SAVED BY SELF-EXAM
Ipswich Woman Beats Breast Cancer Through Early Detection, Swift Treatment
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 Shahoub, M.D. Peabody
Adjeju 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.

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:
The Healthy Life, North Shore Medical Center Marketing Department 81 Highland Avenue, ED Ground, Salem, MA 01970 Phone: 978-354-2060 Email: HealthyLife@partners.org Web site: 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.
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.

“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.
Mike Davenport

"The quality of the doctors and specialists available make the modern-day North Shore a much more attractive place to live."

"North Shore Medical Center has been critical in bringing world-class medical care to the North Shore," he adds.

Before establishing a planned giving consultancy with his wife, he has been involved as a donor and a volunteer, continuing the service of his late father, Horace "Davvy" Davenport of Swampscott (below, left in photo). The Davenport name graces a building at Salem Hospital as well as an endowed fund at NSMC. And now, thanks to a generous gift in Mike’s estate plan, the Davenport legacy will live on for generations.

"NORTH SHORE MEDICAL CENTER IS IN MY BLOOD," says Mike Davenport, whose family’s relationship with the hospital spans more than 80 years. A lifetime trustee, Mike has been involved as a donor and a volunteer, continuing the service of his late father, Horace "Davvy" Davenport of Swampscott (below, left in photo). The Davenport name graces a building at Salem Hospital as well as an endowed fund at NSMC. And now, thanks to a generous gift in Mike’s estate plan, the Davenport legacy will live on for generations.

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 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.

"THE DAVENPORT FUND is the largest single endowed fund at the hospital," says Sara Andrews, Senior Vice President of Development at NSMC and Chief Development Officer at Partners Healthcare. "We are deeply grateful to the Davenport family for their generations of giving. Since 1976, the fund has provided more than $4.2 million in support of infrastructure and other capital improvements at NSMC.

"The hospital and my family go back a long way. I’ve always felt strongly about NSMC and its role in the community," says Mike, who ran several businesses on the North Shore before establishing a planned giving consultancy with his wife.

"North Shore Medical Center has been critical in bringing world-class medical care to the North Shore," he adds. "The quality of the doctors and specialists available make the modern-day North Shore a much more attractive place to live."

For more information on planned giving, please contact Sara Andrews at 978-741-1242 or sandrews1@partners.org.

"For more information on the NSMC Heart Center, please visit nsmc.partners.org/heart_center."

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

Friday, May 8, 2015
6 to 9 p.m.
Acura of Peabody
233 Andover Street
Peabody, MA

Hosted by
Billy Costa
of Kiss 108FM

Tickets $60
northshorecancerwalk.org
866-296-6900

Delicious food, lively auction and a fun evening with friends to benefit the 25th annual North Shore Cancer WALK.

WHAT’S YOUR NSMC STORY?

Did you or a family member have a positive experience at North Shore Medical Center that you would like to share? Is there a caregiver who has made a lasting impression? Are you a loyal participant in the North Shore Cancer WALK or RUN? We’d love to hear from you!

Email us at HealthyLife@partners.org or call 978-254-2060, and thank you for your support.
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.

“I prepared myself to endure what lay ahead.” — Paula Steele Brancato

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

"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.
or appointments are scheduled when necessary.

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, he 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.
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.”

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.
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.

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

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

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.

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

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

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

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.

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

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

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.

For more information about the North Shore Cancer RUN, please visit nsmcgiving.partners.org/cancerwalkrun.

Q | Is a minimally invasive hysterectomy safe?

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

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

Physician Q&A

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

Care at NSMC Helps Teen Develop Confidence and Life Skills

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.”
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.
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.