. Hovan
President & CEO, Southcoast Health

On our cover:
Klyde, the companion of
Aubrey Latessa,
Manager, Patient
Experience at
Southcoast Health



More access.

Download the **Southcoast Health** app today!



Download the new Southcoast Health app now!

It is your one-stop information hub with access to Southcoast Health at your fingertips.

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- Find A Doctor
- Find a Southcoast location
- Search for events and More!

 **Southcoast Health**

World's Best Hospitals

Southcoast Hospitals Group is named to Newsweek's 2019 Best Hospitals list

Southcoast Hospitals Group, which includes Charlton Memorial Hospital, St. Luke's Hospital and Tobey Hospital, has been named to Newsweek's inaugural list of the World's Best Hospitals 2019.

Of the 2,743 U.S. hospitals that were considered, only 250 earned this recognition. Southcoast Hospitals Group ranked 162.

We are the only community and nonacademic hospital group from Massachusetts to make the list. No hospital in Rhode Island achieved this recognition.

Newsweek's World's Best Hospitals 2019, calculated in partnership with Statista Inc., recognizes the best 1,000 hospitals across 11 countries: the United States, Canada, Germany, France, United Kingdom, Switzerland, South Korea, Japan, Singapore, Australia and Israel.



See the full list and rankings of Newsweek's World's Best Hospitals 2019 at [newsweek.com/best-hospitals-2019/united-states](https://www.newsweek.com/best-hospitals-2019/united-states).

Grief Support

Camp Angel Wings

This supportive environment can help kids grieving the loss of a loved one

Camp Angel Wings is a two-day bereavement camp in Assonet, MA, for children and teens, ages 6 to 15, who are grieving the loss of a loved one. Southcoast VNA hosts the camp, which is supported by community donations so campers can attend free of charge. Registration is required.

When: July 13–14, 2019

Where: Camp Welch, Assonet, MA

Registration: southcoast.org/campangelwings



If you have questions about Camp Angel Wings, call 508-973-3426 or email campangelwings@southcoast.org.

Pediatric Surgery

Teddy Bear Tours

Special tours help kids prepare for surgery

Southcoast Health now offers behind-the-scenes tours of the St. Luke's Hospital surgery center for children who are preparing for surgery. The tours are intended to relieve some of the anxiety kids might feel before surgery and familiarize them with the surgical process and staff.

Tours take place monthly and are managed by our Child Life Services department.



For more information or to register for a Teddy Bear Tour, call 508-973-5637.

Who's a Healthy Human?

Pets aren't just fun — they provide great health benefits

There is no denying that having pets is a big responsibility, but the rewards that come along with it are worth the effort. Studies from the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) have shown that furry and feathered friends can impart measurable physical benefits, such as lowering blood pressure, cholesterol and triglyceride levels.

Dr. Kevin Gendreau, a Family Medicine Physician with Southcoast Health, is a firm believer in the benefits of animal companionship. "The health effects are linked to certain hormones," Dr. Gendreau says. "When you pet an animal, you release oxytocin, the same hormone released by mothers with newborns. It lowers blood pressure and improves cardiovascular health."

In addition, there is some evidence that interacting with a pet can lower cortisol, a stress hormone. And some people have slight elevations of serotonin and dopamine — feel-good hormones — when they pet their animals.

Dr. Gendreau also mentions that walking a dog can be a great way to build exercise into your day. He thinks seniors can benefit from having a dog, too, because it provides companionship and gets them out of the house. "Having a dog is a wonderful way to socialize more. A dog is a great reason to spark a conversation."

As a family physician, Dr. Gendreau treats patients from birth to 100 years old. Sometimes pregnant



Photo credit: Sarah Castro

Dr. Kevin Gendreau says that even though most of his life revolves around being a doctor, his dog Teddy has helped him weather the loss of his sister. Teddy is often featured on Dr. Gendreau's Instagram feed. If you would like, you can follow them @kevingendreau.

Don't Share Your Pet's Germs

While most interactions with pets make you healthier, sometimes pets can pass along infections.

Wash your hands after playing with or cleaning up after your animals to kill germs that could make you sick. This is particularly important after handling birds, their droppings or items in their cages.

Reptiles and amphibians (and even hedgehogs) can carry Salmonella, which can cause a serious infection that is especially dangerous to newborn babies. If you have a snake, frog, turtle or hedgehog, always wash your hands well after handling it, and consider sending it to visit a friend or neighbor for the first 30 days after a newborn comes home.





