

The Healthy Life

News About Health and Giving from
North Shore Medical Center

WINTER 2015

SAVED BY SELF-EXAM

Ipswich Woman Beats
Breast Cancer Through Early
Detection, Swift Treatment



NORTH SHORE
MEDICAL CENTER

IN THIS ISSUE:

Heart Attack Leads Lynn Resident
to Healthier Lifestyle

Advanced Care for Our
Smallest Patients

NSMC Helps Teen Develop
Confidence and Life Skills

“HOW DO I
CHOOSE A
PRIMARY CARE
PHYSICIAN?”

Let us help.

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 Medical Center. Let us help you find the one who's best for you.



Joseph
Shalhoub, M.D.
Peabody



Adepeju
Champion, M.D.
Danvers



Silvio
Blanco, M.D.
Peabody



Lily
Narusevicius, M.D.
Salem

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



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

The Healthy Life

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ON THE COVER

Paula Steele Brancato of Ipswich found a lump in her breast during a self-exam that turned out to be an aggressive form of cancer. She was successfully treated at the Mass General/North Shore Cancer Center in Danvers.



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

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Website: nsmc.partners.org

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

UNEXPECTED DIAGNOSIS, EXCEPTIONAL OUTCOME

Heart Attack Leads Lynn Resident to Healthier Lifestyle

Phil Brooks describes himself as being more than a little stubborn, which is why he did not seek immediate medical attention when he started waking up in the middle of the night gasping for breath several years ago. “I just shrugged it off thinking it was nothing serious,” says Brooks, 72, a retired mechanical engineer from Lynn. “The sensation would go away once I got up and started moving around, so I wasn’t too worried.” After several weeks of disrupted sleep, however, Brooks finally paid a visit to the Emergency Department at NSMC Union Hospital to figure out what was going on. “I might have given it a few more days or even weeks to see how it played out, but my wife, Bernice, insisted I see a doctor,” says Brooks.

Once in the Emergency Department, Brooks was treated by NSMC cardiologist Michael Goldstein, M.D., who admitted him for testing. A cardiac ultrasound revealed heart weakness.

“The tests essentially showed that Phil was experiencing a decrease in heart function, which means that his heart’s pumping power was weaker than normal,” says Dr. Goldstein. “As a result, his heart could not pump enough oxygen and nutrients to meet his body’s needs, and fluid was backing up into his lungs. This is what led to his shortness of breath and chest discomfort during the night.”

The first step in Brooks’s treatment was enrollment in the NSMC Cardiac Rehabilitation Program to help manage his symptoms, increase stamina and improve his dietary habits.

The program teaches patients about exercise, nutrition and stress management to help them live a more heart-healthy lifestyle.

While participating in the Cardiac Rehabilitation Program, Brooks completed additional testing that suggested he had a blockage in one or more of the arteries in his heart. Cardiac catheterization confirmed partial blockages in all of Brooks’s major heart arteries—and that he had suffered a heart attack at some point and would need quadruple bypass surgery.

“THE PROGRAMS AND STAFF AT NSMC ARE TREMENDOUS AND ULTIMATELY GOT ME BACK TO WHERE I NEED TO BE PHYSICALLY AND MENTALLY.”

“I was shocked by the news that I had suffered a heart attack,” says Brooks. “I hadn’t realized how serious the situation was until that moment.”

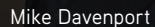
Soon after, Brooks had quadruple bypass surgery at the NSMC Heart Center. For 10 years, NSMC has offered the only comprehensive heart center on the North Shore, and remains the only one to provide both cardiac surgery and full cardiac interventional services to treat heart conditions.

Since having bypass surgery at the NSMC Heart Center, Phil Brooks of Lynn maintains a much healthier lifestyle. He now volunteers for NSMC’s Cardiac Rehabilitation Program and as a greeter at NSMC Union Hospital to show his appreciation for the great care he received.

“The programs and staff at NSMC are tremendous and ultimately got me back to where I need to be physically and mentally,” says Brooks. “To have such great care so close to home really is something special.”


To watch a video about Phil Brooks, please visit:
youtube.com/NorthShoreMedCenter.

Legacy Gift Inspired by Family Ties



MIKE AND HIS WIFE, Karen, have provided for the Davenport Fund in their will. The Davenport Fund is endowed, which means that the principal is invested and only a portion of the interest is spent each year. In this way, the principal in the fund is never depleted and the interest earned each year is divided between reinvestment in the fund and funds available to the medical center for various uses. Assuming that the economy remains relatively strong, the fund will grow over time while concurrently providing for program improvements at NSMC. An endowed fund provides security for the future and ensures that the programs being supported through the fund will also be supported annually.




