

Physician FOCUS

News for South County Health Medical Staff

February 2017

Q & A WITH NEPHROLOGIST, MARK MANCINI, MD



Mark Mancini, MD

Mark Mancini, MD, is the medical director of the [Shoreline Nephrology & Hypertension](#) practice for the South County Medical Group. After graduating from the University of Connecticut School of Medicine where he received his medical degree and completed his residency, Dr. Mancini joined South County Health in 1999 where his patients benefit from the community health philosophy.

Q: What led you to specialize in nephrology?

A: Nephrology is a specialty that encompasses disciplines from a multitude of other specialties, including cardiology, hematology, oncology, endocrinology, and therefore is an all-encompassing specialty. In short, all of

the organs work together. It is this system interdependence that makes nephrology so interesting. It is one that deals with a wide variety of disorders, including kidney disease, dialysis, congestive heart failure management, edema management, hypertension management, and electrolyte imbalance. It requires discipline and a “total patient perspective” when interpreting renal disorders.

Q: Are kidney disorders typically genetic or brought on by lifestyle?

A: Renal disease is commonly affected by lifestyle, with some genetic predisposition. A very common cause of chronic kidney disease, hypertension, can be more prevalent in certain families. The same can be said for diabetes. Since certain racial groups are more prone to renal disease, such as African-Americans and Native Americans, I definitely think that genetics plays a role. However, it is our lifestyle that may ultimately affect whether or not we develop kidney disease. We need to be smart about how we conduct our daily lives and how we treat our bodies.

Q: What are the symptoms of kidney disorders?

A: The symptoms of kidney disease are very nonspecific. Very advanced kidney disease can cause symptoms such as sleep disorders, headaches, alteration in appetite, alteration in taste, fluid retention, generalized fatigue, and difficulty concentrating. However, there are a multitude of non-renal disorders that can cause all of the same symptoms. Therefore, there is no one specific symptom that is indicative of kidney disease. The best way to determine if a person has kidney disease is with a blood test to measure a person's level of creatinine.

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Lou's Health Wave



DOCTOR TAKES A SWAT AT THE ACTING BUG

By day, Frederic Silverblatt, MD, treats patients at South County Health who have Lyme disease and other infectious diseases that affect the lungs, urinary tract, skin, bones and joints.

But while infectious diseases are his medical specialty, his 15 minutes of fame – 12 minutes, to be precise – were found away from the overhead lights of an examining room and in the spotlight of the stage, performing a modern dance interpretation of Franz Kafka’s novella, “Metamorphosis.”

The opportunity for Dr. Silverblatt to perform on-stage was facilitated by his wife, Annamaura, after their book club read Kafka’s novella. As part of the group’s follow-up activity, each member was to do something that summarized the story of the man whose unrewarding career turned him into a cockroach, and ultimately, led to his demise.

Annamaura, a professor of dance and choreography, saw the opportunity to orchestrate a short

dance production to tell the tale, seeing her husband, Dr. Silverblatt, as perfect for the part of the father.

“Fred is accustomed to public speaking. He brings the audience in,” she said.

Although the performance lasts 12 minutes, the choreography took over a year in planning. For authenticity, Annamaura had costumes designed to reflect the 20th century era.

“She is a stickler for details,” Dr. Silverblatt said of his wife.

Although there are several characters in Kafka’s version, here there were only three: the Silverblatts, who played the role of the parents, and a third cast member who played their traveling salesman-son-turned-cockroach.

The climax of the performance came when Dr. Silverblatt stood up from his chair and rolled up the daily newspaper. Walking toward

his cockroach-son who crawled on the floor nearby, Dr. Silverblatt struck him to his death.

