

Emerson Hospital



Emerson Hospital Delivers

Family finds the right combination
of expertise and comfort

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Sports enthusiasts
know where to go
for treatment

A better way to
repair abdominal
aortic aneurysms

Generosity leads
to support for
imaging technology



A Letter from
Christine
Schuster

Dear Friends:

This is a happy time of year marked by seasonal celebrations with family and friends. At Emerson, we are celebrating the near-completion of a major expansion project that added 85,000 square feet of new or renovated space on our main campus in Concord. This initiative has brought sophisticated new technology and a new level of comfort to patients in our Clough Surgical Center, the Yeatts Radiology Center and our beautiful new Birthing Center.

In this issue of *HealthWorks*, you will read about how this project has transformed Emerson and enhanced the care and service we provide. You will also meet Ines and Frederick Yeatts, for whom we have named our Radiology Center. Dr. and Mrs. Yeatts, along with Gloria and Chuck Clough, provided leadership gifts, and hundreds of others made generous donations that supported this important project. We deeply appreciate this philanthropic commitment to Emerson.

Have a safe and healthy summer!

Christine

Christine C. Schuster, RN, MBA
President and CEO



Emerson Hospital is an acute care medical center located in Concord with health centers in Westford, Groton and Sudbury. It 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, the Clough Surgical Center and the Center for Specialty Care.

The right combination— for twins and family

NEW MOTHER-BABY UNIT ASSURES PRIVACY AND COMFORT



Michele Sinopoli, MD, and Timothy Hale, MD, Emerson obstetricians, delivered the Mead twins, Max and Cleo.

When a couple learns that twins are on the way, they are immediately faced with a question: which hospital offers them the combination of features that they want and that their newborns might require? Len and Amanda Mead say the birth of their two-year-old daughter, Piper, helped them make the right decision.

“We liked the experience of having Piper in a community hospital,” says Mrs. Mead, noting that they were living in Connecticut at the time. “If possible, we wanted that same positive experience with the twins, and we found it at Emerson.”

The couple, who now live in Maynard, were convinced that Emerson could handle the pregnancy. “We addressed that issue early on,” says Mrs. Mead, a high school teacher at Newton Country Day School. “The plan was to keep track of my pregnancy to make sure I wasn’t at high risk for a premature delivery. Fortunately, it went amazingly well.”

There was another reason the Meads felt good about Emerson. When Piper had developed a troubling infection a year ago, they brought her to the hospital’s Emergency Department. She was then admitted to the pediatric inpatient unit. “The care was excellent,” says Mrs. Mead, a Groton native.

The expertise they needed was here

The Meads had already experienced firsthand the high level of pediatric expertise at Emerson Hospital. According to Jeffrey Riley, MD, chairman of obstetrics and gynecology, the hospital’s ability to provide first-rate care 24 hours a day begins with the on-site pediatric group.

“They are all board-certified pediatricians who have expertise in caring for children, including newborn babies and premature babies,” he says. “We have the region’s only Special Care Nursery, so most premature babies can stay right here until they are ready to go home. And we have Level II ultrasound, which allows us to carefully monitor fetal growth and development during pregnancy.”

The Meads were assured that, thanks to Emerson’s close collaboration with MassGeneral Hospital for Children, which brings neonatal care to the hospital, newborns can be quickly transferred to a higher level of care. A perinatologist



Emerson's new Mother-Baby Unit will have all private rooms—ideal for mothers who need to rest and for families who are eager to visit. Privacy is also important for the teaching and guidance on infant care that Emerson's nursing staff provide.

Amanda Mead stops by with Max and Cleo to visit with Donna Adams, RN, who cared for the twins in the Special Care Nursery.

from Brigham and Women's Hospital—an obstetrician who specializes in high-risk pregnancy—also works collaboratively with Emerson obstetricians.

The pregnancy proceeded perfectly for Mrs. Mead and the twins until her final routine ultrasound exam. “Our baby girl showed a dramatic drop-off in growth, which was completely unexpected,” says Mrs. Mead. “We had planned to deliver at 38 weeks, but instead I had a c-section at 36 weeks. It went very smoothly.” In early April, Timothy Hale, MD, and Michele Sinopoli, MD, two Emerson obstetricians who practice together, performed the cesarean deliveries of Max, who weighed 6.9 pounds, and Cleo, who arrived weighing 4.4 pounds.

