

# The HealthyLife

News About Health and Giving from  
North Shore Medical Center

WINTER 2017

## A HEALTHIER, HAPPIER PATH

Weight-Loss Surgery Sets New  
Course for Lynn Man



NORTH SHORE  
MEDICAL CENTER

### IN THIS ISSUE:

North Reading Mom Stays Local  
for World-Class Cancer Care

Marblehead Woman Is Saved  
by a Scan

Making the Scene at Lively  
NSMC Events



“She makes it easy to stay healthy.”

Our patients think the world of our primary care physicians, and with timely appointments, convenient office locations and a commitment to giving you the care and support you need to stay healthy, it's easy to see why.

**Making your life healthy is our life's work.**



**Anne Jennings, M.D.**  
Danvers



**Ryan Gosselin, M.D.**  
Lynn



**Kathleen Townes, M.D.**  
Beverly



**Jonathan Wilfong, M.D.**  
Danvers

To learn more about our exceptional 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](http://nsmc.partners.org).



# The HealthyLife

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### ON THE COVER

Weight-loss surgery has Lynn's Jose Calderas on the move—and loving life.



*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](mailto:HealthyLife@partners.org)  
Website: [nsmc.partners.org](http://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.

# A HEALTHIER, HAPPIER PATH

Weight-Loss Surgery Sets  
New Course for Lynn Man

Weight-loss surgery helped Jose Calderas lose 190 pounds. He's staying fit thanks to a newfound love of running.

**T**wenty-six years old, overweight and unhealthy, Jose Calderas had reached a crossroads in his life. "I was fed up with myself," he recalls. "My body was hurting every day. My knees hurt. I wanted to breathe better at night. I was tired of being a huge mass in the room."

Calderas weighed 346 pounds as of February 2015. Thanks to frequent trips to the gym and careful monitoring of his diet, he was able to lose 80 pounds, but he knew he would have to consider other measures to reach his goal weight. With encouragement and support from friends and a much-admired cousin who had undergone bariatric surgery, Calderas turned to the NSMC Weight Management Program, the largest and most successful program of its kind on the North Shore.

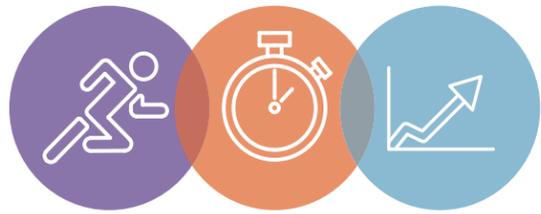
The Lynn native began by attending an information session that outlined the pros and cons of weight-loss surgery and provided an overview of various procedures. He went through medical and psychological tests to ensure he was a good candidate. Then, in consultation with Jaime Rivera, M.D., co-director of the NSMC Weight Management Program, Calderas opted for gastric-sleeve surgery. During the procedure, 75 to 80 percent of the stomach is removed and the remaining portion is reshaped as a skinny tube. The smaller size and shape of the stomach helps limit portion size and calorie intake.

Today, one year after surgery, Calderas has lost an additional 110 pounds.

"Now I can tie my shoes," he says. "I can actually sit in an airplane seat and not have to worry about the other passengers having room or not. I breathe better at night. Even walking is so much easier for me."

**“ WE TEACH PATIENTS THAT SURGERY IS JUST PART OF THE PROCESS,” DR. RIVERA SAYS. “MOTIVATION—A COMMITMENT TO A HEALTHY DIET AND EXERCISE—IS ALSO KEY TO A SUCCESSFUL OUTCOME.”**

# Hit the Road



Like millions of other beginners, Jose Calderas followed the “Couch to 5K” guide to running, embracing the program’s simple philosophy:

- ▶ Ease into training with a walking and jogging regimen.
- ▶ Walk/run for about 20 or 30 minutes, three times a week.
- ▶ Measure your runs by time or distance—either one works just as well.
- ▶ Don’t worry about how fast you’re going; focus on gradually increasing your time or distance.

## Interested in NSMC’s Weight Management Program?

Register for an information session online at [nsmcweightloss.org](http://nsmcweightloss.org), or call 978-825-6505.



