

The Healthy Life

News About Health and Giving from
North Shore Medical Center

SPRING/SUMMER 2016

NEVER SLOWING DOWN

Trigger Point Injections Help Endurance
Athlete Relieve Severe Muscle Pain



NORTH SHORE
MEDICAL CENTER

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Advanced Fracture Care Gets
Peabody Man Back on Course

Weight-Loss Surgery Has
Danvers Woman on the Move

Making the Scene at
Lively NSMC Events

"Her confidence,
gives me confidence."



Our patients think the world of our primary care physicians and with timely appointments, convenient office locations and a commitment to giving you the care and support you need to stay healthy, it's easy to see why.

Making your life healthy is our life's work.



Marc Sibella, D.O.
Marblehead



Judith Fokum, M.D.
Danvers



Alexander Katz, M.D.
Salem



Adepeju Champion, M.D.
Danvers

To learn more about our exceptional primary care physicians, please call our physician finder service at 1-877-NSMC-MDS (1-877-676-2637) or visit us online at nsmc.partners.org.



The HealthyLife

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ON THE COVER

Trigger point injections help Topsfield's Dawn Cobak overcome severe calf pain.



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The Healthy Life is a publication of the North Shore Medical Center Marketing and Development departments. We welcome your input. Send questions, comments and suggestions to:

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Website: nsmc.partners.org

North Shore Medical Center is a multi-site health system located north of Boston that includes NSMC Salem Hospital, NSMC Union Hospital and North Shore Physicians Group. Together with Massachusetts General Hospital, we opened the Mass General/North Shore Center for Outpatient Care in Danvers in 2009. NSMC is a member of Partners HealthCare.

NEVER SLOWING DOWN

Trigger Point Injections
Help Endurance Athlete
Relieve Severe Muscle Pain

Trigger point injections helped endurance athlete Dawn Cobak get back to training after she experienced severe muscle pain in her right calf muscle.

In the fall of 2015, after completing her first Ironman triathlon and a 50K road race, Dawn Cobak, 45, of Topsfield, began to experience debilitating pain in her right calf muscle. Fearing that these endurance events had done permanent damage to her leg muscles, Cobak turned to North Shore Medical Center's sports medicine and non-surgical orthopedic specialist Navid Mahooti, M.D., for help.

A busy mother of two and part-time financial advisor, Cobak started running six years ago as a way to reduce stress and carve out some personal time. "Once I started running, I never stopped," laughs Cobak. "I used to challenge myself to run from telephone pole to telephone pole, then I upped it to a mile, then two. Before I knew it I was building up my mileage and signing up for marathons."

Running, although strenuous at times, invigorated Cobak. "I was lucky to have avoided serious injury thus far, so I found the calf pain very upsetting," says Cobak. "I went from running marathons to barely being able to walk. I was convinced that my active days were over."

After a thorough exam, Dr. Mahooti discovered that several trigger points had formed in Cobak's right calf muscle. "Trigger points, or 'knots' as they are commonly called, are painful, tender areas of muscle that can form from overuse, repetitive motion or a variety of other reasons," he explains. Given Cobak's intense training schedule, the formation of trigger points came as no surprise. Dr. Mahooti was able to treat Cobak's pain with one round of trigger point injections.

"Trigger point injections are an outpatient procedure designed to reduce or alleviate pain," explains Dr. Mahooti. "During the procedure, a small needle is inserted directly into the trigger point, which stimulates the muscle to relax from its tightened, contracted state. The procedure is safe, causes minimal pain to the patient and is highly effective." An anesthetic can also be injected into the trigger point to help ease pain. In Cobak's case, the pressure from the syringe alone was enough to stop her pain almost immediately.

“ I WENT FROM RUNNING MARATHONS TO BARELY BEING ABLE TO WALK. I WAS CONVINCED THAT MY ACTIVE DAYS WERE OVER.”

GET IN LINE

Without Leaving the Couch

North Shore Urgent Care is making waiting rooms a thing of the past with its new online reservation service. Patients visit northshoreurgentcare.org and receive an estimated waiting time and a text when it's time to be seen.

