

focus on Your Health



Spring 2010

Inside This Issue:

- 3 Spring Start for New Cancer Center
- 5 Midlife Moms: Planning for a Safe Pregnancy Past 35
- 6 Lighter, Healthier, and Loving It



First community hospital in MA to earn Magnet Recognition, the highest honor for nursing excellence.



Richard Carlson (left), pictured with Winchester Hospital surgeon Dennis Begos, MD, understands the life-saving benefits of a colonoscopy.

Inside!
Our 2009
community
benefits report

A Lifesaving Screening

At age 77, Richard Carlson of Center Harbor, N.H. wasn't surprised when his primary care physician suggested that he undergo a routine colonoscopy in February 2009. He was shocked, however, when he was diagnosed with colon cancer—especially because he was symptom-free.

Colorectal cancer, or cancer of the colon or rectum, is second only to lung cancer in cancer-related deaths in the U.S. Fortunately, this type of cancer can often be cured if it is detected early.

Carlson was referred to Winchester Hospital colorectal surgeon Dennis Begos, MD who performed a laparoscopic (minimally invasive) transverse colectomy. With just a few small incisions, he removed the diseased portion before rejoining the colon.

This procedure has several advantages over a traditional open colectomy, including smaller incisions, less pain and blood loss, fewer pulmonary complications, a shorter hospital stay, and quicker recovery. It is also commonly used to

treat diverticulitis, Crohn's disease, ulcerative colitis, and colon polyps. "The less pain there is, the quicker we can get patients back to their regular activities," Dr. Begos says.

In fact, Carlson was chopping firewood the day he got home from his three-day hospital stay. "It's scary when you hear you have cancer," he says, "but everything went super."

To learn about our **FREE** cancer screenings, call (781) 756-4720. For more information about our physicians, call 866-WIN-HOSP.

Message to the Community



Kevin Smith
President and
CEO

As a community hospital, Winchester Hospital's mission goes beyond treatment to include the maintenance and promotion of health and well-being. We accomplish this through programs that provide health education and manage chronic disease.

A special community benefits insert included in this issue of *Focus on Your Health* features Winchester Hospital programs such as Outpatient Heart Failure, Home Blood Draw, Aging on Your Own Terms, Community Hospital Asthma Management, and Osteoporosis Early Detection and Prevention. Each of these programs is designed around a specific wellness or prevention goal that reflects a need in the community.

I am deeply grateful to the employees, physicians, and volunteers who deliver the best health care to thousands of area residents every year. I look forward to continuing this proud tradition of working within our communities to develop and deliver innovative programs that improve the well-being of our patients.

Regards,



Winchester Hospital is the only hospital in Massachusetts that ranked on FORTUNE's 100 Best Companies to Work For.

Winchester Hospital Named to *FORTUNE's* "100 Best Companies to Work For"

Winchester Hospital was recently named to *FORTUNE's* "100 Best Companies to Work For." Winchester Hospital, the only Massachusetts hospital included in the 13th annual listing, is ranked No. 99.

This is the third recent recognition honoring Winchester Hospital as an outstanding employer. In June 2009, Winchester Hospital was named as the No. 1 Best Place to Work in Massachusetts by *Boston Business Journal*, becoming the first large company to win the coveted top spot two years in a row.

In November 2009, the *Boston Globe* named Winchester Hospital as No. 2 on the Globe 100 Top Places to Work. Winchester Hospital had earned the *Boston*

Globe's highest ranking in the debut listing of top employers in Massachusetts in 2008.

"This award belongs to every one of the employees, physicians, and volunteers who work here each day," says Kevin Smith, president and chief executive officer of Winchester Hospital. "I am so proud to be part of this incredible team that is committed to fostering an outstanding work environment in which our patients receive high-quality care and superior service."

To view employment opportunities at Winchester Hospital, visit www.winchesterhospital.org and click Careers.



Winchester Hospital's state-of-the-art cancer center offers high-quality cancer care that is close to home. All services will soon be located under one roof.

Spring Start for New Cancer Center

Step by step, the battle against cancer is being won and the quality of life for cancer patients is improving. Leading medical centers around the country are creating integrated cancer centers to ensure that patients receive the support they need in one place. And that's just what we're doing here at Winchester Hospital.

