Pain… pure and simple,” says Mason Daring when describing life before double knee replacement. “I was taking 10 Advil and 8 Tylenol every day to keep it at bay.”

The 61-year-old Marblehead resident is best known for his career as a film composer, producing scores for films including *The Brother from Another Planet*, *Prefontaine*, and *Music of the Heart*. An accomplished singer, he recently recorded his first solo album, but counts among his proudest moments, singing the Star-Spangled Banner at a Red Sox game in 2001. But behind the music is a man with a very active lifestyle.

“I exercise, golf, ride a bike, and ski,” explains Daring. “I did all these things before my surgery too, but I was always in pain. It got to the point where I had to do something about it.”

After explaining his problem to some physicians friends, Daring was referred to North Shore Medical Center’s chief of orthopedic surgery, William Murzic, M.D., to evaluate his options. Dr. Murzic recommended total knee replacement.

“You might be a candidate for knee replacement if you have:

> Daily pain
> Pain is severe enough to restrict work, recreation and ordinary activities of daily living
> Significant stiffness in the knee
> Significant instability of the knee
> Significant deformity (knock knees or bowed legs) that hinders normal function of the knee
> Damage from arthritic conditions, such as osteoarthritis, rheumatoid arthritis or post-traumatic arthritis

To schedule an appointment with an NSMC orthopedic specialist, please visit nsmcphysicians.partners.org or call our Physician Finder Service at 877-NSMCMDS (877-676-2637).

Mr. Daring’s knees had been bothering him for years,” said Dr. Murzic. “Because he’s always on the go and wanted to remain that way, I talked with him about a rotating knee replacement.”

The rotating knee replacement implants swing back and forth (like a hinge), and also rotate forwards and outwards in a twisting motion, as a normal knee joint. These rotating knee replacements are intended to replicate normal knee motion better than earlier models.

“I am absolutely amazed with the results. Ninety-nine percent of the time I don’t even remember that I had the surgery.”

Daring says recovering from the surgeries was not easy. It took a lot of time, commitment and motivation to get through some of the physical therapy that followed the procedure. Within five weeks though, the pain was disappearing, and he was getting back to the things he loved.

“Whether it is running, skiing or merely moving without pain, patients are always eager to return to activities they enjoy,” said Dr. Murzic. “And for most, they are able to do far more than they could before the surgery.”

Daring now participates in a spinning class on a stationary bicycle three days a week, spends time with a personal trainer, and participates in all of his favorite sports again. Thanks to his new knees, life is good.

“Because I can walk all day and ride a bike with ease, I’m much healthier than I ever was before,” explains Daring. “I’ve even lost 20 pounds. It wasn’t until after the surgery that I realized the benefits are much greater than just the absence of pain.”

“I am absolutely amazed with the results. Ninety-nine percent of the time I don’t even remember that I had the surgery,” said Daring. “My knees feel better now than they did when I was in high school.”

Today, Mason Daring snowshoes with ease.
Fast Recovery, Less Pain:
New Options for Hysterectomy

If you ask Diane Goldenberg, 51, what she did last summer, she’ll tell you, “bleed and sleep.”

“Practically overnight, I went from having a normal monthly menstrual period, to one that was out of control,” she said. “The bleeding was so heavy and constant I couldn’t go anywhere or do anything for very long. I even slept on a towel at one point.”

The blood loss made her severely anemic and exhausted. “I was sleeping for more than 14 hours a day. I’d drop the kids at camp and then nap until it was time to pick them up, struggle to stay awake at dinner and then go right to bed. It was the summer that wasn’t.”

For a wife and mother of two kids, who tutors learning-disabled children, volunteers for multiple North Shore organizations and rescues greyhound dogs, this was far from normal.

Assuming she was entering the beginning stages of menopause, Goldenberg initially suffered through the inconvenience and the pain. But, when the bleeding didn’t stop after three weeks, Goldenberg made an appointment with her NSMC gynecologist, Mitchell Rein, M.D., to discuss the surgical options for treating her abnormal bleeding.

After a biopsy, ultrasound and blood tests ruled out ovarian cancer and fibroids, and taking hormone pills failed to regulate the bleeding, Dr. Rein referred her to NSMC’s director of minimally invasive gynecologic surgery Christopher Coffey, M.D., to perform a hysterectomy.

“My recovery was so much quicker than I could have imagined. The first week I took it slowly, but by the end of it I was driving my kids around.”

The first option was uterine artery embolization, a minimally invasive procedure often used to treat fibroids and excessive bleeding. But after additional testing revealed that she was not a candidate for that procedure, they decided her best option for relief was a hysterectomy.

Total laparoscopic hysterectomy (TLH) is performed solely through laparoscopes, which are inserted into the abdomen through three tiny, quarter-of-an-inch abdominal incisions instead of a traditional eight-inch abdominal incision. All tissue to be removed is then passed through the vagina.

“When my mother had her hysterectomy, she was in the hospital for a week and in bed for more than six weeks,” said Goldenberg. “I was shocked when Dr. Coffey told me I could probably go home the same day and be back to normal within a week or two.”

