



INNOVATIONS IN PATIENT CARE

SUMMER 2016 – VOL. 1

↕ CORE PHYSICIANS

↕ EXETER HOSPITAL

↕ ROCKINGHAM VNA & HOSPICE

*Exeter Hospital, Core Physicians and Rockingham Visiting Nurse Association & Hospice are at the forefront of the newest innovations in treatments and technology. Our physicians and care providers are proactive in finding the newest and most efficient, quality-driven approaches to greatly enhance patient care. We invite you to contact us to learn more about any of these new advancements in care.**

CORE PODIATRY INTRODUCES INNOVATIVE NEW TECHNOLOGY FOR FOOT PAIN DISORDERS

Core Podiatry, a Core Physicians practice, has introduced a new, innovative technology to treat acute or chronic muscle and tendon pain in the foot. **The Extracorporeal Pulse Activation Technology (EPAT) is the most advanced non-invasive treatment approved by the FDA.** It uses pressure waves that stimulate the metabolism, enhance blood circulation and accelerate the healing process, allowing damaged tissue to regenerate and heal. Patients generally see results with 3-5 treatments, which take 5-10 minutes each. *“EPAT presents an alternative to surgery with a similar success rate and virtually no risks or side effects,”* said Vasilios Lirofonis, DPM of Core Podiatry. *“We are using the technology to treat conditions such as plantar fasciitis, Achilles tendonitis and neuromas.”* ■



CORE ORTHOPEDICS NOW USING VISIONSCOPE TECHNOLOGY



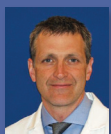
A. Neil Clerk, MD



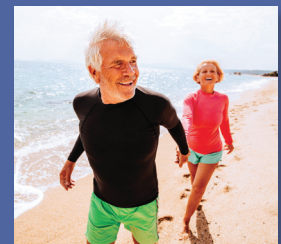
Roger Nowak, MD

Core Orthopedics’ surgeons, Dr. Neil Clerk and Dr. Roger Nowak, are now using **VisionScope arthroscopic imaging technology** to evaluate and diagnose pain in the joints, including knees and shoulders. VisionScope is a camera at the end of a thin endoscope inserted under the skin that provides high-definition imaging of the joint. This enables the surgeons to make the most appropriate treatment plan based on the precise cause of the pain. *“This technology can help us decide whether surgery is necessary right in the office with just local anesthesia,”* said Roger Nowak, MD. *“It is also a solution for patients who are unable to have an MRI, such as people with pacemakers.”* ■

CORE’S ATLANTIC UROLOGY ASSOCIATES: INTERSTIM THERAPY FOR BLADDER CONTROL



Incontinence is a common problem that affects both men and women. Traditionally, behavior adjustments and medications have been used to control incontinence with mixed results and often significant side effects. Atlantic Urology Associates offers a procedure called InterStim therapy which uses electrical stimulation of the third sacral nerve to improve symptoms. Testing for those who are likely to respond is a 5-10 minute basic office procedure in our Exeter office. *“It is always amazing to me that such a simple and safe procedure can result in such significant positive changes and quality of life improvement for patients,”* said E. William Johnson, MD. ■



*In some cases, innovative procedures are not yet covered by insurance. Please check with your insurance company to determine what your plan will cover.

NEW ANTI-GRAVITY TREADMILL FOR REHABILITATION

Exeter Hospital Rehabilitation Services is introducing a new and innovative approach to rehabilitation with the **AlterG anti-gravity treadmill, one of only a few in New Hampshire.** This enables physical and occupational therapists to care for patients who are not able to bear weight due to recent surgery, injury or chronic pain. The treadmill works by enclosing the bottom half of the body in an air chamber and inflating it to the appropriate level, which can reduce up to 80% of a person's actual body weight.



The anti-gravity treadmill can be used for rehabilitation after surgery on lower extremities, training after athletic injury, helping patients to walk after stroke, and promoting strength and function after injury or illness for the elderly. *"This technology will be an enormous benefit for patients who are non-weight-bearing,"* said Jeff Meisner, senior director of rehabilitation services. *"It allows the patient to use natural walking movements without the pain associated with their own body weight."* ■



CORE PHYSIATRY USES ADVANCED REGENERATIVE HEALING



Ashton Stanton, MD of Core Physiatry has introduced the exciting, cutting edge use of regenerative techniques to treat acute and chronic injuries and degeneration of the musculoskeletal system, such as that of spinal discs. *"The injection of platelet rich plasma (PRP) into the affected area stimulates the body's own regenerative capacity,"* said Dr. Stanton. *"The PRP has many different growth factors, and also attracts the body's stem cells to the site, stimulating the*

healing and regrowth process. This is a way to truly change the course of disease." Dr. Stanton is currently using the injection of PRP for injuries such as muscle or tendon tears, chronic tendonitis and mild to moderate osteoarthritis and is working toward using PRP for lumbar disc degeneration. He contributed to a recently published study that was conducted at the Hospital for Special Surgery in New York on this new treatment, which was found to decrease pain and increase function with participating patients. ■

For more information call Exeter Hospital's Information & Referral line at 603-580-6668 or visit our websites.



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