North Shore Urgent Care, a full-service urgent care center affiliated with North Shore Medical Center and operated by North Shore Physicians Group, treats patients of all ages who need immediate same-day care for non-life-threatening illnesses.

North Shore Urgent Care is located at the Mass General/North Shore Center for Outpatient Care
104 Endicott Street, Danvers • 978-739-7700

Monday through Friday, 8 a.m. to 8 p.m.
Saturday and Sunday, 8 a.m. to 5 p.m.

To learn more, please visit northshoreurgentcare.org

Please note: North Shore Urgent Care is not an emergency room and only treats non-life-threatening conditions. If you are experiencing a heart attack, stroke, chest pains or excessive bleeding, please go directly to the nearest emergency room or call 911.



Win a Fitbit

TAKE OUR READER SURVEY
TO ENTER DRAWING

We want *The Healthy Life* to meet the needs of our readers and would value your input. What do you like about the magazine? What would you like to learn more about? Take our reader survey to share your suggestions.

Visit healthylifesurvey.com to take the survey.

The survey will take just a few minutes to complete and all respondents will be entered into a drawing for a Fitbit Charge HR activity tracker with heart rate monitor.



“I woke up that morning and could barely get out of bed and about 20 minutes after the injections I walked to my car pain free. Within three days I was back to running,” recalls Cobak.

Athletes aren't the only ones who suffer from trigger points. Sitting at a desk, sleeping awkwardly, driving a car for many hours a day and other overuse activities can result in trigger points in the neck, shoulders, upper back and buttocks, among other areas.

Dr. Mahooti also recommends physical therapy and deep tissue massage for some patients suffering with trigger points, but finds that many prefer the injections because they are often less painful, performed in an office setting and are typically covered by health insurance. Trigger point injections are generally not recommended for acute or severe muscle injuries.

“Running keeps me focused and is a big part of my life,” says Cobak. “Thanks to the trigger point injections, I am pain free and training for my next big challenge.”



To watch a video about Dawn Cobak, please visit: [youtube.com/NorthShoreMedCenter](https://www.youtube.com/NorthShoreMedCenter).

Physician Q&A

If you have a health question you would like answered by our experts, send us an email at HealthyLife@partners.org.

Q | How much sugar in my diet is too much? Should I also limit sugars from fruit?

Sugars in your diet can be naturally occurring or added. Naturally occurring sugars are found in foods such as fruit and milk. Added sugars are those introduced during the preparation or processing of food. According to the American Heart Association, the maximum amount of added sugars an adult should consume per day is 150 calories (37.5 grams) for men and 100 calories (25 grams) for women. Consuming sugars in excess of these amounts can contribute to obesity, diabetes, cardiovascular disease, impaired cognitive function and cancers. While fruits do contain natural sugar, they are also a source of nutrients and fiber that are important to your health. Eating fruit is always a better choice than processed foods.

To contact Dr. Snyder, please call 978-922-0357.

Jonathan Snyder, M.D.
Adult and Pediatric Primary Care



Q | If I develop osteoporosis, does it mean I'm lacking calcium in my diet?

Rebecca Orendorff, M.D.
Family Medicine

Osteoporosis can be attributed to a number of different factors, one of which is not getting enough calcium. People who get enough calcium from foods or supplements, however, can still be at risk of bone loss due to other factors, such as a family history of osteoporosis, not exercising, smoking, drinking too much alcohol, not getting enough vitamin D and having certain medical conditions or taking certain medicines that can cause bone loss. While getting the recommended amounts of calcium, vitamin D and exercise each day does not always prevent osteoporosis, healthy lifestyle behaviors can help everyone have healthier bones.

To contact Dr. Orendorff, please call 781-631-5126.



Q | I suffer from chronic migraine headaches. Can you recommend some natural treatment options?

