

Emerson Hospital

A Milestone in Cancer Care

Bethke Cancer Center
marks a decade of progress
and accomplishment

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HEALTH
CALENDAR
INSIDE

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and live well: new
diabetes center
opens

Wound care:
special expertise
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now here

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helpful tips on flu,
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New physicians
join Emerson
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 **Emerson Hospital**

BEYOND COMPARE

Emerson Hospital, an acute care medical center located in Concord with health centers in Westford, Groton and Sudbury, is well known for its medical and surgical specialists, outstanding nursing care and patient-centered services, including the Birthing Center, the Bethke Cancer Center, the Polo Emergency Center and the Clough Surgical Center.

A Letter from Christine Schuster



Dear Friends,

I hope this issue of *HealthWorks* finds you in good health and good spirits. You and your family are undoubtedly busy planning a full slate of fall activities. At Emerson, we, too, are in the midst of several major projects, all designed to bring more advanced, quality care to our community.

We have started to open our new Center for Specialty Care on Baker Avenue in Concord. In this newsletter, you will read about three new programs based there—our new Center for Wound Care and Hyperbaric Medicine, the Elizabeth Smith Agarwal Diabetes Center and our PET/CT scanning service.

On the main campus, work continues on our multi-year expansion in surgery, the birthing center and radiology. You can be sure that each of these upgrades is designed to bring the latest technology to the friendly, convenient setting of Emerson Hospital.

In the process, we have not overlooked the small details that make your visit pleasant and comfortable. We are also upgrading and expanding the cafeteria to provide our staff and visitors with a more relaxing atmosphere. This renovation is scheduled for completion later this fall.

Amid Emerson's various facility improvements, we will pause this month to celebrate the Bethke Cancer Center's tenth anniversary. We recently learned that Bethke ranks in the top 1 percent of Massachusetts cancer centers in patient satisfaction. We are very proud of this accomplishment. The article on the following pages includes other important news about recent developments in cancer care at Emerson.

In closing, as our children and grandchildren head "back to school," you may want to join with them in expanding your knowledge about health and wellness. Our pull-out health calendar provides a variety of ways to do just that. Please take a moment to read about all the many ways we can help you learn more about staying fit.

My best to you for enjoying a healthy and bountiful New England fall.

Christine

Christine C. Schuster
President and CEO

On the cover: Expert woodworker Roland Poisson of Manchester, NH, was the first patient to receive radiation therapy at the Bethke Cancer Center in 1997.



A DECADE OF PROGRESS AT EMERSON

THE BETHKE
CANCER CENTER CELEBRATES

10 YEARS

For those who have been touched by cancer, time takes on new meaning. Survival is measured in five-year increments, and life becomes a quest to regain health and reach milestones. Thanks to advances in both diagnosis and treatment, many individuals survive and lead full lives.

This fall, Emerson Hospital will mark an important milestone—the tenth anniversary of the Bethke Cancer Center. Grateful patients, physicians, hospital staff and Dana-Farber Cancer Institute (DFCI) and Massachusetts General Hospital (MGH) colleagues will gather to reflect on a decade of progress and accomplishment that has included recent technology and program upgrades. Those who know the center best agree that, from the time it opened in 1997, patients came first.

The best of both worlds

Emerson provided cancer care since the 1970s, but without radiation oncology on site, many patients spent their time traveling to other hospitals. When Concord residents Arthur and Virginia Bethke made a generous gift in memory of three family members to establish a cancer center at Emerson, hospital staff developed a plan.

“We all agreed that cutting-edge cancer care should be provided in this community,” recalls Jon DuBois, MD, chairman of the Cancer Care Committee. “Could we have the best of both worlds—state-of-the-art care delivered with that human touch, where we emphasized caring for the whole patient? That was the goal as we designed the cancer center.”

The plan was to bring everything under one roof. The strategy included establishing a radiation oncology department that is literally an extension of the MGH, providing patients with MGH radiation oncologists, treatment techniques and clinical trials. The center’s medical oncology service would later affiliate with DFCI.

The availability of radiation oncology at Emerson changed everything, says Robin Schoenthaler, MD, the program’s first director. “From the moment we announced our opening, we were swamped with patients, so we started seeing patients before the center was fully built. Ann Snow, our first nurse, and I met with patients in a borrowed office, and when patients wanted to see the linear accelerator, we had to wear hard hats.”

From there, the program grew quickly, Dr. Schoenthaler notes. “We promised patients their radiation would be a smooth process that they could integrate into their lives. Within a few weeks, we were seeing 30 patients a day.”

In 2000, the Bethke Cancer Center expanded its clinical trial offerings through a new affiliation with Dana-Farber/Partners Cancer Care, and Emerson’s cancer patients gained access to promising experimental therapies. “Our patients have participated in studies whose results have led to the approval of new, more effective treatments,” notes Susan Sajer, MD, hematologist-oncologist, who oversees the program. For example, Emerson patients participated in one of the clinical trials of Herceptin, which, combined with chemotherapy, is now standard treatment for certain patients with breast cancer.

This summer, Dr. Sajer was selected to oversee a community-based clinical trials program in conjunction with the National Cancer Institute. “As a result of this new relationship, our patients will have quicker access to many more cancer trials—the same ones available at renowned cancer centers,” she notes. “This is great news for our patients.”

continued on next page

1997

- Bethke Cancer Center established at Emerson Hospital



- Emerson-MGH Radiation Oncology Center opens

1999

- Inpatient cancer unit opens

2000

- Collaborative agreement with Dana-Farber/Partners Cancer Care
- Clinical trials offered through Dana-Farber/Partners Cancer Care
- Reaccredited by the American College of Surgeons Commission on Cancer
- Emerson-MGH radiation oncology service expands to two physicians



After treatment for breast cancer, Barbie Clark regained her health and had a second child.

Barbie Clark: healthy and happy ten years out

Barbie Clark says her life was “perfect” in March 1997. At age 37, she had just given birth to her daughter, Molly, and had quit her job in order to stay home with the baby. But the Acton resident’s new life took a sobering turn when she was diagnosed with an aggressive form of breast cancer. “I had to face my own mortality,” Mrs. Clark says. “I couldn’t believe Molly might have to grow up without knowing me.”