Before and after surgery, Calderas has had the support of the NSMC Weight Management Program, which offers nutrition, wellness and exercise counseling, along with ongoing education and support-group sessions.

“We teach patients that surgery is just part of the process,” Dr. Rivera says. “Motivation—a commitment to a healthy diet and exercise—is also key to a successful outcome.”

Calderas has found that weight loss has increased his energy level, which comes in particularly handy in his busy job as an elementary school bi-lingual liaison between teachers, students and parents. He also has more stamina for one of his favorite pastimes—going to rock concerts. And much to Calderas’s surprise, running has become a new favorite activity.

When he was cleared to exercise after surgery, the best he could manage was 60 seconds of running followed by 90 seconds of resting. Today, he can run as far as 13 miles at a clip and has even started participating in road races.

After rattling off the long list of advantages that come from his healthier physique, Calderas grows quiet and insists on addressing one more aspect of his weight-loss journey that often goes unmentioned. “Before my surgery, I spent a good amount of time dealing with depression,” he says. “It ate me up a lot, but now I’ve become a different person. I’m more positive and grateful. I’m also happier. It feels good to be doing something I never thought I’d be able to do.”

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

# Physician Q&A

If you have a health question you would like answered by our experts, send us an email at [HealthyLife@partners.org](mailto:HealthyLife@partners.org).

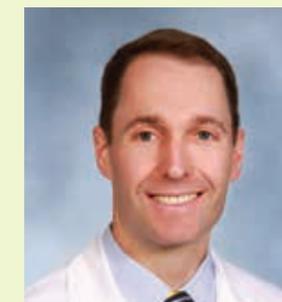
**Q** | I take a statin to lower my cholesterol and have been advised to avoid grapefruit. Why?

Low in calories and packed with vitamin C and other nutrients, grapefruit is a tasty fruit that many enjoy. It contains a chemical, however, that interferes with your body’s ability to break down certain cholesterol-lowering statin medications. When statin users ingest large amounts of grapefruit, the level of statins in their blood can increase, raising the possibility of side effects, such as muscle and joint pain, or in more severe cases, muscle fiber breakdown and kidney failure. Recent studies suggest that moderate grapefruit consumption may be compatible with taking lovastatin and other statin drugs. Check with your doctor to see how much grapefruit, if any, you should consume. *To contact Dr. Ahmad, please call 978-744-5900.*

**Raabia Ahmad, M.D.**  
Cardiovascular Medicine



**Q** | I hear a lot about seasonal depression this time of year. How common is it, and how do you treat it?



**Jonathan Wilfong, M.D.**  
Adult Primary Care

Seasonal depression, also called seasonal affective disorder (SAD), occurs each year when the days grow shorter and darker, usually starting in fall, worsening in winter, and ending in spring with the return of extended daylight. The symptoms are common to depression, from sadness and anxiety to extreme fatigue and a craving for carbohydrates, accompanied by weight gain. About 4 to 6 percent of the U.S. population suffers from SAD, the majority (up to 75 percent) of whom are women. Treatments may include increased exposure to natural light (by getting outside earlier each day), light therapy (phototherapy), psychotherapy and medications. *To contact Dr. Wilfong, please call 978-882-6700.*

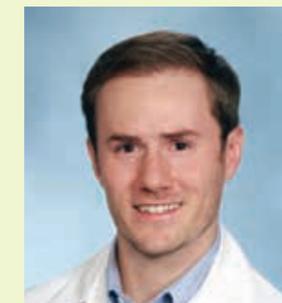
**Q** | My baby has a fever. When/at what temperature should I call my doctor?