 For more information, please visit
NSMCPatientFamilyAdvisory@partners.org
 or call 978-354-3543.

A close-up photograph of a man and a woman smiling warmly at the camera. They are both wearing green clothing; the man is in a green polo shirt and the woman is in a green ribbed sweater. They are positioned closely together, with the woman's arm around the man's shoulder. The background is a plain, light color.

SAVED BY SELF-EXAM

Ipswich Woman Beats Breast Cancer Through Early Detection, Swift Treatment

Paula Steele Brancato has always understood the importance of conducting a monthly breast self-exam, but she never had made it part of her regular routine.

“I did breast exams, but not on a monthly basis,” says Brancato, 66, of Ipswich. Her perspective changed a few years ago, when she happened to give herself a breast self-exam after reading an article about screening.

Brancato was in disbelief when she detected a lump and immediately scheduled an appointment with North Shore Medical Center gynecologist Julie McCullough, M.D., who then referred her to the Mass General/North Shore Breast Health Center in Danvers for a mammogram and biopsy. To Brancato’s surprise, she was diagnosed with a fast-growing form of breast cancer called HER2/neu-positive.

HER2/neu-positive breast cancer tests positive for a protein called human growth factor receptor 2 (HER2), which promotes the growth of cancer cells. HER2/neu-positive breast cancer tends to be more aggressive than other types of breast cancer. However, treatments that specifically target HER2 are very effective.

“After receiving my diagnosis, my immediate thought was one of resolve,” says Brancato, the mother of two grown children and two grandchildren. “I prepared myself to endure what lay ahead.”

Brancato was not new to health challenges, having been diagnosed with juvenile rheumatoid arthritis at the age of two. Due to her health history, she knew she wanted to be involved in her treatment, which for her meant learning as much as she could about her cancer and what she was about to face.

“Patients should be proactive and participate in the decision process in health treatments,” says Brancato. “Most important to me is to have a physician who is open to my concerns and takes the time to really listen, especially if I know I will need to work with him or her through an illness.”

Brancato met with four different physicians at four different hospitals and explored her options before choosing to receive her care at the Mass General/North Shore Cancer Center. “After meeting with my care team, I felt confident that I would be receiving the same care that I would in Boston, but with the convenience of being close to home,” she says. “The Mass General/North Shore Cancer Center offered comprehensive care, outstanding support and convenience.”

“THE MASS GENERAL/NORTH SHORE
CANCER CENTER OFFERED
COMPREHENSIVE CARE, OUTSTANDING
SUPPORT AND CONVENIENCE.”

Jeanne Yu, M.D., a Mass General Cancer Center and NSMC breast surgeon based in Danvers, performed Brancato’s lumpectomy. That morning, Brancato recalls waking up and feeling very uncertain about her future and how her family would get through what was ahead. But she also knew she was in good hands with her care team. Following surgery, she worked with the Mass General/North Shore Cancer Center team including oncologist Erica Linden, M.D., and radiation

Paula Steele Brancato, a breast cancer survivor from Ipswich, and her dog, Hazel.



oncologist James McIntyre, M.D., to begin her chemotherapy and radiation treatment.

“Paula had many decisions to make about surgery, chemotherapy and radiation, and did so with extraordinary grace, asking many questions and participating in her care,” says Dr. Linden. After 12 months of treatment, Brancato completed her therapy and continues to see her doctors for follow-up exams. “I see her regularly for surveillance. Fortunately, she continues to show no evidence of disease.”

“Women should definitely be more proactive about caring for themselves,” says Brancato, who now schedules her self-exam on her calendar as a standing appointment. “I encourage all my friends to perform monthly breast self-exams and to have an annual mammogram. Had I not done a self-exam that day, who knows when I would have found my lump? Things could have turned out very differently.”



To watch a video about Paula Steele Brancato, please visit: youtube.com/NorthShoreMedCenter.

PATIENT NAVIGATORS

Helping Patients and Families Find Their Way

Navigating the healthcare system can be confusing and patients may have questions about an upcoming test, a diagnosis or possible treatments. NSMC’s patient navigators are available to listen to concerns and ease anxiety, help answer questions as well as explain a diagnosis. Once a treatment plan has been established, navigators offer patients helpful guidance through the process of healing.