Clockwise from left: Prentiss, Luna and Tiffany are faithful friends of Southcoast Health employees.

women will ask him if they should get a dog or cat. He is able to point to statistics that show that newborns who live with a dog are less likely to develop pet allergies, lowering the rate from 1 in 3 with allergies to 1 in 5. These infants also have lower incidence of asthma, allergies and eczema.

But Dr. Gendreau doesn't make these pronouncements without having done his own "field study."

"My sister passed away in June 2017 at age 32 of ovarian cancer. The last 18 months of her disease were horrible," he recalls. "But I did exactly what she told me to do: I got a dog. She even told me the breed and what to name him. About 6 months after she passed, I got my puppy, Teddy, and he has been a huge help in my grieving and recovery process."

Read an extended version of this article at southcoast.org/health+. You can also learn more about Southcoast Health's connection to the Potter League, which cares for thousands of animals each year. For more information on the Potter League, visit potterleague.org.

Keeping Our Pets Safe

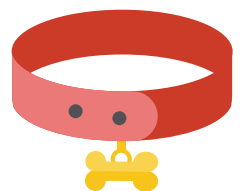
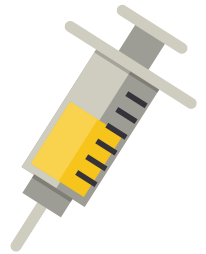
Our pets depend on us for their care and safety. As their guardians, our job is to protect them as we would any family member.

Protecting your pets also helps to protect you and your family, as many diseases can be passed from animal to human, says Brad Shear, Executive Director of the Potter League, a nonprofit animal shelter and education center in Middletown, Rhode Island.

"It is important that your pet has appropriate healthcare and you consult with your vet on their care," he says. "He or she is really part of your family's healthcare team."

Shear shared some recommendations on keeping pets safe and healthy year-round:

- > **Inside is best.** Cats and dogs should be kept inside during hot and cold weather and should be monitored when outdoors.
- > **Give them shelter.** When outdoors, pets need protection from the elements – a cool, shady spot in summer and a shelter from snow and wind in winter.
- > **Things that bite and scratch.** Exposure to ticks, parasites and wildlife may cause diseases and worse. Talk to your veterinarian about appropriate vaccinations and flea, tick and heartworm protection.
- > **Keep them hydrated.** Pets should always have access to clean, fresh water. Take care that outdoor drinking bowls do not freeze in winter or dry out or become slimy with algae in summer.
- > **Prevent poisoning.** Clean up antifreeze, fertilizer and other chemical spills quickly. Keep medications (including pet meds), household cleaning supplies and potentially toxic foods, such as onions, xylitol (a sugar substitute) and chocolate, out of reach.
- > **Pause for paws.** Our pets' paws can be injured in both hot and cold weather. If a pet suddenly acts lame, get them to a safe place, check their paws and provide any care they might need.
- > **Got ID?** Dogs and cats should wear well-fitting collars with up-to-date identification and contact information. A microchip is a more permanent means of identification.
- > **On the road.** Cars can quickly become ovens in summer and refrigerators in winter. Limit car travel and never leave your pet alone in a car.





A Better Game Plan

Overuse injuries are on the rise among young athletes

Many parents look back fondly on neighborhood pick-up games and playing hopscotch until the stars came out. Today, sports are still an important part of childhood, but often with less spontaneity.

About 30 million U.S. children and adolescents currently participate in organized sports, according to the Centers for Disease Control and Prevention (CDC). On one hand, that's a victory. An active life beginning at a young age comes with seemingly endless benefits, including reduced risk of obesity and diseases such as cancer, heart attack, stroke and diabetes. On the other hand, the American Academy of Orthopedic Surgeons (AAOS) notes a

significant increase in overuse injuries in children, with most of these injuries sports-related.

Are we cheering on our children to the breaking point?

Win a Few, Lose a Lot

"Overuse injury is caused by excessive repetitive motion, and it can be a serious problem for younger athletes who specialize in one sport year-round, doing the exact same moves over and over without giving their body a break," says Dr. Joseph Lifrak, a Sports Medicine Orthopedic Surgeon at Southcoast Health and Team Physician for the Providence College Friars hockey team.