As a general rule, the younger the child, the sooner you need to get him or her checked out when a fever rises. For a baby under 3 months old, the American Academy of Pediatrics recommends you contact a doctor right away for any fever of 100.4 degrees or higher, even if there are no other symptoms of illness. For 3 months to 3 years, the threshold is 102.2 degrees or higher. Call your doctor right away if your child has a fever and looks very ill, is unusually drowsy, or is very fussy. Remember, you know your baby better than anyone. If you’re concerned, don’t hesitate to call. *To contact Dr. Townes, please call 877-379-5522.*

**Kathleen Townes, M.D.**  
Adult and Pediatric Primary Care



**Q** | Shoveling season is here. How do I avoid injury when the snow piles up?



**Oliver Gregory, M.D.**  
Adult Primary care

When a storm hits, warm up your muscles with some stretching and light exercise before you begin shoveling. Once you get going, pace yourself by taking frequent breaks and drinking plenty of fluids to stay hydrated. Use a shovel that is the proper height—it should be as tall as your chest. During shoveling, bend your knees, keep your back straight, and lift with your legs. Scoop small amounts of snow and walk to where you want to dump it. Throwing the snow over your shoulder or to the side requires a twisting motion that can strain your back. *To contact Dr. Gregory, please call 781-593-3400.*

 **NORTH SHORE Urgent Care**

**I just sneezed eleven times in a row. Make it stop.**

From allergies and colds to sprains and scrapes, North Shore Urgent Care is here to take care of you when you’re not feeling your best. Seven days a week in Danvers.

**Mass General/North Shore Center for Outpatient Care**  
104 Endicott Street, Danvers • 978-739-7700  
Mon–Fri, 8 a.m. to 8 p.m. Sat–Sun, 8 a.m. to 5 p.m.

Visit [northshoreurgentcare.org](http://northshoreurgentcare.org) to Reserve Your Spot In Line Before Leaving Home

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.

# BUILDING A HEALTHIER NORTH SHORE

Breaking Ground on the Future of NSMC



COMING  
FALL 2019

Construction began last fall at North Shore Medical Center's Salem Campus, where crews are hard at work laying the foundation for NSMC and Partners HealthCare's ambitious plans for healthcare on the North Shore. NSMC is consolidating medical, surgical, and behavioral health services on one campus to create a stronger regional facility for complex inpatient and emergency care. Our goal is to address the region's most pressing health needs, while making high-quality care more accessible. That's NSMC's future, and it's closer by the day.

For more information, visit [www.healthiernorthshore.org](http://www.healthiernorthshore.org).

### New Emergency Department

- State-of-the-Art Technology
- Advanced Trauma Rooms
- Dedicated Areas for Pediatric and Adult Care

### Inpatient Medical/Surgical Unit

- 24 Private Patient Rooms
- Environmentally Friendly Design
- Comfortable Accommodations for Family and Visitors

### Behavioral Health

- Expanded Services for Adults, Seniors and Children

MAKING THE SCENE

## North Shore Medical Center Golf Classic

JUNE 13, 2016  
TEDESCCO COUNTRY CLUB



## North Shore Medical Center Fall Reception

SEPTEMBER 8, 2016  
PEABODY ESSEX MUSEUM

- 1) Jim and Pat Crosby, Mike Davenport
- 2) Liz and Rich Bane
- 3) Katie St. George with her mother, Allyson Preston, M.D.
- 4) Marilyn Smith and Ray Smith, M.D.
- 5) Nahed Chaoui, Alain Chaoui, M.D.; Marguerite Roberts, David Roberts, M.D.

- 1) Peachy Demakes, Michelle Kane, Amy Leveroni, Barb Klein
- 2) Jim Canfield, Greg Pauly, Mary Lentz, Sally Mason-Boemer
- 3) Dan Hoffenberg, Robert Cataldo, John Maffeo, Dennis Cataldo
- 4) Nicholas Karamitsios, M.D.; Joshua Namias, M.D.; Al Namias, M.D.; William Kastrinakis, M.D.

# MOTHER, TEACHER, "WARRIOR"



Breast Cancer survivor Kelly Donahue of North Reading credits the Mass General/North Shore Cancer Center with saving her life. She's now dedicated to raising money for the North Shore Cancer WALK.

## Kelly Donahue Beats Breast Cancer at The Mass General/North Shore Cancer Center

**K**elly Donahue's life changed at a red light. The 37-year-old mother of two was behind the wheel when, as she stretched her sore, workout-weary arms, she felt a lump in her breast. "I knew immediately that something wasn't right," recalls Donahue, "and I wasn't going to wait and see if it went away."

