

The Healthy Life

A HEALTH & WELLNESS MAGAZINE FROM NSMC

FALL 2013

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NORTH SHORE
MEDICAL CENTER

nsmc.partners.org

Our Plan for a Healthier North Shore



NSMC and Partners HealthCare Announce Plan to Improve Care North of Boston

North Shore Medical Center (NSMC) and Partners HealthCare have announced a plan to improve care and coordination across a wide spectrum of health services north of Boston. This plan, which also involves Hallmark Health and Massachusetts General Hospital, realigns practices and facilities to make high-quality care more effective and accessible to residents of the North Shore and addresses the most pressing health needs of the community. Hallmark Health, which has reached a memorandum of understanding with Partners HealthCare, operates Lawrence Memorial (Medford) and Melrose-Wakefield (Melrose) hospitals.

Key elements of the plan include:

- Consolidating hospital-based medical and surgical services on one campus at Salem Hospital and expanding and improving that facility to serve the needs of the broader community;
- Creating Centers of Excellence in Primary Care and Behavioral Health on the Union Hospital campus, with psychiatry and behavioral health operated by Massachusetts General Hospital;
- Expanding primary, specialty, urgent care and behavioral health services throughout the North Shore at North Shore Physicians Group (NSPG) offices and in collaboration with local community health centers;
- Maintaining emergency services on the Salem and Union campuses. The level of emergency care at each site will be based on the needs of the community and patient safety priorities.
- NSMC expects this plan to take three years to implement during which time Union Hospital will remain an acute care hospital.

“We are confident that this plan succeeds in delivering the highest-quality care to our patients in a comprehensive and thoughtful way,” says NSMC President and CEO Robert G. Norton. “In the new health care environment, this plan supports both better coordination of care and healthier communities.”

Changes based on need

To guide this strategy, NSMC recently completed a comprehensive Health Needs Assessment of the communities it serves. The results of this assessment clearly reflect the shift in health needs that has occurred over the last decade, with access to primary care, specialty care and urgent care identified as a universal demand.

Improvements at NSMC Salem Hospital

To accommodate the consolidation of medical and surgical services, NSMC and Partners are building a new state-of-the-art emergency department and additional inpatient units with private rooms and family-centered facilities at Salem Hospital. Key access areas such as the main entrance and parking will also be reconfigured and renovated.



Robust primary, specialty and urgent care to remain in Lynn

As care increasingly shifts to outpatient settings and the role of primary care expands, NSMC will be enhancing its NSPG practices on the Union campus and throughout the North Shore. This aspect of the plan ensures that the services that Lynn residents use most will remain in the Lynn community.

Continued investment in community health

NSMC and Partners will expand upon existing collaborations with community organizations, including the Lynn Community Health Center and North Shore Community Health, Inc., to increase access to a spectrum of care.

Meeting a critical need

The Center of Excellence in Behavioral Health on the Union campus will include inpatient and some outpatient psychiatry and behavioral health services and be operated by Massachusetts General Hospital. Psychiatry beds currently located at Hallmark Health's Lawrence Memorial Hospital in Medford and NSMC's Salem Hospital will be relocated to the Union campus. Additionally, outpatient behavioral health services will be expanded throughout local communities.

More integrated care improves quality, coordination

Integral to the plan are new models of care at NSMC that improve coordination, efficiency and safety. “By making the best use of health care resources in the region, we are advancing the goals of population health management and offering the greatest benefit to our patients,” says Norton. “Furthermore, by caring for patients within a coordinated system, we can monitor the quality of their care more effectively and avoid repetitive procedures, such as tests and imaging, that can happen when a patient sees a disconnected number of providers.”



A regional plan, coordinated system

The affiliation between Partners HealthCare and Hallmark Health also includes investment in Hallmark's Melrose-Wakefield campus and transforming Lawrence Memorial Hospital to a short-stay inpatient and ambulatory facility operated by Mass General. This affiliation presents new possibilities for improving health care for residents north of Boston.

Mission remains unchanged

“Our mission to provide the finest care to patients throughout the North Shore will never change,” says Norton. “We truly believe that our vision for the future is in the best long-term interests of the communities we serve. In short, we will offer increased access, better care and lower costs.”

▶ VISIT THE WEBSITE

For more information



healthiorthshore.org

North Shore Urgent Care

The Right Care, Right Now



Anne Chung, M.D., Medical Director of North Shore Urgent Care, meets with a patient.

