

Newport Hospital Healthbeat

A PUBLICATION FOR THE NEWPORT COUNTY COMMUNITY • SUMMER 2017



Newport Hospital
Lifespan. Delivering health with care.®

Message from the President of Newport Hospital



Welcome to the summer edition of our Newport Hospital community newsletter. Summer is a busy time in the Newport area, and our hospital is no exception. From new physicians to expanded services to community lectures

and events, we are always at work on ways to partner with our community and better support your health.

That includes high level services, such as our Lifespan Cancer Institute—look for the story inside on the exciting new agreement Lifespan has signed with the Dana-Farber Cancer Institute, bringing innovative clinical trials to patients right here on Aquidneck Island. It includes our continued focus on growing our affiliated primary care practices, adding providers, locations and more convenient hours.

We have continued to enhance and expand our orthopedics services, as you'll see by the spotlight on our newest orthopedic surgeon, Michael Mason, MD.

Dr. Mason joins us this summer from the renowned New England Baptist orthopedics hospital in Boston—he has designed and helped develop numerous artificial joints, and brings a wealth of experience in joint reconstruction and replacement. We are so excited to welcome him to our medical staff.

As many of us gravitate to the outdoors to enjoy the warm weather, we have also included tips for getting the most out of your summer, including how to handle seasonal allergies; how to take a safe hike for your health; a healthy recipe focused on fresh summer produce, and more.

Finally, as you look ahead, don't miss the Save-the-Date announcement for our second annual Newport Hospital "Fall into Fitness" 5k on October 15. We're excited to continue this fun, family event, so mark your calendars and look for more information to come.

Best wishes for a healthy, happy summer season,

Crista F. Durand

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New Faces at Newport Hospital

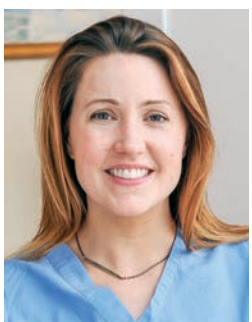
Here's a look at some of the newest physicians and allied health professionals to join the Newport Hospital medical staff and affiliated Lifespan Physician Group practices.



Michael Mason, DO, starts this summer as a board-certified orthopedic surgeon with Newport Orthopedics, a Lifespan Physician Group practice. The practice is part of the Orthopedics Institute at Rhode Island, The Miriam and Newport hospitals. Dr. Mason received his medical degree from the Philadelphia College of Osteopathic Medicine. He did his internship and orthopedic surgical residency at Community General Hospital in Harrisburg, Pennsylvania and he continued his subspecialty fellowship training at Massachusetts General Hospital and Brigham and Women's Hospital, affiliates of Harvard Medical School. He has designed or participated in the development of multiple artificial joints and brings more than 20 years of experience in joint replacement and reconstructive surgery, most recently at New England Baptist Hospital in Boston.



Kathryn Mitchell, PA-S, is a physician assistant with Newport Orthopedics, a Lifespan Physician Group practice. She received an MS in exercise physiology from Temple University in Philadelphia, and an MS in physician assistant studies from the Massachusetts College of Pharmacy and Health Sciences in Worcester.



Julie Woodside, PA, is a physician assistant with Newport Orthopedics, a Lifespan Physician Group practice. She received her MS in physician assistant studies from the University of New England, in Portland, Maine.



Lisa Licare, DO, will start this fall as a board-certified obstetrician/gynecologist with Newport Women's Health, a Lifespan Physician Group practice. She received her medical degree from the Lake Erie College of Osteopathic Medicine, in Erie, Pennsylvania; did her osteopathic internship at Palmetto General Hospital, in Hialeah, Florida, and completed her obstetrics and gynecology residency at the University at Buffalo, State University of New York. She has practiced most recently at Lawrence and Memorial Hospital in New London.



Hector Derreza, MD, is the medical director of hospital medicine at Newport Hospital. Dr. Derreza received his medical degree from the Universidad Autonoma de San Luis Potosi in Mexico, and completed his internship and residency at Brown University and The Miriam Hospital. He brings almost 20 years of experience in hospital medicine, including three previous years directing the Newport Hospital program, and has practiced most recently at both South County and SouthCoast hospitals, where he was the regional director of hospital medicine.