Soon after her discovery in May 2014, Donahue's primary care physician scheduled a mammogram for her at the Mass General/North Shore Breast Health Center in Danvers. The results were inconclusive, but an ultrasound taken the same day revealed a mass that doctors later diagnosed as cancerous.

Donahue got the news while on her lunch break at the Saugus elementary school where she teaches. "I felt my world crumbling," she says. "What would this mean for my husband, or my son and daughter, who were both in preschool at the time?"

**“ BY NATURE, I AM A FIGHTER. I STAYED POSITIVE AND ZEROED IN ON GETTING BETTER. I WAS DETERMINED TO MAKE IT THROUGH THIS.”**

After considering all of her options, including a lumpectomy, Donahue decided on a double mastectomy, the surgical removal of her breasts. "I wanted to do as much as I possibly could to prevent cancer from ever coming back," she says. "I wanted it in my rearview mirror."

Following surgery, Donahue also needed to undergo chemotherapy. Because she lives in North Reading, she chose to receive her treatment close to home and family at the Mass General/North Shore Cancer Center in Danvers. "I felt so fortunate to be close to home, knowing that my care was the same as it would have been in Boston," she says.

Her positive experience began at the front door. "From the greeters who held the door for me and the people who checked me in, to my fantastic nurses and doctors, everyone was so unbelievably kind and caring," Donahue says.

Donahue became an active advocate for her care, bringing a notebook of questions to every appointment with oncologist Amy Comander, M.D. "Dr. Comander never made me feel like she had to get to the next patient. She would answer everything," Donahue says. "And she would check in with me after my chemotherapy sessions to make sure I was okay."

### Giving Back

Key to Donahue's success was the support of friends and family. "You never really know how much you're loved until something like this happens," Donahue says. "I had this amazing team of family, friends and coworkers who came out of the woodwork to be there for me."

Colleagues from the school where Donahue has taught for 17 years brought meals to her family. Soon teachers, administrators and custodians at schools throughout Saugus joined in, leaving meals in a cooler outside Donahue's back door.

Meanwhile, Donahue continued chemotherapy, calling upon the strength so appropriately captured in her name: "Kelly," meaning "warrior." "By nature, I am a fighter," she says. "I stayed positive and zeroed in on getting better. I was determined to make it through this."

And she did. Now, Donahue, 39, has a new focus—raising money for the North Shore Cancer WALK. She has participated in the WALK the past two years, raising more than \$10,000 in 2016. As part of her fundraising, Donahue and her best friend organized the first-ever father/daughter dance in Saugus, filling her school's gym. The event is now a popular annual tradition.

"The Mass General/North Shore Cancer Center saved my life," Donahue says. "And this is my way of giving back."

 To watch a video about Kelly Donahue's story, please visit: [youtube.com/NorthShoreMedCenter](https://youtube.com/NorthShoreMedCenter).

## Take Action

One in eight women will be diagnosed with breast cancer. Here are some prevention/early detection tips:

### BE ACTIVE

Make sure you are getting plenty of exercise and maintaining a healthy weight.

### KNOW YOUR BREASTS

Monthly breast self-exams are critical. Look for a change in size, shape or color.

### GET A MAMMOGRAM

When you turn 40, schedule a yearly mammogram to detect breast cancer and changes in the breast. NSMC now also offers the *CRA Health Risk Assessment*, a questionnaire that calculates a woman's lifetime risk of developing breast cancer.

To learn more about NSMC's services, please visit [nsmc.partners.org/breast\\_health](https://nsmc.partners.org/breast_health).



## COMING TOGETHER FOR THEIR CAUSE

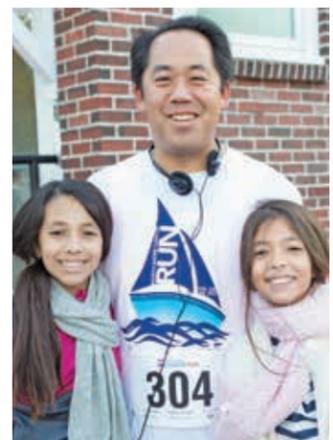
North Shore Community Raises Over \$800,000 for Cancer Care

The North Shore Cancer WALK and RUN strode to a successful 2016, collectively raising more than \$800,000 to support oncology services at NSMC and the Mass General/North Shore Cancer Center.

