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**MARCH IS
COLORECTAL
CANCER
AWARENESS
MONTH**

Learn how early detection saves lives

A note from our
Gastroenterologist,
Michael Gilbert, MD

Monadnock
GASTROENTEROLOGY ASSOCIATES

Spotlight on Colon Cancer Awareness Month: Updated Screening Guidelines, Symptoms and What you Need to Know

March is Colorectal Cancer Awareness Month, and it's time to take action!

This month, **Dr. Michael Gilbert** of **Monadnock Gastroenterology Associates** shines a spotlight on the importance of early detection, prevention, and support for those affected by colorectal cancer.

Colorectal cancer is one of the most preventable cancers—Learn how early detection can save lives, and new screening guidelines are making it easier than ever to stay ahead.

Stay informed and take control of your health with more information from Dr. Gilbert.



Colorectal Cancer: Raising Awareness, Saving Lives Seminar

Join **Dr. Michael J. Gilbert** for an engaging seminar on **March 27 at 5:30 PM** to explore the latest colon cancer screening guidelines, risk factors, and lifestyle changes that can help lower your risk.

This session includes a Q&A, giving attendees the chance to get expert insights on proactive health management.

Space is limited - **reserve your spot now.**

Register Now

Welcome Erin Jablonski, APRN



Monadnock Gastroenterology Associates is Pleased to Introduce Erin Jablonski

The team at **Monadnock Gastroenterology Associates** (MGA) has expanded with the addition of Nurse Practitioner, **Erin Jablonski**.

ANCC certified, Erin earned her degree as an Adult Geriatric Nurse Practitioner from the University of Massachusetts in 2016. Before joining MCH, Erin served as a Nurse Practitioner with Dartmouth-Hitchcock Medical Center in Keene, NH and Wellpath in Westborough, MA.

She says, ***“I’m proud to be part of this compassionate team, providing personal care to help our patients achieve better digestive health and well-being.”***

To schedule an appointment, please call Monadnock Gastroenterology Associates at 603-924-2600 or visit **[MonadnockGastro.org](https://www.monadnockgastro.org)** for more information today!



(Pictured above is Orthopedic Surgeon Dr. Vache Hambarzumyan and Orthopedic Physician Assistant, Thomas Quinn with the Monadnock Orthopaedic Associates Team)

Dr. Vache Hambarzumyan Completes 100th Procedure, Marking New Era in Local Spine Care

Monadnock Community Hospital (MCH) is pleased to announce a significant Orthopedic milestone! **Vache Hambarzumyan, MD, PhD, FEBS** of **Monadnock Orthopaedic Associates**, has completed his 100th minimally invasive spine surgery. This achievement underscores MCH's emergence as a regional center of orthopedic excellence for spinal care.

Learn more about how your community hospital is bringing specialized spine care to the Monadnock Region by reading our most recent [orthopedic post](#).





A note from our
Cardiology
specialist,
Brooke O'Connor,
APRN

5 Tips to Improve Your Heart Health

Your heart works hard every day—small, consistent habits can keep it strong. From diet to stress management, these expert-backed tips make it easier to support heart health at any age. **See how simple changes can make a big difference.**



Mobile Integrated Healthcare in the News!

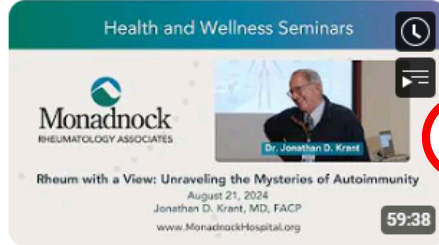
We're thrilled to share that our Mobile Integrated Healthcare (MIH) program was featured by the American Hospital Association. This recognition highlights the incredible work of our MIH team in closing healthcare gaps across our rural community. From in-home medical care to supporting new parents through our Cradle Monadnock program, we're making healthcare more accessible

and personalized than ever. [Read the full article to see how we're transforming care in Peterborough and beyond.](#)

Missed a Seminar? Check Out Our Playlist



Fitness for Life: Enhancing Longevity Through Physical Conditioning Seminar



Rheum with a View: Unraveling the Mysteries of Autoimmunity Seminar



Did You Know MCH Has a YouTube Channel?