If you’ve ever endured a long wait in an emergency room for a sprained ankle or an ear infection, you’ve had plenty of time to imagine a more efficient system. With the opening of North Shore Urgent Care, there is one. The new center, located at the Mass General/North Shore Center for Outpatient Care in Danvers, offers adults, children and infants immediate and convenient care for conditions that need attention but are not life-threatening (see sidebar).

North Shore Urgent Care is a service of North Shore Physicians Group (NSPG), NSMC’s multi-site primary and specialty care physician network, to respond to high demand for urgent care appointments.

Patients do not need to have an NSMC or NSPG physician to use the center; North Shore Urgent Care is open to all patients in the region who need same-day access to efficient, high-quality medical treatment. Furthermore, it offers several advantages over other urgent care settings, says Medical Director Anne Chung, M.D.

“Often, patients seek emergency care because they cannot get in to see their primary care physicians on short notice, or because they’re worried they may need more complex care than is offered at their doctor’s office,” says Dr. Chung. North Shore Urgent Care offers same-day and walk-in appointments seven days a week and provides services such as lab testing, X-rays, intravenous fluids, splints and stitches on site. If a patient requires more complex care, staff can quickly and easily arrange a transfer to the emergency department at NSMC Salem Hospital or NSMC Union Hospital, or coordinate



North Shore Urgent Care offers same-day and walk-in appointments seven days a week and provides services such as lab testing, X-rays, intravenous fluids, splints and stitches on site.

follow-up care with a specialist at NSMC, Massachusetts General Hospital, Brigham and Women’s Hospital or another physician in the Partners HealthCare network. And unlike commercial urgent care centers, North Shore Urgent Care is staffed by physicians trained in emergency or family medicine, along with experienced physician assistants and nurse practitioners.

Another benefit of the new center is its patient-centered design, aimed at improving efficiency and reducing wait times. When patients check in, they are taken directly to an exam room, where most treatment can be delivered. A carefully coordinated flow model keeps clinical activities moving efficiently behind the scenes. “We wanted a design that created a seamless environment for both patients and caregivers,” says Harriet Sanclemente, R.N., Program Manager,

North Shore Urgent Care, who was part of a planning committee for the center. Effective communication is also a top priority for North Shore Urgent Care.

“When patients are treated in an emergency room or in a commercial clinic, there is a greater chance for fragmented communication among providers, which can make it difficult for primary care physicians to accurately manage a patient’s health,” says Dr. Chung. Staff at North Shore Urgent Care keep NSPG and NSMC primary care physicians abreast of patient visits through the hospital’s shared electronic medical records system. For patients with a primary care physician outside of NSMC, a complete record of care can be sent to their physician after each visit. Patients without a primary care physician can be connected with one in the NSPG network.

“Based on the strong positive reaction we received to the pilot program, we know that we are meeting a demonstrated need for easy access to urgent care,” says NSPG President Steven Kapfhammer. “We are happy to extend this important resource to families throughout the North Shore.”

For more information about North Shore Urgent Care, call 978-739-7700 or go to northshoreurgentcare.org.

URGENT CARE OR EMERGENCY CARE?

WHAT TO KNOW BEFORE YOU GO

To go to the emergency room or not to go to the emergency room? It’s a question most of us have faced—whether for a fever that comes on the day before vacation, a sore back after weekend chores or a finger cut during a culinary adventure.

Open seven days a week by appointment or walk-in, North Shore Urgent Care treats non-life-threatening injuries and illnesses such as:

- Cold or flu
- Cough or sore throat
- Muscle cramps
- Sprains and other muscle and joint strains
- Bruises, small cuts or minor burns
- Rashes or minor swelling
- Severe headaches
- Sore throat and sinus pain
- Cuts and scratches
- Allergies and asthma
- Ear and eye infections

“If you need to be seen right away, either because of your condition or your schedule, urgent care can help,” says Anne Chung, M.D., Medical Director, North Shore Urgent Care. But, she cautions, urgent care is not a substitute for emergency care. “If your symptoms are the result of a serious injury or accident, or if they indicate a life-threatening condition such as a heart attack or stroke, call 911 and go to the closest emergency room.” NSMC Salem Hospital and NSMC Union Hospital emergency departments are qualified emergency resources in this community.

North Shore Urgent Care is located at the Mass General/North Shore Center for Outpatient Care in Danvers and is open Monday through Friday from 8 a.m. to 8 p.m. and Saturday and Sunday from 9 a.m. to 5 p.m. For more information, call 978-739-7700 or go to northshoreurgentcare.org.