Jon DuBois, MD, developed a treatment plan and also encouraged her to seek a second opinion. “I went to a Boston hospital, and it was clear there wasn’t anything they could offer me that Emerson didn’t have available,” she says. “Besides, I had Molly at Emerson, and I had a warm feeling about the hospital.”

Even before Mrs. Clark completed her treatment, her thoughts turned to having a second child—something she badly wanted. However, she realized her chemotherapy might cause infertility, and she understood that the elevated hormone levels of pregnancy would put her at risk for a recurrence. “Dr. DuBois asked me to consider it carefully and to wait a while before trying to become pregnant,” she says.

A second child was meant to be; Mrs. Clark became pregnant two years after her cancer was diagnosed. “I held my breath for nine months,” she recalls. Jillian was born at Emerson in August 2000, and Mrs. Clark continues to enjoy good health. “I tell Molly she’s my hero, and I tell Jillian she’s my miracle. The girls are very close.”

And Mrs. Clark is grateful. “The doctors at Emerson truly go above and beyond for their patients,” she says. “I couldn’t be more pleased with the care I’ve received at Emerson.”

New technology and impressive patient satisfaction

The hospital’s commitment to offering the most current technology was seen in 2006, when intensity-modulated radiation therapy (IMRT) made its debut at Emerson. IMRT allows radiation oncologists to sculpt the radiation dosage to the shape of the tumor while minimizing the effect on surrounding healthy tissue. “IMRT has enhanced our ability to treat a number of different cancers,” says John McGrath, MD, medical director of the Emerson Hospital-MGH Radiation Oncology service. “As a result, our patients no longer need to travel to a Boston facility to receive this important treatment.”

Summer 2007 brought additional news, beginning with the opening of a PET/CT scanning service at the Emerson Hospital Center for Specialty Care on Baker Avenue in Concord. PET/CT combines two powerful imaging technologies—positron-emission tomography and CT scanning—to produce a vivid picture of the anatomy and metabolic activity. Its arrival at Emerson signals the next step in comprehensive cancer care (see page 5).

The Bethke Cancer Center also recently made impressive progress in achieving patient satisfaction: Press Ganey, through a national survey, ranked the center in the top 1 percent of participating centers in Massachusetts. “Our patient satisfaction

scores have always been high,” says Lori Noonan, director of cancer services, noting that the previous score placed Bethke in the top 2%. “Equally important are the hand-written comments from patients about the outstanding nurses, doctors and staff who helped them get through a challenging time.”

As the cancer center has evolved, specialized clinical services have developed, such as genetic counseling, which is provided in conjunction with the MGH. The hospital’s commitment to cancer awareness and education is evident from the variety of community lectures, screenings and symposia offered. Also, numerous support services are now available, including

2001

- Hematology-oncology staff affiliates with Commonwealth Hematology-Oncology

2004

- Breast Health Center opens at 747 Main Street
- Hematology-oncology staff expands to four physicians

2005

- CT simulator begins for planning radiation therapy
- Cancer Genetics Program provides counseling in conjunction with MGH
- Integrative therapies are initiated with arrival of on-site acupuncture

2006

- Intensity-modulated radiation therapy (IMRT) system debuts

continued

“We all agreed that cutting-edge cancer care should be provided in this community.”

JON DUBois, MD

PET/CT scanning comes to Emerson



Emerson’s new PET/CT service represents a commitment by the hospital to provide Bethke Cancer Center patients with the most current technology. The acknowledged best way to monitor cancer, PET/CT can often help oncologists avoid unnecessary tests and treatment.

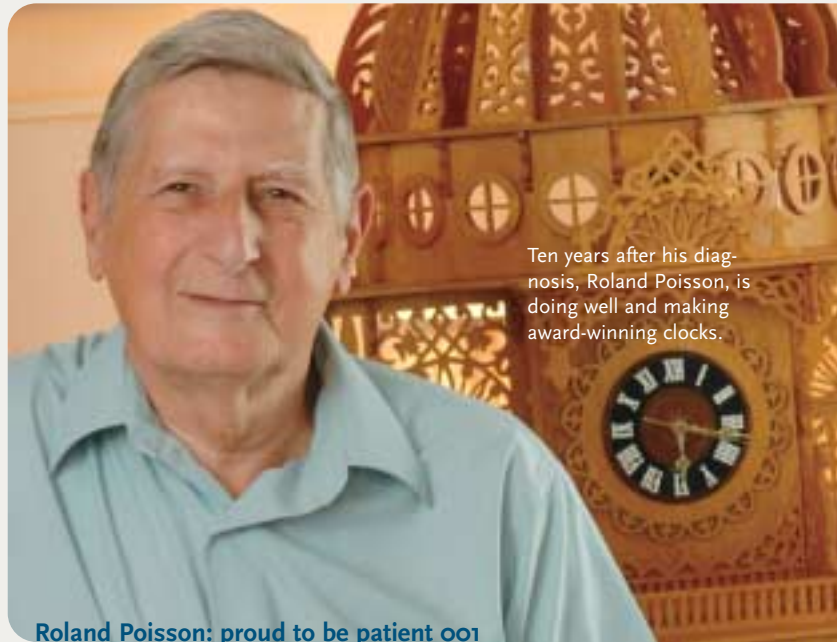
Positron-emission tomography (PET) scanning has made impressive progress since it was first used to stage cancer—that is, to determine the extent and severity of cancer for the purpose of developing both a treatment plan

and a prognosis. Today, PET increasingly is combined with CT scanning to provide an accurate picture of the cancer’s location, as well as the metabolic activity within cancer cells. PET/CT has proven to be 33 percent more likely to identify small tumors than either test alone. The PET/CT service is now offered at the Emerson Hospital Center for Specialty Care on Baker Avenue in Concord.

Emerson-based support groups, a range of programs through the American Cancer Society and a growing list of integrative therapies such as acupuncture, reiki, dance therapy and massage therapy. As many cancer patients know, participation in these activities can enhance emotional well-being and make treatment easier to endure.

