

The Healthy Life

News About Health and Giving from
North Shore Medical Center

FALL 2014

ALL IN THE FAMILY

For Marblehead Couple,
Roots Run Deep at NSMC



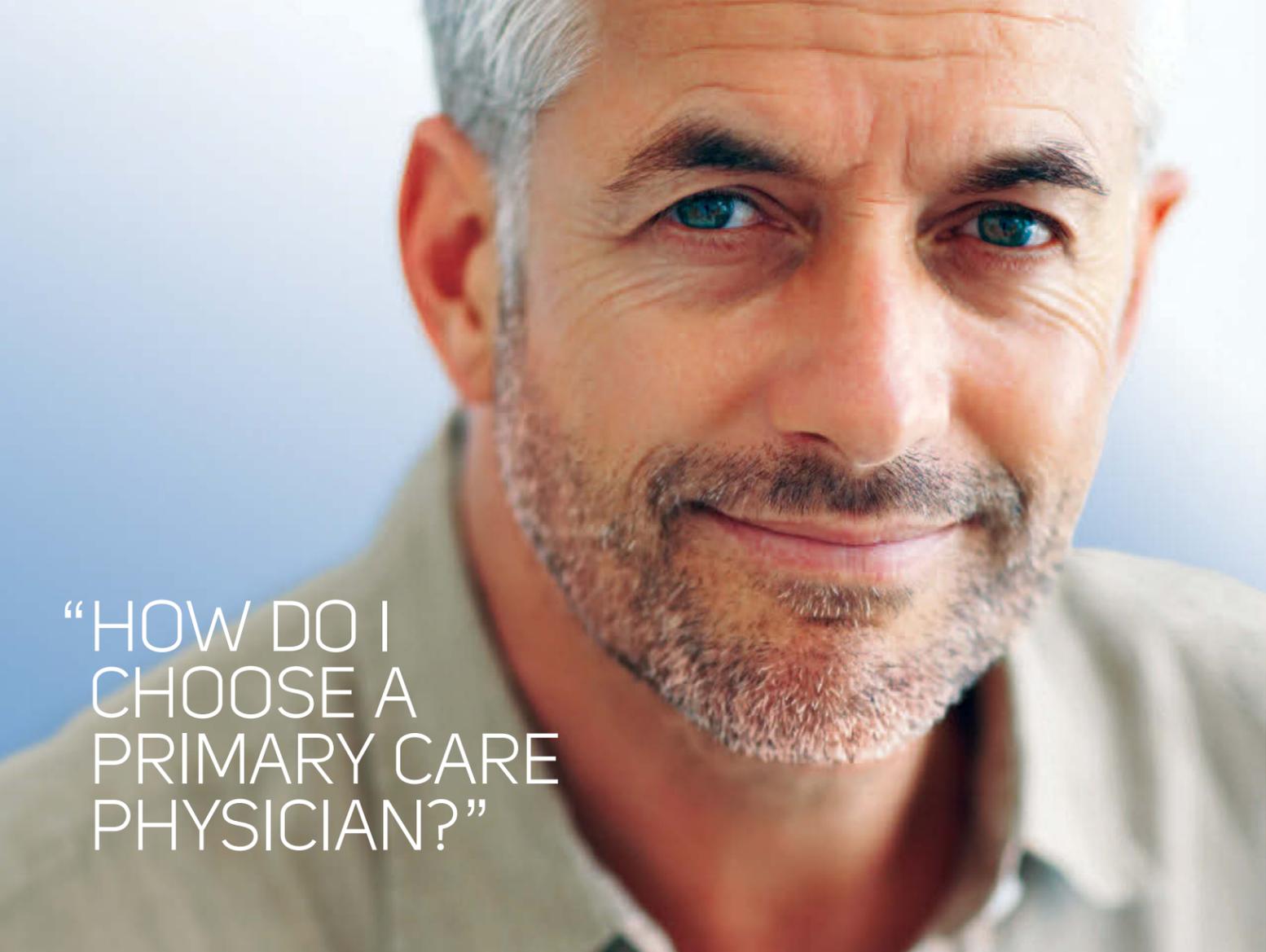
NORTH SHORE
MEDICAL CENTER

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Spinal Surgery Helps Salem
Resident Maintain Healthy Lifestyle

Merry Mixers Put the "Fun"
in Fundraising

CT Scan Leads to Early
Lung Cancer Detection



“HOW DO I
CHOOSE A
PRIMARY CARE
PHYSICIAN?”