Minus the burden of a son who would not



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Physician Focus is a publication for the medical staff of South County Health. Questions or comments should be directed to

[Martha Murphy](#) at 401 788-1606 or

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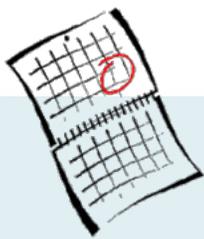


VIDEO OF THE MONTH

[Ian Madom, MD – Orthopedic Spine Surgeon](#)



In this [video](#), orthopedic spine surgeon, Ian Madom, MD, discusses a comprehensive approach to spine care. He is an expert in cervical spine and lumbar spine disorders, and is board certified by the American Board of Orthopedic Surgery. [Dr. Madom](#) has offices in Wakefield and Westerly. To make an appointment with Dr. Madom, call Ortho Rhode Island, South County at 401-789-1422.



FEBRUARY 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Admissions 1 Review Committee 7:30 – 9 a.m. Med Staff Library	2	3	4
5	Ob/Gyn Dept. 6 6 – 8 p.m. Med Staff Library	Tumor Board 7 7 – 8 a.m. Potter ICU Committee 7:15 – 8:45 a.m. Borda 2	M&M 8 Noon – 1 p.m. Potter Conf. Room	Leadership 9 Council 7 – 9 a.m. Med Staff Library	10	11
12	13	Tumor Board 14 7 – 8 a.m. Potter Credentials Committee 7 – 9 a.m. Potter A	15	Leadership 16 Council 7 – 9 a.m. Med Staff Library Dept. of Emergency Medicine 7:15 – 9:15 a.m. DI Conf. Room	Dept. of Medicine 17 7:15 – 9:15 a.m. Potter Conf. Room	18
19	Presidents' Day 20	Tumor Board 21 7 – 8 a.m. Potter Medical Executive Committee Meeting 7 – 9 a.m. Potter A	Medical 22 Records Committee 7 – 9 a.m. Med Staff Library	23	Anesthesia 24 Department 7 – 8 a.m. Anes. Dept. Tissue and Transfusion Pathology 1 p.m. Conference Room	25
26	Board Meeting 27 5 p.m. Potter	Tumor Board 28 7 – 8 a.m. Potter OR Department Staff Education 8:30 a.m.				

Please refer to the Medical Staff Calendar shared on Outlook for any changes or modifications to the calendar here.



Russ Corcoran, MD

MANY ACCOMPLISHMENTS IN UNCERTAIN TIMES

Although there are many uncertainties that exist in healthcare and in our overall healthcare environment as we enter 2017, there is also promise. Our dedicated healthcare professionals, who provide high-quality care, position us well to succeed in a competitive industry while fostering excellence in patient care. The challenges of the future are unknown, but our accomplishments over the past year are many.

- We earned “Five-Star” recognition by CMS for patient satisfaction as measured by HCAPHS. South County Hospital is one of only 83 hospitals in the country to receive the 5-star rating.
- We are recognized by the AHA and American Stroke Association for achievements such as “Get With The Guidelines” to improve quality of patient care and outcomes.
- Our certification by the Joint Commission for hip and knee surgery and as a primary stroke center continues to reinforce our dedication to providing high-quality care.
- Our East Greenwich Family Practice was recognized by United Health Care with an Excellence in Patient Service Award.
- All of our primary care practices are certified by NCQA as patient centered medical homes.
- South County Health was recognized as a top hospital for obstetric care, receiving the Women’s Choice Award.
- South County Health received an “A” rating from the Leapfrog Group for patient safety.
- South County Health continues to have the highest rating in Rhode Island for overall patient satisfaction and is in the top 10 percent nationally.
- We are designated as a Blue Cross Blue Shield Blue Distinction Center+, recognizing our expertise and cost efficiency in delivering specialty care for hips and knees.
- Well Beyond, our staff wellness program, is commended and recognized nationally by the Employer Healthcare and Benefits Congress as one of the top 100 wellness programs in the country.
- Our Wound Care Center was recognized by Healogics as a center of excellence and distinction for the seventh consecutive year.
- We received continued recognition with our expertise associated with Nurses Improving Care for Health System Elders (NICHE).
- South County Health was recognized as the healthiest employer in Rhode Island for our size by the Providence Business News.