Strong connection with Boston colleagues

Patient satisfaction has been an important focus at the cancer center from the beginning, notes Dr. DuBois. “Reaching 99 percent satisfaction is a reflection of how



Ten years after his diagnosis, Roland Poisson, is doing well and making award-winning clocks.

Roland Poisson: proud to be patient 001

Roland Poisson discovered that timing is important. Mr. Poisson was within a year of retiring from a New Hampshire textile company when he was diagnosed with prostate cancer. After having surgery, which was performed at Emerson by James Ellis, MD, his treatment plan called for six weeks of radiation. But as Mr. Poisson sat in the Massachusetts General Hospital radiation oncology department that day in 1997, he learned that his timing wasn’t so bad after all.

“Dr. Schoenthaler told me she could start my radiation treatment at the MGH, or we could wait and begin treatment at Emerson,” says Mr. Poisson. “It was my choice, and I said I’d wait. I wanted to be the first radiation patient at Emerson.”

Once the linear accelerator was installed, Mr. Poisson drove the 45 minutes from his home in Manchester, NH, for treatment at Emerson. He was happy to avoid the much longer drive into Boston, but there was more to the story. “I really trusted Dr. Schoenthaler, and I had such a good feeling about Emerson,” he says. “Everyone there is so compassionate and encouraging.”

During treatment, Mr. Poisson started building clocks. “I’ve always been good with my hands, and I wanted to keep my mind occupied,” he says. He has built cradles, rocking horses and even a toy box for Dr. Schoenthaler’s children, but his clocks have won several awards.

Throughout the past ten years, Mr. Poisson, who returns for checkups with Dr. Schoenthaler, has remained cancer-free. “Roland has done well,” she says. “He told me he wanted to be our number one patient, and he was. It’s there on his chart: 97-001.”

continued on page 6

2007

- Center ranks in top 1 percent for patient satisfaction among Massachusetts cancer centers
- PET/CT program is established
- Community-based clinical trials expand through National Cancer Institute program

“Patients tell us it’s like family here.”

JOHN MCGRATH, MD

long we’ve been working at it—that is, making our patients’ lives easier while we help them get through their treatment, regardless of what it takes.”

“We have a good collaboration among the specialty areas—medical oncology, surgery and radiation oncology,” says John McGrath, MD, medical director of the Emerson Hospital-MGH Radiation Oncology service. “This benefits our patients, but patient satisfaction starts at the front desk with our outstanding staff, including nurses and therapists. Each day, they put their own lives aside in order to provide patients with the best possible care. Patients tell us it’s like family here.”

The center’s connection with Boston teaching hospitals, notably MGH, is reassuring to patients and family members, Dr. McGrath adds. “In radiation oncology, we’re actually on staff at the MGH and discuss cases with the physicians there on a regular basis. Patients appreciate the close working relationship all of us have with our Boston colleagues.”

A decade of patients would agree. “The best thing Emerson ever did was to make Boston-level cancer care available closer to home,” says Roland Poisson, who was the first patient to receive radiation treatment at Emerson. “It makes a big difference.”

Health Screenings and Events

Bedford Day

Bedford Town Hall, Mudge Way

Saturday, September 15, 10:00 am-3:00 pm

From 9:00 am-2:00 pm, Emerson Hospital will offer free screenings for diabetes, thyroid, cholesterol, lipid profiles (12-hour fast required) and PSA (prostate-specific antigen) for men.

Free—registration not required. Contact Jan Quinty at 978-287-3085 for more information.

Sudbury Day Festival

Sudbury Town Center. Visit Emerson Hospital’s booth.

Saturday, September 15, 12:00 noon-4:00 pm

Verrill Farm Harvest Festival – To benefit Emerson pediatric care

October 6, 12:00 noon-4:00 pm

Activities include pumpkin picking, hay rides, face-painting, live music, children’s games and a raffle. Proceeds will support the pediatric intervention team’s coping kits program. Contact Leah White at 978-287-3084.

EMERSON HOSPITAL

Support Groups & Special Services

Support Groups

Alcohol and Substance Abuse Support	978-287-3520
Breast Cancer Support	978-287-3178
Diabetes Support	978-287-3054
Melanoma Support	978-371-5613 or 1-800-557-6352
M.O.M.S. (Mothers Offering Mothers Support)	978-287-3176
New Mothers Group	978-287-3176
Parkinson’s Support	978-287-8200
Sleep Disorders Support	978-287-3735
Surgical Weight Loss	978-287-3532
Widowed Outreach	978-287-3170

Special Services

Alzheimer’s Information	978-287-3170
Body Composition Analysis	978-287-3782
CPR	978-287-3050
Cardiac Rehabilitation	978-287-3732
Chronic Lung Disease Program	978-287-8300
Gambling Problems	978-287-3520
Heart Failure Program	978-287-8300
Physician Referral	877-9-EMERSON or 877-936-3776
Home Health Service	978-287-8300
Hospice & Palliative Care Federation of Massachusetts	800-962-2973 or 781-255-7077
Lifeline	800-543-3546
Look Good...Feel Better	978-287-3237
Minuteman Senior Services Program	1-888-222-6171
Nutritional Counseling	978-287-3782
Pastoral Care	978-287-3015
Pediatric Bereavement Workshop	978-287-3422
Pediatric Pre-Admission Program	978-287-3420
Pelvic Health/Bladder Control	978-287-8200
Pulmonary—Better Breathers Club	978-287-3715
REACH (hotline for domestic violence)	800-899-4000
SHINE Program	781-272-7177
Speech and Language Screening for Preschoolers	978-287-8200
Volunteer Program	978-287-3200
Wound Care Center	978-287-8550



autumn/2007

Emerson Hospital's

healthcalendar

HEALTH & WELLNESS CLASSES

PULLOUT
HEALTH
CALENDAR

TALKING ABOUT HEALTH (FREE)

Emerson Hospital Speaker Series: to register, please call 978-287-3085

Don't miss these informative talks with Emerson experts. Seating is limited. Mark your calendar now!

Diagnosis and treatment of arthritis in the 21st century

Alan Marks, MD, rheumatologist

Tuesday, September 18, 7:00 pm

North Assembly Room A, Emerson Hospital

Ovarian cancer: where are we now?