That's why we're here.

As healthcare changes, your relationship with your doctor is more important than ever. Fortunately, some of the best and brightest primary care physicians have recently joined North Shore Physicians Group, an affiliate of North Shore Medical Center. So how do you find the primary care physician who's right for you?



Silvio Blanco, M.D.
Peabody



Larissa Gemme, D.O.
Beverly



David Saie, M.D.
Danvers



Adepeju Champion, M.D.
Danvers

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.

NorthShorePhysiciansGroup

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

The Healthy Life

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Welcome

to our inaugural combined issue of *The Healthy Life* and *NSMC Giving*. We have integrated these publications to share our news about health and giving with a broader audience and recognize our many friends, patients and supporters in the community. As the North Shore's largest healthcare provider, we are committed to enhancing the health and vitality of the communities we serve. We hope you find this publication to be a valuable resource and encourage you to share your comments and suggestions.

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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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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.

BACK IN MOTION

Spinal Lumbar Surgery Helps Salem Resident Maintain Active Lifestyle

Dennis Korumpas spends more time at the gym than most people half his age. A familiar face at the Salem YMCA, the active 72-year-old puts in a good two hours of cardio and light weight lifting almost every day—often before dawn. He also teaches a number of spinning classes each week.

“Exercise has always been an important part of my life,” says Korumpas, a lifelong Salem resident and retired teacher and guidance counselor. “I have a hard time sitting still.”

But sit still is just what Korumpas had to do in the spring of 2013 when he began to experience pain, numbness and occasional weakness in his right leg. At first the symptoms were manageable—he could still exercise and maintain most of his normal daily activities—but his ability to walk for extended periods of time began to slowly deteriorate. Things took a dramatic turn after Korumpas participated in a spin-a-thon at his gym in June 2013 and he knew he had to take action.

“Two hours after that event I could barely move,” he recalls. “I can push through most aches and pains associated with exercise, but this was on a whole different scale. I had severe pain shooting down my right leg and numbness in my foot and toes.”

Tests quickly confirmed that the pain was emanating from his lower back. Korumpas immediately booked an appointment with Michael Medlock, M.D., an NSMC neurosurgeon and spine specialist whom he had seen years earlier for a different back problem. The diagnosis, he learned, was spinal stenosis.

“Spinal stenosis is a relatively common condition that involves the narrowing of the spinal canal and causes direct pressure on the nerves that travel through it,” says Dr. Medlock. “This can produce pain, tingling, weakness and numbness that radiate from the lower back down into the buttocks and legs—especially with activity.”

The most common cause of spinal stenosis is degenerative arthritis and disc disease. “As with other joints in the body, arthritis commonly occurs in the spine as part of the normal aging process and as a result of osteoarthritis,” explains Dr. Medlock. “This can lead to the loss of cartilage between the bones at the joints and the formation of bone spurs that rub against the nerves.”

As is the case with all of his spinal stenosis patients, Dr. Medlock initially took a conservative approach to Korumpas’s treatment, referring him to Kelly Pajela, M.D., one of three physiatrists who work in his Peabody practice.

“Surgery is always the last step in the treatment process, when we can no longer keep a patient comfortable by other means,” says Dr. Pajela. “My role with Dennis was to

“ I WAS GRATEFUL THAT MY LIFE WAS NOT IN DANGER, BUT NOT BEING ABLE TO WALK 20 YARDS WITHOUT PAIN WAS AGONY.”

Dennis Korumpas now enjoys cycling and other physical activities in his Salem neighborhood thanks to successful spinal lumbar surgery at NSMC.