Perfect summer weather set the stage for the 26th annual North Shore Cancer WALK on Sunday, June 26, 2016. Thousands of people, united in the fight against cancer, embarked on the 10K trip through downtown Salem. Always emotional, always uplifting, the WALK celebrates life, hope and courage by honoring all those who have been touched by the disease.

Then, on the beautiful autumn morning of October 16, 2016, more than 400 runners from cities and towns across the North Shore gathered in Beverly for the seventh annual RUN. "Year after year, the passion and enthusiasm of the WALK and RUN participants are truly inspirational," says NSMC's Senior Vice President of Development Sara Andrews. "We can't wait to see everyone at the starting lines in 2017."

To learn more about the North Shore Cancer WALK or RUN, please visit [www.northshorecancerwalk.org](http://www.northshorecancerwalk.org).



Save the Date!  
**THE 2017  
 NORTH SHORE  
 CANCER WALK**  
 Sunday, June 25



# 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**  
978-744-3499

**Pulmonary Rehabilitation**  
781-477-3102

**Surgical Weight Management**  
978-825-6505

## Wellness Classes and Services

- Acupuncture
- Childbirth/Parenting
- LEARN Program for Weight Control
- Massage
- Reiki
- Tai Chi
- Yoga & Yogalates

## Support Groups

*Please contact the following organizations for meeting times and locations.*

**Addiction Recovery**  
[www.smartrecovery.org](http://www.smartrecovery.org)

**Adult Depression**  
978-354-2670

**Al-Anon**  
508-366-0556

**Anxiety Group**  
978-354-2670

**Asthma and Food Allergy Support Group**  
781-598-5932

**Balance After Baby**  
978-825-6610

**Bereavement: Fetal/Newborn Loss**  
978-354-3357

**Bipolar Disorder 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**  
978-739-6906

**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)**  
978-354-2660

**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-Based Stress Reduction (adults, teens and children)**  
978-354-2670

**Overeaters Anonymous**  
781-641-2303

**Parenting Teenagers Today**  
978-354-2670

**Parents Helping Parents**  
978-354-2670

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

## Cancer Support Groups

**Head and Neck Support Group**  
978-882-6058

**Healing with Hope**  
781-477-3505

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 Outpatient Services**  
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

To register online or sign up for advanced email notification of class registration, visit [nsmc.partners.org](http://nsmc.partners.org), or call 1-978-739-6906.

# Saved by a Scan

Former Smoker Makes Life-Saving Choice to Undergo Lung Cancer Screening



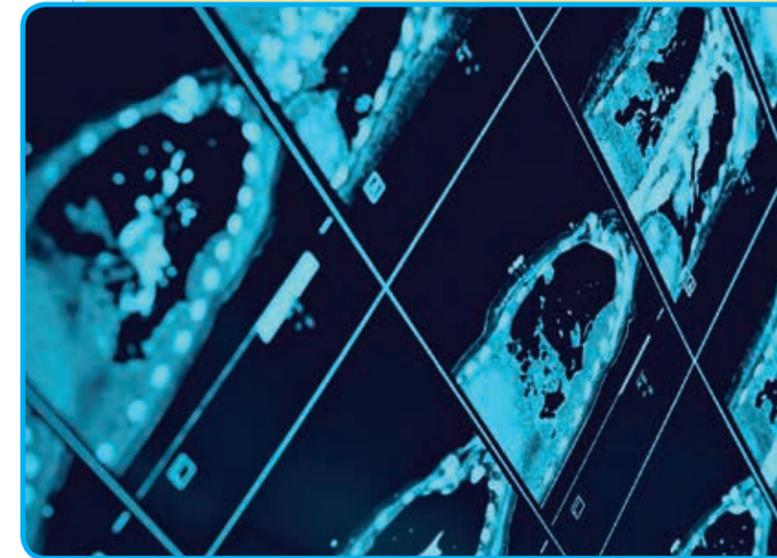
Lung cancer screening led to early detection and a positive outcome for Marblehead's Elizabeth Willard.

