



INNOVATIONS IN PATIENT CARE

FALL 2019 – VOL. 5

CORE PHYSICIANS

EXETER HOSPITAL

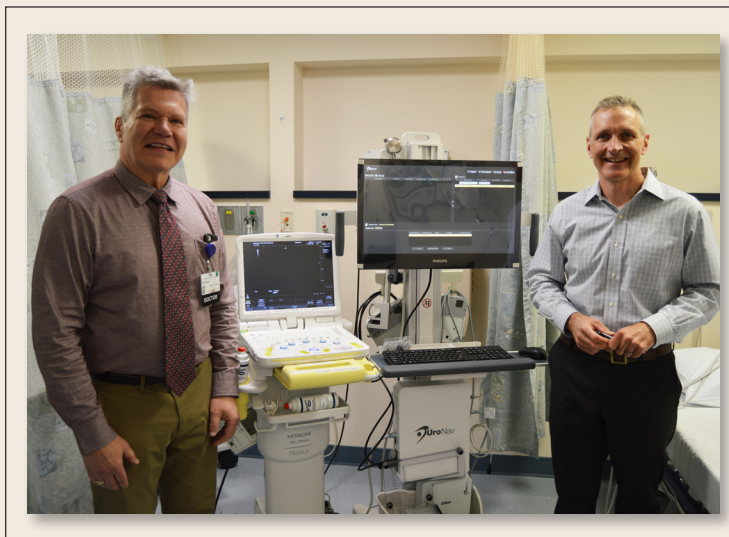
ROCKINGHAM VNA & HOSPICE

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.*

INTRODUCING ADVANCEMENTS IN PROSTATE CANCER TREATMENT

Exeter Hospital's Center for Cancer Care is on the forefront of prostate cancer treatment with a new 5 day radiation treatment option for men with early stage prostate cancer. Traditional radiation treatment is 8 weeks, with 42 treatments, and/or surgery. This gives men in the early stages an additional option to treat the cancer in 5 treatments and not have to worry about it anymore. To learn if this treatment is right for you, talk to your urologist or call the Center for Cancer Care at 603-580-7337.

Additionally, we recently used funds that were philanthropically donated to purchase two new urology technologies. The UroNav Fusion Biopsy system allows Core Urologists to use MRI images of the prostate to perform targeted prostate biopsies. In the past, it was unheard of to be able to sample a specific abnormal area of the prostate. The new technology allows the doctor to get a more precise biopsy. The second technology, which uses the same equipment, is for men who will undergo radiation treatment for prostate cancer. We will now offer SpaceOAR Gel which can be injected between the prostate and the rectum to protect the rectum from radiation exposure and injury during prostate cancer treatment. **For more information, call Core Urology at 603-658-1277. ■**



Gary Proulx, MD, of Exeter Hospital's Center for Cancer Care (left) and **E. William Johnson, MD, MPH**, Core Urology



Advanced Care for Pediatric Dentistry

Core Pediatric Dentistry is now using innovative laser technology for soft tissue procedures such as on the gums and under the tongue. This laser is used instead of traditional scalpel techniques. With the laser, there is little to no bleeding and reduced swelling and pain. In most cases, sutures are not even needed. This technology is optional, and is discussed with the parents of potential patients. **For more information, call Core Pediatric Dentistry at 603-773-4900. ■**

Pictured left to right are **Lindsay Decker, DMD**, **Gilda Pronych, DDS, FAGD** and **Jennifer Creem, DMD** of Core Pediatric Dentistry.

NEW PLAISTOW HEALTH BREAKS GROUND



Construction recently began on the new Plaistow Health office building at 127 Plaistow Road, which will provide expanded space in one convenient location for Core Physicians and Exeter Hospital services that are currently located at two other Plaistow sites. The practices located here will include **Core Physicians primary care**, along with **Exeter Hospital Rehabilitation Services** and **Pediatric Rehabilitation**. Core Physicians' rotating specialty services at Plaistow Health include **orthopedics, podiatry** and **cardiology**, with additional specialties to follow. Exeter Hospital X-ray services and Core Physicians lab services will also be located onsite for patient convenience. The building is expected to open in summer 2020 for these services, with Core Pediatric & Adolescent Medicine and the additional Core Physicians specialty practices moving in the following year. The new design also includes space for **walk-in urgent care**, which is currently being developed as a new service.



Denise Toshach, MD

Pediatric Integrative Medicine

Denise Toshach, MD of Core Pediatric & Adolescent Medicine is now offering Integrative Medicine to established Core pediatric patients. Integrative Medicine is an approach to care that brings together the best of conventional medicine with the most effective evidence-based alternative therapies for children. It is an individualized, wellness focused way of thinking about healing that takes into account the child's mind, body and spirit.

Dr. Toshach is specialty trained to provide treatments such as:

- Acupressure
- Manipulation, massage, reflexology
- Mind-Body medicine including relaxation breathing, guided imagery, biofeedback, meditation, and music or art therapies
- Nutrition and diet
- Supplements and vitamins
- Spirituality
- Sleep training

Acupuncture and energy medicine such as Reiki, exercise and yoga may be recommended with the help of other providers. **For more information, call 603-772-8900.** ■



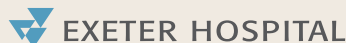
Exeter Hospital's Center for Breast Health has earned special accreditation from the American College of Radiology as a Breast Imaging Center of Excellence (BICOE). This designation is awarded to centers that have demonstrated excellence in breast imaging by voluntarily achieving accreditation in Mammography, Stereotactic Breast Biopsy, Breast Ultrasound, and Ultrasound-Guided Breast Biopsy. **To schedule a mammogram, call 603-580-6966.** ■

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



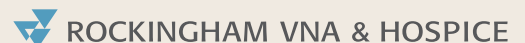
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