These are just some of the accomplishments that our medical staff contributed to and should be aware of. Other notable changes and achievements we’ve made were the opening of the sixth operating room, the opening of our Westerly Medical and Wellness Center, refurbishment and reopening of our Women and Newborn Care Unit and the opening of our renovated Cancer Center.

We’re going to have many challenges in the coming year – and years. We need your support, expertise and involvement as we journey toward becoming a High

Reliability Organization (HRO). Thank you, as always, for your care of our patients and your dedication to helping South County Health achieve our vision: “To forge extraordinary connections with our community that support health at every stage of life.”

Thanks again,
 Russ Corcoran, MD VPMA-CMO
rcorcoran@southcountyhealth.org

HONOR SOMEONE WHO HAS PLAYED A KEY ROLE IN YOUR LIFE

During the course of your busy day, take a moment to remember someone who helped you become the person you are. In the coming months, you will have the opportunity to honor, celebrate or remember that person through The Frances McGillivray Tribute Campaign.

By making a Tribute Gift to the Frances McGillivray Tribute Campaign, someone who influenced your life will be honored and recognized by having their name inscribed on the wall plaque, located in the Hospital's main lobby. In addition, a personalized letter will be mailed to the person you named, or their family,



notifying them that a gift was made by you in their honor. As a donor, you will also be invited to attend a dedication ceremony in the Hospital main lobby on Thursday, May 11, when the plaque will be unveiled and the 2017 Tribute honoree will be recognized.

Just as Mrs. McGillivray's legacy continues at South County Hospital, your Tribute Gift will continue to support advancements in cardiopulmonary rehabilitation services.

To honor someone today, contact the Development Department at ext. 1492 or developmentoffice@southcountyhealth.org.

NEW PROVIDERS

WELCOME TO SOUTH COUNTY HEALTH

The following professionals have recently joined the medical staff at South County Health.

Brittany Bertone, PA – *Surgical*

A graduate of Salve Regina University where she earned a B.S. in Biology, Brittany Bertone attended Massachusetts College of Pharmacy & Health Services where she pursued a master's degree in Physician Assistant Studies. Prior to joining the staff at South County Health, she worked as a physician assistant at the Brain and Spine Neurosurgical Institute in North Providence, RI.

Albert Chaker, MD – *Anesthesiology*

Albert Chaker, MD, a board certified anesthesiologist, received his doctorate from the Uniformed Services University of the Health Sciences, in Bethesda, MD, before completing his anesthesiology residency at the Naval Medical Center Portsmouth, in Virginia. Dr. Chaker served as the director of surgical services and staff anesthesiologist in the NATO Role 3 Multinational Medical Unit at Kandahar Airfield, Afghanistan, where he received the Navy and Marine Corps Commendation Medal.

Marcelo DaSilva, MD – *Thoracic Surgery*

A graduate of Universidade Gama Filho Rio de Janeiro, Brazil, where he received his medical degree, Dr. DaSilva completed residencies in surgery, general surgery, and cardiovascular and thoracic surgery, heart and lung

transplantation. Prior to joining South County Health, he held several appointments, including thoracic surgeon at Kent Hospital and associate surgeon at Brigham and Women's Hospital.

Armando Fraire, MD – *Anatomic Pathology*

Dr. Fraire joined the medical staff at South County Health post-retirement from academia where he was a professor at University of Massachusetts Medical School, Worcester and as attending pathologist at the University of Massachusetts Medical Center. He received his medical degree at Faculty of Medicine, U.N.L., Monterrey, Mexico and completed pathology residencies at The Altoona Hospital in Pennsylvania and Baylor College of Medicine in Houston, TX.