Dr. Lifrak describes a common scenario that can lead to overuse injury: A child plays baseball in

the summer, attends baseball clinics in the fall and winter, begins intense training in the spring and then the cycle starts again. "This kind of constant stress is tough on every athlete at any age," Dr. Lifrak emphasizes. "For a child whose bones are still growing and developing, this level of repetition can lead to injury, chronic pain and possibly even impaired growth. Their bodies just can't take it."

Making matters worse, Dr. Lifrak adds, many young athletes play their preferred sport 12 months a year and on multiple teams, like a school team, a traveling team and a city team. "That's another reason why we're seeing an increase in overuse injuries in children."



Dr. Joseph Lifrak

Confirming Dr. Lifrak's expert opinion is a recent study that looked at about 5,600 athletes age 18 or younger. Compared to athletes who played a wide variety of sports, youth who specialized the most were 81% more likely to experience an overuse injury.

Keep Your Eye on the Ball

Parents and coaches should look for these four signs to recognize when a child may be headed for or suffering from an overuse injury:

- 1. Pain.** If a child experiences chronic pain yet there's no singular injury or accident to pin the pain on, it's time to seek medical help and discuss the possibility of an overuse injury.
- 2. Swelling.** When a child's joint swells up and needs to be repeatedly iced down, but there's no identifiable moment of injury, this is a sign of overuse.
- 3. Changes in form or technique.** If, for example, your son or daughter starts throwing the ball differently — without a coach introducing a new technique — it might mean the child is making accommodations for physical pain from an overuse injury.
- 4. Lack of interest in the sport.** Burnout can be due to emotional issues as well as physical reasons. "The child may be trying to relieve their pain by simply not playing any more. I see this a lot in my office. In fact, I see more physical burnout than emotional burnout," Dr. Lifrak says.

Six Common Overuse Injuries in Children

According to the American Academy of Orthopedic Surgeons (AAOS), parents and coaches should watch young athletes for these common overuse injuries. All call for immediate medical attention to prevent lasting pain or injury.

- 1. Sever's Disease** involves heel pain that most often occurs during adolescence when a child hits a growth spurt. It's associated with repetitive stress on the growth plate that's impacted as the foot strikes the ground.
- 2. Osgood-Schlatter Disease**, often caused by excessive running or jumping, produces knee pain due to inflammation of the growth plate at the upper end of the shinbone.
- 3. Jumper's knee** refers to pain in the lower portion of the kneecap, called the patella. In growing children, repetitive stress on the patellar tendon can injure the developing growth plate in the knee.
- 4. Elbow injuries** can result from excessive overhand throwing, with painful symptoms caused by inflammation of elbow ligaments, cartilage and growth plates.
- 5. A stress fracture** is caused by excessive, repeated stress on a bone. When a child places constant stress on a bone, and the body cannot build up that bone fast enough, cracks in the bone are likely.
- 6. Overuse stress reaction** triggers an irregularity or widening of growth plates in a child's arms and legs. With continued repetitive stress, the growth plate can become permanently damaged or stop growing prematurely.

A Whole New Ballgame

To help young athletes avoid overuse injuries, Dr. Lifrak says it's important to discourage specializing in one sport 12 months a year. Instead, he says, encourage your child to play a variety of sports with the changing seasons. This reduces excessive, repetitive movements and gives certain muscle groups time to rest and recuperate. The American Academy of Pediatrics recommends that young athletes take a cumulative three-month break per year from a specific sport. Time off can be consecutive months or divided throughout the year in one-month increments.

In addition to taking a break, it's best to limit game time to one league or team per sport per season. "We want children to stay active year round. But playing on five different teams

and practicing every night — that's a perfect storm for an overuse injury," Dr. Lifrak says.

If a young athlete digs in their cleats and refuses to pull back on that favorite sport, Dr. Lifrak suggests a compelling argument: "As team physician for the Providence College hockey team, I've learned that the best athletes build their whole bodies. So, for example, if basketball is your child's sport, encourage them to go out for cross-country or soccer in the fall — two sports that build up leg muscles. Now your child is a stronger player overall with more endurance, less risk of overuse injury and physically, in much better shape to go for the win." ■

Learn more about Southcoast Health's orthopedic and sports medicine services at southcoast.org/ortho.

Going Up in Smoke

Vaping and e-cigarettes are not as safe as you think



Almost half of all high school students in Massachusetts have tried vaping.