Classes & Services

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 Women’s Center
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

Salem | NSMC Wellness & Integrative Medicine Center
400 Highland Avenue, Salem
978-740-1022
nsmcwellness@partners.org

Childbirth and Care

Call Isis Parenting at 781-429-1500 or log on to isisparenting.com to register for classes.

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
978-354-2577

Pulmonary Rehabilitation
781-477-3102

Surgical Weight Management
978-825-6505

Wellness Classes and Services

- Acupuncture
- Chair Strength Training for Seniors
- Chi Gong
- CPR 978-354-3013
- Fitness Gym
- Hypnotherapy
- LEARN Program for Weight Control
- Massage
- Meditation
- Personal Training
- Reiki
- Smoking Cessation 781-477-3900
- Strong Women
- Tai Chi
- Yoga & Yogalates

Support Groups

Please contact the following organizations for meeting times and locations.

Addiction Recovery
www.smartrecovery.org

ADHD Parent Support Group
978-354-2660

Al-Anon
508-366-0556

Asthma and Food Allergy Support Group
781-598-5932

Bereavement: Fetal/Newborn Loss
978-354-3357

Bipolar Disorder Parent Support Group
978-354-2660

Breast Feeding Support Group
978-354-3263

CPAP Support Group
978-354-4397

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

Diabetes Management Support Group
781-477-3409

Fibromyalgia Support Group
978-740-1022

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

Grandparents Raising Grandchildren Support Group
978-741-1215 ext. 2623

Grief Recovery After a Substance Passing (GRASP)
781-593-5224

HAWC (Healing Abuse Working for Change)
978-744-8552

Laryngectomy Support Group
978-236-1455

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

Mindfulness for Children (ages 8-10)
978-354-2670

Obsessive-Compulsive Disorder Support Group
978-354-2670

Overeaters Anonymous
781-641-2303

Parents Helping Parents
978-354-2660

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

Stress Reduction Clinic (adults and teens)
978-354-2670

Stroke Support Group
781-631-0114

Cancer Support Groups

Children Whose Parents Have Cancer Support Group
978-882-6073

Head and Neck Support Group
978-882-6002

Healing with Hope
781-477-3505

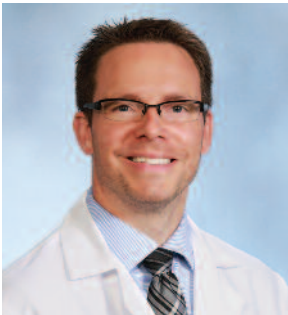
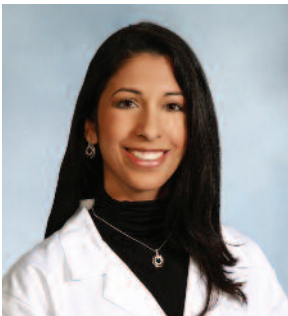
Physician Q&A

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

Q | When should I visit the emergency room rather than an urgent care center?

When you have a life-threatening situation, the emergency room is the only option. If you have a serious condition—stroke, heart attack, severe bleeding, head injury or other major trauma, you should head straight to the emergency room. However, if your condition is less serious but still requires immediate attention, choosing an urgent care facility can save you time and ensure effective treatment. These conditions could include ear infections, cold symptoms or sprains and strains. Urgent care centers—such as the new North Shore Urgent Care in Danvers—are typically open for extended hours and will be able to accommodate you more quickly for non-life-threatening illnesses and ailments. **To contact Dr. Marrero, please call 978-354-3517.**

Marisela I. Marrero, M.D.
Emergency Medicine



Q | What type of diet should I follow if I have high blood pressure?

A healthy diet, such as the DASH (Dietary Approaches to Stop Hypertension) diet, is often effective in helping to lower high blood pressure. The DASH diet consists primarily of fruits, vegetables, whole grains and lean meat. The following steps can also help: Eating more fruits, vegetables and low-fat dairy foods; eating more whole grain products, fish, poultry and nuts; eating less red meat and fewer sweets; eating foods that are high in magnesium, potassium and calcium; eating fewer foods that are high in saturated fat and cholesterol; and eating foods with less sodium. Despite dietary changes, some patients require medications to help manage high blood pressure. If this is the case, your physician will help you select a medication that will work best for you. **To contact Dr. Phillips, please call 781-596-2000.**

Jeffrey W. Phillips, M.D.
Family Medicine

Q | What are the symptoms of a urinary tract infection?