Construction will begin this spring to develop the much-anticipated cancer center at 620 Washington St. in Winchester. Medical and radiation oncology, along with support services, will be located under one roof, thus ensuring convenient, high-quality cancer care that is close to home for area residents.

"Our cancer patients deserve both the very best medical care and the best patient experience. That is why we are taking this bold step to develop a new cancer center," says Arlan Fuller, MD, clinical vice president for the integration of oncology services and academic affiliations. "Patients can feel confident knowing that their health care team is made up of highly skilled physicians and a dedicated support staff. Why drive to Boston when this level of expertise is right here in Winchester?"

To learn more about Winchester Hospital's new cancer center, visit www.winchesterhospital.org and click Cancer Care under Programs and Services.

In addition to outstanding medical and radiation oncologists, the cancer care team includes experienced surgeons, radiologists, primary care physicians, pathologists, registered nurses, and other health care professionals dedicated to providing the very best care while using the most advanced technologies available.

The cancer care team develops an individualized treatment plan that meets the many needs of patients and their families for care and support. Patients also benefit from state-of-the-art equipment, including the *da Vinci*[™] robotic surgical system for treatment of gynecologic and urologic cancers. Access to cancer clinical trials is coordinated through the Winchester Hospital Radiation Oncology Center and Trial Check online service that matches patients with federally registered, government-sponsored, and industry-sponsored clinical trials.

In addition to the highest level of clinical care, the new cancer center has been designed to provide the utmost in patient privacy, comfort, and convenience. The total cost of the project—estimated at \$18 million, including technology and equipment—will be funded through loans and fundraising efforts. Construction will span approximately 14 months, with a grand opening expected in summer 2011.

Winchester COMMUNITY HEALTH PROGRAMS

Spring 2010

Make your health a priority and call Winchester Hospital's Community Health Institute at (781) 756-4700. Check out our fee-for-service classes and programs online at www.winchesterhospital.org/community/events/courses.asp.

FITNESS PROGRAMS

Building Bones

This low-impact class focuses on muscle strengthening and stretching with the use of low-weight bearing exercises. It is designed to tone muscles and maintain bone health.

Fitness for Fun

A fitness class for children age 8 and older. Consists of a warm-up, stretching, and cool down. It addresses areas of fitness such as endurance, agility, balance, flexibility, and speed. All fitness levels are welcome.

Fitness Basics

This low-impact, aerobic, and muscle conditioning workout class helps maintain muscle strength and cardiovascular health.

Tai Chi/Qi Gong

This class focuses on gentle flowing movements, which reduce stress, improve muscle strength, and increase flexibility and balance. Tai Chi for Balance and Rejuvenation is also offered.

Zumba

This Latin-style dance fitness class makes you break a sweat without realizing it. Have fun moving to the beat and leave feeling rejuvenated. All fitness levels are welcome.

CHILDBIRTH

Childbirth Education

Classes include: New Babies and New Parents, Care of the Newborn, Breastfeeding, Prepared Childbirth Series, an All-Day Childbirth class, a Refresher

class, and a Sibling class. Private child-birth classes may be arranged. Hypnosis for Birthing is also available.

E-Learning Childbirth Education

Online childbirth classes are perfect for soon-to-be moms who face scheduling conflicts, time constraints, and bed rest.

Outpatient Lactation Center

A certified lactation consultant is available for private consultations to help resolve breastfeeding concerns. A Prenatal Breastfeeding class, Nursing Mothers' Support Group, and Lactation Boutique are also offered.

INTEGRATIVE THERAPIES

Acupuncture

Promote natural healing in your body by improving energy flow connected with specific organs, systems, and body structures.

Hypnotherapy

Hypnotherapy strives to achieve an altered state of consciousness in a healing manner. Self-hypnosis is taught, giving you a useful tool for symptom management.

Massage Therapy

Our therapists use Swedish, deep tissue, trigger point, and relaxation techniques in their treatment. We also specialize in Reiki, craniosacral, prenatal and postnatal massage, and massage for those with cancer, missing limbs, and pain issues. All integrative therapy providers are licensed/certified and employed by Winchester Hospital.



CPR AND FIRST AID CPR

We offer the following classes in accordance with the American Heart Association: CPR for Family and Friends, BLS for Healthcare Providers, and Heart Saver AED CPR.

