



**DERRY**   
MEDICAL CENTER

Derry | Londonderry | Windham | Bedford

*Inspired*

# HEALTH

## What's your Flu IQ?

How much you know about the dreaded flu virus? Take the short quiz below and find out!

### QUIZ

#### 1. How is the flu most often spread?

- A. Cough, sneeze or saliva droplets from someone who is sick
- B. Touching a surface that already has flu virus on it
- C. Getting run down and not eating properly
- D. Through a flu shot

#### 2. Who is at risk for getting the flu?

- A. People over 65 years old
- B. Children
- C. Anyone and Everyone
- D. People with comprised immune systems

#### 3. What's the best way to prevent the flu?

- A. Wash your hands often
- B. Avoid contact with infected people
- C. Get a flu vaccine
- D. All of the above

#### Correct answers:

**(A):** According to the CDC, most experts believe that flu viruses spread mainly by tiny droplets made when people with a flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose or possibly their eyes. **You cannot get the flu from a flu shot!**

**(C):** Anyone can get flu (even healthy people), and serious problems related to flu can happen at any age. Some people are at high risk of developing serious flu-related complications if they get sick. This includes people 65 years and older, people of any age with certain chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, and children younger than 5 years.

**(D):** The first and most important step in preventing flu is to get a flu vaccine each year. The flu vaccine has been shown to reduce flu-related illnesses and the risk of serious flu complications that can result in hospitalization or even death. CDC also recommends everyday preventive actions (like staying away from people who are sick, covering coughs and sneezes and frequent handwashing) to help slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu.



### DON'T FORGET YOUR FLU SHOT!

If you have a visit coming up, please ask for a flu shot. DMC patients can call ahead to schedule their flu shots during the week at any DMC office and on Saturdays in Derry. No waiting in long pharmacy lines!

# MEET OUR NEW PROVIDERS!



Connor Pauley, APRN

## Connor Pauley, APRN

Connor is a board certified Family Nurse Practitioner who earned his undergraduate degree in nursing and his APRN at the University of New Hampshire. His work focuses on preventative medicine, although he has experience with orthopedic injuries and cardiac care. Connor is welcoming patients in our Windham office.



Danielle Paquette, MSN, APRN, FNP-BC

## Krista Radford, NP

Krista is a board certified Family Nurse Practitioner credentialed by the American Nurses Credentialing Center. She has been working in Oncology for the last 9 years and has experience treating cancer pain, both acute and chronic in nature. From her experience working with oncology patients she understands how debilitating pain can be. Krista joins our Pain Management team, bringing compassion and unbiased support to all her patients. Krista is accepting patients in our Wellness Center in Derry.



Krista Radford, NP

## Danielle Paquette, MSN, APRN, FNP-BC

Danielle is a board certified Family Nurse Practitioner. She has over 20 years nursing experience and extensive experience in Diabetes Management, caring for patients with Type 1, Type 2 and gestational diabetes. Danielle is accepting patients in all of our offices: Bedford, Derry, Londonderry and Windham.

To book an appointment with any of these providers, please call 603-537-1300 or visit [derrymedicalservices.com](http://derrymedicalservices.com) and click "Request an Appointment"

**When it's urgent but not an emergency, DMC patients can call ahead for same day, evening and Saturday\* urgent care appointments.**

- Pay your regular office co-pay!
- Avoid long lines
- Get same day appointments – most within two hours!

Open late for your convenience – until 8:00pm on most weeknights – and on Saturdays in Derry.

*\*Saturday appointments in Derry only.*

**X-RAYS** **FEVER** **RASHES** **DIARRHEA** **LAB TESTS**  
**SORE THROATS** **SPRAINS** **VOMITING** **UTI**  
**NEED URGENT CARE?** **SPORT INJURIES** **BURNS** **ALLERGIES** **COUGH** **FLU** **STITCHES** **INFECTIOUS**  
**CALL DMC!**

## JOIN THE DMC PATIENT PORTAL

It's a fast, easy, convenient and secure way to view your records, and request test results, Rx refills and more. Just go to [derrymedicalservices.com](http://derrymedicalservices.com) and click on Patient Portal to get started!

# Fermentation Workshop



**Date:** November 12  
**Time:** 6:30 pm - 7:30 pm  
**Location:** 14B Tsienneto Road, Derry, NH

**Fermentation** is a safe, easy, food preservation process that turns regular foods like fresh vegetables into superhero guardians of your gut. Fermented foods are packed with beneficial probiotics and they help make nutrients more available to your body. Fermentation is fun, good for you, and most importantly...it's DELICIOUS.

**Dr. Brooks answers a few key questions about fermentation below.**



Theodore T. Brooks, Jr., MD, FAAFP

## What does fermentation offer as far as benefits?

"Even people familiar with fermentation may not realize that fermented foods represent a unique, simple, and efficient way to nourish our microbiome and help to counteract the assault we are facing from processed foods, medications and environmental toxins. Specific health benefits include maintaining the integrity of the gut lining and boosting the immune system. I want to stress the health benefits of eating traditional foods that people have been making for hundreds of years."