New provider dire

Here is how to reach these new providers:

Dr. Michael **Mason**, Kathryn **Mitchell**, Julie **Woodside**:
Newport Orthopedics, 401-845-1474

Dr. Lisa **Licare**:
Newport Women's Health, 401-848-5556

Dr. Hector **Derreza**:
Newport Hospital, 401-845-

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NEWPORT HOSPITAL



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Focus on Primary Care: Jamestown Family Practice

Jamestown residents, take note: there's a new physician and some convenient new hours at Jamestown Family Practice.



Lauren Goddard, MD (center), joined Drs. Joseph England and Carla Vaccaro

Family medicine physician Lauren Goddard, MD, joined Drs. Joseph England and Carla Vaccaro at the practice last year, and is becoming a familiar face in the community. Like her colleagues, Dr. Goddard sees patients of all ages, from infants to seniors.

“I love the opportunity to follow patients over the long term and develop relationships with them,” she says. “The variety in family medicine appeals to me, and I appreciate being able not just to treat disease but to help prevent it.”

It hasn't taken long for Dr. Goddard to appreciate the rewards of practicing in a small town as well. “I feel like I am part of a close-knit community,” she says. “I love that I can call up the pharmacists at Baker's and know who I'm talking to. Knowing the community your patients live in also promotes a better understanding of factors that may be contributing to their health.”

The team of three physicians provides everything from well visits, to acute care and office procedures. Patients can take advantage of an onsite lab, and of new, expanded hours: every weekday morning, from 8 to 9 a.m., the practice is open to established patients for walk-in visits, no appointment necessary. Saturday hours are also available at the Lifespan Physician Group Newport location.

Jamestown Family Practice is located at 20 Southwest Avenue, Jamestown. For more information, or to make an appointment, please call 401-423-2616.

Physician Spotlight



Michael Mason, DO, is a board certified orthopedic surgeon joining Newport Orthopedics, a Lifespan Physician Group practice. He has designed and participated in the development of multiple artificial joints and brings more than 20 years of experience in joint replacement and reconstructive surgery, most recently at New England Baptist Hospital in Boston.

Q. What drew you to orthopedic surgery?

A. My first introduction to orthopedic surgery was watching a joint replacement procedure as a young man. I was fascinated by the technical aspects of the surgery. Shortly thereafter, I volunteered at a local hospital as a physical therapy aide and got to see the life changing results that this surgery could bring about. Since that first day, I have been passionate about being a part of this field.

Q. What are your particular interests/expertise within the field?

A. My clinical practice is focused on the replacement of hips, knees and shoulders. In addition to performing these procedures, I have designed and participated in the design team on many medical devices and joint replacement implants commonly in use today.

Q. What do you enjoy about practicing medicine in a community like Newport?

A. After years of practicing in Boston and seeing patients from near and far, I welcome the opportunity to become part of, and hopefully make a difference in, a close knit community with a worldwide reputation for being hospitable, social and caring.

Q. What do you enjoy doing in your free time?

A. Apart from work, I like to sail and explore new destinations. I also enjoy taking walks, playing with my dog and cooking.

Dr. Mason's office is located in Suite 130, Borden Carey building, 19 Friendship Street, Newport. He welcomes new patients and can be reached at 401 845 1474.



New Agreement with the Dana-Farber Cancer Institute Brings Enhanced Cancer Services to Newport Patients

Patients at the renamed Lifespan Cancer Institute (formerly the Comprehensive Cancer Center) will benefit from enhanced access to cutting-edge clinical trials and specialized expertise for complex cases, thanks to a new agreement signed with the Dana-Farber Cancer Institute.

The agreement will bring the latest and most advanced clinical trials to patients in Rhode Island, including at Newport Hospital. It also allows our physicians to take advantage of Dana-Farber's specialized expertise for complex cases, and creates a program to coordinate the treatment of bone marrow transplant patients.

“Lifespan Cancer Institute patients will continue to receive excellent cancer care in Rhode Island, but patients with rare and more complex cancers will benefit from seamless referrals and coordination of care with Dana-Farber,” said Timothy Babineau, MD, president and CEO of Lifespan. “The new agreement allows us to offer the latest and most cutting-edge clinical trials to patients from Rhode Island and surrounding areas. We are proud to be working with one of the leading cancer centers in the United States.”