After four months, Korumpas decided to move forward with surgery. The procedure, called a lumbar laminectomy, involves the removal of the bone, bone spurs and ligaments that are compressing the nerves in the spinal canal. More than 80 percent of all patients who have this surgery report less pain and discomfort and more mobility and function. Dr. Medlock performed Korumpas's procedure at NSMC Salem Hospital.

After two days in the hospital, Korumpas was back home and on the road to recovery. Gentle physical therapy led to light exercise and, within four months of slowly rebuilding his strength, he was back at the YMCA working out and teaching spinning classes again.

"I was grateful that my life was not in danger, but not being able to walk 20 yards without pain was agony," says Korumpas. "I'm really happy with my decision to have surgery and the progress I'm making every day."

 To see Dennis back in action, please visit: youtube.com/NorthShoreMedCenter.

provide non-surgical treatment options such as medication, physical therapy and teaching him how to modify his physical activities."

This type of non-surgical treatment, she adds, can be maintained for extended periods of time—sometimes even years—before surgery becomes necessary. "But surgery is the only way to address the underlying problem, which is the pressure on the nerves," says Dr. Pajela.

LOWER BACK PAIN, LEG NUMBNESS, DIFFICULTY WALKING? COULD BE LUMBAR SPINAL STENOSIS

Lumbar spinal stenosis is a condition caused by the narrowing of the spinal canal. Often associated with age-related degenerative arthritis, this narrowing puts direct pressure on the nerves running through the spinal column causing lower back pain, leg weakness and numbness; it can also limit a person's ability to walk for extended periods of time. Spinal stenosis is most common in men and women over 50, but can occur in younger people who were born with a narrow spinal canal or who have suffered a previous spine injury.

Depending on the severity of symptoms, spinal stenosis can often be managed with the help of a physiatrist through non-surgical treatments such as exercise, activity modification and medication. Over time, if the symptoms associated with the stenosis do not improve, or worsen, a patient may choose to have surgery to address the underlying cause of pain.

Performed by an orthopedic spine surgeon, this procedure is called a lumbar laminectomy and includes removing bone, bone spurs and ligaments that are compressing the nerves in the spinal canal. More than 80 percent of all patients who have this type of surgery report less pain and discomfort and more mobility and function.

 To find an NSMC physician who can offer spinal stenosis treatment, please consult your primary care physician or visit the Find a Doctor website at nsmcphysicians.partners.org.



Going Greener for the Community

New NSMC power plant earns LEED Gold designation, named most efficient certified power plant in the country

North Shore Medical Center Salem Hospital's new state-of-the-art central utility plant has received LEED Gold certification from the U.S. Green Building Council. LEED—Leadership in Energy and Environmental Design—is a certification program that sets the standard for environmentally responsible construction in the United States. The NSMC facility is one of only four LEED certified power plants in the country and one of only two to receive the LEED Gold designation. It is also recognized as being the most energy efficient of all certified power plants in the country.

In addition to being energy efficient, the new plant is also expected to save NSMC \$300,000 annually in energy costs that can be redirected to patient care.



To receive LEED certification, building projects must satisfy prerequisites established by the U.S. Green Building Council and earn points to achieve different levels of certification based on a rating system.

YOUR SUPPORT Makes A Difference



The NSMCfund provides NSMC with the valuable unrestricted support needed to further innovations in healthcare delivery, purchase new equipment and augment programs in patient care and teaching. Gifts of all sizes are important, yet a gift of \$1,000 or more recognizes you as a member of the 1874 Society, enabling you to receive special recognition in our publications and attend a variety of educational and social events throughout the year. Even more important is the knowledge that with a gift in support of the NSMCfund, 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.

Please use the envelope enclosed in this publication to join thousands of others on the North Shore who care about strengthening North Shore Medical Center and thank you in advance for your support.

For more information on giving to NSMC, please visit nsmc.partners.org/giving.