First Aid

In accordance with the American Heart Association, we offer a certification course on Infant and Child First Aid and First Aid and Safety for New Parents.

Safe Babysitting

This program is designed to teach students the fundamentals of safety and child care. We can bring CPR/First Aid and Babysitting classes right to your work site or organization.

YOGA CLASSES

Yoga

A specifically designed program of integrated movement and deep, slow breathing to promote increased flexibility, strength, and a clear mind. Classes also include Ageless Yoga, Prenatal Yoga, and Mommy and Me.

CAREER SERVICES

Nurse Aide Training Program

This 75-hour, state-approved course leads to a Nurse Aide Training certificate. Day and evening programs are available. Pre-entrance exam is required.



Suzanne James of North Andover gave birth to her first child, Elizabeth Ann, at Winchester Hospital on August 30, 2009. She is one of a growing number of women who are beginning families after age 35.

Midlife Moms: Planning for a Safe Pregnancy Past 35

At age 40, first-time mom Suzanne James of North Andover says she was nervous while progressing through her pregnancy, which was complicated by high blood pressure and gestational diabetes. Right through the birth of her daughter at Winchester Hospital on August 30, 2009, however, she says she couldn't have asked for better health care.

"The people who cared for us are precious to my husband and me," says Suzanne, who has returned with her baby, Elizabeth Ann, to visit their caregivers at Winchester Hospital.

Throughout her pregnancy, Suzanne benefited from the perinatology services offered by Winchester Hospital and its collaboration with Beth Israel

Deaconess Medical Center. In addition to regular checkups with her obstetrician, Suzanne underwent biweekly stress tests and prenatal consultations with a maternal-fetal medicine specialist for high-risk pregnancies.

"The staff became like family," Suzanne says. "That's a relationship I'll treasure forever."

Preconception Care Is Key to Healthy Pregnancies and Infants

Health experts advise older women planning to become

pregnant to see a health care provider first.

Other steps that can help prevent problems during pregnancy include:

- Take folic acid. The U.S. Public Health Service recommends that all women of childbearing age get at least 400 micrograms (mcg) of folic acid daily through food or supplements.
- Quit smoking and drinking alcohol. Smoking seems to be especially harmful for babies of older mothers.
- Get tested for immunity against diseases such as chickenpox and rubella that can harm a developing baby. Get vaccinated if necessary.
- Avoid toxic substances or material that could hurt your unborn baby.
- Talk with your health care provider about any over-the-counter and prescription medicines you take, including dietary or herbal supplements.
- Eat a healthy diet and get regular exercise. If you're overweight or underweight, take steps to achieve a healthy weight.
- Reduce stress and get plenty of rest.
- Follow your health care provider's guidelines about diet, vitamins, exercise, and tests. Getting early and regular care can increase your chance of having a healthy pregnancy and a healthy baby.

For help finding a Winchester Hospital-affiliated OB/GYN provider, call our Physician Referral Line at **866-WIN-HOSP** or search www.winchesterhospital.org/community/PhysicianDirectory.



FOUNDATION

BENEFITING OUR TINIEST PATIENTS

This year's Annual Appeal is raising funds to purchase new neonatal monitors to benefit Winchester Hospital's tiniest patients—our newborn infants. For these precious patients, medical needs can change in a heartbeat. It is in these moments that the right decisions are critical.

New neonatal monitors will allow for more advanced technology to accurately monitor oxygen saturation, as well as noninvasive blood pressures and heart rates. The monitors also will allow nurses to remotely view an infant from any monitor in the unit and respond quickly and efficiently.

"These new monitors will allow us to better interpret data and respond to babies who require immediate attention and intervention," says Karen McAlmon, MD, medical director of Winchester Hospital's Level IIB Special Care Nursery.

The total cost to replace the monitors is \$165,000. Many employees, physicians, and others from the Winchester Hospital family have already contributed, and we are now reaching out to the community. For more information or to make a donation, please contact the Winchester Hospital Foundation at **(781) 756-2156**.

Lighter, Healthier, and Loving It

At her physical exam in November 2008, Jean Reynolds of Melrose realized she needed to take a serious step toward addressing her weight problem. At 5'7" and 270 pounds, she had hit her highest weight.

"My knees were killing me. I had acid reflux and was taking medication for high blood pressure," she recalls. "I was scared."

