

## HAIR REMOVAL TO BE OFFERED

### HAIR TODAY-GONE TOMORROW

Starting in the spring of 2006, DMC and LFPC will be offering Laser Hair Removal Services to all of our patients in our Derry office. We will be utilizing the latest FDA approved Candela GentleLase Laser. The GentleLase hair removal system is safe for sensitive skin areas such as the face, legs, back, underarms and bikini lines.

Please ask your provider for more detailed information regarding this system.

## "MEDICARE D" UPDATE

Two resources for counseling options to get more help are:

HICEAS

(Health Insurance Counseling Education Assistance Service)

800-852-3366.

Service Link

866-634-9412



## SMOKING CESSATION CLASS

Our new physician, Dr. David OuYang will be offering a Smoking Cessation Program consisting of four classes. The focus will be on the effects of tobacco use, tools to help with quitting and general support. There will be various speakers, activities and handouts as well as refreshments. Significant others are encouraged to attend the sessions as well.

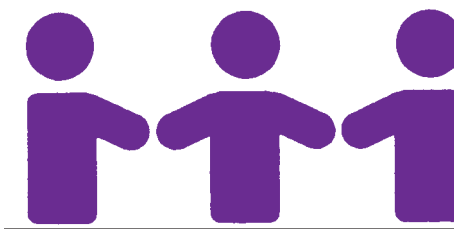
Classes are held downstairs in our Conference room at Derry Overlook Park on Thursday evenings from 5:30-7 in



the evening. Classes are small, from 14-16 people; the cost of the program is \$50 and is not covered by insurance companies. To get more information or sign up for the next class, call Erika Escher, Nurse Manager at 537-1365.



"Landscape photos by Derry Medical patient / photographer, Nathaniel Wood"



# Derry Medical Center Londonderry Family Practice

*Your family health matters*

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## New Food Labeling – New Regulations Target Trans Fat

The FDA has required that food manufacturers include "trans fat" on all nutrition labels starting January 1, 2006. The topic of trans fat has been debated for months, as the food industry rushes to comply and struggles to remove the unhealthy fat from foods.

A chemical process that converts liquid polyunsaturated oils to partially hydrogenated solid fats – resulting in a mixture of trans fatty acids, which essentially are an altered form of a fat, not found in nature. Hydrogenation started occurring as a cheap replacement for animal fats in the mid-80's.

Trans fats have been largely used in packaged foods such as snack foods, commercial baked goods, frozen, prepared, microwavable foods, as well as many fast foods and restaurants. Countless food chains – such as Burger King, McDonalds, Wendy's, KFC, Dunkin Donuts, Applebee's and Red Lobster - all fry foods in trans fat-containing oils. Manufacturers claim they hold up better in foods and often give the food an improved taste and texture.

There's no doubt that the trans fat-free movement is a good thing. In 2003, the National Academies Institute of Medicine concluded that the only safe recommendation for trans fat intake was zero. According to the Center for Science in the Public Interest

(CSPI), partially hydrogenated oils, responsible for causing thousands of heart- attack deaths each year, should be removed from the American food supply. We now know that trans fats raise LDL (bad) cholesterol, lower HDL (good) cholesterol, may increase triglycerides and inflammation, and have been linked to increased risk of diabetes.

The overall goal is to limit our consumption of unhealthy fats – which are saturated fat and trans fat. When reading labels, consumers want to keep both as low as possible. Oils low in saturated fat such as soybean and canola oil will likely be used as good alternatives.

The restaurant industry is also working hard along the same lines as the food industry. Fast foods will be more marketable to offer healthier alternative fats in the preparation of the popular fried foods. The problem can be when people have grown accustomed to the taste and texture of a famous restaurant's French fries for decades, it's difficult to mess with the formula without causing an uproar.

In the meantime, educated consumers will do well to learn to check nutrition labels – scanning for good and bad fats, as well as the source of fat in the ingredient list.

Reference; "Today's Dietitian". February 2006, "Snack Attack, New Regulations Target Trans Fats"



## EXERCISE & FITNESS NEWS



Get ready for Spring, now is the time to start strengthening you quadriceps, hamstrings, lower back, hip and stomach muscles. If you enjoy road and mountain biking, indoor cycling two to three times a week for 20 to 30 minutes will give you a good start. Working with a trainer, or simply using good weight training equipment will help prepare muscles that may not have been used as actively in the winter months. When the weather allows you to get outside, begin with a comfortable ride of 15 to 30 minutes and then increase your time on the bike approximately 10% each week before you try longer trips at faster speeds. Also make sure to do some slow stretching afterwards to keep your muscles from becoming sore.

### The most advanced mammography technology available today

*Now at Derry Imaging*

Derry Imaging is excited to be one of the few and select imaging centers nationwide to use the latest mammography technology available today - Digital Mammography.

A medical study by the American College of Radiology scientifically proved that digital mammograms are 15 to 28 percent more effective at detecting breast tumors as compared to film images of the breast. The study noted that digital mammography benefited women who are less than 50 years old, persons with dense breast tissue and women entering menopause. These groups are more likely to have fast-growing, aggressive tumors.

Digital mammography enables our board-certified radiologists to more easily detect any changes or growth – even those that are as tiny as a grain of salt. Doctors can zoom in on the image and highlight areas using the system's state-of-the-art software and side-by-side flat screen monitors.