A migraine is a type of headache that causes an intense throbbing sensation in one area of the head and is often accompanied by nausea, vomiting and sensitivity to light or sound. While medications are available to help treat and prevent migraines, there are also a variety of alternative treatments that can help. Studies have shown that relaxation techniques such as acupuncture, massage, yoga and meditation can reduce the frequency and severity of migraines. Vitamin supplements such as riboflavin (B2) and CoQ10, a natural antioxidant, have also proven effective, as has the herb butterbur. To contact Dr. Sibella, please call 781-631-5126.

Marc Sibella, D.O.
Family Medicine



Q | I am a woman in my 20s who is feeling overwhelmed by my birth control options. How do I determine which one is best for me?

Melanie Nathan, M.D.
Obstetrics and Gynecology

There are a number of different methods available to help prevent pregnancy, including condoms and birth control pills among the most common. Determining which method is right for you can feel overwhelming because there are many issues to consider, including costs, side effects, your own medical history and long-term plans for having children. It is also important to consider your own lifestyle and find a method you feel comfortable using. Consult with your primary care physician or gynecologist to make an informed decision.

To contact Dr. Nathan, please call 978-739-6975.





- 1) Adri and Sara from Team FC Padova
- 2) Matt Byrne, Jessie Byrne, Gerry Granfors, Linda Champion, Pete Malinowski
- 3) Jim Crosby, Ryley Crosby, Lesley Crosby, Benjamin Crosby, Patricia Crosby
- 4) Nicholas Padovani and family
- 5) Kelly Donahue and family
- 6) Gina Mannion, Susan Raviv, Karen Murray