In addition to the full suite of cancer care services, such as medical oncology, chemotherapy and more, the Newport LCI offices are now offering genetic counseling and testing for patients who may be at risk for a hereditary cancer syndrome. Approximately five to 10 percent of all cancers are due to inherited, or genetic, factors; some families share a common change, or mutation, in a gene that may increase the risk of developing particular

cancers. Testing can help patients choose the screening and surveillance options that are right for them.

The Newport LCI is located on the 5th floor of the Turner Building, on the Newport Hospital campus—find more information at www.lifespan.org/centers-services/lifespan-cancer-institute.

Other Primary Care Practices Affiliated with Newport Hospital

All practices are accepting new patients. If you are an established patient at any of our practices, you can take advantage of convenient walk-in hours every weekday morning from 8 to 9 a.m. We also offer walk-in hours for all established patients on Saturdays from 8 a.m. to noon at our 50 Memorial Boulevard, Newport location.

Lifespan Physician Group, Primary Care, Newport
50 Memorial Boulevard, Newport, 401-606-4510
Ralph Earp, MD; David Gorelick, MD; Steve Louvet, DO;
Stephanie Maryeski, MD; Jana Magarian, APRN-CNP;
Lauren Martin, APRN-CNP; Dave Davis, APRN-CNP

Lifespan Physician Group, Primary Care, Portsmouth
77 Turnpike Avenue, Portsmouth, 401-847-2290
Kristin Fielding, MD

Portsmouth Family Medicine
161 Chase Road, Portsmouth, 401-683-3300
Liza Famador, MD; Camille Montes, MD;
Dave Davis, APRN-CNP

Tune in to the Newport Hospital Hour of Health

Listen for health tips from physicians and news from Newport Hospital.

**The first Thursday of each month, 9 to 10 a.m.,
on Bruce Newbury's "Talk of the Town"
show on WADK 1540 AM.**



Stop by and visit our new medical office building in Tiverton!

Conveniently located at 711 Main Road, the building is home to the Tiverton Lifespan Physician Group, Primary Care practice; an onsite Lifespan laboratory; rotating medical specialists offering consults close to home; and plenty of free parking.

Recent Recognition for Newport Hospital!

- **Four star rating** from the Centers for Medicare & Medicaid Services for overall quality
- **Recertified as a Primary Stroke Center** by The Joint Commission
- **Third time winner** of the Press Ganey Guardian of Excellence award for outstanding patient experience at Vanderbilt Rehabilitation Center's inpatient unit



Allergy Season Survival Tips

Q. What are the top tips you offer your patients who are seasonal allergy sufferers?

A. The most important tip I give is that if you have a seasonal allergy—know what your season is. Some people have spring allergies, because of the blooms and tree pollen; some have summer specific or fall specific allergies. If you know when your symptoms are triggered, you can be prepared. Most of the time, if you start allergy medications a week or two before your season kicks in, you tend to do better.

Q. How can people tell the difference between a cold and allergies?

A. That's often guess work. If you run a fever, it's not an allergy. If you blow your nose and it's clear, usually that's an allergy. Body aches and stomach symptoms are usually viral. Allergies tend to cause sinus congestion, runny nose and itchy, watery eyes. If every May you come down with the same symptoms, you are probably allergic.

Q. How can people avoid or minimize seasonal allergy triggers?

A. For real severe sufferers, a good air filter will help—if you have a forced air system in your house. If you don't, dusting regularly and keeping window screens clean is a good idea. Use a fan to circulate air, but make sure to keep the blades clean. If you are doing yard work, invest in a mask with a filter. Don't line-dry laundry; be careful about fabric softener with flowery scents. Some allergy sufferers benefit from eating truly local honey. The idea is that local honey is harvested from local bees feeding on local flowers—so if you eat local honey, you can essentially inoculate yourself, ingesting a little bit of local pollen each time. It's like having mini-allergy shots, allowing you to build up a tolerance by exposure.