Rolina Levin, MD – *Radiology*

After receiving her M.D. at Riga Medical Institute in Riga, Latvia, Dr. Levin completed residencies in diagnostic radiology at New England Medical Center at Tufts University, Boston, and St. Vincent Hospital, Worcester; and nuclear medicine at University of Connecticut Medical Center, Hartford. Board certified in radiology, Dr. Levin was most recently employed as a radiologist at St. Vincent Hospital in Worcester and radiologist, clinical leader at Inview Diagnostic Imaging, Inc. in Boston, MA.

CMS UPDATES RANKING FORMULA – SOUTH COUNTY HOSPITAL STILL ON TOP

In August 2016, when South County Hospital received 5 Stars for Overall Hospital Quality Star Rating issued by the Centers for Medicare and Medicaid Services (CMS), it was one of 112 hospitals in the country to receive the top rating.

After critics questioned the measurement criteria, the CMS updated the formula used in its Overall Hospital Quality Star Rating program. In December 2016, the CMS released its new results, with South County Hospital now one of only 83 hospitals in the country to receive the highest possible rating of 5 Stars, and still the only hospital in RI to earn the top score.



The clinical areas that South County Health did best in were safety of care, readmission and patient experience, three areas of significant importance, while still achieving high grades in the other areas of healthcare.

The CMS Overall Hospital Quality Star Rating was created by Medicare to simplify complex criteria that measure healthcare quality so that healthcare consumers can make informed decisions. While the field of high-quality healthcare systems may have narrowed, South County Health still remains among the top in the country.



Q & A WITH NEPHROLOGIST, MARK MANCINI, MD

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Q: How do primary care physicians detect issues that may alert them that a patient is suffering from a kidney disorder?

A: There are two tests that should be done periodically on patients, with some patient groups, such as diabetics and those with essential hypertension, that should be screened on a more regular basis – a blood creatinine level, and a urinary albumin/creatinine ratio test.

Q: What is the relationship between kidney disorders and hypertension?

A: There is tight interdependence of hypertension and chronic kidney disease. Hypertension is a primary cause of chronic kidney disease, accounting for approximately 40-42 percent of cases of end-stage renal disease in this country. Chronic kidney disease also leads to hypertension. It can be a vicious cycle. Interestingly, when an individual receives a kidney transplant for their kidney failure, blood pressure typically normalizes or improves dramatically, highlighting the central role that kidney function plays in regulating blood pressure.

Q: What can people do to prevent kidney disorders?

A: Knowing that chronic kidney disease is more prevalent in individuals who are overweight, have uncontrolled high blood pressure, uncontrolled diabetes, and are smokers, this knowledge can empower an individual to take control of their health to improve their quality of

life and longevity. Regular exercise, 3-4 times per week of aerobic activity, controlling one's weight, adhering to a low-salt diet, approximately 2.4 grams of sodium per day (equivalent to 1 teaspoon), seeking to control blood pressure to approximately 130/75, working with your physician to control diabetes, cholesterol management, and avoidance of tobacco products, may all help to avoid kidney problems, or delay progression of existing kidney disease. The myth that high fluid intake to “flush the toxins out of the body” will help to prevent kidney disease is widespread. While we certainly want to avoid dehydration, the average person needs no more than 48-64 ounces of fluid per day. Under conditions of increased fluid loss, such as diarrhea, vomiting, or excessive sweating because of exercise, increased fluid intake is justified. Otherwise, flooding oneself with several bottles per day of water really has no benefit.

Dr. Mancini can be reached via [e-mail](#) or by calling [Shoreline Nephrology & Hypertension](#), a member of the South County Medical Group, at 401-782-0090 (Medical Office Building, Wakefield) or 401-596-3313 (17 Wells St., Westerly).

South County Hospital's board certified nephrologists include [Dr. Mancini](#), [Joseph M. Romanello, MD](#), and [Peter C. Shorter, MD](#) (board eligible).

DOCTOR TAKES A SWAT AT THE ACTING BUG

Continued from page 2

contribute to the household, the parents decided to enjoy the rest of the day having a picnic in the countryside.