Photos Left to Right

North Shore Cancer WALK Brick Dedication Ceremony

OCTOBER 22, 2015
MASS GENERAL/NORTH SHORE CANCER
CENTER HEALING GARDEN

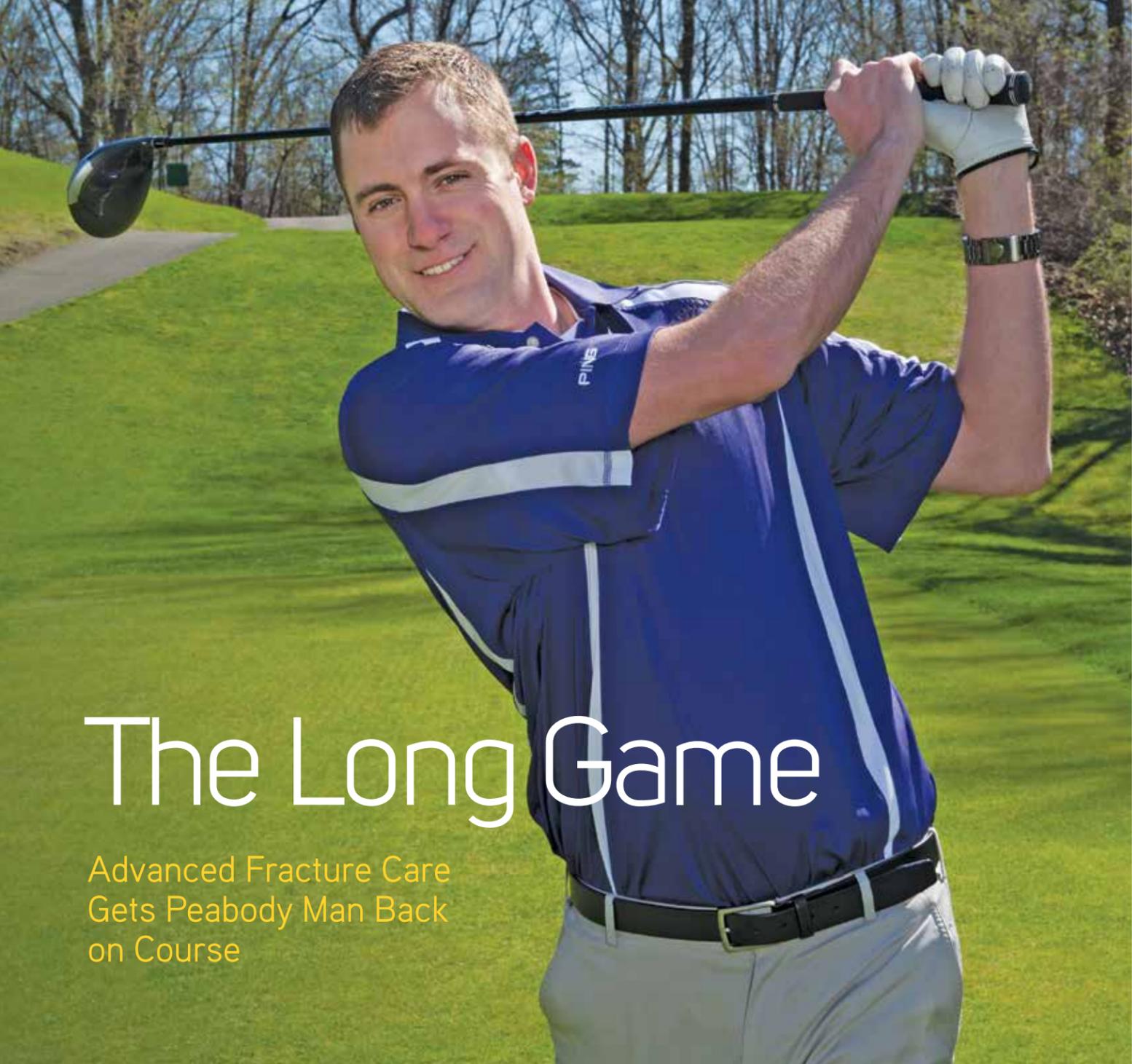


NSMC Donor Celebration

SEPTEMBER 30, 2015
CORINTHIAN YACHT CLUB, MARBLEHEAD

- 1) Mitchell Rein, M.D., Amy Rein
- 2) Charlie Desmond, Phyllis Desmond
- 3) Robert Norton, Richard Holbrook, James Demetroulakos, M.D.
- 4) Chas Leveroni, Howard Rich, Amy Leveroni
- 5) Carol Ann Cushing, Paul Cushing, Alain Chaoui, M.D., Nahed Chaoui
- 6) Barbara Forgione, Marc Forgione, M.D.
- 7) Mark Mandell, M.D., James McIntyre, M.D.
- 8) Amy Weed, Aileen Sheehan

Photos Left to Right



The Long Game

Advanced Fracture Care Gets Peabody Man Back on Course

Certified PGA professional Steve Caruso is back in the game thanks to surgery at NSMC.

The last thing anyone on vacation wants is to get sick or hurt away from home. But on a trip to Bermuda last July, Steve Caruso, 27, of Peabody lost control of the moped he was driving while trying to avoid an oncoming car. When he crashed to the ground, the full weight of the moped landed on his left arm and snapped his humerus just above the elbow.

Determined to enjoy the rest of his trip, Caruso opted for a plaster cast at the local hospital until he could return home for more advanced care. The next days were a far cry from the golf-and-beach getaway he had imagined.

PHOTO COURTESY OF THE FERNCROFT COUNTRY CLUB.

“ I UNDERSTOOD THE POTENTIAL LIMITATIONS I FACED AND FELT CONFIDENT THAT SURGERY WAS THE BEST OPTION FOR MAINTAINING MY ABILITIES.”

Once home, he saw NSMC orthopedic surgeon Todd O’Brien, M.D., who explained that Caruso’s bone was badly broken and recommended surgery to implant a thin metal plate with screws to stabilize the break and knit the bone back together. While he didn’t cause more damage by waiting to see a surgeon, Caruso needed to act fast to avoid further decline.

“Steve’s injury was similar in severity and complexity to many of the trauma cases we see in our practice,” says Dr. O’Brien. “With these injuries, our goal is to realign the fractured bone, protect the range of motion and preserve the health of the joint—in this case, the elbow.”

For Caruso, the surgery and its outcome had higher-than-average stakes. Certified by the Professional Golf Association (PGA), he not only competed as a golfer but worked as an instructor and pro at the Thomas Country Club in North Reading.

“From the beginning, Dr. O’Brien was clear about my situation,” says Caruso. “I understood the potential limitations I faced and felt confident that surgery was the best option for maintaining my abilities.”