Vaping, the term used for smoking e-cigarettes or similar devices, has become a popular form of nicotine delivery, especially among teenagers and young adults. E-cigarettes and vaping devices work by heating up a liquid that contains nicotine, which creates a water vapor (or aerosol) that the user breathes in.

While inhaling these vapors may not be as harmful as traditional smoking, vaping is still bad for your health, says Dr. Sharon Marable, an Internal Medicine Physician at Southcoast Health in Lakeville.

"The industry gets nicotine for vaping devices from the same tobacco leaves they use in regular cigarettes, chew tobacco or pipes," she says. Nicotine is addictive no matter how it's delivered to the body, and it can negatively affect the brain, heart, lungs and other parts of the body.

In addition to nicotine, says Dr. Marable, "the aerosol contains ultra-fine particles that can cause damage to the lungs, cancer-causing chemicals, and heavy metals such as nickel, tin and lead. The artificial flavorings in the liquid can also cause serious lung diseases."

Teens at Risk

Because the liquid for e-cigarettes can contain different flavorings, vaping is more palatable than smoking and, therefore, more tempting for teens and young adults. "In Massachusetts, almost half of all high school students have tried vaping at one point," says Dr. Marable. "Teens already aren't associating these devices with tobacco products because of their design; it doesn't look or smell like

a traditional cigarette. Add in flavoring like cherry or bubblegum, and they think they're just inhaling something that tastes good."

This is particularly dangerous, because the nicotine and other dangerous chemicals that teens are inhaling can cause damage to and have long-term effects on their developing brains. "And, when teens get used to having nicotine in their systems through vaping devices, it puts them at higher risk of transitioning to other tobacco products," adds Dr. Marable.

Kick the Habit

Teens aren't the only people vaping, however; many adults are using e-cigarettes as a way to quit traditional smoking without giving up nicotine. But the jury is out on whether vaping is an effective method of smoking cessation, says Dr. Marable.

Teens and young adults who aren't vaping regularly may be able to kick the habit on their own, but if they're experiencing peer pressure or a stronger nicotine addiction, formal intervention may be needed.

Adults who want to quit vaping can also benefit from outside help. "I recognize vaping as a form of tobacco use," says Dr. Marable. "It's not an end point — it's a transition — and I still urge them to try other methods of smoking cessation, like the patch or Chantix (varenicline)." ■

If you have concerns about vaping or smoking, a Southcoast Health primary care physician can help. Find a doctor at southcoast.org/doctors or by downloading the Southcoast Health app.

Warm Weather Uptick

New tick-borne diseases are popping up in our area. Here's what to look for.

Summer is peak tick season — when those small, wingless, bloodsucking insects come out of hiding, attach themselves to humans, pets and wildlife, and spread illnesses. The problem is only getting more complicated. Recently, the Northeast has seen a few tick-borne diseases new to the area.

New Concerns

"Our primary concerns are still the big three: Lyme disease, Anaplasmosis and Babesiosis," explains Dr. Brian Cilley, an Internal Medicine and Infectious Disease Specialist at Southcoast Health. Symptoms for these common tick-borne illnesses include headache, muscle and joint pain, fatigue, fever, chills or rashes.

However, the doctor is keeping a close eye on *Borrelia miyamotoi* disease, which is related to Lyme disease and sometimes called hard tick relapsing fever. "I've seen a few cases in our area, but it's difficult to diagnose, since tests are still under development and symptoms are so similar to Lyme disease," Dr. Cilley says.

Those overlapping symptoms are flu-like, including fever, chills, fatigue, headache and body aches. One positive similarity

between the two illnesses is that the antibiotic course prescribed for Lyme disease appears to also treat *Borrelia miyamotoi*.

Another condition mostly found in southern states has been spreading northward in recent years. It is called southern tick-associated rash illness, or STARI. There is no blood test for this illness, but "because it's so similar to early Lyme disease, we typically treat STARI with oral antibiotics," Dr. Cilley says.

Symptoms of STARI include a red, expanding rash around the tick bite site along with flu-like symptoms such as fatigue, fever, headache and muscle and joint pain.

Keep Ticks Away

Regardless of what region of the country you're in this summer, Dr. Cilley offers the same advice to help prevent tick bites when enjoying time in wooded areas or shady grasslands, camping or hunting:

- > Use an insect repellent with 20% to 30% DEET on skin and clothing.
- > Treat clothing, outdoor gear and tents with a product that contains at least 0.5% permethrin. You can also purchase permethrin-treated clothing.