Symptoms of a urinary tract infection (UTI) vary by age, gender and whether or not a catheter is present. Among young women, UTI symptoms typically include a frequent and intense urge to urinate and a painful, burning feeling in the bladder or urethra during urination. Older women and men are more likely to be tired, confused, shaky and weak, have muscle aches, lower abdominal pain and sometimes nausea and vomiting. Urine may also look cloudy, dark or bloody or have a foul smell. You should see your primary care physician so he/she can properly diagnose your condition. **To contact Dr. Fokum, please call 978-739-6950.**

Judith G. Fokum, M.D., M.P.H.
Internal Medicine



Q | I have been really stressed out lately. I am also diabetic. How can stress affect my blood sugar/glucose control?

Stress is a normal part of life but when you have diabetes, stress can have a negative impact on your blood glucose control. Stress makes our bodies produce stress hormones, which can raise blood glucose levels. It also may impact food choices, meal planning and physical activity. Managing stress levels becomes easier when you are more aware of situations that trigger your stress response. Try spending more time with people who make you happy or use lists to keep yourself organized and working at a reasonable pace. Using relaxation techniques like deep breathing, guided imagery, yoga, massage and meditation may also help. **To contact Dr. Pareek, please call 978-542-0331.**

Ashutosh Pareek, D.O.
Endocrinology/Diabetes

To register online or sign up for advanced email notification of class registration, visit nsmc.partners.org, or call 1-978-740-1022.

Finding Her Rhythm



Cardiac Ablation Procedure Has Lynn Mother Running Strong

Thanks to her cardiac ablation procedure at NSMC, Nicole Smith of Lynn can now exercise without worry.

For more than a decade, Nicole Smith, 33, of Lynn suffered from what she thought were panic attacks. At least once a month, without any advance warning, her heart would race uncontrollably for short bursts of time—usually just a few minutes—leaving her a bit dizzy and lightheaded when it stopped. A physician she saw as a teenager prescribed an anti-anxiety medication to help her manage her stress.

The problem was, Smith wasn't feeling particularly stressed at the time and the anti-anxiety medication made her tired. Not quite sure how best to proceed, she resigned herself to just "living with it."

In 2009, however, Smith began to reevaluate her line of thinking when she experienced a longer and more pronounced episode of arrhythmia and called 911. Through tests performed in the emergency room, she learned

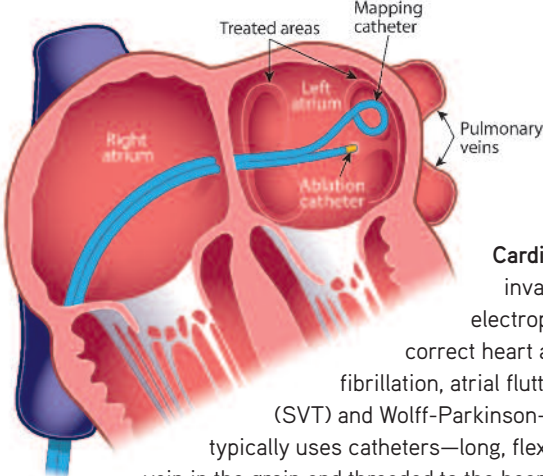
that her symptoms were not related to panic attacks, but rather to a heart arrhythmia called supraventricular tachycardia (SVT). Three years later, an even more severe episode—this one causing her heart rate to spike to over 250 beats per minute (the normal heart beats between 60 and 100 times per minute) and lasting more than 20 minutes—sent Smith to the hospital yet again.

"I had a proper diagnosis in 2009, but because my episodes were usually mild and manageable, I never followed up with a cardiologist," says Smith. A registered nurse who works for a home healthcare agency and the single mother of a toddler, Smith says she was also too busy caring for others to think about caring for herself.

"I feel like a weight has been lifted off my back. Before the ablation procedure, I lived in fear that an episode might strike at any time."

After her second trip to the emergency room, she knew it was time to take action. The thought of another major episode became a constant worry. As a runner and all-around fitness buff, she also found herself holding back from athletic pursuits. She scheduled an appointment with NSMC cardiologist Nathan Van Houzen, M.D., a specialist in the diagnosis and treatment of heart rhythm disorders, to discuss her options.