Pulmonary Nodule Navigator

NSMC’s pulmonary nodule navigator, Amie Kallelis, R.T.R. (C.T.), assists patients who are eligible for the Low Dose CT Lung Cancer Screening Program. In her role as pulmonary nodule navigator, Kallelis, who has clinical expertise in lung cancer diagnoses, is available to explain the CT scan screening process and the next steps if follow-up testing is needed. Kallelis also ensures follow-up exams are ordered and scheduled and provides coaching and smoking cessation information to current smokers.

Breast Health Center—Breast Health Patient Navigators

For Breast Health Center patients needing additional testing, NSMC’s breast health navigators, Debra Gentile, R.T.R.(M), and Suzanne Mills, R.N., are certified breast navigators with clinical expertise in breast cancer diagnoses and treatment. In addition to providing education, treatment recommendations and resources, Gentile and Mills are there to comfort and encourage patients as well as ensure that important follow-up exams or appointments are scheduled when necessary.



Classes & Services



Disease Management

Cardiac Rehabilitation

781-477-3300

Cardiac Risk Reduction

781-477-3900

Diabetes Management Program

781-477-3409 (Lynn)

Living Well with Heart Failure

978-354-2577

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.

Advanced Care for Our Smallest Patients

Renovated Special Care Nursery Combines Clinical Expertise and Comfort



Amanda Meads and her daughter, Mia, in NSMC's newly renovated Special Care Nursery with Tamara Ouellette, R.N.

After her daughter, Mia, was born one month prematurely this past December, Amanda Meads found herself spending a lot of time—up to eight hours a day over a three-week period—in North Shore Medical Center's Special Care Nursery. She was among the first to experience the unit after the completion of a \$2 million expansion and renovation project.

"Mia was fully developed and healthy, but she needed to be on a feeding tube until she gained some weight and learned to eat on her own," says the 26-year-old first-time mother from Tewksbury. "I spent as much time in the nursery as I could. At the end of the day it was emotionally difficult to leave her at the hospital, but I knew she was in good hands." Meads describes the renovated Special Care Nursery as warm, welcoming and comfortable. Even more important than the

physical space, she says, are the physicians and nurses who cared for Mia during her stay. "Everyone was very knowledgeable and attentive," she says. "The nurses provided a great deal of training on how to feed Mia and take care of a premature baby. I was grateful for so much personal attention."

Located at NSMC Salem Hospital, the 12-bed Level IIB Special Care Nursery is designed to care for babies who need medical monitoring and specialized services not routinely available in standard maternity rooming-in environments or community hospital nurseries. NSMC's close medical and nursing collaboration with the neonatal intensive care units at Brigham and Women's Hospital and Massachusetts General Hospital ensures the most advanced approach to infant care.

"Our renovated Special Care Nursery is more than quadruple the physical size of our old unit, creating a more spacious, private and peaceful environment for children and their families," says



Sanjay Aurora, M.D., M.P.H., Chief of Newborn Medicine. "The response to the new space has been overwhelmingly positive."

In addition to being larger and more private, the renovated nursery also includes a waiting room for families and additional space that can be used for physician-family consultation and patient education. Enhanced lighting and sound calm the environment. A centralized bedside

monitoring system facilitates faster and more accurate delivery of care.

"The renovated unit enhances our ability to care for high-risk babies born as early as 32 weeks and ease their transition to home," continues Dr. Aurora. "It's great to have a physical space that now matches the skill of our staff."

For Meads, the combination of comfort, compassion and clinical expertise made a stressful experience a lot more pleasant. "Mia came early, so we were taken a bit off guard," she says. "By the time I left the Special Care Nursery, however, I felt fully prepared to bring her home and start our life together. Those three weeks made a huge difference."

THE RENOVATED UNIT ENHANCES OUR ABILITY TO CARE FOR HIGH-RISK BABIES BORN AS EARLY AS 32 WEEKS AND EASE THEIR TRANSITION TO HOME."



SPECIAL DELIVERY

Salem Photographer Donates Art for Renovated Unit

While she enjoys photographing people at all stages of life, Bobbie Bush has a soft spot for newborns. "I love taking portraits of babies in their first few weeks of life when all they want to do is sleep and you can really capture their perfectly formed little fingers, toes and facial expressions," says the Salem-based photographer. "Plus they're adorable."

In a series of artful black and white portraits that Bush has donated to NSMC to help decorate the newly renovated Special Care Nursery, this deep appreciation for newborns is readily apparent. Each portrait captures the angelic features of an infant swaddled in a blanket or cradled in the arms of a parent. Bush will also be donating another set of portraits—these of older babies and toddlers—to be permanently installed in the NSMC Birthplace sometime later this year.