Colleen Feltmate, MD, gynecologic oncologist

Tuesday, September 25, 7:00 pm

North Assembly Room A & B, Emerson Hospital

Genetic testing for inherited breast cancer

Paula Denise Ryan, MD, PhD, medical oncologist

Kristen Shannon, MS, CGC, genetic counselor

Tuesday, October 2, 7:00 pm

North Assembly Room A, Emerson Hospital

Nutrition wise: cancer-fighting strategies

Ena Sandler, MS, RD, dietitian

Wednesday, October 24, 10:30 am – 12:00 noon

North Assembly Room A, Emerson Hospital

The latest in wound care: local expertise at the Center for Wound Care and Hyperbaric Medicine

Stephen Hoening, MD, vascular surgeon

Tuesday, October 30, 7:00 pm

Seating is limited to 25

Emerson Hospital Center for Specialty Care,
54 Baker Avenue Extension, Concord

Aching shoulders: what's new and next in arthritic shoulder surgery

Paul Re, MD, orthopedic surgeon

Tuesday, November 13, 7:00 pm

Seating is limited to 25

Emerson Hospital Center for Specialty Care,
54 Baker Avenue Extension, Concord

Diabetes update: advice from the physician, nurse and patient perspective

Aldona Finkle, MD, endocrinologist

Cheryl Laundry, RN, CDE, diabetes educator

Tuesday, December 4, 7:00 pm

Seating is limited to 25

Emerson Hospital Center for Specialty Care,
54 Baker Avenue Extension, Concord



HEALTH & WELLNESS CLASSES CONTINUED

The following courses are held at Emerson Hospital in Concord. Call 978-287-3777 to register.

PREPARE FOR SURGERY, HEAL FASTER WORKSHOP

If you are anxious about an upcoming surgical or medical procedure, chemotherapy or radiation, this workshop, based on Peggy Huddleston's five-step process, is designed for you.

Please call to arrange a personal workshop.

\$95 includes book/relaxation CD (one surgery companion may attend for free)

FREE INTRODUCTORY group lecture

Tuesday, November 6, 7:00-8:00 pm

Registration is required.

YOGA/PILATES & MEDITATION

Reduce stress and muscle tension, learn to improve posture and flexibility, breathe more effectively and strengthen your core muscles as well as your entire body. Wear loose, comfortable clothing and bring an exercise mat. Not for expectant mothers.

Please choose Monday class taught by certified instructor, Patricia Buttner, or Friday class taught by certified instructor, Patricia Buttner or Nancy Dorenfeld.

\$91 for each seven-week session beginning:

Mondays 5:30-6:45 pm **Fridays 9:45-11:00 am**

September 10 September 14

November 5 November 2

TAI CHI - intermediate level

Tai Chi, an ancient Chinese martial art, is practiced to achieve therapeutic benefits, as well as to promote balance, flexibility and overall strength. The instructor is Ming Wu, PhD.

\$98 for each eight-week session beginning September 12 and November 7

Wednesdays 9:30-10:30 am

PRENATAL EXERCISE exercise for a healthier pregnancy

Specifically designed for mothers-to-be, this class teaches injury prevention through proper body mechanics. Led by Patricia Davis, Emerson Hospital physical therapist.

\$72 for each six-week session beginning September 17 or November 5

All classes are Mondays 7:00-8:30 pm

BABYSITTING TRAINING: everything you need to know

One-day class, for ages 10-13, covers everything you need to know to be a great babysitter! Pre-registration is required. Certificate of Participation awarded upon completion. Taught by instructor Becky Patterson.

Choose a Saturday:

September 22, October 27, November 17 or December 15

All classes held 9:30 am-2:30 pm

\$39 per person or 2/\$70 when registering together

MINDFULNESS-BASED STRESS REDUCTION

Learn to use your inner wisdom and help improve health, relationships and quality of life. Approved for 30 contact hours for nursing. Presented by Patricia Howard.

Attend a one-evening introductory lecture: Wednesday, Oct. 3, 7:00-9:00 pm — \$45 (cost will be applied to the full program)

Eight-week program begins Wednesday, October 17, 7:00-9:00 pm plus Sunday, November 11, 9:00 am-3:00 pm

\$590 plus \$45 for required course materials/CD set



CARING FOR YOUR AGING PARENT

This six-week program will help you create a comprehensive plan to care for an aging parent.

Elder Law - October 4: Learn about wills and trusts, including powers of attorney and end-of-life decisions, and special concerns such as estate planning, trust administration, probate, retirement distribution planning, Medicare and Medicaid issues and reverse mortgages. Presented by Leslie S. Madge, PC, elder law attorney.

Understanding and responding to your parents, part 1 - October 11: This class will help you understand and come to terms with the psychological, emotional and personality changes in aging parents and deal with complex issues such as balancing their need for both safety and independence. Presented by Ed Federman, PhD.

Understanding and responding to your parents, part 2 - October 18: Gain a more in-depth understanding and increased skill and comfort in dealing with the difficult behaviors of aging parents. Presented by Ed Federman, PhD.

Community resources for elder care - October 25: Learn which local or out-of-state resources can best meet the needs of the person in your care. Presented by Joanne Fontaine, RN, BSN, and Michele Hughes, RPT, of Pro-Active Eldercare in Chelmsford.

Nutritional needs of the elderly - November 1: Obtain practical strategies and resources for planning and providing a healthy meal plan. Presented by Emerson Hospital dietitian Ena Sandler, MS, RD.

Self-Care - November 15: Learn to develop the practice of mindfulness and use your inner wisdom to cope with stress and improve your quality of life. Presented by Patricia Howard.

All classes are 7:00-9:00 pm

\$240 for the complete series (half-price for a second family member) or you may register for three or more individual classes at \$50 each.



INTRODUCTION TO REIKI

Discover this hands-on energy therapy that can be used to provide relaxation, manage pain and promote overall wellness. Presented by Libby Barnett, MSW, of the Reiki Healing Connection. Participants will receive Reiki I level certification. Approved for five contact hours for nursing for a full day of attendance.

Saturday, October 6, 9:00 am-3:00 pm

\$145 Lunch will be provided.