Plenty of privacy and amazing nurses

At that point, the Meads saw that the relaxed, personalized care they hoped for was in abundance at Emerson. The twins had arrived too early for the family to experience the new Mother-Baby Unit, which features all private rooms. But it didn't matter.

“We knew there was construction underway for a new unit,” Mrs. Mead says. “We were pleasantly surprised when they gave us a double-sized room, and the nurses moved in portable cribs for Max and Cleo. The babies initially went to Emerson's Special Care Nursery, but we had the option of having them spend time in our room. We had lots of privacy and lots of room for visitors.” That included two-year-old Piper, who was thrilled with her new brother and sister.

The Meads were most impressed with the nursing staff in the Special Care Nursery. “They were amazing,” says Mrs. Mead. “They clearly love what they do. But every nurse we encountered at Emerson was attentive and caring.”

Four days after Max and Cleo were born, the Meads returned home, where the twins continue to thrive. It wasn't like her first pregnancy, when she was on her feet within hours of giving birth. But the entire experience was a positive one for the Mead family.

Emerson Hospital delivered. “I would certainly recommend Emerson, and that includes for anyone having twins,” says Mrs. Mead.



BACK ON THE FIELD

The Emerson Hospital Bone and Joint Center includes physicians who specialize in rheumatology, orthopedic surgery (including specialists in hand and spine surgery), sports medicine, physiatry, plastic surgery and podiatry.

Paul Sirois and his family are grateful to have skilled sports medicine experts at Emerson Hospital.

FOR ACTIVE FAMILIES, THE TRAIL LEADS TO EMERSON

For Paul Sirois, the good weather means soccer. But so does the bad weather. When others have hung up their cleats, the Stow resident plays indoor soccer. Years after playing soccer in college, he took up the sport again and typically plays once a week.

“Everyone’s got a sport in our family,” says Mr. Sirois of his wife, son and daughter. “We run, ski, bike, swim, hike and play lacrosse. We’re very active.”

Last fall, Mr. Sirois, a consulting engineer, was forced to grind to a halt. Hit from

Emerson Hospital. “Several people I know have gone to that practice to have their shoulders repaired.” Mr. Sirois was soon in the office of Allis Kim, MD, one of Dr. Re’s colleagues, who explained his treatment options.

ACL injuries don’t always require surgery to reconstruct the ligament, Dr. Kim notes. “Depending on the individual and their activity level, we might suggest a rehabilitation program instead,” she says. “If someone leads a sedentary lifestyle or is over age 60,

brace that would protect his knee during the initial weeks when the hamstring graft was healing. She also gave him rehabilitation instructions and a timeline. Then it was up to Mr. Sirois to undertake

six months of physical therapy aimed at building back his quadriceps—the major muscle at the front of the thigh.

“Most people do very well after ACL reconstruction,” says Dr. Kim. “At the six-month checkup, we perform a couple of physical exams and measure the range of motion in the knee. In most cases, at that point most people can return to playing sports with no restrictions.”

Prior to his six-month checkup in June, Mr. Sirois was itching to return to the lifestyle he loves. “The guys are pressuring me to get back to playing soccer,” he says. “I know I’ll be back on a soccer field some time this summer.”

He and his family are grateful to have skilled sports medicine experts at Emerson Hospital. Since Mr. Sirois’ injury, his wife dislocated her shoulder and tore her ACL while skiing, and a friend tore his ACL. “We’re not going to stop being active,” says Mr. Sirois. “I referred my friend to Dr. Kim. I told him she did a great job.”



Paul Re, MD, and Allis Kim, MD, orthopedic surgeons, diagnose and treat the full range of sports medicine conditions.

WITH A HEALTHY KNEE

behind while playing indoor soccer, he “over-rotated” his left knee. “My first thought was: there goes my ski season,” he recalls. He was helped off the field by his teammates and iced his knee while watching the rest of the game. “By the next day, I knew it was serious.”

Reconstructing a hard-working knee

He was right. An MRI scan confirmed that he had torn his anterior cruciate ligament (ACL)—a classic sports injury that typically is caused by the kind of sudden, pivoting motion common to football, hockey, skiing and soccer. There are four ligaments in the knee, but the ACL is the workhorse that keeps the knee stable. ACL tears occur when the ligament is pushed beyond its normal limit.