"SVT is an abnormally fast heart rhythm that starts in the atrium, or upper chambers of the heart. It is often caused when a patient has an extra electrical connection between the upper and lower chambers of the heart," explains Dr. Van Houzen.



CATHETER ABLATION FOR CARDIAC ARRHYTHMIAS

Cardiac catheter ablation is a minimally invasive procedure performed by an electrophysiologist that can be used to correct heart arrhythmias such as atrial fibrillation, atrial flutter, supraventricular tachycardia (SVT) and Wolff-Parkinson-White syndrome. Ablation typically uses catheters—long, flexible tubes inserted through a vein in the groin and threaded to the heart—to correct structural problems in the heart that cause arrhythmias. Cardiac catheter ablation works by scarring or destroying tissue in the heart that triggers an abnormal heart rhythm. In some cases, ablation prevents abnormal electrical signals from traveling through the heart and thus stops the arrhythmia.

During catheter ablation, physicians insert four catheters into the heart via the leg veins. Some of these catheters are used for ablation, while others are used for advanced imaging techniques, such as image integration. North Shore Medical Center's imaging specialists use X-ray, ultrasound and image integration to visualize the catheters inside the heart. All of these advanced imaging tools provide 3-D mapping ability, which helps our physicians guide the catheters in a safe and effective manner.

For more information, please visit the NSMC Heart Center website at nsmc.partners.org/heart_center or call 978-741-1200.

"When the extra connection is triggered, the heart races. Some people are born with the condition, but it doesn't manifest until later in life, as it did with Nicole. It isn't life-threatening, but the symptoms can progress over time and it can be very disruptive to a person's lifestyle," he says.

After consulting with Dr. Van Houzen, Smith decided to have cardiac ablation to treat her condition. "Cardiac ablation is a procedure used to treat a number of different heart arrhythmias that is highly successful in correcting SVT," says Dr. Van Houzen. "During the procedure, we use catheters—long, flexible tubes inserted through a vein in the patient's groin and threaded up to the heart—to selectively destroy the extra connection that is triggering the abnormal heart rhythm."

Performed at NSMC Salem Hospital in August of 2012, Smith's ablation procedure took under three hours to complete and,

after just one night of recovery in the hospital, she was back home. She has not had a single episode of arrhythmia since.

"I feel like a weight has been lifted off my back," says Smith. "Before the ablation procedure, I lived in fear that an episode might strike at any time. Whether I was playing with my son, working out at the gym or out on a run, it was always in the back of my mind. Now, I never think about it. I no longer hold myself back in any way."

▶ WATCH THE VIDEO

In her own words



www.youtube.com/northshoremecenter

ADVANCED TECHNIQUES, FASTER RECOVERY

NSMC NAMED CENTER OF EXCELLENCE IN MINIMALLY INVASIVE GYNECOLOGIC SURGERY



North Shore Medical Center has been named a Center of Excellence in Minimally Invasive Gynecologic Surgery. This highly selective designation is awarded by the Surgical Review Corporation and the American Association of Gynecologic Laparoscopists and given only to those hospitals and surgeons who meet rigorous quality and practice criteria.

Included in NSMC's designation were Christopher Coffey, M.D., John R. Gelinas, D.O., and Nancy R. Peterson, M.D., each of whom perform a full range of minimally

invasive gynecologic procedures using the most advanced techniques in surgery. Among the common gynecological problems they treat are abnormal bleeding, endometriosis, fibroids, infertility and pelvic pain. Other NSMC physicians perform selected minimally invasive gynecologic procedures and are also working toward earning this recognition.

"We are honored to receive this prestigious designation because it validates the high level of care we provide to patients," says Dr. Coffey, the medical director of minimally invasive gynecologic surgery at NSMC.

The goal of the Center of Excellence in Minimally Invasive Gynecologic Surgery program is to ensure that patients receive the safest, highest quality of care. "Patients who undergo high-quality minimally invasive gynecologic surgery experience less pain, reduced blood loss, fewer complications, shorter hospital stays and a faster recovery, so they can return to normal activities sooner," says Dr. Coffey.

For more information or to schedule an appointment with the minimally invasive gynecologic surgery office, please call 781-599-2600.

NSMC surgeons (L-R) John Gelinas, D.O., Nancy Peterson, M.D., and Christopher Coffey, M.D., all perform a full range of minimally invasive gynecologic procedures.