REIKI—LEVEL II

Explore three ancient reiki symbols and learn to use them to advance your effectiveness as a reiki practitioner. Presented by Libby Barnett, MSW, of the Reiki Healing Connection. Participants will receive Reiki II level certification. Approved for five contact hours for nursing for a full day of attendance.

Sunday, October 7, 9:00 am-3:00 pm

\$160 Lunch will be provided.

THE NO-DIET WORKSHOP

Explore your relationship with food, including the emotional and psychological factors that may control your eating behavior. Presented by Alice J. Rosen, LMHC.

Six Thursday evenings, beginning October 11, 7:00-9:00 pm

\$150 plus \$80 for required course materials/4-CD set

WOMEN'S PELVIC HEALTH

Learn exercises that can help prevent low back pain, sciatic pain and stress and urge incontinence. Wear comfortable clothes. Presented by Judy Curless, chief physical therapist, Emerson Hospital Health Center, Westford.

Tuesday, October 16, 7:00-9:00 pm

\$35

CELEBRATE BEING A GIRL - get girl power!

This fun and educational day will help pre-teen girls age 9-12 build skills, confidence and self-worth to address the pressures on this age group. Presented by Frances Bigda-Peyton, EdD, psychologist and certified psychoanalyst.

Saturday, November 3, 10:00 am-12:00 pm

\$30

MOVING BEYOND STUCK PLACES IN INTIMATE RELATIONSHIPS

Learn to create better outcomes and more committed relationships by changing repetitive arguments to progressive conversations. Presented by Frances Bigda-Peyton, EdD, psychologist and certified psychoanalyst.

Monday, November 5, 7:00-9:00 pm

\$30

RELATIONSHIPS 101 - getting along with people at work

This presentation introduces five research-based tools for building and maintaining strong working relationships. Presented by Frances Bigda-Peyton, EdD, psychologist and certified psychoanalyst.

Monday, December 3, 7:00-9:00 pm

\$30

POWER OVER PAIN

Learn about pain, its treatment and how to actively participate in the management of pain. Presented by Peggy Flood, RN, MS, AOCN, of Emerson Hospital and The Massachusetts Pain Initiative.

Wednesday, December 5, 7:00-9:00 pm

\$30

Special Programs

Tender Beginnings childbirth education classes

Learn more about Emerson's childbirth classes, from prenatal education to sibling preparation. Call 978-287-3268.



I Hope You'll Dance: using dance to recover from cancer

Workshop is held on Saturdays, 10:00-11:00 am—no experience required!

Call 978-287-3237.

Acupuncture for relief of cancer symptoms

A certified acupuncturist is on site at Emerson every Friday morning. To learn more, call 978-443-6789.





Wound care center brings expertise, latest technology together

Hyperbaric oxygen treatment plays a role for some patients

Melissa Seales, RN, clinical coordinator, explains hyperbaric oxygen treatment to a patient with a chronic wound.

Advanced care for wounds

Emerson's Center for Wound Care and Hyperbaric Medicine provides a range of treatments for wounds that do not heal, including:

- pressure sores (bed sores)
- diabetic and other non-healing wounds
- wounds caused by poor circulation
- wounds caused by trauma
- surgical wounds
- burns

Wounds heal when white blood cells do their designated job of fighting infection and rebuilding tissue. But when circulation is impaired, for any reason, a seemingly insignificant sore can become a serious, chronic problem.

Today it is widely acknowledged that challenging wounds require time, attention and special expertise. In the hands

of skilled physicians, including surgeons, and nursing staff with special training and access to the latest technology, the most complex wounds often can be coaxed to heal—and amputations avoided. Those are the goals of the new wound care center located at the Emerson Hospital Center for Specialty Care on Baker Avenue in Concord.

“The center brings everything together,” say Stephen Hoenig, MD, interim medical director and vascular surgeon. “We now have all the components of care in one place, and that makes it easier for patients, as well as their physicians, who know that successful wound care can be time-consuming and must be well-coordinated. This specialized care is only available at a center like ours.”

For many patients, wound care requires a combination of therapies. “There are a number of ways to increase blood flow and fight infection,” notes Wendy Slabodnick, RN, center director. “In addition to wound debridement—the removal of dead tissue—we use a variety of high-technology dressings, including bioengineered

tissue that can effectively fill in a wound, and growth factor therapy.” Along with vascular surgeons, plastic surgeons and foot surgeons work closely with center staff.

Hyperbaric oxygen therapy speeds healing

For certain patients, hyperbaric oxygen therapy plays a critical role. Emerson's center features two hyperbaric chambers that deliver pressurized oxygen to speed wound healing. “This is an example of Emerson being on the cutting edge,” says Ms. Slabodnick. During hyperbaric therapy, a patient breathes 100 percent oxygen, which saturates the blood and delivers more than ten times the normal amount of oxygen to the body's tissues. It is especially effective in treating patients who develop foot ulcers as a result of diabetes or serious wounds from failed surgical grafts.

For David Rezuke, who at age 83 has poor circulation due to vascular disease, the goal was to save his foot. Earlier this year, Dr. Hoenig performed bypass surgery on the Maynard resident's right leg in order to increase blood flow to his limb. Mr. Rezuke's underlying medical condition made post-surgical healing a challenge, but a combination of angioplasty, debridement, use of a vacuum-assisted closure dressing and regular visits from Emerson Home Care nursing staff ultimately proved successful.

Although he lost toes in the process, Mr. Rezuke now wears a customized shoe and walks with a cane. “We thank God every day,” says Mrs. Rezuke of her husband's outcome. “I check his foot all the time, and it is nice and warm.”

Since the center opened its doors, comprehensive wound care is automatic, says Dr. Hoenig. “We have the expertise and the latest technology in one place, which is just what our patients need.”

For more information about the wound care center, please call 978-287-8550. To make an appointment, you will need a referral from your physician.

ADVISOR

For more information on care at Emerson Hospital, call the Physician Referral Line 877-9-EMERSON (877-936-3776) or visit the hospital's web site at www.emersonhospital.org.



Andrea R. Rizzo, MD
Internal Medicine

Why is it important to get a flu shot?