In recent years, technology has advanced to improve outcomes in bone fracture repair, says Dr. O’Brien. These improvements include thinner, more anatomically contoured plates as well as locking and non-locking screws that enable greater mobility and individualized treatment.

“Especially for a patient like Steve, who is active and has a high level of physical ability, these features can make a significant difference,” says Dr. O’Brien. “Whether treating an injury due to an accident or a degenerative condition that requires joint reconstruction or replacement, our team offers highly specialized treatments and advanced technology right here in the community.”

Following surgery at NSMC Salem Hospital, Caruso spent six weeks with his arm immobilized, then underwent physical therapy to restore his strength and motion. After a season away, he’s ready to hit the links again. For added

insurance, he is pursuing a backup career as a financial representative and looking forward to reserving his golf for clients and friends.

As for Bermuda, Caruso will take a mulligan. “I’m ready for a do-over,” he laughs, “but this time without moped.”

 For more information on orthopedic services at North Shore Medical Center, please visit: nsmc.partners.org/orthopedics.

HIP AND KNEE SCHOOL

A Program for Patients Considering Joint Replacement Surgery

To help patients who are either scheduled to have joint replacement surgery or considering it as an option, NSMC offers a unique educational program called Hip and Knee School. This free course ensures that patients and their caregivers have all the information they need to make an informed decision and proceed with confidence.

Some of the topics covered include:

- How to prepare for surgery
- What the surgery entails
- How to prepare your home post-surgery
- Pre-admission testing
- Pain control after surgery
- What to expect on the day of surgery
- What the recovery period will involve
- Life after joint replacement

Please speak with your surgeon’s office to book a session. For more information, please visit nsmc.partners.org/orthopedics.



RECORD-BREAKING RACE

Sixth Annual Cancer RUN Raises Nearly \$70,000 for Oncology Services on the North Shore

The sixth annual North Shore Cancer RUN set a new record on Sunday, November 8. Collectively, the 500-plus participants in the event raised close to \$70,000 for oncology services at NSMC and the Mass General/North Shore Cancer Center.

"We are blown away by the passion and enthusiasm of our participants this year," says Rose Fisher, NSMC Director of Development and race organizer. "Everyone stepped up their fundraising efforts and it really paid off. We couldn't be more appreciative."

Featuring 5K and 10K options, the North Shore Cancer RUN begins at the Cove Community Center in Beverly and follows a beautiful coastal route peppered with entertainment and supporters.

To learn more about the North Shore Cancer RUN, please visit <http://nsmc.partners.org/giving>.

Save the Date

**THE 2016
NORTH SHORE
CANCER RUN
5K/10K**

Sunday
October 16



Classes & Services



Disease Management

Cardiac Rehabilitation
781-477-3300

Cardiac Risk Reduction
781-477-3900

Diabetes Management Program
781-477-3409 (Lynn)

Living Well with Heart Failure
978-744-3499

Pulmonary Rehabilitation
781-477-3102

Surgical Weight Management
978-825-6505

Wellness Classes and Services

- Acupuncture
- Childbirth/Parenting
- LEARN Program for Weight Control
- Massage
- Reiki
- Tai Chi
- Yoga & Yogalates

Support Groups

Please contact the following organizations for meeting times and locations.

Addiction Recovery
www.smartrecovery.org

Adult Depression
978-354-2670

Al-Anon
508-366-0556

Anxiety Group
978-354-2670

Asthma and Food Allergy Support Group
781-598-5932

Balance After Baby
978-825-6685

Bereavement: Fetal/Newborn Loss
978-354-3357

Bipolar Disorder Support Group
978-354-2660

Breast Feeding Support Group
978-354-3263

CPAP Support Group
978-354-4397

Defibrilladies Support Group
978-354-4507

Depression Support Group (for teens)
978-354-2670

Diabetes Management Support Group
781-477-3409

Fibromyalgia Support Group
978-739-6906

Gastric Bypass, Band and Sleeve Support Group (pre- and post-op support)
978-825-6505