Fortunately, Mr. Sirois knew where to go for treatment. “I followed the trail to Dr. Re’s office,” he says, referring to Paul Re, MD, an orthopedic surgeon and widely published sports medicine specialist at

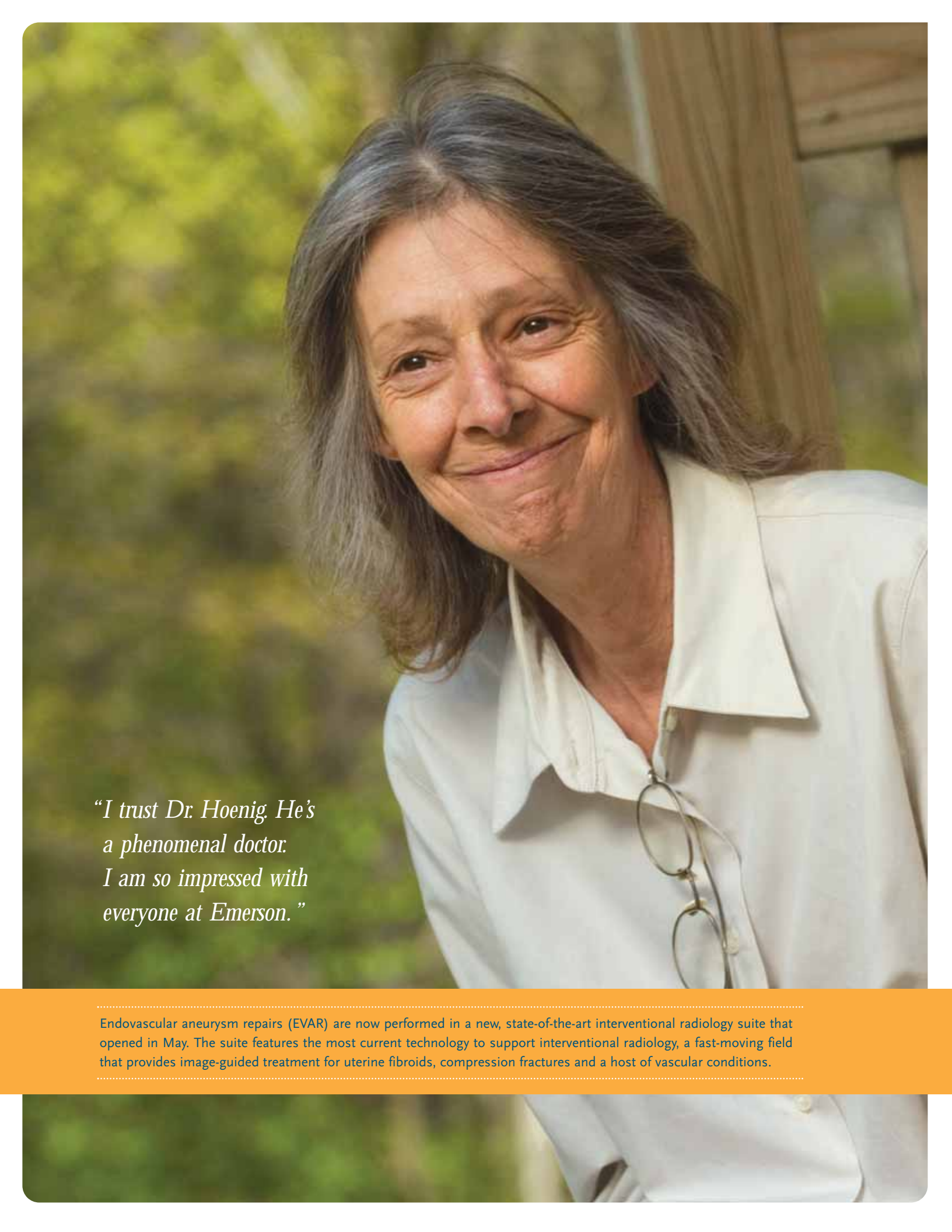
we don’t typically reconstruct the ACL.”

There was no debate relative to Mr. Sirois. His active lifestyle demands a fully functioning ACL.

The only question had to do with the type of graft that Dr. Kim would use: an autograft—either Mr. Sirois’ own patellar (knee) tendon or hamstring—or an ACL obtained from a cadaver. She described the pros and cons of each, including recent progress in the use of the hamstring. “Today, we do a better job of attaching hamstrings, thanks to the development of new fixation devices that hold the tendon more strongly to the bone,” she says. Patients who select the hamstring option tend to experience less post-surgical pain, she adds.