NORTH SHORE CANCER RUN SUNDAY, NOVEMBER 2, 2014, 8 AM

The North Shore Cancer RUN will take place on Sunday, November 2, in Beverly. Starting at the Cove Community Center, the road race will include both a 5K and 10K option, each following a beautiful coastal route. All proceeds from this event will support cancer treatment and programs at North Shore Medical Center and the Mass General/North Shore Cancer Center.



Registration is \$30 in advance or \$35 race day • Long-sleeved tech running shirt to first 300 to register. To register, visit northshorecancerun.org



All in the family

FOR MARBLEHEAD COUPLE,
ROOTS RUN DEEP AT
NSMC SALEM HOSPITAL

Colin and Casey Coleman with their daughter, Mckenzie, enjoying an afternoon at Fort Sewall in Marblehead.

When Mckenzie Coleman was born last April, she had no idea that she was continuing a family tradition that goes back four generations. Mckenzie, like her mother before her, follows a long line of Macomers born at NSMC Salem Hospital. The close relationship between the family and North Shore Medical Center dates back nearly 100 years (see sidebar on next page). In fact, the hospital's Macomber building was named after Harold Macomber, once a visionary leader and fundraiser at the medical center.

"It was a special moment for my husband and me to be part of the Macomber tradition," says Casey, a graphic designer whose maiden name is Macomber.

NSMC Birthplace: Highly Personal, Family-Centered Care

By the time Mckenzie was born, Casey and her husband, Colin, a Marblehead police officer, were well acquainted with the NSMC Birthplace. A series of health issues in the preceding months had complicated Casey's pregnancy and led to several trips to the hospital for the first-time parents.

"Throughout the winter, I was a 'frequent flyer' at the Birthplace," Casey recalls. She arrived first with kidney stones, then the flu, and credits the care team for helping her and Colin through.

"The staff could not have been more attentive or professional," says Casey. "To a person, they always knew exactly what was happening with my changing health, which made us feel confident and well treated."

Nearly 1,300 babies are delivered at the NSMC Birthplace each year. With obstetricians and neonatologists on staff, a Level IIB Special Care Nursery that can treat babies born as early as 32 weeks and expertise in high-risk pregnancies, the Birthplace offers the advantages of a major medical center in a community setting. But there's something else that sets the Birthplace apart, says nurse manager Lisa Cavallaro, R.N., who has been part of the care team for close to three decades.



DR. SKIP MACOMBER REFLECTS ON HIS FAMILY LEGACY AT NSMC

When William “Skip” Macomber, M.D., (in photo) retired in June, he ended not only a 34-year career but also a nearly century-long history between his family and North Shore Medical Center. Dr. Macomber, a primary care physician, is the third generation of Macomers to have served NSMC, after his father, also named William, and his grandfather, Harold, for whom the Macomber building on the NSMC Salem Hospital campus is named.

Harold Macomber was a messenger at the Namkeag Trust Company in 1916 when he was tapped to join in a fundraising effort to develop the original Salem Hospital building on Highland Avenue. From that experience, Harold developed a love for and dedication to helping others. As he rose through the ranks of the bank to become its president, Harold’s commitment to Salem Hospital deepened. He participated in every major fundraising effort on behalf of the hospital through the opening of the Davenport building in 1972 and was a lifetime member of the Board of Trustees until his death in 1991.

The elder William Macomber joined Salem Hospital in the early 1970s to lead the effort to computerize the hospital and helmed the IT department until his retirement in 1988. During that time, Skip earned a medical degree and returned to join the hospital staff in 1980. For the next eight years, the three Macomber generations worked together at NSMC.

“Since my early days as a young physician, I’ve met so many people who knew my father and my grandfather,” Dr. Macomber recalls. “I’m quite proud to follow in their footsteps.”

For now, there is no new member of the Macomber family in place to carry on the legacy. But, with the April arrival of the first Macomber great-great-grandchild to be born in the Macomber building (see accompanying article), there is hope. In the meantime, Dr. Macomber looks forward to continuing his involvement with NSMC in new ways.

“I’m happy to have made a contribution to a place that has meant so much to my family and is such an asset to the North Shore community. We’ll see what the next chapter brings.”