“This can't be happening to me,” thought Elizabeth Willard as she listened to her physician deliver her diagnosis of lung cancer. “At the same time, I regretted how foolish I was for smoking all of those years.”

After 30 years of smoking nearly a pack per day, Willard finally quit in 2007. And while she knew it was the right decision, she wouldn't learn just how important it was to her health until the summer of 2015.

Familiar with Willard's smoking history, her primary care physician suggested she undergo a lung cancer screening, a test recommended for former smokers who are not yet showing symptoms of the disease.

## LOW DOSE CT LUNG CANCER SCREENING



While the 59-year-old wasn't initially keen on the idea, she agreed to explore the lung cancer screening program at NSMC. “I didn't want to face the fact that my decision to smoke for so long could be affecting my health now,” Willard says.

The lung cancer screening program at NSMC is designed to evaluate patients who have a history of smoking. It uses low dose CT, or computerized tomography, scanning to identify early signs of lung disease.

Willard's lung cancer screening, performed in August of 2015 at NSMC Salem Hospital, revealed a nodule on her lung. NSMC interventional radiologist Miriam Neuman, M.D., performed a needle biopsy that confirmed that the nodule was cancerous. Willard was diagnosed with stage one non-small-cell carcinoma.

“WITH ANY CANCER, THE KEY TO A GOOD PROGNOSIS, LIKE ELIZABETH'S, IS EARLY DETECTION.”

Willard was then referred to NSMC and Massachusetts General Hospital thoracic surgeon Dean Donahue, M.D., who suggested removing the affected lobe on her left lung. “Because Elizabeth's cancer was diagnosed early, she was able to have a minimally invasive procedure to remove the cancerous tumor,” says Dr. Donahue. “With any cancer, the key to a good prognosis, like Elizabeth's, is early detection.”

On September 23, 2015, just two weeks after being diagnosed, Dr. Donahue performed Willard's lobectomy. Willard spent a week at NSMC Salem Hospital so her lung function could be monitored, and returned to normal activity within a couple of months. She attributes her smooth recovery to her great care team and an active lifestyle prior to the surgery. “I am the last one to shake a finger at anybody for smoking,” says Willard. “But if I hadn't quit smoking, things could have turned out much worse for me. I'm too young to be unhealthy, and that is exactly what smoking was making me.”

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

For patients who are eligible for NSMC's Low Dose CT Lung Cancer Screening Program, our pulmonary nodule navigator serves as an advocate and resource. Navigator Amie Samuylov is available to explain the CT scan screening process, help answer questions as well as explain a diagnosis. She also ensures that any required follow-up exams are ordered and scheduled.

### Criteria for a Lung Cancer Screening

- Must be between the ages of 55 and 77\*
- Must be a current smoker or have quit in the past 15 years
- Must be a 30-plus pack year smoker (Pack years are calculated by multiplying the number of years as a smoker by number of packs per day)

If you meet the criteria above, talk with your primary care physician about scheduling a lung screening CT scan at North Shore Medical Center.

\*Age range may include patients up to 80 depending upon insurance. Please consult your physician with any questions.



# 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!



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

**BEST**  
REGIONAL HOSPITALS  
& WORLD REPORT  
**U.S. News**  
BOSTON, MA  
RECOGNIZED IN 4 TYPES OF CARE  
2016-17

For the fifth year in a row, *US News and World Report* has recognized North Shore Medical Center as one of the best hospitals in Boston and Massachusetts. It's an accomplishment that requires an extraordinary commitment to excellence and compassion. Most of all, it's an honor inspired by the very patients we serve.

For more information, please visit [nsmc.partners.org](http://nsmc.partners.org).

2012  
2013  
2014  
2015  
**2016**  
FIVE YEARS IN A ROW

 NORTH SHORE MEDICAL CENTER

 PARTNERS HEALTHCARE

# The HealthyLife

News About Health and Giving from North Shore Medical Center

[nsmc.partners.org](http://nsmc.partners.org)

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