NEW INSTITUTE WILL IMPROVE HEALTHCARE DELIVERY AT NSMC

North Shore Medical Center recently received a \$1.5 million gift from the Norman H. Read Charitable Trust to establish the Albright Read Institute (ARI) for Healthcare Improvement Science and Medical Research. Located at NSMC Salem Hospital, ARI will fund research, education, training and implementation initiatives to improve healthcare services at the medical center.

The Institute is named in honor of Norman H. Read, who established the Read Trust in 1985 to support health and education programs in Salem, and Nile L. Albright, M.D., a trustee of the Read Trust.



BREAST TOMOSYNTHESIS NOW AVAILABLE AT THREE NORTH SHORE LOCATIONS

Breast tomosynthesis, also called 3-D mammography, provides a clearer, more accurate view of the breast, enabling doctors to pinpoint the size, shape and location of any abnormalities. Tomosynthesis can result in better detection and greater peace of mind.

Appointments are available at: Mass General/North Shore Breast Health Center, Danvers • NSMC Women's Center, Danvers • NSMC Salem Hospital

For more information, or to make an appointment, call 978-354-4900.

Need a New Primary Care Doctor?



Kathleen Caridad, M.D.
Saugus



Lisa Ceplikas, M.D.
Swampscott



Poongodi Chandrasekaran, M.D.
Salem



Meagan Crowley, M.D.
Salem



Judith Fokum, M.D.
Danvers



Larissa Gemme, D.O.
Beverly



Eleanor Gilbert, M.D.
Marblehead



Arooj Hyat, M.D.
Danvers



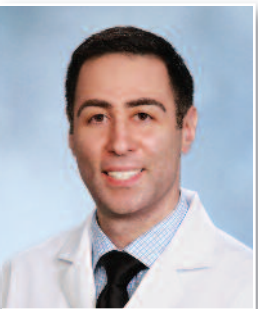
Swati Kodali, M.D.
Danvers



Jeff Odiet, M.D.
Danvers



Jeffrey Phillips, M.D.
Swampscott



David Saie, M.D.
Danvers

Our primary care physicians are ready to care for you and your family. In the past year, we have welcomed many new primary care physicians to the North Shore who can offer you and your family an appointment with little to no wait time. And to provide you with the best care possible, all our primary care offices use a common, secure electronic medical record. These doctors are your connection to the Mass General/North Shore Center for Outpatient Care in Danvers as well as the full services of North Shore Medical Center and Partners HealthCare.

To learn more about our 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.



NORTH SHORE
MEDICAL CENTER



NORTH SHORE MEDICAL CENTER

81 Highland Avenue
Salem, MA 01970
978-741-1215

NSMC Salem Hospital

NSMC Union Hospital

MassGeneral for Children
at North Shore Medical Center

NSMC Heart Center

NSMC Women's Center

North Shore Physicians Group

Collaborating with the
Mass General/North Shore
Center for Outpatient Care

Follow Us!



PARTNERS
HEALTHCARE

FOUNDED BY BRIGHAM AND WOMEN'S HOSPITAL
AND MASSACHUSETTS GENERAL HOSPITAL



LOOK WHAT THEY DISCOVERED WHEN THEY EXAMINED US

BEST
REGIONAL HOSPITALS

U.S. News & WORLD REPORT

BOSTON, MA
RECOGNIZED IN 2 SPECIALTIES
2013-14



NORTH SHORE MEDICAL CENTER

Recently, *US News and World Report* gave
us a thorough examination and found that

North Shore Medical Center is one of the best regional hospitals in
Boston and Massachusetts as well as high performing in pulmonology
and geriatrics. It's an accomplishment that requires an extraordinary
commitment to excellence. Something to think about when it's time for
your next check-up.

For more information,
please visit
nsmc.partners.org

The Healthy Life

The Healthy Life is published by the Marketing and Public Relations Department of North Shore Medical Center. We welcome your input. Send questions, comments and suggestions to:

The Healthy Life, North Shore Medical Center Marketing Department
81 Highland Avenue—ED Ground, Salem, MA 01970

Phone: 978-354-2060 Email: HealthyLife@partners.org Website: nsmc.partners.org

NORTH SHORE MEDICAL CENTER is a multi-site health system located north of Boston and a member of Partners HealthCare, which was founded by Massachusetts General Hospital and Brigham and Women's Hospital. Together with Massachusetts General Hospital, we opened the Mass General/North Shore Center for Outpatient Care in Danvers in 2009.