Reynolds enrolled in Winchester Hospital's Health Management Resources® (HMR) Weight Management Program in December 2008. Through a diet plan consisting of filling, nutritious HMR foods, she lost 110 pounds in eight months and no longer requires medication for high blood pressure or acid reflux.

Reynolds continues to attend classes taught by Winchester

Hospital dietitians who reinforce her lifestyle changes around diet and exercise to maintain her weight loss. While Reynolds chose this clinic program, participants also have the option of a self-directed plan that includes home delivery of HMR foods, a Quick Start CD, supporting materials, and optional weigh-in visits with a dietitian.

According to Belmont resident Gail Kaplan, who has maintained a 100-pound weight loss for five years, the key to success is HMR's combination of education, support, and accountability.

"My dietitian is always there for problem-solving in class, on the phone, or via e-mail," she says. "That's what makes this program different. They care."

Take the first step! To learn about our free HMR Weight Management Program information sessions, call **(781) 396-6221, extension 1.**



Jean Reynolds is 100-plus pounds lighter after enrolling in and sticking with Winchester's HMR Weight Management Program.



Meet Our Newest Members



Pinky Jain, MD

Specialty: Internal Medicine

Practice: Woburn Medical Associates, PC

23 Warren Ave., Suite 100, Woburn

Medical school: Mahatma Gandhi University Medical College, India

Residency: Long Island College Hospital



Harleen Kaur, MD

Winchester Physician Associates

Specialty: Family Medicine

Practice: Family Care of Stoneham
3 Woodland Rd., Suite 100,
Stoneham

Medical school: Guru Gobind Singh Medical College, India

Residencies: North Shore University Hospital and KD Hospital, India (junior resident)



J. Patrick Ordonez, MD

Winchester Physician Associates

Specialty: Family Medicine

Practice: North Reading Medical Associates

203 Main St., North Reading

Medical school: Brown University

Residency: Beth Israel Residency in Urban Family Practice

Languages: English and Spanish



Tan Diem Pham, MD

Winchester Physician Associates

Specialty: Internal Medicine

Practice: Stoneham Medical Group
88 Montvale Ave., Suite 2, Stoneham

Medical school: New York Medical College

Internship and residency: North Shore University Hospital

Languages: English and Vietnamese



Christannah Waters, MD

Specialty: Obstetrics and Gynecology

Practice: Winchester OB/GYN Associates, PC
800 West Cummings Park,
Suite 2050, Woburn

Medical school: Loyola University Chicago Stritch School of Medicine

Residencies: University of Chicago and University Health Center of Pittsburgh

Need help finding a physician?

Call our Physician Referral Line at **866-WIN-HOSP** or search our online directory at www.winchesterhospital.org/community/PhysicianDirectory.

MILESTONES

Winchester Hospital Honored for Outstanding Care by HPHC

Winchester Hospital has been named to the 2009 Harvard Pilgrim Health Care (HPHC) Hospital Honor Roll, which recognizes adult, acute care hospitals whose performance was among the top 25 percent of those measured nationally.

Winchester Hospital Diabetes Center Earns Prestigious Recognition

The Winchester Hospital Diabetes Center has earned recognition from the American Diabetes Association in honor of its high-quality diabetes self-management education program. The Winchester Hospital Diabetes Center has earned this honor every three-year evaluation period since 1994.

For more information about the center's support groups and locations in Medford and Woburn, call **(781) 396-6437**.

Winchester Hospital Designated as a Blue Distinction Center for Knee and Hip Replacement

Winchester Hospital has been designated as a Blue Distinction Center for Knee and Hip ReplacementSM by Blue Cross Blue Shield of Massachusetts (BCBSMA). The designation is based on rigorous, evidence-based selection criteria established in collaboration with expert physicians' and medical organizations' recommendations. Winchester Hospital is also a Blue Distinction Center for Bariatric (Weight Loss) Surgery by BCBSMA.

Kevin Smith, President and CEO
Mary Sweeney, Vice President of Planning, Business Development, and Communications
John Looney, Director of Communications and Public Affairs
Cindy Cantrell, Strategic Communications Specialist

Focus on Your Health is published by Winchester Hospital. The information provided is intended to educate readers about subjects that are pertinent to their health, not as a substitute for consultation with a personal physician.
© 2010. Printed in the U.S.A.