## Do the pickles and sauerkraut we buy at the supermarket have these benefits, too?

"No, not usually. Those are mass produced using vinegar and sugar for preservation. Oftentimes those items are also cooked, which kills off beneficial bacteria. We use lacto-fermentation, a natural process that includes very few ingredients...none of which are vinegar or sugar."

## What will we do at the fermentation workshop?

"In the workshop, we will look at the history and nutritional benefits of fermented foods, as well as how my own journey along this path has evolved. I will demonstrate the steps to home fermentation, supply simple recipes, and discuss necessary tools. Most importantly, we will sample some of these delicious foods, and hopefully inspire participants to become home-fermenters themselves!

To view a short video on fermentation or to sign up for this workshop, please visit

[https://derrymedicalservices.com/wellness\\_event/fermentation-workshop/](https://derrymedicalservices.com/wellness_event/fermentation-workshop/)

**Please call 603-537-3033 to reserve your seat today. Space is limited!**

## Inspired Primary Care

At DMC, our goal is to go above and beyond traditional primary care. This means treating you as a **whole person** who has health care needs that are not exactly the same as anyone else's. You are the focus of our patient-centered care model. Your DMC primary care team will work with you to assess your needs and connect you with other our providers who are important to maintaining or achieving health and well-being.

Want help wrangling your diabetes? Need to lose weight safely in a medically supervised environment? Hitting a dead end dealing with chronic IBS or GERD? We can help with all of that.

**Please talk with your provider about any health concerns so you can get on a path to better health!**



# BIG NEWS at



## We are pleased to announce low-cost, high-quality MRI and CT services are now available in our Bedford office!

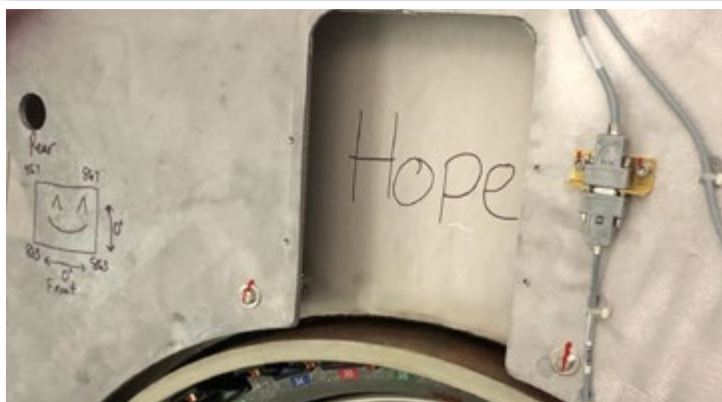
The new MRI scanner was even given a special name. The Director of Derry Imaging, Mike Eastman, explains, "The Installer of the MRI Scanner travels around the country to install MRI Magnets and starts each year naming the scanners (like hurricanes) beginning with the letter 'A'. When installing our magnet, we were on letter 'H' and he named our scanner 'Hope.' He writes the name inside the scanner during the installation.

'Hope' - I couldn't think of a better name. Hope is a feeling of expectation and desire for a certain thing to happen. Patients come to us with hope. Hope that they get an answer for why they are in pain. Hope that their loved ones are okay. Hope that their fracture healed correctly. Hope that they do not need surgery.

Hope also means a feeling of trust. The kind of trust patients place in us at Derry Imaging when they choose to come to our facility for their medical imaging needs. Patients have a choice of where they go for their medical care and Derry Imaging develops this

trust with patients. We do this by providing high quality imaging at low cost with Board Certified Radiologists on-site to read the scans and communicate the results in a timely fashion to the ordering provider.

'Hope' is what we strive for," concluded Eastman.



## Upcoming events



**Women's Health & Wine Event**  
October 18, 2018



**Beat the Pack:**  
**5 Week Smoking Cessation Class**  
Starts October 23, 2018



**Fermentation Workshop!**  
November 12, 2018



**World Diabetes Day Fair**  
November 14, 2018



**Ketogenic Diet Info Session**  
January 9, 2019

Please visit [derrymedicalservices.com](http://derrymedicalservices.com) and look for our events under Wellness.

## ATTENTION MEDICARE RECIPIENTS AND CAREGIVERS



You or a loved one may be eligible once per year for a Medicare Annual Wellness Visit (AWV) with a DMC provider. This important visit is not a routine physical checkup – it is designed to review your health, assess risks and develop a plan to keep you well. If you have had Medicare Part B coverage for more than 12 months and have not had a Medicare Initial Physical or an Annual Wellness Visit in 12 months, Medicare will pay the entire cost of your visit.

**For more information, please call us at 603-537-1300 or visit [medicare.gov/acos.html](http://medicare.gov/acos.html).**



If you have had a great experience at DMC, will you please consider sharing it online? Posting an online review/recommendation on Facebook, Yelp or Google would mean so much to us. Thank you!