“Our approach is highly personal and family-centered,” says Cavallaro. “We recognize that our mothers and babies are part of an extended group of loved ones who also need to be included during what can be a joyful but anxious time.”

To address family needs, the Birthplace features spacious, private delivery rooms that include a bathroom with a shower, a pull-out bed for a partner, a comfortable rocking chair and a television. Knowing that her husband could spend the night by her side during her hospital stays before and after Mckenzie was born was a great comfort to Casey.

“It meant so much to me that Colin could be there and that the room was big enough that he could actually relax,” she says. “It helped to ease our nerves and enable us to share this wonderful time.”

Preparing families for the arrival of their babies and for a smooth return home is a key focus of the Birthplace.

Pre- and post-natal classes cover a range of topics including relaxation skills, pain management, massage, infant care, breastfeeding education and support, car seat safety, maternal care, nutrition and family adjustments.

“There is nothing more rewarding for our team than guiding a family through the life-changing event of welcoming a new baby,” says Cavallaro.

Count the Colemans among those happy families. “From the staff to the facilities, the Birthplace was perfect,” says Casey. “Having my family name associated with such a wonderful institution is truly an honor.”

 For more information on the NSMC Birthplace, please visit: nsmc.partners.org/birthplace.

To watch a video about Colin and Casey Coleman, please visit: youtube.com/NorthShoreMedCenter.



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

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
- Childbirth/Parenting
- 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

Defibrilladies Support Group
978-354-4507

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

Diabetes Management Support Group
781-477-3409

Fibromyalgia Support Group
978-740-1022

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)
781-593-5224

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

Overeaters Anonymous
781-641-2303

Parents Helping Parents
978-354-2670

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
978-825-6286

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

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

Having Fun While Making a Difference

MERRY MIXERS ARE A VITAL SOURCE OF SUPPORT FOR NSMC PEDIATRIC CARE



The Merry Mixers is a fun-loving charitable organization started in 1950 that raises funds for pediatric programs at NSMC.

Don't be fooled by the laughter and good cheer that abound when the Merry Mixers host a fundraising event. This charity organization takes its mission to raise money for pediatric programs at North Shore Medical Center very seriously. What started with a donation of \$50 in 1950 when the group was founded has grown to more than \$900,000 in donations in the past 20 years alone.

Having fun while making a difference has always been central to the Merry Mixers' philosophy, first put forth by the all-volunteer committee more than 60 years ago. Through the decades, the Merry Mixers have provided significant support for pediatric programs and equipment at NSMC, from cardiac monitoring equipment to jaundice meters to IV pumps and isolettes.

"Many of us have had firsthand experience with NSMC's pediatric services," says Amy Weed, co-chair of the group and Marblehead mother of two boys aged 9 and 11. "We rely on NSMC to care for our children, and the hospital should be able to count on us in return."

Several years ago, the Merry Mixers launched its most ambitious fundraising challenge yet: to raise \$150,000 in three years toward a \$2 million expansion and renovation of NSMC's Special Care Nursery and updates to the inpatient pediatric unit at MassGeneral *for* Children at NSMC. The updates—which will more than quadruple the physical size of the Special Care Nursery to better accommodate the care of high-risk infants and create a more spacious, private and peaceful environment for children and their families—will be completed this winter.

NSMC is the primary source for pediatric care on the North Shore, including the region's only 24-hour pediatric emergency department. For the Merry Mixers, whose 12 members each commit to three-year terms, ensuring access to this care is what drives them to raise funds.

The Merry Mixers host several fundraising events throughout the year, including a 50/50 raffle at holiday time and an annual spring gala. The latter, which draws several



The Merry Mixers are currently raising funds for the renovation and expansion of NSMC's Special Care Nursery. The updates will more than quadruple the unit's physical size to better accommodate the care of high-risk infants and create a more spacious, private and peaceful environment for children and families.

hundred guests and features live music and an auction, has become a highlight of the North Shore social calendar.