Grandparents Raising Grandchildren Support Group
978-354-2660

Grief Recovery After a Substance Passing (GRASP)
978-354-2660

HAWC (Healing Abuse Working for Change)
978-744-6841

Implantable Cardioverter Defibrillator Placement Support Group
978-354-4507

Laryngectomy Support Group
781-534-5953

Learn to Cope (substance abuse family support)
978-354-2660

Mindfulness-Based Stress Reduction (adults, teens and children)
978-354-2670

Overeaters Anonymous
781-641-2303

Parenting Teenagers Today
978-354-2670

Parents Helping Parents
978-354-2670

Sibshop Support Group (for siblings of children with special needs)
978-354-2660

Cancer Support Groups

Head and Neck Support Group
978-882-6058

Healing with Hope
781-477-3505

North Shore Medical Center offers a wide range of health programs, classes, support groups and special events at our locations in Salem, Lynn and Danvers.

Most classes begin in January, April, June and September. Call or log on for more details.

Locations and Contact Information

Danvers | Mass General/North Shore Center for Outpatient Care
102 Endicott Street, Danvers

Danvers | NSMC Outpatient Services
One Hutchinson Drive, Danvers

Lynn | NSMC Union Hospital
500 Lynnfield Street, Lynn

Salem | NSMC Salem Hospital
81 Highland Avenue, Salem

Salem | MassGeneral for Children at North Shore Medical Center
57 Highland Avenue, Salem

To register online or sign up for advanced email notification of class registration, visit nsmc.partners.org, or call 1-978-739-6906.

HEALTHY BODY HAPPY LIFE



Since receiving gastric sleeve surgery at NSMC last year, Joyce Davidson of Danvers works out regularly and has lost more than 100 pounds to date.

Weight-Loss Surgery Is a Game Changer for Danvers Woman

Joyce Davidson of Danvers is a woman who knows her own mind. A straight shooter who works as a traffic control manager for U-Haul, she's used to being in charge. So when she was confronted with a serious health crisis that she couldn't manage on her own, she faced a difficult choice.

Last winter, Davidson was diagnosed with intracranial hypertension, a condition brought on by increased pressure on the brain that can lead to severe headaches and vision loss. As is often true in such cases, Davidson's weight was an exacerbating factor. To address her condition, Davidson was presented with two options: surgery to insert a shunt into her brain to relieve the pressure or significant weight loss. Because intense physical activity can aggravate the symptoms of intracranial hypertension, she couldn't rely on exercise to lose weight as she had done in the past.

"I was 32 years old and didn't want brain surgery," Davidson recalls. "I had thought about weight-loss surgery in the past, and now it seemed like the right choice at the right time."

Davidson was referred to the NSMC Surgical Weight Loss Program, the largest and most successful program of its kind on the North Shore. She began as all potential patients do with an information session that outlined the pros and cons of weight-loss surgery and provided an overview of various procedures. Patients who opt for surgery also participate in an extensive evaluation process and post-operative program, including nutrition, wellness and exercise counseling, ongoing education and support-group sessions.

"There is no single solution for weight-loss patients," says Jaime Rivera, M.D., co-director of the NSMC Surgical Weight Loss Program. "Our program educates patients so that they can make informed decisions that suit their individual situations and goals."

In consultation with Dr. Rivera, Davidson opted for gastric-sleeve surgery, during which 75 to 80 percent of the stomach is removed and the remaining portion is turned into a skinny tube. The smaller size and shape of the stomach help limit portion size and calorie intake. Gastric-sleeve surgery is also reported to affect the hormones that control appetite, which can further contribute to weight loss.

Within a week of her surgery last April, Davidson was up and walking. Two weeks later, she was exercising. Three months later, she and her wife, Ember, completed a 12-mile hike in the White Mountains. Today, Davidson has lost more than 100 pounds, works out and plays basketball regularly and feels better than she has in years. Along with her own self-motivation, she credits much of her success to the support she has received at home and through the Surgical Weight Loss Program.

"I can't say enough about Dr. Rivera and his team," she says. "They are forthcoming and honest, and I can always count on them whenever I have a question. I couldn't imagine doing this without them."