Dr. Silverblatt uttered the only words spoken in the performance as he hailed a cab.

“Taxi!” he called.

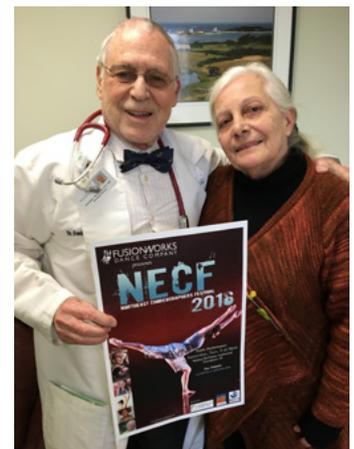
The performance was so well received when it debuted at Brown University, that the Silverblatts were invited back for two more performances. After that, they performed their interpretation of “Metamorphosis” at AS220, the Unitarian Church in Providence where another performance is planned in May, and two performances at FusionWorks Dance Company, including their Northeast Choreography Festival.

While Annamaura is “thinking of more roles for him,” Dr. Silverblatt, who will soon turn 80 years of age, is occupied with other pursuits. After taking up the sport of

triathlon at 70, competing in the 2.5 mile swim, 112 mile bike, 26.2 mile run of the Hawaiian Ironman, he is currently training for a second appearance in the New York triathlon this summer.

“I’m not one to just sit around,” he said.

Frederic Silverblatt, MD, can be reached at 401-471-6285 or by e-mail, fsilverblatt@southcountyhealth.org. To learn more about the [Infectious Disease](#) specialty at South County Health, please click on the highlighted link.



CME OPPORTUNITIES

[Minimally Invasive Surgery Symposium](#)

(33 CME credits, including optional MOC Self-Assessment Credit)

Encore at Wynn Las Vegas

February 28-March 3, 2017

Geared toward general surgeons, colorectal surgeons and bariatric specialists, the 17th Annual Minimally Invasive Surgery Symposium (MISS) will offer lectures, surgical video presentations, and discussion and debate by world-renowned experts on advanced laparoscopic techniques for managing metabolic disorders, hernia, foregut and diseases of the colon.

[4th Annual Digestive Diseases: New Advances](#)

(Approved for 14.75 AMA PRA Category 1 Credits and Pharmacy Contact Hours; 14.67 Nursing Contact Hours)

The Westin Philadelphia

March 24-25, 2017

This conference is designed for gastroenterologists, primary care physicians, advanced practice nurses, nurses, pharmacists, and physician assistants involved in the diagnosis, evaluation, management, and treatment of patients with digestive diseases. A thorough review of the current treatment landscape is vital to both clinicians and patients who can benefit from the expansion of therapeutic options.

[Writing, Publishing, and Social Media for Healthcare Professionals](#)

(Earn up to 23.00 AMA PRA Category 1 Credits™)

Fairmont Copley Plaza Hotel, Boston, MA

March 30-April 1, 2017

A special program for healthcare professionals who want to advance their communication skills or get published. This unique three-day course empowers physicians, healthcare executives, and other professionals to expand their visibility and influence in healthcare through traditional and new media. As an attendee, you will learn how to make the most of print, live, and online communication channels, and sharpen your ability to market yourself and your body of work.

OF INTEREST...

[Health is more than health care](#)

The American “health care system,” in which we collectively spend \$3 trillion annually, only accounts for one-fifth of our overall health. In this essay, John Henning Schumann takes a look at some other factors that impact our well-being.

[Common Symptoms, Uncommon Causes: Reducing Misdiagnosis on the Front Lines](#)

The mission of reducing misdiagnosis may sound a little quixotic at first. Of course, we cannot end human error. However, when we view this challenge from a public health perspective, we can focus on categories of diagnosis that affect large populations of patients. And for several of these common complaints, there is hope that we can do a much better job of finding those with the potential to be harmful or fatal.