The flu is caused by viruses that spread easily, predominantly during the fall and winter. Since the viruses change each year, there's no immunity from year to year. Some 30,000 Americans die annually from the flu and from complications like bacterial pneumonia.

The most effective preventive measure is a flu shot, available starting in October. Shots are recommended for everyone from the age of six months who has a serious chronic illness; for all children age six months to five years, regardless of their health; for all caretakers of children six months to five years; for everyone over 65; for healthcare workers, and for pregnant women. If vaccine is available, everyone should get a flu shot. It is important to note that flu shots do not cause the flu.

Flu symptoms include headache, achiness, fever, cough and, sometimes, sore throat, usually lasting five to seven days. If shortness of breath, chest pain, severe headache or high fever occur, you should contact your doctor.

For information on flu shots, contact your primary care provider, call 978-287-3086, or visit the hospital's web site at www.emersonhospital.org.



Dean C. Howard, MD
Orthopedic Surgery

How can injuries be avoided when playing contact sports like football and basketball?

Football and basketball are transitional sports that involve sharp changes in direction and sudden bursts of acceleration and deceleration. If your body is not used to this, you are at risk for an injury—a muscle strain, ligament sprain or an overuse injury such as tendon inflammation or tendonitis. You can minimize your risk by committing to a gradual pre-season physical conditioning program that is appropriate for your sport and to a good stretching program that will help you stay flexible. Games and training sessions should be preceded by warm-up exercises and a stretching routine.

Ankle injuries are more common than knee injuries, but knee problems are often more serious. Many ankle sprains resolve on their own, but if you can't put weight on the leg or the ankle feels unstable, you should be evaluated by a physician. Unless symptoms resolve quickly, knee injuries are more likely to need an orthopedic consultation.



Terese C. Hammond, MD
Pulmonary/Critical Care Medicine

What are the options for someone who has regular asthma attacks?

Many patients are accustomed to thinking of asthma in terms of immediate gratifications—a problem to be handled with quick-fix treatment when attacks occur. Bronchodilators, which open up airways, are often effective at resolving acute asthmatic episodes.

However, there are now medicines available that can prevent asthma attacks altogether in most patients. They include inhaled corticosteroids that deliver medication directly to the airway and produce minimal side effects. The key is to take them daily, even when everything seems fine. Patients with mild, persistent asthma always have a low level of inflammation present, just waiting for a catalyst to trigger an episode. The goal of these inhaled corticosteroids is to lessen inflammation.

In my opinion, asthma patients who experience daytime attacks at least twice a week or nighttime attacks at least twice a month should see their primary care physician or an asthma specialist to discuss medication options.

ON CALL

EMERSON HOSPITAL IS PLEASED TO
INTRODUCE THE FOLLOWING NEW PHYSICIANS.

ANESTHESIOLOGY



Toffy J. Beyloune, MD
Emerson Hospital, Concord
978-287-3162
Dr. Beyloune received his medical degree from Eastern Virginia Medical School and completed his residency at Baystate Medical Center in Springfield. He is board-certified in anesthesiology.

EMERGENCY MEDICINE



Robert A. Partridge, MD, MPH
Emerson Hospital, Concord
978-287-3690
Dr. Partridge received his medical degree from Tufts University School of Medicine and completed his residency at Medical College of Pennsylvania Hospital. He is board-certified in emergency medicine, and his clinical interests include injury and disease prevention and international emergency medicine. Dr. Partridge holds a teaching appointment at Brown University School of Medicine.



Alamjit S. Virk, MD, MPH
Emerson Hospital, Concord
978-287-3690
Dr. Virk received his medical degree from Medical College of Pennsylvania Hospital, where he completed his residency in emergency medicine. He is board-certified in emergency medicine and has a master's degree in public health from Harvard School of Public Health. Dr. Virk is published in the *Annals of Emergency Medicine*.

HOSPITALIST (INTERNAL MEDICINE)



Danya J. Wenzler, MD
Emerson Hospital, Concord
978-369-1400
Dr. Wenzler received her medical degree from University of Medicine and Dentistry of New Jersey-Robert Wood Johnson Medical School and completed her residency at Rhode Island Hospital. She is a hospital-based internist who treats adult inpatients and does not have a private office practice.

INTERNAL MEDICINE



Sapna Aggarwal, MD
321 Main Street, Acton 978-263-1131
231 Ayer Road, Harvard 978-772-1213
Dr. Aggarwal received her medical degree from Maulana Azad Medical College in India and completed her residency and a fellowship in hematology/oncology at Boston Medical Center. Dr. Aggarwal is board-certified in internal medicine, and her clinical interests include women's health. She joins the practice of Acton Medical Associates, PC.

NEUROLOGY



George A. Gonzalez, MD
John Cuming Building, Suite 660, Concord
978-287-3485
Dr. Gonzalez received his medical degree from Universidad Central del Caribe School of Medicine in Puerto Rico. He completed a residency in neurology at University of Miami/Jackson Memorial Hospital and a fellowship in neurophysiology at University of Massachusetts Memorial Medical Center. His clinical interests include neurophysiology, general neurology, epilepsy, headaches and stroke.

OBSTETRICS/GYNECOLOGY



Michele T. Sinopoli, MD
John Cuming Building, Suite 430, Concord
978-371-0050
498 Great Road, Acton 978-266-1883
Dr. Sinopoli received her medical degree from Boston University School of Medicine and completed her residency at University of Massachusetts Memorial Medical Center. Her clinical interests include high-risk obstetrics, vaginal surgery and adolescent gynecology. She has joined Kramer Ob/Gyn Associates, PC with Drs. Rachel Kramer and Timothy Hale.

PULMONOLOGY/CRITICAL CARE



Terese C. Hammond, MD
John Cuming Building, Suite 500, Concord
978-369-4238
Dr. Hammond received her medical degree from University of Missouri, Columbia School of Medicine. She completed her residency in internal medicine and a fellowship in pulmonary and critical care medicine at Boston Medical Center. Dr. Hammond is board-certified in pulmonology, critical care medicine and internal medicine and has clinical interests in pulmonary hypertension and sleep medicine. Dr. Hammond joins the practice of Drs. David Green and Peter Barkin.