The Merry Mixers' connection to the community is a key to their success, says co-chair Aileen Sheehan, whose mother was a nurse in the NSMC Salem Hospital emergency department. Even still, the Marblehead mom of a four-year-old daughter and a son born in August says she's humbled by the outpouring of support for the committee's efforts. "When it comes to the care of our children, it is so important to support world-class care and facilities for all families on the North Shore," says Sheehan.

"We are tremendously grateful to the Merry Mixers for their commitment to our work," says Sanjay Aurora, M.D., NSMC's Chief of Newborn Medicine. "Year after year, their energy, skills and good will help make it possible for us to care for some of the most fragile members of our community."



COMMUNITY SPIRIT

THOUSANDS TAKE TO THE STREETS FOR 24TH ANNUAL NORTH SHORE CANCER WALK



Salem Willows Park was alive with music, food and abundant good cheer on Sunday, June 22, as more than 6,000 cancer patients, survivors, caregivers, friends and supporters came together to participate in the 24th annual North Shore Cancer WALK. It was a beautiful day and an amazing celebration of life, hope and courage.

The largest single-day fundraising event on the North Shore, the North Shore Cancer WALK has raised more than \$19 million to date, providing vital funds for cancer treatment and programs at North Shore Medical Center and the Mass General/North Shore Cancer Center in Danvers.

For more information on the North Shore Cancer WALK, please visit NorthShoreCancerWalk.org.

SAVE THE DATE!
For the 25th annual North Shore Cancer WALK
SUNDAY, JUNE 28, 2015

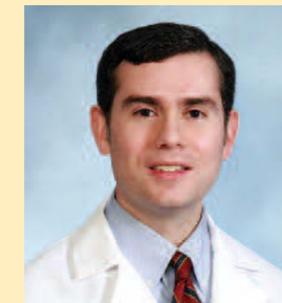
Physician Q&A

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

Q | I am excited to be pregnant with my first child, but feel nervous about what to expect when I get to the hospital. What can I do in advance to relieve my anxiety?

Preparing for a new family member can be one of the most enjoyable times in our lives, but it can also be stressful. One of the best ways to address your concerns about labor and delivery is to attend a birthing education class like the ones we offer at North Shore Medical Center. NSMC childbirth education classes are structured for both new and experienced parents on what to expect before, during and after labor. With a tour of the Birthplace you will have a firsthand look at the delivery rooms and a chance to meet the staff. More information is available on the NSMC website at: nsmc.partners.org/birthplace/childbirth_education. **To contact Mary Collari, C.N.M., please call 978-744-8388.**

Mary Collari, C.N.M.
Midwife



Q | I recently noticed that I have a new mole on the back of my leg. It looks just like the one on my arm that I have had since I was a child. Should I be concerned? Could this be a sign of skin cancer?

Jordan Cummins, M.D., Ph.D.
Dermatologist

Most moles appear in early childhood and during the first 40 years of a person's life. It is common to have between 10 and 40 moles by adulthood and some people have many more. On rare occasions, a mole may develop into skin cancer over time. As an adult, should you notice a new mole or that an existing mole is changing, consult your primary care physician so he or she can diagnose the growth and refer you to a dermatologist if necessary. **To contact Dr. Cummins, please call 978-225-3376.**

Q | My cousin recently recovered from shingles and it wasn't a pleasant experience. How can I protect myself from getting it too?

Shingles is a skin rash caused by a nerve and skin inflammation from the same virus that causes chickenpox. After you have had chickenpox, the virus lies inactive in your nerve tissue with the possibility of reactivating years later, often when the immune system is compromised due to illness or stress. The shingles vaccine may help prevent the disease and is approved for adults aged 50 and older. While the vaccine does not guarantee that you won't contract shingles, it can reduce the severity of the symptoms. The vaccine is also not intended for those who currently have shingles. Talk to your primary care physician to learn more about the shingles vaccine. **To contact Dr. Gilbert, please call 781-631-5126.**

Eleanor Gilbert, M.D.
Internal Medicine



Q | I've been having severe headaches over the past few weeks. How do I know if I'm experiencing cluster headaches or migraines?