In addition to the technological benefits, digital mammography also provides our patients with greater convenience. For example, a digital mammogram typically takes about 10 to 15 minutes, whereas a traditional film-based mammogram takes about 30 minutes. The digital mammogram's ergonomic paddle shape makes the exam more comfortable, even during breast compression. The paddle design also provides doctors with more thorough images because it provides pictures of the insular tissue under the arm, which traditional film mammography frequently misses.

So whether you need an annual screening mammogram or a more sophisticated, diagnostic mammogram, go to the place that invests in state-of-the-art technology – Derry Imaging.

**Don't settle for less than the best in diagnostic imaging**  
Please call our office at (603) 537-1363 to arrange a mammogram that fits your schedule.



### Digital Mammography

Now Available at  
Derry Imaging



**(603) 537-1363**

Overlook Medical Park  
6 Tsienneto Drive, Suite LL100  
Derry, New Hampshire 03038  
[www.DerryImaging.com](http://www.DerryImaging.com)

## BREAST CANCER 3 - DAY WALK



Employees at Derry Medical Center are rallying to do their part in the fight against breast cancer.

Nurse Practitioners, Julie McGinnis, Tanya Rule, and Mary Kent will be leading the way. Julie walked last year with her sister, a cancer survivor. Other Derry Medical/ Derry Imaging employees planning to attend the 3-day walk are Robin Heider, Deb Lyons, Nancy Raia and Melissa Routhier.



"Breast Friends for Life"

The walk takes place in Boston the weekend of August 4-6<sup>th</sup>. Thousands of women and men across the country will walk 60 miles over the 3 days to benefit the Susan G. Komen Foundation.

Participants must raise \$2200 each to join the walk. Watch for various fundraising activities that will be ongoing within our facilities as well as in the community. If you are interested in supporting or pledging in any way, please see a Patient Service Representative.

## CHILD/ TEEN NEWS & SAFETY

### CYBER SAFETY

Protect your kids Online – Children don't have to be looking for trouble to find disturbing material on the Internet.



Recent TV and news reports focusing on the the widespread use of the popular social-networking website, "myspace.com", has once again been a cause of concern for parents whose children may be inadvertently allowing themselves to be vulnerable to child predators. At "myspace.com" a child can easily set up a personal webpage with information, pictures etc. that can be viewed by millions of internet users.

In Connecticut, 7 girls pretending to be teenagers, were sexually assaulted by men in their 20's, who contacted them through the "myspace.com" site.

It is prudent to have ongoing conversations and sit with your child or teen to see what online interactions they are having.

Here are some guidelines to help prevent inappropriate contacts.

- Talk about the importance of making smart decisions. Establish clear rules about online activity and post them by the computer.
- Place computers in common, open areas.
- Consider implementing parental controls, blocks or filters, but realize that nothing takes the place of parental supervision.
- Limit kids' instant messaging (IM) use to friends you know. Your child should be able to put a face to every name on his or her IM "buddy list".

-Remind your children that people in chat rooms are not always who they say they are. Kids should never agree to meet in person with someone they've "met" online. Nor should they give out personal information, such as their name, street address, school or email address.

### TEEN DRIVING RISKS

A Liberty Mutual survey finds parents and teens at odds over potential risks on the road. Parents, don't assume your kids share your concerns about driving safety. A study done by SADD (Students against Drunk Drivers) found glaring differences of opinions across the generations.



The majority of parents said they are very concerned about their teen's ability to drive under the following conditions:

- while talking on a cell phone
- when other teens are in the car
- In snow/rain/ice
- In traffic/at night

However, the percentage of teenagers who felt the same concerns: ZERO.

Young drivers don't recognize the challenges these distractions and conditions can present. It's important for parents to openly discuss driving dangers with their teens and help them obtain real road experience under various weather and traffic situations.

For a free, "Family Communication Tips" brochure, visit [www.libertymutual.com/lm/teens\\_today](http://www.libertymutual.com/lm/teens_today).

Excerpts from "Liberty Lines", Volume 10, issue 1, Winter 2006

## NEW PROVIDER

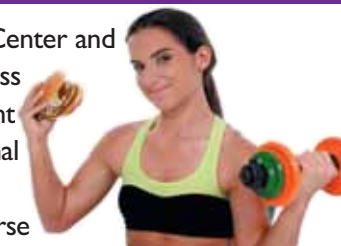
Derry Medical Center and Londonderry Family Practice have welcomed a new Physician's Assistant, Julie Jordan. Julie moved to New England three years ago to receive her Master's Degree in Physician Assistant Studies at Mass. College of Pharmacy and Health Sciences. She grew up in Michigan and received her Bachelor's Degree from Central Michigan University. Julie recently married and has made New England her home. She splits her time between the two offices, providing Stress Testing at Derry Medical Center and seeing patients in the Londonderry office.



Julie Jordan

## FIT & HEALTHY KID STYLE!

Offered by Parkland Medical Center and the Workout Club & Wellness Center in Londonderry & taught by a physician, dietitian, personal trainer and nurse.



KID STYLE is an 8-week course for children and their caregivers, to promote well-being and prevent diet-related health problems. Children age 9 to 12 will investigate how food works in their bodies, and what the impact of daily food choices and physical activity have on health.

Cost is \$199 per family, course materials included. Health plans may offer reimbursement. Classes begin March 28, Tuesday nights from 6:30-8:00 at the Workout Club and Wellness Center in Londonderry. To register or for more information, please call 434-6565 ext 37, or visit fit & Healthy KID STYLE!

On the Web at [www.parklandmedicalcenter.com](http://www.parklandmedicalcenter.com).