If you were unable to attend our monthly **Health and Wellness Seminar** series, we have you covered. With nearly 20 videos, our seminar playlist highlights expert clinical insights on a variety of topics from orthopedics to diabetes, pain management, cardiac wellness and more!

Subscribe and watch by [visiting our channel today!](#)





Nutrition Month: The Role of Nutrition in Healthy Aging

As we grow older, our nutritional needs evolve, making it more important than ever to fuel our bodies with the right foods. A well-balanced diet can help maintain energy, support brain function, strengthen bones, and lower the risk of chronic diseases. But where do you start?

This month, we're diving into the role of nutrition in healthy aging, with simple, science-backed tips to help you make informed choices. From boosting calcium and vitamin D for strong bones to incorporating omega-3s for brain health, small changes can make a big impact on your well-being.

Take charge of your health with practical nutrition strategies that support lifelong wellness.



Small Steps, Big Benefits: 5 Easy Lifestyle Changes for a Healthier Year

Looking to improve your health without an overwhelming commitment? Small, consistent changes can have a lasting impact on your well-being. **Discover five simple steps to help you feel better, move more, and boost your energy.**



Pictured above are MCH Birthing Suite nurses from left to right: Rebecca Lapinsky, Beth LeClair, Jennifer White, Trish Harper-Lentricchia, Leah Hakala

Where Comfort Meets Care: Monadnock's Award-Winning Birthing Suite

Experience the perfect blend of advanced medical care and the comforts of home at Monadnock's Birthing Suite. From personalized support by our compassionate team to serene private rooms designed for your comfort, we provide everything you need for a memorable and empowering birth experience.

Whether you're exploring birthing options, preparing for your big day, or seeking postnatal support, discover why families trust us to bring new life into the world. At Monadnock Community Hospital, we're here to guide and support you through every step of your journey to parenthood. **See why families choose The Birthing Suite.**



Healing Arts Gallery Presents: "Amore" A Celebration of Art & Emotion

The Healing Arts Gallery is delighted to showcase its latest exhibition, "Amoré," a stunning collection of artwork exploring love, emotion, and human connection. Featuring seven talented local artists, this exhibition offers a vibrant and thought-provoking experience for all visitors.

Now on view through May 6, 2025!

The Healing Arts Gallery is open 24/7/365, allowing you to experience the power of art at any time.

Learn more: MCHHealingArts.com

Come explore the intersection of creativity and healing—stop by today!





Pictured above from opening night are Healing Arts Gallery Committee Members Katharyn Ernst, Liz Kenney, Sooson Dunholter with Artist Sue Ann Hum and Vice President of Philanthropy & Community Relations Laura Gingras.



Join our Monthly FREE Diabetes Support Group

Join us every 3rd Thursday of the month for our Diabetes Support Group.

This is a welcoming space where individuals living with diabetes can connect, share experiences, and learn from each other.

Whether you are newly diagnosed or have been managing diabetes for years, you'll find encouragement, practical tips, and a sense of community. This group is facilitated by **Whitney Hightower, MS, RDN, LD** of our **Nutrition Services Department**.

Drop in to any session- **NO RSVP required!**



MCH Blog - Your MCH Connection

- [Monadnock Gastroenterology Associates Achieves Major Milestone with 2,000 Procedures](#)
- [Early Detection of Colorectal Cancer: Why Screening at 45 Saves Lives](#)
- [Wellness Wednesday: 5 Tips to Improve Your Heart Health During Heart Health Month](#)
- [In the News: MCH Awards Patricia Boyd Nursing Scholarship to Support Future Nurses](#)
- [In the News: Rural Hospital's Mobile Integrated Healthcare Program Closes Care Gaps](#)
- [Experience the Amoré Art Exhibition at MCH's Healing Arts Gallery](#)
- [Your Hospital: February 2025](#)
- [Celebrating Excellence: Dr. Vache Hambarzumyan's 100th Spine Surgery Milestone at MCH](#)



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