Printed on Recyclable Paper

849M

Spring Into Spring: New Exercise Guidelines

Less than half of American adults get a healthy dose of exercise. If you're not sure what the right amount is, you're in luck. The American Heart Association and American College of Sports Medicine have developed new, clearer guidelines on how much exercise is needed to promote and maintain health.

What You Need to Stay Healthy

Research shows that regular exercise protects against heart disease, stroke, high blood pressure, obesity, bone loss, and some cancers.

Based on these findings, experts say healthy adults ages 18 to 65 should get:

- At least 30 minutes of moderate aerobic exercise, such as brisk walking, five days each week OR
- At least 20 minutes of vigorous

aerobic exercise, such as jogging, three days each week. The new guidelines also recommend strength exercises at least two nonconsecutive days each week.

“Spring is a great time to start or resume an exercise program,” says Pamela Venti, coordinator of health education for Winchester Hospital’s Community Health Institute. “It’s also the perfect opportunity to share a fun outdoor activity with kids and family.”

Advice for Older Adults

People older than age 65 have similar exercise targets. Experts urge older adults to limit inactivity and increase moderate activities like walking or dancing.

Experts also suggest that older adults perform flexibility exercises two days a week. Balance exercises also can lower the risk for falls.



Just 30 minutes of exercise most days of the week helps keep your heart healthy, protect against bone loss, and guard against some types of cancers.

Did you know?

Your doctor can help you build a workout routine that’s right for you. Before you begin a program, see your physician if you:

- Are 50 or older
- Haven’t been active for a while
- Have a chronic health problem
- Are pregnant

To learn more about our health programs, call the Community Health Institute at (781) 756-4700 or visit www.winchesterhospital.org/community/events/courses.asp.

2009 Highlights



Winchester Hospital's Community Benefit Programs

Winchester Hospital provides the highest quality medical care and services to thousands of residents in our area. An essential part of that mission is offering outreach, education, and services through our community benefits programs. These crucial programs are designed to meet the needs of specific populations—those at high medical risk, individuals dealing with chronic illnesses, or those unable to pay.

Here are some personal stories of individuals who have benefited from our programs. We appreciate their willingness to share their stories and their candor. We remain committed to providing these vital services to our area residents.

“I am so happy with my connection to Winchester Hospital. It gives me peace of mind.”

– Ines Brignolo, Medford, MA

HOME BLOOD DRAW



James Doto and Sam Ghazal

Getting blood drawn is nobody's idea of a good time. But if you have to have it done, it may as well be performed by a friendly phlebotomist who makes house calls.

Woburn resident James Doto, 59, underwent a kidney transplant last year and his mobility is limited. He needs to have his Coumadin and blood sugar levels checked regularly, and Sam Ghazal is the Winchester Hospital phlebotomist who visits him at his home to do just that.

Established in 1997, Winchester Hospital's Home Blood Draw Program provides free phlebotomy services to residents who are unable to get to the laboratory for necessary blood work. In the first year, more than 1,600 patients had their blood drawn. By 2009, that number increased to 9,000 patients.

Ghazal has been involved in the Home Blood Draw Program for about five years; during that time, he has seen the patient load increase. “The service has really grown and I've become very busy,” he says, noting that he visits more than 25 people a week. He also says he doesn't like having his blood drawn. “Maybe that's why I am so careful, because I know the feeling.”

“If Sam didn't come to me,” Doto says, “I would have to go to the hospital and walk down a ramp. I use a walker and that would be difficult. The Home Blood Draw Program makes things easier for me.”

“The Home Blood Draw Program makes things easier for me.”

– James Doto, Woburn, MA

OSTEOPOROSIS EARLY DETECTION AND PREVENTION

If you're a healthy, active woman in your 40s, you probably don't think much about the state of your bones. Certainly that was true for Stoneham resident Elise Nicholson. However, six years ago, the then 44-year-old teacher decided to take advantage of a free bone density screening at the school where she teaches. The



screening was part of Winchester Hospital's Osteoporosis Early Detection and Prevention Program.

"What is a bone density screening?" she remembers wondering at the time. "I decided to go see. And I didn't mind taking a short break from my class," she adds with a laugh.