Two tick-borne diseases – *borrelia miyamotoi* and STARI – have recently shown up in the Northeast. Protect your family this summer by using insect repellent that contains DEET.

- > Check yourself, your children and your pets daily for ticks.
- > Consider using a pet-friendly tick-repellent for dogs.

See Your Doctor

The best way to keep a tick-borne illness from escalating is to see a doctor if you experience flu-like symptoms after being outdoors during spring or summer, Dr. Cilley says. "I can't stress seasonality enough. In some cases, it's our best clue that we're not dealing with a routine flu virus." ■



Dr. Brian Cilley

Whether you need a primary care physician or infectious disease specialist, you can find a provider at **southcoast.org/doctors**. Find Southcoast Health Urgent Care locations at **southcoast.org/urgentcare**

Wellness Calendar

Location key:

- Charlton Memorial Hospital
- ▲ St. Luke's Hospital

- Tobey Hospital
- ◆ Narragansett Mills, Fall River
- ◆ Southcoast Cancer Center

Cancer Programs

The following programs are offered free of charge to cancer patients and their caregivers.

Breast Cancer Support Group

For patients with a breast cancer diagnosis. Loved ones are welcome to attend.

> ◆ Fairhaven

☎ Call Andrea Prigaro, LICSW, at **508-973-3074** for details.

> ◆ Fall River

☎ Call Susan Domingue, LICSW, at **508-973-7810** for details.

Caregiver Support Group

A support group for caregivers of patients with cancer.

> ◆ Fall River

☎ Call Susan Domingue, LICSW, at **508-973-7810** for details.

General Cancer Support Group

For patients with any cancer diagnosis. Loved ones are welcome to attend.

> ◆ Fall River

☎ Call Susan Domingue, LICSW, at **508-973-7810** for details.

Look Good/Feel Better

Sponsored by the American Cancer Society, this program for female cancer patients addresses makeup, skin and nail care, and ways to deal with hair loss, including the use of wigs, turbans and scarves. Volunteer beauty professionals meet with small groups, and participants get free makeup kits. Please RSVP at least five days before the event date.

> ◆ Fairhaven & Fall River

☎ Call **800-227-2345** for details.

Lung Cancer Support Group

For patients with a lung cancer diagnosis. Loved ones are welcome to attend.

> ◆ Fall River

☎ Call Susan Domingue, LICSW, at **508-973-7810** for details.

Multiple Myeloma, Leukemia & Lymphoma (MLL) Support Group

For patients with a diagnosis of multiple myeloma, leukemia or lymphoma. Loved ones are welcome to attend.

> ◆ Fairhaven

☎ Call Andrea Prigaro, LICSW, at **508-973-3074** for details.

Post-Treatment Group

For patients with any cancer diagnosis who are no longer in active treatment. Loved ones are welcome to attend.

> ◆ Fairhaven

☎ Call Andrea Prigaro, LICSW, at **508-973-3074** for details.

Under 50 Breast Cancer Support

For patients under 50 years old with breast cancer. Loved ones are welcome to attend.

> ◆ Fall River

☎ Call Susan Domingue, LICSW, at **508-973-7810** for details.

Childbirth Classes

Southcoast offers a variety of childbirth classes to suit every new family's needs. Pre-registration is required for all classes. Please call during the 18th week (10th to 12th week for multiples) of pregnancy to ensure placement in the class you need. Not all classes are offered at all locations. **Many health insurance companies cover the cost of classes.** Be sure to contact yours to ask about coverage. Call **508-973-7308** or email **familyleducation@southcoast.org** for information on classes offered at each location. Please include your due date and at which hospital you will be delivering.

Birthing Boot Camp

A brief overview of the content covered in our Prepared Childbirth series in a condensed, all-day class. Infant care, car seat safety and a tour of the Family Centered Unit are included. Two \$6 vouchers for lunch are provided. Register at 18 to 20 weeks of pregnancy. \$125/mother and companion

> ■ ▲ ●

☎ Call Patty VanDenBerghe, RN, at **508-973-7308** for details.

Childbirth Classes for Young Parents

This class is designed for teen parents ages 13-17. Class content includes the stages of labor, relaxation techniques, labor positions and medication choices. Infant care, car seat safety and a hospital tour are included.