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Art's Story

Art Berluti is a Middletown native and well-known local radio fixture on WADK AM in Newport. He has been an on-air personality with the station since 1981, serving in different roles, including as an afternoon music host; voice of the station's former "Flea Market" program; and currently, news anchor on WADK's "Morning Report" and host of a weekly public affairs program. He also found himself, unexpectedly, a patient of Dr. Rolf Langeland, an orthopedic surgeon with Newport Orthopedics, a Lifespan Physician Group practice affiliated with the hospital.

"I really credit [Dr. Langeland's] handiwork for my quick recovery."

- Art Berluti

"A few months back, on Super Bowl Sunday, I had a little 'fall down and go boom episode'. I knew something was very wrong immediately—I went to the Newport Hospital emergency room, and it turned out I had fractured my left kneecap and required surgery. Dr. Langeland turned out to be my surgeon, and he was great: very hands-on, laid back, no 'medicalese,' easy to talk to, very down to earth. He took the time to explain everything and made it easy to understand. I had to have the surgery postponed, because of a little issue with my blood pressure, and he was really good about going over all of that and explaining it as well, told me not to be nervous.

"It was the same with all my follow-up appointments: he was just very thorough and easy to understand. I really credit his handiwork for my quick recovery. I did my rehab at Vanderbilt Rehab Center, and we all thought I'd need at least a month, but I really only needed two weeks. They were very happy with what they saw, the strength in that knee came back very fast. I got off the walker, got promoted to a cane for several days, and now I really feel back to normal.



"I remember at my first follow-up appointment, Dr. Langeland said I shouldn't put more than five to 10 pounds of pressure on that knee, and then at my second follow-up in two weeks, I could already put my full weight on it. I think he had a lot to do with me being so comfortable and recovering so quickly."



Wellness Wednesdays at Newport Hospital!

Back again this fall

Complimentary seasonal beverage, greeters and wellness information at the front door every Wednesday
 Weekly wellness tip on the Newport Hospital FaceBook page
 Stay tuned for information on free community yoga classes



Food for Thought

Healthy Recipes
from Newport Hospital



Black Bean and Corn Salad

2 tablespoons extra virgin olive oil
1 tablespoon each of vinegar and lime juice
1/2 cup black beans, drained and rinsed
1/2 cup corn, drained if frozen; cooked and sliced from cob if fresh
1/2 cup red and green peppers, chopped
1/2 cup chopped red tomato
1/4 cup chopped red onion

Mix together beans and vegetables. For dressing, use a ratio of half vinegar, half lime juice beaten with the olive oil. Spices: cumin, chili pepper, salt, pepper; also, chopped fresh parsley, mint or cilantro make a tasty addition. Calories: 450, Vegetables: 2.5, Starch: 2 (1: black beans, 1: corn)



This recipe is based on the work of **Mary Flynn, PhD, RD, LDN**, a well-known research dietitian with the Lifespan health care system whose work focuses on diet and health.

Flynn has developed a series of *Mary Meals*, recipes made with ingredients that studies have shown will reduce risk factors for chronic diseases. The

meals are calorie-controlled and contain extra virgin olive oil, at least two servings of healthy vegetables, and two to three servings of whole grains and/or legumes (beans). All the *Mary Meals* are easy to prepare and inexpensive. To see more free *Mary Meals* recipes, go to Newporthospital.org/newsletters.

Hike for Your Health

Summer Exercise Tip from Vanderbilt Rehabilitation Center

Hiking, which is usually done on rougher terrain with some elevation, offers all the cardiovascular and other physical benefits of walking, and more. It builds:

- **Balance**, due to the rougher terrain that includes rocks, gravel, and roots;
- **upper body, lower body and core strength**, since hikers frequently use trekking poles, carry backpacks with essential gear, and navigate natural obstacles;
- **endurance**, because most hikes require longer distances and duration.

Hiking also offers mental health benefits. Many studies demonstrate that hiking in nature can reduce stress and anxiety, elevate mood and reduce rumination (dwelling on negative thoughts).

Remember that hiking requires specialized gear, including:

- Well-fitting **hiking boots or trail shoes**.
- **Synthetic clothes** to wick away moisture and regulate temperature, and wind and rain gear. Always bring extra clothing.
- **Trekking poles** help reduce stress on the knees when ascending and descending in elevation.
- A good fitting **back pack** is essential to avoid shoulder and back pain.

