



Weeks Medical Center

Community

HealthLink

Winter 2016

New Look at Weeks

Renovations Provide for Better Overall Access

Weeks Medical Center has a new look. Our \$2 million construction project to upgrade the exterior areas of our building is complete. A ribbon cutting to celebrate the project's completion was held on December 14, 2015.

The upgrade, which began in August, took 16 weeks to complete. The goal of

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the project was to improve overall access to the hospital. The project includes an expanded parking lot, a new hospital entrance, a new entrance canopy, and a new helicopter pad.

Parking at the hospital is now more accessible and readily available, with 50 additional spaces. The entire parking areas has been regraded and repaved for better navigation and

safety. A total of 300 spaces now exist outside the hospital.

The main entrance of the hospital remains at the same location, but has been extended with a longer walkway to accommodate the new entrance canopy. The new entrance and canopy were constructed to make entering the hospital easier and more weather-friendly. You can now drop off patients right at the front entrance without having to deal with any weather issues. The extended canopy and new doorway will also reduce heat loss in the lobby.

As part of the renovation, the helipad was relocated closer to the Emergency Department for more efficient and faster transfer of patients being airlifted to or from the hospital. In addition, new “air curtains” were installed for better access to mobile services such as MRIs and PET scans.



“I want to thank everyone for their cooperation and patience throughout the summer and early fall as the renovation took place,” said Scott Howe, CEO of Weeks Medical Center. “The improvements to our parking area and building will make accessing the hospital better for everyone.”



Healthcare the Way It Should Be... that's the Weeks Way.

Weeks offers an array of specialty care services to keep you healthy and your care local. We are dedicated to bringing you expert care with outstanding medical professionals and the latest technology in a safe, personalized way. That's "Healthcare the Way It Should Be," and that's the Weeks way.

Here is a quick overview of the many services you can access at Weeks Medical Center.

Primary Care

Weeks primary care includes internists, family and pediatric practitioners, and gynecologists. We recommend you establish a relationship with a provider to prevent and detect health problems. Primary care appointments are available in four locations: Lancaster, Whitefield, Groveton, and North Stratford. Call before noon for same day appointments.

Cardiology

The Weeks cardiology team strives to reduce the incidence of heart disease by identifying heart problems early. Weeks utilizes the latest echocardiograph equipment and techniques such as nuclear medicine (which tracks activity internally within the heart muscle) to evaluate each patient and develop a unique treatment plan.

Orthopedics

Services include injections to relieve pain and surgical procedures such as knee, ankle, and shoulder arthroscopy or joint replacement. If surgery is required, the post-surgical unit at Weeks allows you to receive both skilled nursing care and rehab services all in one place ensuring the most complete recovery possible.

Surgery

General surgery at Weeks includes breast procedures, colon resections, hernia repairs, appendix and gall bladder removals, colonoscopies, med

port insertions, polyp removal, upper endoscopy of the GI tract, and more. Surgeons regularly use laparoscopic procedures that are less invasive and allow you to heal quickly with less pain.

Podiatry

Weeks offers complete medical and surgical care for all foot and ankle conditions. Services include foot and ankle surgery, arthritis care, sports medicine, and treatments for neuropathy, hammertoe, peripheral vascular disease wounds, and ingrown toenail. The podiatry team specializes in wound care, working with the Weeks Wound Healing Center, and also offers office hours in Berlin at Androscoggin Valley Hospital.

Oncology

Oncology care at Weeks is the best of both worlds—local, small, and personal, but with the expertise of physicians from Dartmouth-Hitchcock. We customize care to each patient. Our nurses are certified in chemotherapy, biotherapy, and hormone therapy. We offer the latest technology, including onsite PET/CT scanning, which helps us assess the effectiveness of a treatment plan.

Radiology

Weeks offers the latest diagnostic imaging technology available for a wide range of exams of the entire body. Equipment includes the Fuji Aspire HD mammography system, the Philips Intera

full-body magnetic resonance imaging (MRI) scanner, the Toshiba Aquillion CT scanner, and the GE Logiq-7 ultrasound system. Radiology services are available 24 hours a day.

Rehabilitation

Our licensed therapists provide physical, occupational, and speech therapies as well as joint replacement and pulmonary rehabilitation. Specialties include sports medicine and hand therapy.

Family Planning

Weeks provides affordable and confidential medical advice and treatment for birth control options, pregnancy testing, STD testing, pap smears, and breast exams. We provide information and tools that let you make healthy, responsible, and safe choices from locations in Whitefield, Lancaster, and North Stratford.



Wound Healing Center

The Wound Healing and Hyperbaric Medicine Center offers treatment for all types of non-healing wounds and sores. This outpatient center is staffed by wound specialists and uses the latest scientific methods for treating chronic wounds. One of the most advanced treatments is the use of hyperbaric oxygen therapy, which delivers oxygen in a chamber at higher pressure rates to aid in healing and tissue regeneration.

Laboratory

Weeks offers lab services at the hospital and its four physicians office locations. Lab work includes testing for complete blood count; thyroid, hepatic, cardiac, and renal function; metabolic and electrolyte status; urinalysis; and anti-coagulation. The lab is staffed by lab technicians, a phlebotomist, and pathologists and electronically integrated to all medical providers.