[The Doctor Who Championed Hand-Washing and Briefly Saved Lives](#)

We know that hand-hygiene is one of the most important tools in public health. It can keep kids from getting the flu, prevent the spread of disease and keep infections at bay. But did you know how that practice came to be?

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GOT AN IDEA?

Do you want to submit an idea or story for the next issue of *Physician Focus*? Contact [Martha Murphy](#) at 401 788-1606 or [Eric Dickervitz](#) at 401 788-1137.

Yield: 4 servings | Heart Healthy Recipe



© Baldwin Publishing, Inc.

View this and more Health eCooking recipes: [Vegetarian Stuffed Peppers](#)

Recipe courtesy of
<http://www.webhealthyrecipes.com>

These barley stuffed peppers make a great vegetarian entrée that packs a punch. You'll never miss the beef with the low-fat bean and barley stuffing. Use red, yellow or orange peppers for color.

INGREDIENTS

1/2 cup barley
 1 1/2 cups low-sodium vegetable broth
 3/4 cup diced zucchini
 1 cup black beans, puréed
 1/2 cup corn
 1/2 cup chopped Vidalia onion
 2 garlic cloves, minced
 1 cup shredded low-fat cheddar cheese
 1 3/4 cups no salt added tomato sauce
 1 tsp chili powder
 Cayenne pepper to taste
 4 bell peppers, tops cut off, seeds and ribs removed

PREPARATION

Preheat oven to 350°. In a small saucepan over high heat, boil barley in broth until tender, about 30 to 45 minutes. In a large bowl, combine barley, zucchini, black beans, corn, onion, garlic, cheddar cheese, 1/2 cup of tomato sauce, chili powder and cayenne pepper and mix together thoroughly.

Spoon mixture into peppers. In a small casserole dish, spread 1/4 cup of tomato sauce. Place stuffed peppers, standing, in casserole dish. Pour remaining tomato sauce on top of stuffed peppers.*
 Bake for 45 minutes, covered.

*Make-ahead tip: Keep covered stuffed peppers in refrigerator for up to 24 hours before baking.

AHHH ... BERMUDA!



Situated 665 miles off the coast of North Carolina, the subtropical island of Bermuda is a 21-square mile seamount kept warm by a combination of the Gulf Stream and its low latitude. Bermuda was formed by a submarine volcano that created an archipelago. It is also known as the northernmost point of the infamous Bermuda Triangle.

Bermuda's temperatures average 63 degrees (F) in January, February, and March, rising to the mid-80s in the summer months. There has never been a frost or freeze on record in Bermuda.

Among the island nation's notable attractions are its pink sand beaches and clear waters, making it a popular place for scuba divers and snorkelers to explore the many reefs and wrecks beneath the surface of relatively shallow waters.

Bermuda is a British territory, and Bermudian English is the predominant language, followed by Portuguese. The cultural mix consists of Native American, Spanish-Caribbean, English, Irish, Scottish and Portuguese.

WHAT TO DO

The town of [St. George](#) is the oldest continually inhabited English settlement in the New World. Unlike the capital of Hamilton, St. George has not undergone extensive reconstruction and appears much as it did 250 years ago.

After you've enjoyed Bermuda's pink sand beaches, discover a hidden treasure in [The Crystal & Fantasy Caves](#) where deep, clear underground pools of water are mixed with naturally occurring rock formations. According to

local legend, the cave was discovered by two teenagers in 1907 who found an entrance while looking for a lost cricket ball.

Once a military stronghold, Bermuda is home to a number of [naval forts](#) where cannons, ramparts and other artifacts illustrate the island's role in the American Revolution, the War of 1812, and the American Civil War.

Gibbs Hill Lighthouse in Southampton is one of the oldest cast iron structures in the world, first lit on May 1, 1846. Climb its 180 steps to the observation deck surrounding the lamp, which offers spectacular views of the island and the surrounding sea.

TRANSPORTATION

While automobiles are driven on the left-hand side of the road, it is not possible for tourists to rent a car on the island. Public transport and taxis are available, or visitors can rent scooters to get around.