Joseph Shalhoub, M.D.
Internal Medicine

Cluster headaches are much less common than migraine headaches, but are often more debilitating. Characterized by an intense stabbing pain that occurs on one side of the head around the eye and along the temple, a cluster headache can strike multiple times per day over a period of days or weeks. The headaches may then disappear completely or go into "remission" for months or years. A migraine headache can also cause intense pain in one area of the head, but is commonly accompanied by the blurring of vision, nausea, vomiting and extreme sensitivity to light. Consult your primary care physician for an accurate diagnosis. **To contact Dr. Shalhoub, please call 978-531-7677.**



Thanks to a CT scan performed at NSMC Union Hospital, former smoker Maryanne Sheckman of Swampscott caught her lung cancer early and lived to tell the tale.

How to Save a Life

Former Smoker Preaches Importance of Lung Cancer Screenings

Raising awareness about the importance of lung cancer screenings is an issue that is near and dear to Maryanne Sheckman's heart. Last year, a screening saved her life.

"If I can give one piece of advice to current or former smokers it would be to have a lung screening," says Sheckman of Swampscott. "If cancer is detected, tackle the disease head-on and be strong. The earlier you can catch and treat your disease, the better the outcome."

Things could have turned out very differently for Sheckman if not for a newspaper article she read last year about lung cancer screenings. The article reported the findings of a study where individuals at risk for lung cancer had significantly better success at fighting the disease when they were diagnosed early.

"Knowing I had been a cigarette smoker, that article really impacted me," says Sheckman, who smoked for decades. "I knew I had to take action." Sheckman discussed her concerns with her NSMC primary care physician James Gottschall, M.D., who recommended a CT, or computerized tomography scan, at NSMC Union Hospital.

Sheckman's worst fear was confirmed when NSMC radiologist Sarah Whitehead, M.D., interpreted the CT scan images and found a mass in the upper lobe of her right lung.

After receiving the news, Sheckman was referred to Rachael Rosovsky, M.D., M.P.H., an oncologist at the Mass General/North Shore Cancer Center in Danvers. Dr. Rosovsky worked with Dean Donahue, M.D., a Massachusetts General Hospital thoracic surgeon who sees patients at both Mass General and North Shore Medical Center. They were able to work together on a

HealthyLife | Cancer Care

treatment plan for Sheckman. Dr. Donahue performed surgery to remove the tumor in the upper lobe of her right lung.

"Because Maryanne's cancer was diagnosed early, she was able to have a minimally invasive procedure to remove the cancerous tumor. Her recovery time was minimal and within a few weeks she was back to living a normal life," says Dr. Donahue. "With any cancer, the key to a good prognosis, like Maryanne's, is early detection."

“ IF I CAN GIVE ONE PIECE OF ADVICE TO CURRENT OR FORMER SMOKERS IT WOULD BE TO GO GET A LUNG SCREENING.”

Throughout Sheckman's recovery, Dr. Rosovsky has played an active role, following up with her every six months for an evaluation to review her scans and health habits.

The U.S. Preventive Services Task Force (USPSTF) recommends that individuals aged 55-80 who currently smoke or have smoked heavily (30-plus pack years) within the past 15 years should be screened annually for lung cancer. Made up of primary care providers, nurses and health behavior specialists, the USPSTF makes evidence-based recommendations about clinical preventive services.

North Shore Medical Center currently offers low dose CT scan lung cancer screenings for these patients at locations in Salem and Lynn. Low dose CT scans use X-rays to provide three-dimensional views of bones and soft tissue inside of the body. The scan can detect lung cancer in the early stages and improve opportunities for treatment. If lung cancer is detected, patients are referred to the multidisciplinary thoracic team at the Mass General/North Shore Cancer Center.

Throughout her health journey, Sheckman has been continually impressed with the support of her doctors, nurses, friends and family. As a show of support, a close friend of Sheckman had a white pearl necklace made into two bracelets for each of them to wear.