Emergency Department

With a staff of board-certified physicians, specialty nurses, and paramedics, you can expect the same quality emergency care at Weeks that you find in a larger hospital without the long wait. The ED is open 24 hours, seven-day-a-week, and works with all local ambulance services.

Behavioral Health

Weeks offers mental health counseling services to anyone suffering psychological or medical disorders. Counseling is by referral from a primary care provider or specialist. Services are available for alcohol and drug addiction, trauma

care, personality disorders, children and adolescent care, and individual, group, and family therapy.

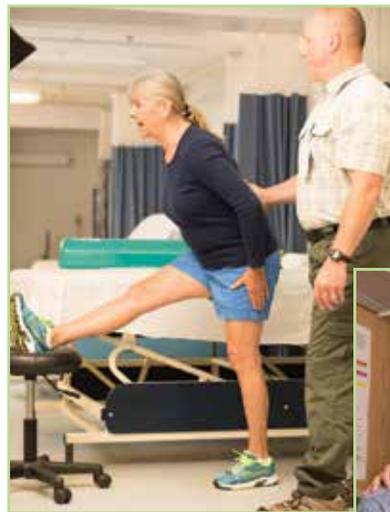
Telemedicine

Telemedicine is the use of technology to provide specialty services to patients locally. Video conferencing and special medical equipment and cameras allow specialists from Dartmouth-Hitchcock to examine and monitor patients from a distance, saving patients time and money in travel and lost work hours.



Appointments

Physician & Provider: 603-788-5095
Cardiology: 603-788-5206
Orthopedics: 603-788-5260
Wound Care: 603-788-5625



Sign Up for Patient Portal

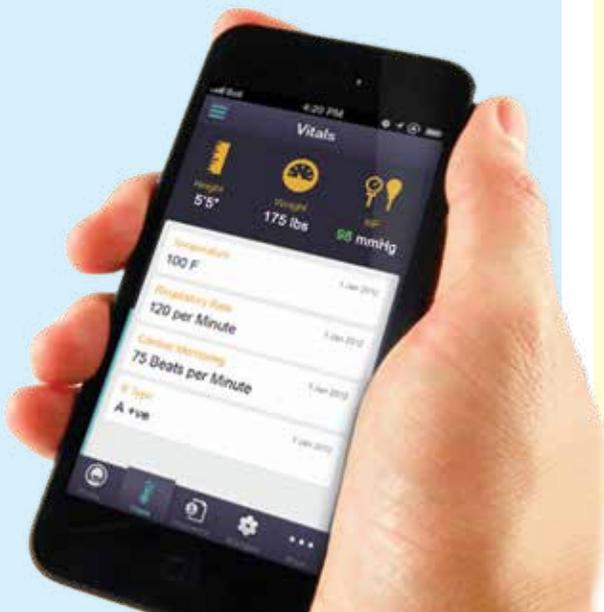
The Weeks patient portal and healow app allow you to manage your healthcare needs and information whenever, and wherever, you want from your computer, smartphone, and tablet.

The portal and app are designed to engage patients and their family members in their health and healthcare scheduling and decisions. Accessing your family members' health information can help you take care of them more easily. Also, the portal offers self-service options that can eliminate phone tag with your doctor and sometimes even save a trip to the doctor's office.

You can now view health information such as recent doctor visits, discharge summaries, medications list, immunizations, allergies, lab results, and educational materials through the portal. You also can exchange secure email with your healthcare providers, request prescription refills, schedule non-urgent appointments, and update contact information.

Request access to the patient portal at WeeksMedical.org. Download the healow app from the App Store or Google Play.

For questions about the portal, call 603-788-5636.



Happenings

Blood Pressure Clinic

A free blood pressure clinic is held monthly on the second Friday of each month at Passumpsic Savings Bank at 117 Main Street, Lancaster. Upcoming clinics on Jan 8, Feb 12, and Mar 11.

Smoking Cessation Clinic

The new year is a good time to quit smoking. A new smoking cessation clinic will begin in January. For more information and to sign up for the clinic, contact Margo Cliche in the volunteer office at 603-788-5221.

Flu Shots

Flu shots are available at all Weeks locations for both children and adults by appointment only. Cost: \$25.00 fee per person with most insurance plans accepted. Schedule an appointment today by calling 603-788-5095.

Support Groups

As part of our commitment to our patients, we also offer two drop-in discussion groups to help people cope and share their experiences dealing with serious medical issues. Our Community Cancer Circle is a group that meets every Tuesday from 3 to 4:30 pm. Our Talking About Dying group meets the second Tuesday of every month from 5 to 6 pm. Both groups are free and open to all. For information, call 603-788-5045.



Visit WeeksMedical.org/news-and-events for more information.

Best Way to Contact Us

Appointments:

Physician & Provider:

603-788-5095

Cardiology: 603-788-5206

Orthopedics: 603-788-5260

Wound Care: 603-788-5625

General Information:

603-788-4911 or

888-779-3529

Prescription Refills by Physician Office:

Groveton: 603-788-5040

Lancaster: 603-788-5076

Whitefield: 603-788-5232

North Strafford:

603-788-5040