WHERE TO STAY

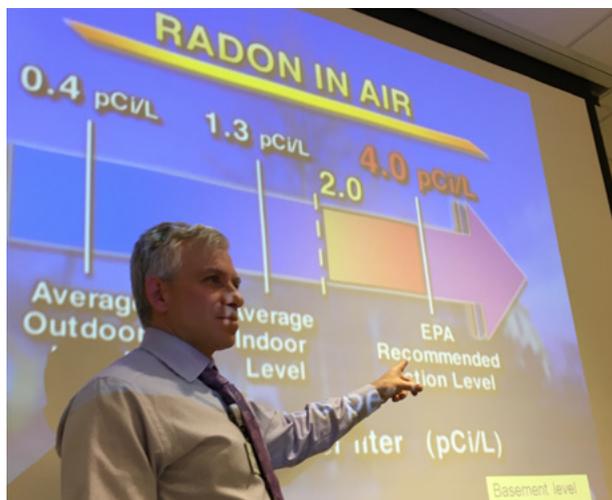
Accommodations in Bermuda are known to be quite expensive. However, with planning and timing, excellent options are available. [Coco Reef](#) is located on its own private beach in manicured gardens, just 10 minutes from Hamilton, the capital city. Each room has beautiful ocean views. If luxury is more your style, [Elbow Beach Bermuda](#) is a premier beachfront resort, offering spa services, gourmet dining, and the opportunity to charter The Venetian, a 100-foot luxurious super yacht.

LOOKING FOR NEW PATIENTS?

One of the best ways to capture new patients is to get out in front of your target audience with an evening lecture. **The South County Health Marketing Dept. can help** make that happen. We can also get you an interview on radio or television. Contact us and we'll get started.

[Martha Murphy](#) at 401 788-1606
or [Eric Dickervitz](#) at 401 788-1137

RECENT COMMUNITY EVENTS



On January 10, 2017, over 30 people attended a **free community lecture on Radon Gas**, the number one cause of lung cancer in non-smokers. Gerald Colvin, DO, presented the lecture at the Medical & Wellness Center in Westerly. Attendees received a free radon test kit to use in their homes, provided by the Rhode Island Department of Health.

J. Russell Corcoran, MD, offered a presentation on the **importance of Advance Directives in healthcare** on Thursday, January 26, 2017. The community lecture was held in the Potter Conference Room where over 45 people learned ways to protect personal decisions when a person cannot speak for her or himself. Attendees received informational packets, including a Living Will that they can use. The presentation was co-hosted by Attorney Marcia J. Boyd.

PAST PRESENTATIONS INCLUDED:

Topic	Presenter(s)	No. of Attendees
Mako System	Drs. Marchand, Bradley	150
Back & Spine	Dr. Ian Madom	50
Radon/Lung cancer (2)	Dr. Gerald Colvin	60
Feet First	Dr. James McCormick	25
Nutrition/Pulses	Jeri Menard/Bonnie Seekell	50



On Thursday, January 19, 2017, registered dietitians Bonnie Seekell and Jeri Menard welcomed over 50 people at the Medical & Wellness Center in Westerly for a presentation entitled **'Pulses: The delicious little superfoods with big health benefits'**. Attendees received a free copy of a cooking with lentils cookbook.

IN THE NEWS AND ON-THE-AIR

WJAR TV-10 HealthCheck reporter, Barbara Morse-Silva, visited South County Hospital on Tuesday, January 31 for a segment on **South County Health's New Moms' Club**. The story aired on that evening's 5:30 p.m. news broadcast. [Click to view.](#)

On Sunday, January 8, David Bader was heard on radio station WCTK-FM (Cat Country 98.1) where he spoke with Phil Marlowe on the 'Upfront' talk show. Dr. Bader took the opportunity to **discuss heart health**.

Thank You!