"The color white symbolizes lung cancer awareness," says Sheckman, who is now cancer-free. "When I wear it, it makes me realize how fortunate I am to be here. All thanks to my care team friends and family and early screening. Awareness and early detection saved my life and I hope by spreading the word I can save others."

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

LOW DOSE CT LUNG CANCER SCREENINGS: WHAT YOU NEED TO KNOW

Early detection is an important step in the fight against lung cancer. Patients who are heavy smokers or who smoked heavily in the past are at high risk for developing the disease. Through the use of a low dose CT scan, NSMC is able to screen high-risk patients for lung cancer. The criteria for screening includes:

- **Aged 55 to 79***
 - **A current smoker or one who has quit within the past 15 years**
 - **30-plus pack years as a smoker**
- To calculate your risk, use the following formula: Multiply the number of years you smoked by the number of packs per day. If the total equals more than 30, you are at high risk for lung cancer.

Patients who meet the criteria above should talk with their primary care physician about scheduling a CT scan.



NSMC CT SCAN LOCATIONS:

NSMC Salem Hospital
81 Highland Avenue, Salem, MA 01970

NSMC Union Hospital
500 Lynnfield Street, Lynn, MA 01904

*Age range coverage may differ depending upon insurance and hospital system. Please consult your physician with any questions.



NSMC Spring Celebration

MAY 22, 2014
PEABODY ESSEX MUSEUM

- 1) Howard Rich, Mike Davenport, Karen Davenport, Bob Norton
- 2) Joy and John Fisher
- 3) Rosemarie and Kevin Bottomley
- 4) James and Carrie Bacon
- 5) Becky Burckmyer, Joanie Johnson, Anne Scully
- 6) Christina Ferri, Marc Forziati

Central Utility Plant Ribbon-Cutting

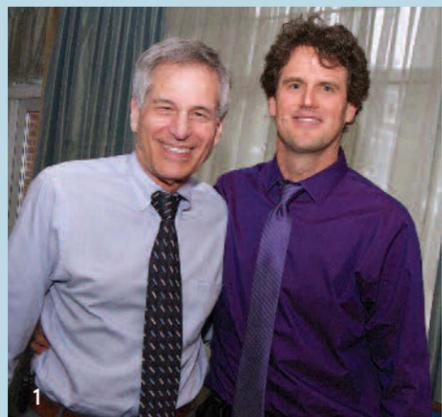
JULY 15, 2014
NSMC SALEM HOSPITAL



- 1) Bob Norton, Salem Mayor Kim Driscoll
- 2) Jennifer Flanagan, Joseph Miaskiewicz, M.D.



- 3) City Councillors Todd Siegel and Heather Famico, Bob Norton, Salem Mayor Kim Driscoll, Shelly Bisegna, Pam Lawrence, Mary Jo Gagnon



- 1) Joel H. Schwartz, M.D., James F. McIntyre, M.D.
- 2) Andrew and Joan Puglia

1874 Society Speaker Series Lung Cancer: The Good, the Bad and the Ugly

APRIL 29, 2014, SALEM WATERFRONT HOTEL & MARINA



- 3) Jim Crosby, John Serafini, Jr.



NSMC Golf Classic

JUNE 9, 2014, TEDESCO COUNTRY CLUB



- 1) Peter Slavin, M.D.; Brian McCarthy; David Roberts, M.D.; David Torchiana, M.D.
- 2) Joseph Mamayek, Jessica Stebbins, Dana Swenson, Ronda Paradis
- 3) David Leland, Bill Grant, Bill Cummings, Joe Esposito
- 4) Eijk van Otterloo, Mike Sherman, Gary Spiess, Larry Hulefeld, M.D.
- 5) Andrew Demakes, Timothy Demakes, Elias Demakes, Thomas Demakes
- 6) Bob Norton, Tony Klein, Richard Holbrook, Chas Leveroni

All photos left to right.



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

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NORTH SHORE MEDICAL CENTER

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NSMC has also been recognized for exceptional care in geriatrics.



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The Healthy Life

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