It was no laughing matter, however, when the results of the eight-minute test determined that there was osteopenia (mild to moderate bone loss) in her heel and ankle. Nicholson's primary care physician contacted her immediately to recommend additional bone density testing. This time, the results were more dramatic; Nicholson did, in fact, have osteoporosis (severe bone loss) in her spine and both hips.

"I was shocked," says the self-described health nut. "I exercise regularly and eat the right foods. As a teacher of autistic children, I'm active, always moving in class. I couldn't believe it."

Although osteoporosis occurs most frequently in people older than 50, it is also found in those who are typically thought of as "too young" to suffer bone loss. Moreover, the Massachusetts Department of Public Health has declared the silent but preventable disease a public health emergency. In an effort to increase awareness, Winchester Hospital has offered free screenings at senior centers, schools, pharmacies, department stores, doctors' offices, YMCAs, and other community locations since 2002. From January to October 2009, the Osteoporosis Early Detection and Prevention Program provided free screenings at 32 locations to 532 area residents. Of those screened, 98 had osteopenia and two had osteoporosis. Since the program began, 7,096 people have been screened.

"It would never have occurred to me that I should have had a bone scan," Nicholson admits. "I make sure my 15-year-old daughter is getting enough calcium in her diet. I was never concerned about that when I was her age."

Nicholson adds, "Bringing the Osteoporosis Early Detection and Prevention Program into the workplace is a great service. Most of us are so busy that it's even challenging to schedule an appointment. It's a huge convenience."



AGING ON YOUR OWN TERMS

Caroline Callen likes to keep busy. The 77-year-old Woburn resident bowls twice a week in a league, is a New England Patriots season ticket holder, and is an active participant in Winchester Hospital's senior outreach program, Aging on Your Own Terms.

"I go with my 85-year-old neighbor to the programs, which are wonderful," she says enthusiastically. "The topics are great and you get to meet new people from different towns."

Callen, a retired Winchester Hospital Emergency Department nurse, mentions a few of the recent talks she has attended, including stroke symptoms and prevention, caring for someone with Alzheimer's disease, the H1N1 virus, and diet and nutrition.

"There was also a wonderful presentation about urinary incontinence, a subject nobody really wants to talk about. It had been offered before at the Woburn Senior Center and I heard there were close to 200 people. A friend told me, 'Caroline, whatever you do, don't

"Bringing the Osteoporosis Early Detection and Prevention Program into the workplace is a great service....

It's a huge convenience."

– Elise Nicholson, Stoneham, MA

continues next page

continued from previous page

miss it.' It's all very interesting and helpful. At every program, the topics and the speakers are excellent."

Because more than 33 million Americans are older than 65—with that number expected to double by the year 2030—and seniors represent a key Winchester Hospital population, the hospital launched the Aging on Your Own Terms senior outreach initiative in September 2001. Since then, the program has provided more than 600 educational programs and social events throughout the communities served by Winchester Hospital, reaching more than 100,000 seniors and offering ways for them to connect with each other and lead healthier and more active lives.

One program participant said, "Since I started coming to the Aging on Your Own Terms programs, I have made new friends and connected with friends I haven't seen since high school. I'm getting out more and having fun again." Another participant noted, "Participating in the programs has brought me closer to my husband. It's the first time since our retirement five years ago that we've done things together."

"It is really something," Callen adds. "There is no charge and they have them at places that offer free parking and are easy to get to. You get to see familiar faces and meet new people. I am very thankful that Winchester Hospital is doing this."

"It is really something. You get to see familiar faces and meet new people. I am very thankful that Winchester Hospital is doing this."

– *Caroline Callen, Woburn, MA*

"The CHAMP program has made a huge difference. It makes Winchester Hospital stand out from every other hospital."

– *Emily Sample, Arlington, MA*

COMMUNITY AND HOSPITAL ASTHMA MANAGEMENT

In 2006, then 3-year-old Mateo Berman-Sample was diagnosed with asthma. After two hospitalizations for acute respiratory distress, his pediatrician suggested that Mateo might benefit from participation in Winchester Hospital's Community and Hospital Asthma Management Program (CHAMP). Developed in 2003, CHAMP uses a team approach to treating asthma. It is designed to involve a community of people in helping children (up to age 18) and their caregivers manage asthma more effectively, raise awareness about this serious disease, and reduce emergency room visits, hospital admissions, and days missed from school.