"Support is the cornerstone of our program," says Dr. Rivera. "It starts on day one and continues for at least five years."

A little over a year after surgery, Davidson is happy with her decision. She was promoted at work, is working toward her bachelor's degree and says her marriage is stronger than ever. "The change in my life is real," she says. "The circumstances may not have been ideal when this journey began, but it's been a win in every way since."

To watch a video about Joyce Davidson, please visit: youtube.com/NorthShoreMedCenter.



SURGICAL WEIGHT LOSS INFORMATION SESSIONS

NSMC's Surgical Weight Loss Program is now offering free information sessions at NSMC Salem Hospital and the Mass General/North Shore Center for Outpatient Care in Danvers. These sessions offer a great opportunity to learn more about weight loss surgery options and ask questions.

Register online at nsmcweightloss.org or call us at 978-825-6505.

WELCOME NEW PHYSICIANS



Come meet the team

June 16, 3:30-7 p.m.
100 Cummings Center
Suite 136-P, Beverly

North Shore Physicians Group is pleased to welcome five exceptional primary care physicians who will be joining its team in June. These physicians, who have deep roots in the North Shore community, will soon be affiliated with North Shore Medical Center and Partners HealthCare. Their patients can expect convenient online access and a commitment to exceptional health care.

This group will see patients in Beverly (100 Cummings Center, Suite 136-P) until its permanent location opens in Rowley in early 2017.

Patients wishing to make an appointment with the physicians in their new location may call 877-379-5522. For more information on these physicians or to learn more about NSPG, please visit northshorephysicians.org.

NorthShorePhysiciansGroup

LEADERSHIP GIVING & 1874 SOCIETY

NSMC gratefully acknowledges all gifts and pledges of \$1,000 or more made between January 1, 2015 and December 31, 2015. This list recognizes pledges in the year they were made, at the full amount. Subsequent pledge payments are acknowledged at the level of payment made in that year. Leadership gifts generally support multiple construction and renovation projects that are critical to the Medical Center. 1874 Society members (denoted with the symbol ~) make annual contributions of \$1,000 or more to support innovations in healthcare delivery, purchase new equipment and augment programs in patient care and education.

\$100,000 +

The Davenport Fund
Norman H. Read 1985 Trust,
Nile L. Albright, MD, Trustee

\$50,000 - \$99,999

Jeffrey and Susan Brudnick
Mr. Donald Durkee ~
Merry Mixers
Friends of MassGeneral *for* Children
at North Shore Medical Center
People's United Community Foundation of
Eastern Massachusetts
Weld Foundation

\$25,000 - \$49,999

Steven and Janet Kouroubacalis
Charles W. Pingree ~
Daniel and Linda Sullivan
Thermal Circuits
Barbara and Anthony Klein ~

\$10,000 - \$24,999

Mr. and Mrs. Thomas Carpi
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\$5,000 - \$9,999

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HDR Architecture, Inc. ~
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Mr. Richard Holliday ~
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Mr. and Mrs. Bradley P. Noyes ~
Mary Puma and Eivind Lange ~
Mrs. Anne L. Seaver ~
Harold T. N. Smith Memorial Foundation
Jessica and Jeremy Styles ~
Union Hospital Ladies Auxiliary and
The Pine Gift Shoppe

\$2,500 - \$4,999

Sara J. Andrews ~
Blue Cross Blue Shield of Massachusetts ~
Niranjan Dudani, MD, and
Krishna Dudani ~
East Boston Savings Bank ~
Dr. and Mrs. John P. Fisher ~
The Fruehauf Foundation ~
Dr. John Gelinas and Dr. Justine Gelinas ~
David and Sheryll Harkins ~
Mr. and Mrs. Ulf B. Heide ~
Steven E. Kapfhammer ~
Nathan Kaufman and
Elin Spring Kaufman ~
Ms. Pamela L. Lawrence and
Mr. Robert W. Buck ~
Terence A. McGinnis ~
Old Neighborhood Foods/Thin and
Trim/Waterhill Naturals ~
Olive Realty Trust ~
Mrs. Nancy P. Parker ~
Dr. and Mrs. Mitchell S. Rein ~
Dr. David J. Roberts and
Marguerite Roberts ~
Roxanne and Kevin Ruppel ~
Salem Waterfront Hotel ~
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Mr. and Mrs. Paul K. Soucy ~
Betsy and Gary Spiess ~
Mr. and Mrs. William F. Truscott ~
Nathan Van Houzen, MD ~
Eijk and Rose-Marie Van Otterloo ~
The Morton and Lillian Waldfogel
Charitable Foundation ~
Walsh Brothers, Inc. ~