An active lifestyle awaits

That worked for Mr. Sirois, who had his surgery at Emerson’s Clough Surgical Center when the swelling in his knee had diminished, about three weeks after the injury. A few days later, he was back to see Dr. Kim, who showed him how to use the



*“I trust Dr. Hoenig. He’s
a phenomenal doctor.
I am so impressed with
everyone at Emerson.”*

Endovascular aneurysm repairs (EVAR) are now performed in a new, state-of-the-art interventional radiology suite that opened in May. The suite features the most current technology to support interventional radiology, a fast-moving field that provides image-guided treatment for uterine fibroids, compression fractures and a host of vascular conditions.

Vascular expertise keeps delivering

EMERSON OFFERS A BETTER WAY TO REPAIR ANEURYSMS

The massive heart attack that Ramona Vieu suffered at age 47 was difficult enough. But in the years since then, the Gardner resident has experienced a less dramatic but equally troubling condition—atherosclerosis. It is the process that leaves a buildup of plaque in the arteries, often with serious consequences.

“There is heart disease on both sides of my family,” notes Ms. Vieu. Still, she was stunned to learn that her cholesterol had climbed to 377 (a healthy cholesterol reading is less than 200). The combination of her family background, high cholesterol and smoking history conspired to put her at risk for narrowed blood vessels, blockages and arteries that become weakened and stretch to their limit.

Ongoing care at Emerson

Her vascular problems began in 1999, when Ms. Vieu’s right leg started going numb. That was also when her doctor referred her to Stephen Hoenig, MD, a vascular surgeon at Emerson Hospital. “By the time I saw Dr. Hoenig, my leg was cold to the touch,” she recalls. He determined that there were blockages in both legs and referred her to Adhip Mukerjee, MD, and Mark Connaughton, MD, interventional radiologists at Emerson, who placed three stents in her iliac arteries, restoring healthy circulation to her legs.

“After that, Dr. Hoenig kept good track of me,” says Ms. Vieu. Three years later, an ultrasound exam revealed she had a blockage in her right carotid artery—one of two major blood vessels in the neck that supply blood to the brain. He next performed a carotid endarterectomy to remove the plaque, thus opening the artery and preventing a potential stroke.

Her vascular problems weren’t over yet. “Three years after that surgery, I experi-

enced a pulsing sensation in my belly, almost like a baby kicking,” she says. “My doctor said I needed to see Dr. Hoenig.” He diagnosed an abdominal aortic aneurysm (AAA), a potentially life-threatening condition where the body’s largest blood vessel balloons in size. When they reach a certain size, AAAs can rupture and produce sudden, serious internal bleeding.

“Fortunately, Ramona’s aneurysm was not yet an emergency,” Dr. Hoenig explains. “We typically don’t perform a surgical repair unless an aneurysm reaches 5 to 5.5 centimeters—about two inches.”

Ms. Vieu left Dr. Hoenig’s office that day with clear instructions. “He told me that if I felt intense back pain—like nothing I’d ever felt before—I should get to a hospital immediately. It would mean the aneurysm ruptured.” The plan was for her to return for an ultrasound exam in six months.

Aneurysm repair the easy way

At that point, it was time to repair the abdominal aneurysm, which had quietly stretched in size. But something else had occurred: Ms. Vieu was diagnosed with congestive heart failure, the result of her heart attack years before. She was underweight and fatigued.

For that reason, she was understandably relieved when Dr. Hoenig described the endovascular aneurysm repair (EVAR) that could be performed at Emerson instead of the traditional surgery, which requires a long abdominal incision and a long recovery. During an endovascular repair, a Dacron stent is threaded through a catheter to the aneurysm, where it is opened, essentially creating new blood vessel walls and avoiding the risk of a rupture.

“Dr. Hoenig described both procedures, but he encouraged me to consider the



(Left to right): Adhip Mukerjee, MD, and Mark Connaughton, MD, interventional radiologists, often collaborate with Steven Hoenig, MD, a vascular surgeon.

EVAR,” says Ms. Vieu. “I remembered how sore I was after having a c-section; I didn’t want to go through that again. Besides, I trust Dr. Hoenig. He’s a phenomenal doctor. I went with his recommendation.”

“Because of her congestive heart failure, Ramona was an ideal candidate for the minimally invasive surgery,” explains Dr. Hoenig, who performed the EVAR with Dr. Mukerjee in February. Controlling Ms. Vieu’s heart condition was a challenge during and after the surgery, but she was in the experienced hands of Thomas LaMattina, MD, a cardiologist at Emerson.

“Dr. LaMattina is fantastic,” says Ms. Vieu, who has become an enthusiastic fan of the Emerson Hospital staff. “The care was incredible. I am so impressed with everyone there.”

