ALL IN THE FAMILY
For Marblehead Couple, Roots Run Deep at NSMC

Spinal Surgery Helps Salem Resident Maintain Healthy Lifestyle
Merry Mixers Put the "Fun" in Fundraising
CT Scan Leads to Early Lung Cancer Detection
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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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?

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

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.
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...”
pressure on the nerves,” says Dr. Pajela. The only way to address the underlying problem, which is the years—before surgery becomes necessary. “But surgery is the maintained for extended periods of time—sometimes even physical activities.”

This type of non-surgical treatment, she adds, can be provided 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.

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.

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.

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.

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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 Macombers 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.
HIS FAMILY LEGACY AT NSMC
DR. SKIP MACOMBER REFLECTS ON
The elder William Macomber joined Salem Hospital in 1966 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 1960s 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.

“For 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.

“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 stressful 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.

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

Classes & Services

Disease Management
Cardiac Rehabilitation 781-477-3300
Cardiac Risk Reduction 781-477-3900
Diabetes Management Program 781-477-3499 (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
• Childhood/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 & Vinyasa

Support Groups
Please contact the following organizations for meeting times and locations:
Addiction Recovery www.smartenrecovery.org
ADHD Parent Support Group 978-354-2660
Al-Anon 508-386-0536
Asthma and Food Allergy Support Group 718-598-5932
Bereavement: Fetal/Newborn Loss 978-354-3337
Bipolar Disorder Parent Support Group 978-354-2660
Breast Feeding Support Group 978-354-3263
CPAP Support Group 978-354-3497
Defibrillators Support Group 978-354-3497
Depression Support Group (for teens) 978-354-2470
Diabetes Management Support Group 781-477-3499
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 781-754-5953
Learn to Cope (substance abuse family support) 978-354-3550
Mindfulness for Children (ages 8-10) 978-354-2670
Ovarian and Uterine Anomalies 781-641-2003
Parents Helping Parents 978-354-2670
Sibship Support Group (for siblings of children with special needs) 978-354-2660
Stress Reduction in Clinic (adults and teens) 978-574-6286
Stroke Support Group 978-825-6286

Cancer Support Groups
Children Whose Parents Have Cancer Support Group 978-882-6073
Head and Neck Support Group 978-882-6073
Healing with Hope 781-477-3305

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

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.

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?

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

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.

If you have a health question you would like answered by our experts, send us an email at HealthyLife@partners.org.
Former Smoker Preaches Importance of Lung Cancer Screenings

Aiding 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. Dr. Rosovsky worked with NSMC primary care physician James Gottschall, M.D., who recommended a CT, or computerized tomography scan, at NSMC Union Hospital. Dr. Rosovsky interpreted the CT scan images and found a mass in the upper lobe of her right lung.

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.

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.

To learn more about screening services at NSMC, please consult with your personal healthcare provider. The NSMC U.S. Preventive Services Task Force team recommends that individuals aged 55-79 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.

If you are at high risk for lung cancer.

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.

If you meet the criteria above, you should talk with your 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.

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.”

HealthyLife | Cancer Care

To watch a video about Maryanne Sheckman, please visit: youtube.com/NorthShoreMedCenter.
Central Utility Plant 
Ribbon-Cutting
JULY 15, 2014
NSMC SALEM HOSPITAL

1) Bob Norton, Salem Mayor Kim Driscoll
2) Jennifer Flanagan, Joseph Maksiewicz, M.D.
3) City Councillors Todd Siegel and Heather Fanucchi
   Bob Norton, Salem Mayor Kim Driscoll, Shelly Bisigina,
   Pam Lawrence, Mary Jo Gagnon

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 Carie Bacon
5) Becky Burckimyer, Joanie Johnson, Anne Scully
6) Christina Ferri, Marc Forzali

1874 Society Speaker Series
Lung Cancer: The Good, the 
Bad and the Ugly
APRIL 29, 2014, SALEM WATERFRONT 
HOTEL & MARINA

1) Joel H. Schwartz, M.D., James F. McIntyre, M.D.
2) Andrew and Joan Poglia
3) Jim Crosby, John Serafini, Jr.

NSMC Golf Classic
JUNE 9, 2014, TEDESCO COUNTRY CLUB

1) Bob Norton, Salem Mayor Kim Driscoll
2) Jennifer Flanagan, Joseph Miaskiewicz, M.D.
3) City Councillors Todd Siegel and Heather Fanucchi,
   Bob Norton, Salem Mayor Kim Driscoll, Shelly Bisigina,
   Pam Lawrence, Mary Jo Gagnon

1) Peter Stavrin, 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 Spies, 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.
For the third year in a row, US News and World Report has recognized North Shore Medical Center as one of the best regional hospitals in Boston and Massachusetts. It’s an accomplishment that requires an extraordinary commitment to excellence and an honor inspired by the very patients we serve.

For more information, please visit nsmc.partners.org

NSMC has also been recognized for exceptional care in geriatrics.