\$1,500 - \$2,499

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\$1,000 - \$1,499

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John J. Kilcoyne ~
Dr. Donald and Maryann Kowalski ~
Dr. and Mrs. Edward E. Krukoni ~
Dr. Rebecca Lee and Mr. Ken Lee ~
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The 1874 Charter Society recognizes individuals who have made a gift to NSMC as part of their estate planning via a bequest, a gift annuity, real estate, charitable trust or any other form of deferred giving. This society acknowledges the generosity of this special group whose vision will provide a permanent legacy to support NSMC's mission well into the future.

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NSMC relies on the generous support of individuals, companies, foundations and organizations to thrive and grow and is grateful for gifts of all sizes. With your support, you are helping to strengthen a variety of programs that ensure that your community hospital is here when you, your family or neighbors need us.

For more information on Leadership Giving, 1874 Society or the 1874 Charter Society, please contact Rose Fisher at 978-825-6116, rfisher3@partners.org.

NORTH SHORE CANCER WALK/RUN

The 25th anniversary of the North Shore Cancer WALK marked one of the most successful years in history, raising \$1.1 million for oncology services on the North Shore.

We could not have had such a successful event without the outpouring of support of dedicated walkers, runners, donors, team captains, volunteers and sponsors. The WALK/RUN has raised more than \$21 million over the last 25 years, providing vital funds for cancer treatment and programs at North Shore Medical Center and the Mass General / North Shore Cancer Center.

We are indebted to the following groups for their steadfast support of this annual event:

WALK Steering Committee
WALK Logistics Committee
RUN Logistics Committee
Wicked Running Club
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In-kind donors
Entertainers
City of Beverly Police
Beverly Park and Recreation
Department
Endicott College
City of Salem Police and Fire
Salem Park and Recreation
Department
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In addition, we offer special thanks to Chris Cole and Mary Jo Gagnon, the 2015 WALK co-chairs. Chris and Mary Jo worked tirelessly to help increase participation and bring enthusiasm to the 25th annual Cancer WALK/RUN.

2015 WALK Presenting Sponsor
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2015 WALK Media Sponsors
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2015 BRICK RECIPIENTS

The healing garden at the Mass General/North Shore Cancer Center in Danvers presents an opportunity for individuals, teams or organizations to be recognized or to honor a loved one by having a brick inscribed and placed in the garden.

The garden sits directly outside the infusion bay windows in the cancer center, which is on the south side of the building facing the wetlands. The healing garden contains a paved path, benches, a water fountain, a trellis with climbing flowers and willow trees. It also includes several varieties of perennial plants and flowers.

Each year, any individual, team or organization that raises or donates \$3,000 or more to the North Shore Cancer WALK/RUN is eligible for a brick.

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Team Padova
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Team Tucker
Too Inspired To Be Tired
Walk On...

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To all of our donors and to the staff of the medical center, the NSMC Development Office expresses its deepest appreciation.



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NORTH SHORE CANCER WALK



Sunday, June 26

The 26th annual North Shore Cancer WALK will take place on Sunday, June 26! Starting at Salem Willows Park, and winding through historic downtown Salem, the scenic 10K (6.2 mile) Cancer WALK brings together thousands of participants for an unforgettable celebration of life, courage and community.

Proceeds from the 2016 Cancer WALK will support oncology services at North Shore Medical Center and the Massachusetts General/North Shore Cancer Center.

northshorecancerwalk.org



The HealthyLife

News About Health and Giving from North Shore Medical Center

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