Scheduled to meet due date needs. Call for dates and times. \$50/mother and companion

☎ Call Patty VanDenBerghe, RN, at **508-973-7308** for details.

Childbirth Education

Class content includes what to expect as the due date approaches, preparing for labor and birth, relaxation techniques, pain management, the role of the support person, infant care and car seat safety, as well as a tour of the hospital's Family Centered Unit. \$125/mother and companion

☎ Call Patty VanDenBerghe, RN, at **508-973-7308** for details.

Education Programs

Infant and Child CPR for Families and Friends

This course teaches child and infant CPR. Pre-registration is required. **This does not provide a CPR certification.**

\$40/person, \$60/two people

> Center for Women's Health

☎ Call Patty VanDenBerghe, RN, at **508-973-7308** for details.

Pre-Op Teddy Bear Tours

Help your child prepare for surgery with a behind-the-scenes tour of the surgery center. Held monthly. Call for dates and times.

> ▲

☎ Call Child Life Services at **508-973-5637**.

Exercise & Fitness

Cardiac Rehabilitation

An ongoing, structured exercise and education outpatient program for individuals recovering from heart attack, heart surgery, heart disease or who are high-risk. Covered by most insurances.

> ◆ ▲ ●

☎ Call Stephanie Campbell at **508-973-5435** for details.

Medical Fitness Program

Individualized exercise program for those with cardiovascular disease, congestive heart failure, cancer, diabetes, peripheral vascular disease, high blood pressure, chronic orthopedic conditions and those who are overweight. A doctor's prescription is required to participate.

\$60/month for three times a week; \$40/month for twice a week

> ◆ ▲ ●

☎ Call Stephanie Campbell at **508-973-5435** for details.

Pulmonary Rehabilitation

Structured exercise and education program with oxygen saturation monitoring during exercise. For individuals with pulmonary diseases including asthma, bronchitis, emphysema and COPD. Covered by most insurances. Physician referral required.

> ◆ ▲ ●

☎ Call Jessica Nicolossi at **508-973-5435** for details.

New Parent / New Baby

Baby Café

A friendly, comfortable drop-in session for pregnant and breastfeeding mothers to learn more about breastfeeding. Receive peer support and one-on-one help from trained health professionals, including professional lactation support. No registration required.

- > **Center for Women's Health**
Tuesdays, 10:30am–12:30pm
- > **Healthfirst Family Care Center, Fall River**
Wednesdays, 10am–noon
- ☎ Call Patty VanDenBerghe, RN, at **508-973-7308** for details.
- > **Southcoast Obstetrics & Gynecology, New Bedford**
Thursdays, 4:30–6:30pm
- ☎ Call Dr. Uma Hari at **508-973-2208** for details.

Breastfeeding Basics

For families planning to breastfeed or exploring infant feeding options. Topics include the benefits of breastfeeding, techniques and positions, and the importance of contact with your baby. Expectant mothers and their partners are encouraged to attend. Please register at 18 to 20 weeks of pregnancy. Call for dates and times.

- ☎ Call Patty VanDenBerghe, RN, at **508-973-7308** or email familyleducation@southcoast.org for details.

Breastfeeding Support Group

A place to come for physical, mental and emotional support for

breastfeeding and new mothers. The group will be facilitated by a nurse who is an Internationally Board-Certified Lactation Consultant. No registration required. Drop-ins welcome.

- > **Rosebrook Medical Office Building, 3rd floor**
First and third Friday, 10am–noon
- ☎ Call Julie Grady at **508-273-4060** for details.

Support Groups

The following programs are offered free of charge, and most are open to the public.

Camp Angel Wings

A bereavement day-camp experience for children ages 6–15 grieving the loss of someone close to them. Registration is required.

- > **Camp Welch, Assonet, MA**
July 13 and 14
- ☎ For more information and to register, visit southcoast.org/campangelwings or call **508-973-3426**.

General Loss Grief Support Group

People express grief in different ways and according to their own unique time schedules, but no matter how you do it, grieving is an important part of the healing process after experiencing the death of someone who was a major part of your life.

- > **Fairhaven Council on Aging**
Third Tuesday of the month, 5–6:30pm
- ☎ Call **508-973-3227** to register.

Ostomy Support Group

For people with ostomies, their family members and friends. Meetings usually include an educational topic and time for questions, discussion and sharing among group members in a confidential, nonthreatening environment.