RADIOLOGY



Amy Fan-Yee Juliano, MD
Emerson Hospital, Concord
978-287-3700

Dr. Juliano received her medical degree from University of Pennsylvania School of Medicine and completed her residency in radiology at Brigham and Women's Hospital. She also completed a fellowship in neuroradiology at Brigham and Women's Hospital/Children's Hospital. Dr. Juliano is board-certified in diagnostic radiology.

REPRODUCTIVE ENDOCRINOLOGY AND INFERTILITY



Ania I. Kowalik, MD
1 Forbes Road, Lexington
781-674-1200

Dr. Kowalik received her medical degree from SUNY-Stony Brook School of Medicine in New York. She completed a residency in obstetrics and gynecology and a fellowship in reproductive endocrinology and infertility at The New York Hospital-Cornell Medical Center. Dr. Kowalik is board-certified in obstetrics and gynecology and reproductive endocrinology and infertility and has clinical interests in infertility, endometriosis and fibroids. She joins the practice of the Reproductive Science Center.

UROGYNECOLOGY



George Flesh, MD
John Cuming Building, Suite 410, Concord
617-541-6646

Dr. Flesh received his medical degree from University of California School of Medicine in Los Angeles and completed a residency at Los Angeles County USC Medical Center, where he also completed a fellowship in urogynecology. He is board-certified in obstetrics and gynecology and has clinical interests in the evaluation and treatment of urinary incontinence in women, urinary urgency and frequency, bladder pain and vaginal and uterine prolapse.

OB/GYN care is now available in Sudbury

Ingrid Balcomb, MD, an obstetrician/gynecologist at Emerson, now has office hours at Emerson Medical at Sudbury on Wednesday mornings. "I am pleased to be able to see new or existing patients in Sudbury," Dr. Balcomb says. She has an office on the first floor at the Boston Post Road facility where she treats both obstetric and gynecologic patients on Wednesdays from 9:00 am to 12:00 noon. In addition to primary and pediatric care, Emerson Medical at Sudbury provides a variety of diagnostic services, including x-ray, laboratory, bone density testing and ultrasound. To make an appointment with Dr. Balcomb, please call 978-371-1396.



Emerson Hospital Westford now offers ear, nose and throat specialists

Two otolaryngologists—physicians who diagnose and treat ear, nose, throat and head and neck disorders—now care for adult and pediatric patients at Emerson Hospital Health Center in Westford. Nizar Nuwayhid, MD, and Daniel Vogel, MD, are each board-certified in otolaryngology. Along with an audiologist who evaluates hearing, Drs. Nuwayhid and Vogel see patients in Westford twice weekly in suite 208. To make an appointment, please call 978-371-1400.

16-slice CT scanner arrives in Westford

The arrival of a 64-slice CT scanner at Emerson Hospital in Concord led to the recent relocation of the hospital's 16-slice CT scanner to Emerson Hospital Health Center in Westford. The upgrade is good news for Westford patients, according to Patti Doyle, director of imaging services.



"The 16-slice scanner provides enhanced image quality, shortens scan times and allows us to perform some imaging tests that were not available at Westford until now," she says.

November dinner dance to benefit new Birthing Center

Emerson's 2007 dinner dance—"Oh Baby!"—will support the expansion and renovation of the hospital's Birthing Center. It is one component of Emerson's ambitious \$36 million initiative that will also upgrade the Clough Surgical Center and radiology services. "Oh Baby!" will be held at the Park Plaza Hotel in Boston on Friday, November 2. For information on tickets or sponsorship opportunities, please call 978-287-3084.

Diabetes: A battle worth winning

Emerson's new center brings together the key elements of care

A recent headline says it all: one of every eight dollars spent on health care in the U.S. goes to caring for someone with diabetes. Now that approximately 21 million Americans have type 2 diabetes—also known as adult-onset diabetes—the disease is overwhelming the nation's health care system. But diabetes can also overwhelm newly diagnosed individuals, who must

Monthly diabetes support group

Emerson's monthly diabetes support group is an opportunity for adults with type 1 or 2 diabetes and their families to learn more about the disease and strategies for management.

Cheryl Laundry, RN, CDE, Emerson's diabetes educator, runs the meetings, which are held on the **third Friday of the month from 10:00-11:00 am** (September 21, October 19, November 16 and December 21).

They meet at Emerson Hospital in the John Cuming Building education classroom on the first floor. For more information, call Ms. Laundry at 978-287-3054.

measure their glucose (blood sugar) level regularly, change their diet and become more physically active in order to maintain their health and avoid potentially serious complications.

To help make diabetes care comprehensive and convenient, Emerson Hospital recently opened the Elizabeth Smith Agarwal Diabetes Center, which is dedicated to outpatient care, education, medication management and ongoing monitoring of complications. Jay Agarwal, PhD, of Concord, made a major gift that named the center after his late wife, who had diabetes and was a patient at Emerson.

The center's location at the new Emerson Hospital Center for Specialty Care on Baker Avenue in Concord offers easy access to the clinical services often needed by those with diabetes. The hospital's Weight Management Center, nutritional counseling and new Center for Wound Care and Hyperbaric Medicine are located on the same floor.

Center combines array of services

"We're a little unique in having surgical and medical weight loss programs right here," notes Aldona Finkle, MD, medical director for the Diabetes Center. "Studies indicate that a healthy diet and regular exercise are more effective than medication in controlling glucose levels in early stages of type 2 diabetes. So for many patients, the first goal is to lose weight. We know it works. One of my patients recently lost 30 pounds and was able to come off insulin."

Having the wound care center (see page 10) nearby means easy coordination of care for chronic wounds, a complication that can result due to the circulation problems that develop in many diabetics. Also, Ena Sandler, MS, RD, registered dietitian, is available to meet with patients and family members to provide dietary guidelines aimed at driving down glucose levels.

These different services potentially can have a powerful impact, says Melvyn Kramer, MD, a primary care physician at Concord Hillside Medical Associates who specializes in endocrinology. "The presence of a dedicated diabetes center that offers all these components will improve the overall quality of the care to community residents," he says. "Over the long term, a comprehensive program should help reduce the likelihood that our patients will develop complications."