“My recovery was so much quicker than I could have imagined, and almost no pain medication. I was off pain medication after two days and only using ibuprofen. “After two weeks, I was pretty much back to my normal schedule. I was a little sore, but no more than a good workout would cause.”

Says Goldenberg, “I can’t believe how quickly I recovered and how good I feel. More women should know about this.”

For more information on minimally invasive gynecologic surgery, please contact the program’s medical director Christopher Coffey, M.D. at 781-599-2600.
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.

**Locations and Contact Information**
- Danvers: NSMC Women’s Center
  One Hutchinson Drive, Danvers
- Lynn: NSMC Union Hospital
  500 Lynnfield Street, Lynn
- Peabody: North Shore Physicians Group
  4 Commercial Drive, Suite 204, Peabody
- Salem: NSMC Salem Hospital
  81 Highland Avenue, Salem
- Salem: NSMC Wellness and Integrative Medicine Center
  400 Highland Avenue, Salem
  For all locations, please contact
  866-NSMC-BEWELL or 866-676-2239
  nsmedline@partners.org

**Wellness Classes and Services**
- Acupuncture
- Chair Strength Training for Seniors
- Chi Gong
- CPR: 978-354-3013
- Fitness Gym
- Holistic Counseling
- Hypnotherapy
- Massage
- Nutrition Counseling
- Personal Training
- Reiki
- Smoking Cessation
- Strong Women
- Tai Chi
- Team Obesity Fit & Fun
- Total Body Conditioning
- Yoga & Pilates

**Support Groups**
Please call the following organizations for meeting times and locations.
  www.smarteo.com
- ADHD Parent Support Group
  978-354-2000
- Al-Anon
  508-866-0556
- Asthma and Food Allergy Support Group
  781-998-5932
- Bereavement: Fetal/Newborn Loss
  978-354-3357
- Bipolar Disorder Parent Support Group
  978-354-2000
- Breast Feeding Support Group
  978-354-2000
- Diabetes Management Support Group
  781-411-3409
- Fibromyalgia Support Group
  866-676-2239
- Gastric Bypass and Banding Support Group
  781-793-3249
- Grandparents Raising Grandchildren Support Group
  978-747-2623
- Grief Recovery After a Substance Passing
  (GRASP)
- Heart Disease: Healing Your Heart
  978-477-3505
- HIVC (HIV/AIDS Working for Change)
  978-744-6841
- Laparoscopy Support Group
  978-236-1455
- Learn to Cope (Substance abuse family support)
  978-354-2000
- Overeater’s Anonymous
  978-741-2541
- Pacemaker/ICD Support Group
  978-354-3407
- Parents Helping Parents
  978-354-2000
- Sibshop Support Group (For siblings of children with special needs)
  978-354-2000
- Stroke Support Group
  781-651-6114
- Pacemaker/ICD Support Group
  978-354-3407
- Parents Helping Parents
  978-354-2000
- Sibshop Support Group (For siblings of children with special needs)
  978-354-2000
- Stroke Support Group
  781-651-6114

**Cancer Support Groups**
- Breast Cancer Support Group
  978-882-6002
- Children Whose Parents Have Cancer Support Group
  978-882-6073
- Head and Neck Support Group
  978-882-6002
- Healing with Hope
  781-477-3505

**M ost classes begin in January, April, June and September. Call or log on for more details.**

**Childbirth and Care**
Call Ina Parenting at 781-429-1500 or log on to inaparenting.com to register for classes.

**Disease Management**

- **Cardiac Rehabilitation**
  Call 781-477-3300
- **Cardiac Risk Reduction**
  Call 781-477-9900
- **Diabetes Management Program**
  Call 781-477-3469 (Salem, Lynn, Gloucester)
- **Living Well with Heart Failure**
  Call 978-354-2577
- **Pulmonary Rehabilitation**
  Call 781-477-3102
- **Surgical Weight Management**
  Call 781-825-6589

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- **Pulmonary Rehabilitation**
  Call 781-477-3102
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  Call 781-825-6589

**Calendar**

If you have a health question you would like answered by our experts, send us an e-mail at HealthyLife@partners.org.
Early Detection

Danvers Man Thankful for Colonoscopy

Thanks to advanced technologies in screening and treatment, colon cancer is considered one of the most preventable and curable diseases if detected early. Yet, according to the American Cancer Society, nearly 150,000 Americans are diagnosed with colon cancer annually and more than 50,000 die because the cancer is diagnosed too late.

Scott Ferris, 53, of Danvers knows these statistics and the danger of delaying screening testing all too well. As chief of building operations for The Hall Company in Lynn, he leads an active life and is always on the go. A cyclist at heart, he and his wife have completed three two-day, 190-mile Pan-Massachusetts Challenge bike-a-thons. At the age of 50, he knew it was time for his first colonoscopy, however, when his primary care physician gave him a clean bill of health and he had no noticeable symptoms, he postponed that crucial test. “I felt fine. I didn’t think there was anything to worry about,” explained Ferris.