"Photographing babies and children is what really makes my heart sing," says Bush. "Half of my business is photographing children under the age of one and I absolutely love it."

Voted the best children's photographer in greater Boston for 2014 in the Boston A-List CityVoter online poll, Bush also specializes in family portraits and corporate headshots. "In this day and age, most images come and go in our social media news feeds and are gone in a blink," says Bush. "A real portrait is something that lasts forever."

For more information on Bobbie Bush, please visit www.bobbiebush.com.



Wintry Mix Can't Dampen Spirits at Fifth Annual North Shore Cancer RUN

Steady rain, occasional snow and a bone-chilling wind did not deter hundreds of dedicated runners from taking to the streets of Beverly on Sunday, November 2, for the fifth annual North Shore Cancer RUN.

Among the hearty participants were many familiar faces from the NSMC community, including patients, supporters, physicians, nurses and administrative staff.

Featuring 5K and 10K options, the Cancer RUN follows a scenic route along the Beverly coast. Like the North Shore Cancer WALK, all proceeds from the Cancer RUN provide 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 about the North Shore Cancer RUN, please visit nsmcgiving.partners.org/cancerwalkrun.



**FOR THE 25TH ANNUAL
NORTH SHORE CANCER WALK
SUNDAY, JUNE 28, 2015**



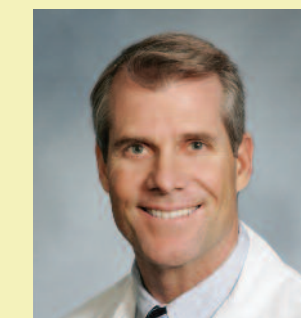
Physician Q&A

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

Q | In the winter, I notice my breathing often becomes labored. Can the cold weather aggravate my asthma?

Cold, dry air can aggravate asthma, especially during exercise, when air is inhaled in larger amounts, causing the lungs to constrict. People with asthma do not have to be exercising to notice the effect of cold air. For some people, even walking outside in cold weather can cause symptoms. As with any other time of year, it is very important to keep asthma under control, including having regular appointments with your doctor, taking the proper medication and avoiding asthma triggers. *To contact Dr. Ritvo, please call 781-596-2000.*

Amanda Ritvo, M.D.
Primary Care Medicine



Q | Is a minimally invasive hysterectomy safe?

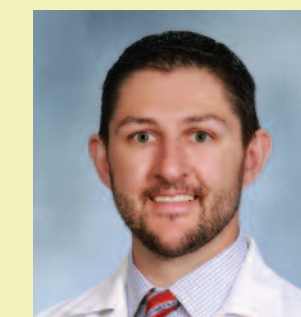
Christopher J. Coffey, M.D.
Obstetrics and Gynecology

Yes, and studies show that patients who undergo high-quality minimally invasive gynecologic surgery for a hysterectomy experience less pain, fewer complications and a faster recovery, so they can return to normal activities sooner. NSMC is designated as a Center of Excellence in Minimally Invasive Gynecology, meaning that it has met the most rigorous standards of quality and safety. *To arrange a consultation with Dr. Coffey or one of our other board-certified gynecologic surgeons, please call 781-599-2600.*

Q | I experience abdominal cramps, gas, bloating and fatigue after eating pasta, bread, cereal and other foods with grains. Could this be celiac disease?

Celiac disease occurs when the body can't tolerate gluten, a protein found in certain grains such as wheat, rye or barley. The gluten triggers an immune reaction, causing inflammation of the lining of the small intestine. Celiac disease affects each person differently, but the symptoms you describe are among the most common. Celiac disease is genetic and treatment is a diet free of gluten. Consult your primary care physician for an accurate diagnosis. *To contact Dr. Chandrasekaran, please call 978-745-1200.*

Poongodi Chandrasekaran, M.D.
Internal Medicine



Q | I am worried about getting sick over the winter. What can I do to protect myself and my family?

Jonathan Snyder, M.D., M.P.H.
Internal Medicine

Washing your hands, especially before eating or after being exposed to a sick person, is one of the simplest and most effective ways to get rid of bacteria and decrease the likelihood of spreading germs to yourself and others. Making sure you get plenty of fluids and rest can also provide a boost to your immune system. Good nutrition and regular exercise are also helpful in fighting off infections and preventing illness. The best defense is a good offense. If you do find yourself sick and have questions, contact your primary care physician. *To contact Dr. Snyder, please call 978-922-0357.*



Finding His Voice

Care at NSMC
Helps Teen Develop
Confidence and
Life Skills

Remy Watkin (center) has developed confidence and life skills by working with pediatricians and adolescent psychiatrists at MassGeneral for Children at NSMC. Here he is joined by his family.