- > **■ Elizabeth House Conference Room**
Fourth Friday of the month, 2–3pm
- ☎ Call Sheri Furtado at **508-679-3131 x 27509** for details.
- > **▲ White Home Living Room**
June 19, 3–4pm; July 17 Summer Luncheon, 1–3pm; Sept. 18, 3–4pm
- ☎ Call Lisa Cyr at **508-973-5550** for details.

Pregnancy & Infant Loss: Parents Enduring Grief

Our mission is to provide parents who have experienced the loss of a baby with a safe haven where they can come to journey through their grief, mourn their loss without judgment, and honor and celebrate the life of their baby, all while being supported by other parents who have experienced similar circumstances of loss.

- > **▲ Library Conference Room**
Third Wednesday of the month, 6:30–8pm
- ☎ Call Kelly Aguiar, MSW, LCSW, at **508-973-5874** for details.

Turning Sadness Around

A children's bereavement workshop for ages 9–12. Registration is required.

- > **Southcoast VNA, Fairhaven**
First Saturday of the month, 10–11:30am
- ☎ Call **508-973-3227** to register.

Widow & Widower Grief Support Group

- > **Somerset Library, Shipyard Room**
Second Tuesday of the month, 3:30–5pm
- > **Mattapoisett Council on Aging**
First Thursday of the month, 9:30–11am
- > **Fairhaven Council on Aging**
First Tuesday of the month, 5–6:30pm
- ☎ Call **508-973-3227** to register.

Weight Loss Programs

Optifast Information Sessions

Learn about the Optifast weight loss program, which combines lifestyle education, meal replacements, medical management and group counseling. Participants will first meet individually with a Registered Dietitian to discuss program details and meal plans, then meet weekly in a group setting. Cost varies depending on program type (full or partial) and amount of Optifast products ordered. Weekly group meetings are held in Fall River, North Dartmouth and Wareham.

- ☎ Call **508-525-3114** for details.

Three Cs for Success

Losing weight and keeping it off involves Commitment, Challenge and Change. This 12-week program teaches healthy food choices, behavior change and appetite awareness. Participants will first meet individually with a Registered Dietitian to discuss their individualized, calorie-controlled meal plan, then meet weekly in a group setting. Weekly group meetings take place in Fall River, North Dartmouth and Wareham. Enrollment is ongoing so participants can join at any time.

- ☎ Call **508-525-3114** for details.

Weight Loss Surgery Information Sessions

Our comprehensive weight loss surgery program consists of a team of experienced healthcare professionals that are focused on your success. From a full spectrum of pre-op consultations to post-op support groups for life, we are here to support your goal of long-term weight loss. We are an MBSAQIP comprehensive accredited center and have a demonstrated track record of consistent, positive outcomes in bariatric surgery. Surgeries are performed at Tobey and Charlton Memorial hospitals. Learn about the option of weight loss surgery and have all your questions answered. Sessions take place monthly in Fall River, New Bedford, Hyannis and Wareham. An online seminar is available at southcoast.org/weightloss.

- ☎ Call **508-973-8610** or **508-273-4900** for details.

Care with Compassion

These providers new to Southcoast Health are passionate about bringing compassion to their practice of medicine

Read extended interviews with these providers at southcoast.org/health+. To find a Southcoast provider, visit southcoast.org/doctors.



Jennifer Anderson, CNM
Midwife/Obstetrics & Gynecology

"I was drawn to being a nurse-midwife, because, at its core, midwifery is about acknowledging and empowering women at all stages in life, not just in pregnancy and childbirth."

Jennifer Anderson practices at:
543 North St., New Bedford, MA
508-973-2208



Dr. Kevin Delahanty
Internal Medicine/Primary Care

What matters most to patients is "the patience you demonstrate when listening to their concerns, the respect you pay to them and their story, and the diligence you apply to finding answers."

Dr. Delahanty practices at:
100 Rosebrook Way, Suite 200,
Wareham, MA
508-273-4950



Dr. Daniel Miller
Internal Medicine/Primary Care

"I put patient safety and the principle of 'do no harm' as the bedrock of every patient encounter. I then build on this by applying my best clinical skills, knowledge, communication and compassion."

Dr. Miller practices at:
100 Rosebrook Way, Suite 200,
Wareham, MA
508-273-4950