*Say “thank you!” to a colleague or your staff.
February is National Heart Health Awareness Month*



Feb. 12 – 18
We celebrate the national observance of
Cardiac Rehabilitation Week
and
Cardiovascular Professionals Week.

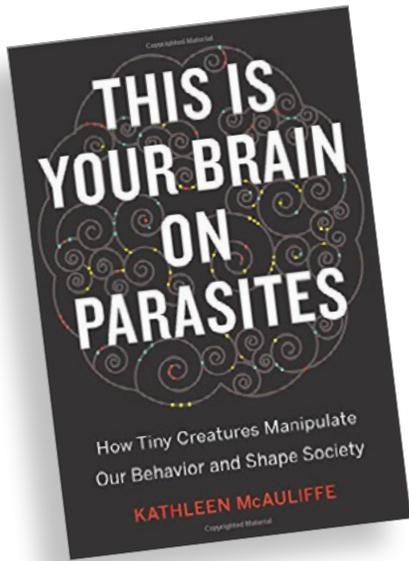
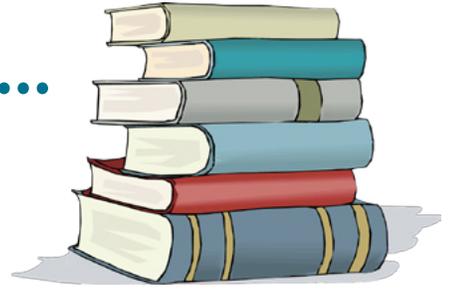
*What better time to acknowledge the folks working in our cardiac rehab services—
with a card, email, or gift from the Hospital’s Gift Shop (ext. 1559)!*

March is:
Colorectal Cancer Awareness Month
Kidney Awareness Month
Nutrition Month

April is:
Defeat Diabetes Month
Foot Health Awareness Month
Occupational Therapy Month

**Your expertise is of interest any time of year
but it doesn’t hurt to use a national awareness “hook” to attract media interest.
Take a look at what’s coming up and let us know if it relates to your expertise.**

ON THE BOOKSHELF...



[This is Your Brain on Parasites](#)

How Tiny Creatures Manipulate Our Behavior and Shape Society
by Kathleen McAuliffe

Can parasites control how other creatures—including humans—think, feel, and act? This investigation suggests a myriad of ways that tiny organisms living inside another animal have many evolutionary motives for manipulating their host's behavior. Organisms we pick up from our own pets are strongly suspected of changing our personality traits and contributing to recklessness, impulsivity—even suicide. Microbes in our gut affect our emotions and the very wiring of our brains. Germs that cause colds and flu may alter our behavior even before symptoms become apparent. *This Is Your Brain on Parasites* is both a journey into cutting-edge science and a revelatory examination of what it means to be human.

[Life on the Wire](#)

Avoid Burnout and Succeed in Work and Life
by Todd Duncan

Imbalance is natural. The key is to make it purposeful. In *Life on the Wire*, New York Times best-selling author Todd Duncan challenges the status quo in search of a better, smarter way to work and live. He profiles several people striking out to find “balance” through their challenges, their insights, and the critical lessons they learned. Duncan contends that the perfect balance—equal parts work and life—does not exist. Instead, he has a more pragmatic formula he calls purposeful imbalance: the process of purposefully leaning toward work without sacrificing life and purposefully leaning toward life without damaging your career.

[The Righteous Mind](#)

Why Good People Are Divided by Politics and Religion
by Jonathan Haidt

As America descends into polarization and paralysis, social psychologist Jonathan Haidt challenges conventional thinking about morality, politics, and religion in a way that speaks to everyone on the political spectrum. Drawing on his years of research on moral psychology, he shows how moral judgments arise not from reason but from gut feelings; why liberals, conservatives, and libertarians have such different intuitions about right and wrong; and why each side is actually right about many of its central concerns. *The Righteous Mind* offers a key to understanding the miracle of human cooperation, as well as the curse of our eternal divisions and conflicts.