To hear Remy Watkin recite selections from his poetry, you might be surprised to learn that the 16-year-old aspiring slam poet didn't start speaking until he was four.

Creativity, courage and a love of performing are just a few of the qualities that distinguish this funny and outgoing teenager who also lives with autism spectrum disorder, attention deficit hyperactivity disorder (ADHD) and obsessive compulsive disorder (OCD).

It wasn't always this way, remembers Remy's mother, Laura. "Remy's difficulties became very apparent around the time he entered school," she says. "His emotional behavior was erratic, he had trouble concentrating and it was hard for him to make friends. For our family, it was a frightening and difficult time."

Through Remy's pediatricians at MassGeneral for Children at North Shore Medical Center, Laura was referred to NSMC child and adolescent psychiatrist Michele Casoli-Reardon, M.D. NSMC's Child Psychiatry program offers inpatient and outpatient treatment for children and adolescents with other behavioral and psychiatric conditions.

"When I first met Remy, he had limited social skills and difficulty focusing, but he was also very sweet and engaging," recalls Dr. Casoli-Reardon.

I HAVE WORDS TO EXPLAIN MY THOUGHTS, AND I KNOW THAT I CAN DO WHAT OTHER PEOPLE CAN DO—SOMETIMES EVEN BETTER."

As with many of the patients Dr. Casoli-Reardon treats, Remy was dealing with multiple disorders, including anxiety and facial tics. The complexities of such situations require a multifaceted approach that treats each of the diagnoses and safeguards against possible secondary issues such as depression. In Remy's case, this meant a combination of psychiatric therapy, medication and social skills training, as well as the development of a 504 plan at school—a federal program that provides accommodations, modifications and other services to meet a child's specific educational needs.

While such accommodations are designed to remove barriers to learning in the classroom, Dr. Casoli-Reardon notes that children with autism spectrum disorder are commonly misunderstood to be intellectually disabled.

"Kids with autism spectrum disorder are incredibly smart and gifted, and often very verbal," she says. "They may struggle with social cues and rigidity, but they are bright and loving, and they want to interact and be accepted into groups. With the right treatment and services, they can do very well."

Remy, who attended Marblehead public schools until middle school, now attends a private school in Waltham and is doing better every year, says Laura.

"When your child is diagnosed, it's hard to see a light at the end of the tunnel," notes Laura, whose elder son, Bramm, also is treated by Dr. Casoli-Reardon for attention deficit disorder. "You wonder who he will be, and what his life will be

like. Dr. Casoli-Reardon and her colleagues have not only helped Remy develop skills that enable him to navigate the world with greater ease, but they also have brought comfort and confidence to our family."

Remy, who calls Dr. Casoli-Reardon more a friend than a physician, describes her effect on his life over the past 10 years in similar terms. "I'm so much happier and less frustrated with myself," he says.

"I have words to explain my thoughts, and I know that I can do what other people can do—sometimes even better."



Child Psychiatry Services at North Shore Medical Center

North Shore Medical Center offers treatment for children and adolescents with behavioral and psychiatric conditions ranging from ADHD to depression, anxiety, psychiatric disorders and post-traumatic stress. Services include outpatient psychotherapy and psychopharmacology services, a partial hospital program for adolescents and an inpatient program for children ages 3-17.

Neurodevelopmental Center

The Neurodevelopmental Center provides assessments and follow-up services to patients of all ages with learning, developmental, emotional or behavioral difficulties.

Multidisciplinary Evaluation Center

The Multidisciplinary Evaluation Center at MassGeneral for Children at North Shore Medical Center evaluates and treats younger children who are experiencing behavioral or psychological difficulties.

Outpatient Psychiatry


Outpatient psychiatry and counseling services are available to children and adolescent patients through MassGeneral for Children at North Shore Medical Center. Services include support groups, conferences, workshops and the Mindfulness-Based Stress Reduction program for children and teens.