Two years later, when NSMC gastroenterologist Gregg Brodsky, M.D., performed a colonoscopy on Ferris, there was plenty to cause concern. “I remember waking up from the test and seeing a very serious look on the nurse’s face,” said Ferris. “Dr. Brodsky and my wife soon walked in and I got the bad news.” Dr. Brodsky had found a large cancerous polyp in Ferris’s lower colon.

“You hear that word, cancer, and you automatically think the worst,” said Ferris.

The first step for Ferris was surgery. NSMC’s chief of general surgery, William Kastrinakis, M.D., removed a 12-inch section of Ferris’s colon to eliminate the cancerous polyp. Then, Ferris met with Lauren Dias, M.D., an oncologist at the Mass General/North Shore Cancer Center in Danvers, to determine if he needed chemotherapy or radiation treatment to get rid of any remaining cancerous cells or to prevent recurrence.

Fortunately, his cancer was removed with surgery and he did not need any further treatments. Still, earlier screening would have helped to reveal the tumor when it could have been removed without major surgery.

“It’s clear that screening can save lives but, unfortunately, statistics show that too many people avoid it,” said Dr. Brodsky. “Early detection is important and everyone needs to be proactive in assessing their risk of colon cancer.” The most popular method for screening, the colonoscopy, is a painless test that allows your doctor to look at the inner lining of your large intestine. “The preparation for the test is uncomfortable, but it is well worth the effort,” adds Dr. Brodsky.

In addition to advising that men and women age 50 and older be screened regularly, colon cancer screening guidelines identify some factors that increase a person’s risk of developing the disease, including personal or family history, African-American and Hispanic descent and lifestyle factors.

Ferris is scheduled for his one-year follow-up colonoscopy this winter. While he is not so nervous about the test itself, he is anxious about the results. “I just don’t ever want to go through this again. I tell everyone I know, at age 50 you have to insist on having this test done. Don’t wait…it could save your life.”
Family Medicine
Another Option for Your Family

Family medicine physicians complete training in general adult medicine as well as geriatrics, women’s health and pediatrics. NSM C offers more than 35 family medicine physicians for families looking for this one-stop option—a convenient choice for adults caring for children, aging parents and themselves. Through a single office, patients can make appointments for multiple members of the family and more easily manage multiple health care details.

“Having one physician for my entire family is wonderful. It is so easy to have all of our care coordinated at one office.”

For Lisa Parker of Saugus, a busy mother of a teenager and a pre-teen, the family medicine model meets many needs. “Having one physician for my entire family is wonderful. It is so easy to have all of our care coordinated at one office,” says Parker, whose family sees Christine Valdes, M.D., at the North Shore Physicians Group practice in Saugus. “Oftentimes, when I am here with one of my kids, Dr. Valdes can check in with me too. I especially appreciate that when we are all sick at the same time.”

A doctor for the in-between years

Another benefit for the Parkers was finding a doctor with whom, Haley, 14, was comfortable. “As I got older, I didn’t feel like I fit in to a pediatrician’s office anymore, where there were mostly toys and babies in the waiting room,” she says. “With Dr. Valdes, I feel like I can ask questions about growing up and getting older. I can talk to her.”

When it comes to choosing the right physicians to care for adults, seniors and children, North Shore families are fortunate to have several excellent choices.

One option that is growing in popularity is what’s called a family medicine physician, an expert trained to see all of these age groups. These multi-generational physicians can offer families an extra measure of convenience and connection.

“The model for family medicine has its roots in the general practitioners of old,” says Alan Chassui, M.D., chair of Family Medicine at NSMC, “when an entire family would be treated by the same physician. This common practice approach enables the physician to better understand family dynamics and health history and more thoroughly manage their impact.”

PLAYING AROUND AT THE NORTHSHORE MALL

MassGeneral for Children at North Shore Medical Center has become the official sponsor of the indoor play area at the Northshore Mall in Peabody. The space, located outside of the Macy’s Men’s Store, features soft-sided play structures, a playhouse, seating for adults and a changing station.

Just one year ago, NSMC North Shore Children’s Hospital changed its name to reflect its full level of integration with MassGeneral Hospital for Children. Under the deepening collaboration, MassGeneral for Children experts from a wide range of specialties provide around-the-clock care on the NSMC inpatient floor and in the pediatric emergency department. They also treat patients at the specialty outpatient clinics at NSMC and the new Mass General/North Shore Center for Outpatient Care in Denver. These specialties include cardiology, endocrinology, gastroenterology, nephrology, orthopaedics, pediatric surgery and rheumatology.

FOR MORE INFORMATION, VISIT HEALTHCARE.GOV OR TALK TO YOUR HEALTH INSURANCE COMPANY.
In the last year, NSM C welcomed five new primary care physicians to the North Shore.

We also expanded and relocated a family medicine office at 1069 Broadway (Rte 1 South) in Saugus. And to provide you with the best care possible, all of our primary care offices use electronic medical records and are your connection to the Mass General/North Shore Center for Outpatient Care in Danvers.

To learn more about the expanded Saugus practice or any of our primary care physicians, please call our Physician Finder service by calling 1-877-NSM-C-MDs (1-877-676-2637) or visit us online at nsmc.partners.org.