Despite a series of health problems, Ms. Vieu remains optimistic. “I’m determined to get back to where I’m feeling good,” she says. The expertise at Emerson is helping her get there.

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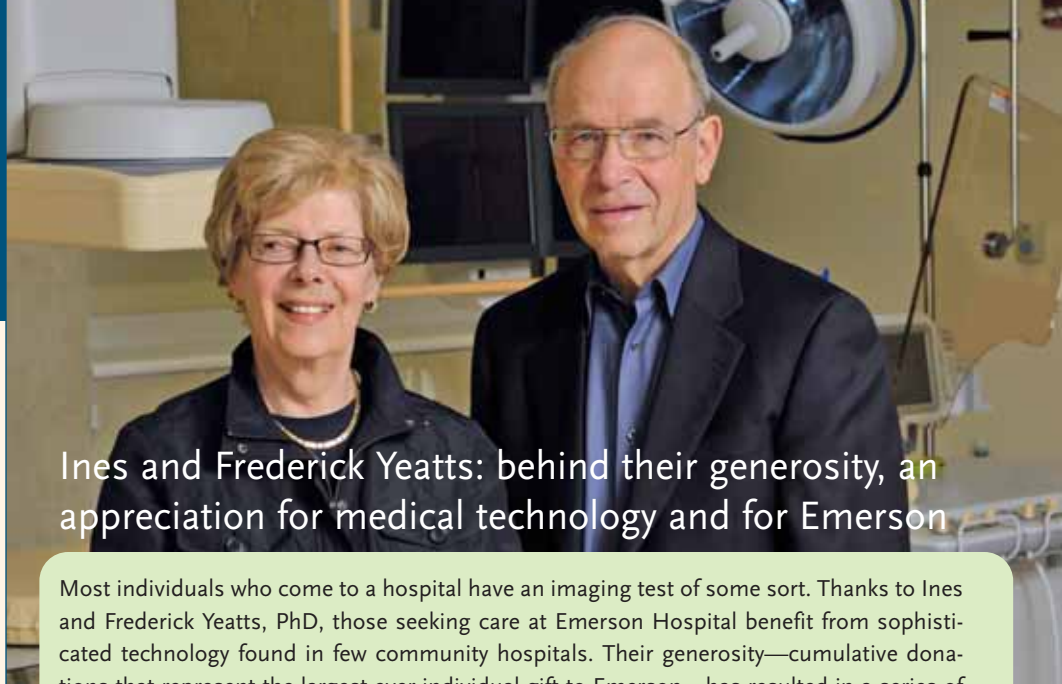
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The information included here is intended to educate readers about health issues, but it is not a substitute for consultation with a personal physician.

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.



Ines and Frederick Yeatts: behind their generosity, an appreciation for medical technology and for Emerson

Most individuals who come to a hospital have an imaging test of some sort. Thanks to Ines and Frederick Yeatts, PhD, those seeking care at Emerson Hospital benefit from sophisticated technology found in few community hospitals. Their generosity—cumulative donations that represent the largest-ever individual gift to Emerson—has resulted in a series of imaging upgrades that have a daily impact on the hospital's patients.

That has been their philanthropic goal, say Dr. and Mrs. Yeatts, Bedford residents who share an appreciation for the role technology plays in advanced medical care. "We knew that Emerson wished to upgrade its imaging systems," says Dr. Yeatts. "We soon saw that the hospital has a way of getting things done quickly and efficiently. Our donations have helped a large number of people in a short amount of time."

"Since 2005, the Yeatts' support has enabled Emerson to acquire significant new technology," says Christine Schuster, president and chief executive officer. It has resulted in a digital storage system, purchase of five new ultrasound machines, installation of a device that fuses various radiologic images and construction of a state-of-the-art interventional radiology suite, which opened in May. Earlier this year, Emerson announced that the hospital's radiology center has been named The Ines and Frederick S. Yeatts Radiology Center.

The couple enjoys visiting Emerson to see the center's ongoing progress. "We've been given lots of things," says Dr. Yeatts, "so we consider this support as payback—our way of giving something to society." They have come to admire members of the radiology department, including David Rose, MD, and Adhip Mukerjee, MD.

Dr. and Mrs. Yeatts both receive care at Emerson and are impressed with the quality. "I had been a patient at a different hospital, and it was a revelation to come to Emerson," says Mrs. Yeatts. "I receive really good care from people who are consistently nice and considerate."