To be safe while hiking, always carry:

- A trail map and a compass and know how to use them, and let someone know where you're going.
- Plenty of water and snacks, sun protection and bug repellent.
- Emergency supplies: first aid kit, blanket or waterproof bivy sack, matches, duct tape, knife and whistle.
- Headlamps or flashlights in case the hike takes longer than planned.

Kristin Matteson, MS, OT, is an occupational therapist in the Vanderbilt Rehabilitation Center at Newport Hospital. She is also an avid hiker and an assistant organizer and leader for the Rhode Island Hiking Club and a member of the Appalachian Mountain Club. A version of this column first appeared in the Newport Mercury.

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The honey has to be absolutely local: produced on Aquidneck Island, not in Vermont. You can look at local farmer's markets for direct producers. And, of course, honey is not recommended for children under age two.

Q. What other kinds of medications do you recommend?

A. Nasal sprays, such as Flonase and Nasacort, are effective, available over the counter, and safe for most patients, although you should always review the warning labels. The most effective antihistamine out there is Benadryl, but it's highly sedating, and only lasts four to six hours. Claritin, Zyrtec, Allegra are all long-lasting, up to 24 hours, and considered non-drowsy. Remember that store-brand generics are perfectly fine to use instead of the name-brand medications, and more affordable.

Newport Hospital Community Calendar

COURSES AND PROGRAMS

Family and Friends CPR or Heartsaver CPR and First Aid.
Registration and fee required. Call 401-845-1592.

Noreen Stonor Drexel Birthing Center education programs on childbirth preparation, infant care, breast feeding and more.
Registration and fee required. Call 401-845-1110.

Risk Factor Reduction Program. Monitored exercise and disease prevention education at Vanderbilt Rehabilitation Center.
Registration and fee required. Call 401-845-1179.

Safe Sitter: designed to prepare students in grades 6-8 to be safe when home alone, watching younger siblings or babysitting. Includes CPR and and choking rescue skills. Registration and fee required. Call 401-845-1592.

Newport Hospital community exercise programs.
Call 401-845-1845.

- **Community Walking Program.** Indoor walking program in a safe hospital environment with trained leaders. No cost.
- **Fitness for Function.** Exercise in a safe environment with experienced leaders. Must be able to transfer to a chair independently. Registration and fee required.

FREE SUPPORT GROUPS

Brain Injury Association of RI: Contact 401-228-3319.

Breastfeeding Support Group: Contact 401-845-1110.
Meets weekly.

Diabetes Support Group: Contact VNS Newport/
Bristol Counties at 401-849-2101. Meets at Edward King
House, Newport.

Fibromyalgia Support Group: Contact Julie Hopkins-DeSantis
at 401-783-5538, or Rebecca at 401-739-3773, ext. 18.

**NAMI (National Alliance on Mental Illness) Recovery
Support Group:** Call NAMI Rhode Island at 401-331-3060.

Parkinson's Disease Support Group: Contact Mary Ellen
Thibodeau at 401-736-1046.

Stroke Support Group: Contact Kathy Bergeron at
401-845-1244.

Tobacco Smoking Cessation Program:
Contact Donna Levesque at 401-519-1970.

For further information on any program, please call the
Newport Hospital Education Office at 401-845-1590.



Newport Hospital

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Newport Hospital
11 Friendship Street
Newport, RI 02840

Newport Hospital Community Lecture Series

Our community lecture series is intended to share health tips and medical expertise with the community, and introduce you to clinicians at the hospital. All lectures are free and open to the public, and include complimentary light refreshments.

Upcoming topics for the fall include diabetes prevention, breast health, reducing holiday stress, exercises for joint health, and nutritional tips for maintaining a healthy weight. Lectures are held the second Thursday of the month, from 6:30 to 7:30 p.m. Check back for dates and details on our events calendar at www.newporthospital.org.

Most lectures take place in Newport Hospital's Gudoian Conference Room, just off the hospital's main lobby. Parking is free. No registration is required, but seating is limited. To reserve a seat, call 401-845-1492 or sign up online at www.newporthospital.org.



Save the Date!

Sunday, October 15, 2017

Newport Hospital's Fall into Fitness Family 5k