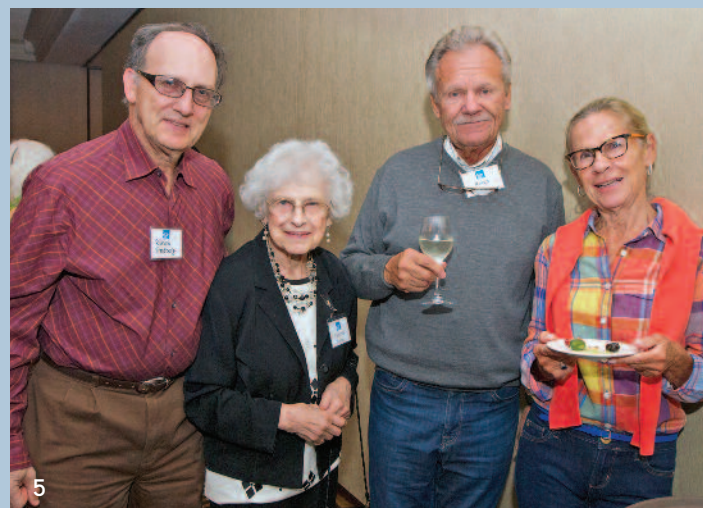
Inpatient Psychiatry

Inpatient psychiatry services are available for patients 3 to 17 years old who are experiencing depression, anxiety, psychiatric disorders, post-traumatic stress disorders and other behavioral problems.

Partial Hospital Services

The Partial Hospital program offers intensive outpatient services for children 12 to 18 years old who do not meet criteria for inpatient hospitalization but who need more structure and support than can be provided at an outpatient level.

 To learn more about these programs, please visit nsmc.partners.org/psychiatry.



1874 Society Speaker Series The Skin You Are In

OCTOBER 1, 2014
SALEM WATERFRONT HOTEL & MARINA

- 1) Patrice Soucy, Keith Rae, M.D., Jeannette Soucy
- 2) Jerome Silverlieb, Arleen Silverlieb
- 3) Mike Colotti, Carol Colotti
- 4) Kenneth Hudson Jr., Sally Hudson, Janie Stephenson
- 5) Richard Freedberg, Charlotte Freedberg, Robert Dery, Carole Tabor-Dery

Healing Garden Brick Dedication

OCTOBER 23, 2014
MASS GENERAL/NORTH SHORE
CANCER CENTER



- 1) Deanna Oxley
- 2) Kathy Carey, Jerry Tucker, Lee Ann Tucker, Rick Palmer
- 3) Cathy Wallace, Brianna Gray, Elaine Clark
- 4) Maureen Moschella, Katie Fitzgerald, Jessica Brandano, Tiffany Sullivan, Joanna Famiglietti

All photos left to right.

GREAT CARE CLOSE TO HOME

Mass General/North Shore Center for Outpatient Care
Celebrates Five-Year Anniversary

OVER THE PAST FIVE YEARS, the North Shore community has benefited from outstanding medical and specialty care closer to home thanks to the Mass General/North Shore Center for Outpatient Care in Danvers. A collaboration between North Shore Medical Center and Massachusetts General Hospital, the facility houses the Mass General/North Shore Cancer Center, North Shore Urgent Care and day surgery, as well as a wide range of medical and surgical specialty services.



EXPERT SERVICES:

- Breast Health
- Cancer Care
- Cardiology
- Dentistry
- Gastroenterology
- Imaging
- Lab Services
- Obstetrics and Gynecology (including reproductive medicine)
- Orthopaedics
- Otolaryngology
- Ophthalmology—coming summer 2015
- Primary Care
- Pediatrics
- Surgery
- Urology
- Urgent Care
- Vascular Care



To learn more about our physicians and services or to view our operating hours, please visit massgeneralnorthshore.org.





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

North Shore Physicians Group

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

Follow Us!



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



NORTH SHORE URGENT CARE

The Right Care, Right Now

Where do you turn when it's not exactly an emergency, but it still hurts? North Shore Urgent Care is open seven days a week for everything from bumps and bruises to sore throats, ear infections, allergies, minor cuts and fractures. Our experienced, compassionate staff, led by board-certified physicians and healthcare providers, will get you back on your feet as soon as possible.

If you need more complex follow-up treatment, our team can coordinate your care with the specialists of North Shore Physicians Group, North Shore Medical Center, Massachusetts General and Brigham and Women's hospitals, and the other world-class experts of Partners HealthCare.

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

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 8 a.m. to 5 p.m. For more information, call 978-739-7700 or visit northshoreurgentcare.org.



NORTH SHORE
Urgent Care

The HealthyLife

News About Health and Giving from North Shore Medical Center

nsmc.partners.org

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