Emily Sample and her son, Mateo

Arlington resident Emily Sample, Mateo's mother, was concerned that the program would be "the asthma police." Instead, she says, "It turned out to be a key component of Mateo's care that I would not want to do without."

"There are a lot of top-flight hospitals in Boston," Sample adds, "but only Winchester Hospital's CHAMP program brings the whole notion of commitment and community into practice. The combination of specialized care and involvement in

the home and community settings is what sets the program apart." Education, she believes, is a key component. "They come into our home to show us how to improve things to benefit Mateo. They talk to the school nurse and teachers to let them know he has asthma, what the symptoms are, and what they need to do. The level of expertise and credibility can't be matched."

In the past decade, the prevalence of childhood asthma has more than doubled and remains at historically high levels. In an effort to combat this chronic illness, last year CHAMP made 197 visits to homes, schools, preschool facilities, and camps, and created asthma action plans for 160 participants enrolled in the program. Only 5 percent of CHAMP participants were seen in the Emergency Department, and 3 percent were admitted to the hospital.

Sample credits Winchester Hospital pediatric asthma educator June Mayo with playing "an invaluable role" in helping to manage Mateo's asthma successfully. "June is adept at approaching home visits and discussions about my son's care in a way that builds trust and the sense of a collaborative relationship," she wrote in a letter of praise. She explained that because of his tendency to become acutely ill with little warning, managing Mateo's asthma was difficult for his family and other caregivers. "June has always gone the extra mile, answered every question, and understood the issues facing the parent of a child with asthma in a way that we have not encountered in any other medical professional."



*Dona Bradley, RN, Ines Brignolo,
and David Haslam*

OUTPATIENT HEART FAILURE

Ines Brignolo (above, center) and David Haslam (above, right) credit Dona Bradley, RN and Winchester Hospital's Outpatient Heart Failure Program with helping them get their health back on track.

David Haslam felt miserable. The 50-year-old Stoneham resident couldn't eat, wasn't sleeping well, and was short of breath. He drove himself to Winchester Hospital's Emergency Department and was diagnosed with pneumonia. According to Haslam, a "very perceptive" cardiologist suspected something else. An echocardiogram found weakness in his heart. More testing revealed high blood pressure, diabetes, and sleep apnea.

Like Haslam, 77-year-old Ines Brignolo of Medford also drove herself to Winchester Hospital because she had trouble breathing. She was admitted immediately and tests found fluid around her heart. Brignolo hadn't suspected a heart problem. "I have diabetes and am a cancer survivor," she says, "but in all honesty, I was more frightened of this than anything else." Although their ages, genders, and health issues differ, Haslam and Brignolo have something in common: Both participate in Winchester Hospital's Outpatient Heart Failure Program.

The program began in 2004 to combat the rising number of people affected by heart failure. According to the American Heart Association, heart failure—with 670,000 new cases annually—is the most rapidly growing cardiovascular disorder in the United States, affecting 5.7 million people. Winchester Hospital's Outpatient Heart Failure Program strives to reduce hospital readmissions through support and education, enhance quality of life, and encourage self-management. Through weekly telephone consultations, outpatient heart failure nurse Dona Bradley, RN closely monitors each participant's progress, provides support and information, and responds to questions and concerns.

"Dona calls once a week to check in," Haslam says. "We discuss alternative foods, what's good to eat and what's not. She is very positive and encouraging. It's nice to be able to talk to someone who is knowledgeable and supportive." In the program for two months, Haslam has lost 40 pounds. His blood pressure is down and diabetes is no longer an issue. "I feel terrific and am going in the right direction," he says. "I feel pretty lucky because this can be reversed. There were no blockages and I didn't need bypass surgery. I thought that was where I was heading. It's not so hard to change your lifestyle, and Dona has really helped me with that."

"David is so motivated. He's reading labels and making good choices," Bradley says proudly. "I feel like a cheerleader because I want my patients to do well."

Brignolo also credits Bradley and the program with helping her maintain a healthier lifestyle, explaining that talking to Bradley is like talking to her own daughter. "I can open up to her. I told her, 'Please don't let go of me yet,' and she said, 'I'm not about to.'"

"I am so happy with my connection to Winchester Hospital," adds Brignolo. "It gives me peace of mind."