Education and empowerment are key

Good diabetes care begins with education, says William Burtis, MD, an Emerson endocrinologist. "My first goal is to empower the patient, who needs to understand that diabetes is serious. Poorly controlled diabetes is the leading cause of blindness, kidney failure and neuropathy—nerve damage—which can result in amputation. Patients can prevent those complications with weight loss, lifestyle changes and medications. After that initial appointment, I have my patients meet with a dietitian and with Cheryl Laundry, our diabetes educator, who describes the role of lifestyle factors and how to monitor their glucose level and take their medications."

Home glucose monitoring represents a breakthrough in diabetes care, Dr. Burtis says. "The meters that are available today are much easier for patients to use, and they are far more accurate," he says.

"People can monitor themselves after a meal and immediately find out the impact on their blood sugar, which ideally should be below 150."

Self-monitoring after exercise produces a lower reading, notes Dr. Finkle. "Patients often describe how taking a walk after dinner will bring blood sugars down—an example of why exercise is important in controlling diabetes. As I tell patients, when it comes to exercise, a little bit is better than zero. We were not designed to sit at a desk all day, drive home in a car and sit around after eating dinner."

Armed with information, encouragement and motivation, individuals can control their blood sugars, which will prevent damage to the heart, eyes, nerves and kidneys and slow progression of the disease. "Exercise and weight loss also put the pancreas 'to rest' because it doesn't have to

“Ultimately it's up to the patient. They can do something about their diabetes.”

WILLIAM BURTIS, MD

strain to make as much insulin,” Dr. Burtis explains. “Slowing disease progression makes it less likely that insulin injections will be required in the future.” Paying close attention to cardiovascular risk factors is another aspect of care since diabetics suffer three times more heart attacks and strokes than non-diabetics.

Newly diagnosed individuals can feel overwhelmed, says Dr. Finkle. “Patients often come in scared or depressed, especially in cases where they have had family members develop serious complications, suffer amputations or die from diabetes. Our job at the Diabetes Center is to manage their blood sugars quickly, which



Emerson endocrinologists William Burtis, MD, and Aldona Finkle, MD, agree that good diabetes care begins with good education.

often involves adjusting their medication, referring them to our diabetes educator and encouraging them to fight it.”

“It’s important to have a team—a doctor who manages your diabetes, dietitian,

diabetes educator, ophthalmologist and podiatrist,” says Dr. Burtis, “but ultimately it’s up to the patient. They can do something about their diabetes.”



George Borrero wasted no time in changing his diet and beginning an exercise program.

Westford resident turns his diabetes around

George Borrero could no longer ignore the symptoms that gradually appeared in 2004. “I was thirsty all the time,” he recalls. “And I had no energy. I was like a zombie.”

When Mr. Borrero, a Westford resident, developed pain that became excruciating, especially in his legs, he went to see James Cohen, MD, his primary care physician, who immediately checked his blood sugar level. It was off the charts—literally.

“Dr. Cohen’s glucose meter didn’t go that high, so he sent me to the emergency department at Emerson. My blood sugar level was 1,000. I should have been dead.”

Within three days, regular insulin shots had brought Mr. Borrero’s glucose level to 300. He met with Dr. Burtis, who told him that was the easy part. “He told me I had to change the way I live,” says Mr. Borrero, who is unaware of any family members with diabetes. “We had a long discussion about what that meant.”

He wasted no time feeling sorry for himself and got to work. “I changed my diet by totally eliminating sugar and most carbohydrates,

and I committed to an exercise program—20 minutes on a treadmill, at a high speed and a steep incline, so that I really break a sweat,” Mr. Borrero says.

In one month, Mr. Borrero went from weighing 270 pounds to 250, and his glucose level decreased to where Dr. Burtis could safely switch him from insulin injections to pills. Motivated by his fast success and the desire to see his children grow up, Mr. Borrero kept going. Within three months, his weight plummeted to 205 pounds. Today his glucose level is an impressive 100-110, he takes no medication and checks his blood only once or twice a week. He is grateful to his wife, who “changed all the food in the house,” and to Dr. Burtis.

“He scared me a little, because he explained what could happen—the serious complications—if I didn’t get my diabetes under control,” says Mr. Borrero. “But he also gave me the tools and information I needed to be successful. It’s been tough, but I was willing to change my life, and today I feel very good.”

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If you would prefer not to receive such mailings in the future, please let us know by calling 978-287-3085 or send an email to pr@emersonhosp.org.

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The information included here is intended to educate readers about health issues, but it is not a substitute for consultation with a personal physician.

The mission of Emerson Hospital is to deliver the highest quality, safest and most cost-efficient care to our patients and to maintain a professional and respectful environment for all members of the Emerson Hospital community.



Phase I construction is complete, and new building is taking shape

Surgery patients are already benefiting from expansion

Major portions of the Clough Surgical Center opened this summer, and the West Building is taking shape.



As the summer draws to a close, so has phase I construction on Emerson's project to upgrade and expand surgery, the Birthing Center and radiology services. Patients are already benefiting from the newly opened clinical areas.

"By late July, patients were coming to the new Clough Surgical Center for their pre-surgical testing visits," reports Joseph Piechocki, vice president of administrative and clinical services. "The rest of the surgical center, including the pre-surgical and post-surgical areas, was recently opened. Patients and family members are giving the center high marks for comfort and privacy." The expansion includes three state-of-the-art surgical suites, which are scheduled for completion in March 2008. At that point, surgery patients will come and go through a dedicated entrance rather than the main lobby.

The new West Building—86,000 square feet of new or renovated space—is rapidly taking shape. By winter, interventional radiology staff will move into a versatile new suite equipped for image-guided diagnostic procedures and treatments. Also, the Birthing Center will open a suite of private postpartum rooms this winter. The multi-year expansion project is scheduled for completion in summer 2008, when the rest of the Birthing Center's private rooms will be done.

Community members continue to show their support for the major expansion at Emerson. The hospital's fundraising campaign surpassed \$5 million when Jack and Laura Milton, Northborough residents and long-time friends of Emerson Hospital, made a \$500,000 gift that will name a suite of operating rooms after Robert Cantu, MD, chairman of surgery.