

The Healthy Life

A HEALTH & WELLNESS MAGAZINE FROM NSMC

SPRING 2014

The Mind-Body Connection

Stress-Reduction Program
Helps Build Coping Skills

page 4

3-D MAMMOGRAPHY LEADS
TO EARLY DIAGNOSIS

page 2

NSMC MILITARY SURGEON
RETURNS FROM AFGHANISTAN

page 8



NORTH SHORE
MEDICAL CENTER

nsmc.partners.org



Advanced Technology, Early Diagnosis

Marblehead Woman Gets Jump on Breast Cancer Thanks to 3-D Mammography

As part of her daily exercise routine, Florence Velluto, 68, loves nothing more than taking a brisk walk through the streets of Marblehead. Her preferred route winds through historic Old Town, where she and her husband have lived for close to two decades, and along the scenic paths that overlook the coastline. “I try and walk at least two miles every day, no matter what the weather is doing,” says Velluto. “It’s great exercise and the ocean air does wonders for the mind and soul.”

Exercise, eating well and being proactive about going to the doctor and scheduling her annual health screenings, Velluto says, are key to maintaining her youthful vitality.

Florence Velluto of Marblehead caught her breast cancer early thanks to 3-D mammography.

It was this proactive approach that may have saved Velluto’s life last year. In October 2013, after having her annual mammogram at the NSMC Women’s Center in Danvers—something she has done faithfully since her 30s—Velluto received a call from the office of North Shore Medical Center radiologist Kevin Callahan, M.D., asking her to come back in for another test because he saw something on her exam that he was concerned about. This year, Velluto’s screening mammography exam was conducted using tomosynthesis, or 3-D mammography, a breakthrough technology that was developed by experts at Massachusetts General Hospital and is offered at both NSMC Salem Hospital and the NSMC Women’s Center.

Through NSMC’s collaborative breast health program with Massachusetts General Hospital, Velluto was then scheduled to have a follow-up diagnostic examination done at the Breast Health Center at the Mass General/North Shore Center for Outpatient Care in Danvers. Like the test performed at the NSMC Danvers Women’s Center, this follow-up diagnostic imaging would also employ breast tomosynthesis.

“Tomosynthesis is a relatively new technology that provides a clearer, more accurate view of the breast than conventional 2-D mammography, enabling us to more effectively pinpoint the size, shape and location of many abnormalities,” says Mansi Saksena, M.B.B.S., the diagnostic breast radiologist who saw Velluto at the Breast Health Center.

After viewing the test results, Dr. Saksena confirmed that there was a small mass in Velluto’s right breast. “Because the area in question was so small, it is possible that it would have gone undetected without the use of breast tomosynthesis,” says Dr. Saksena. A biopsy several days later confirmed that the mass was a cancerous tumor, approximately seven millimeters in diameter.

While Velluto was shocked by the diagnosis, having no family history of breast cancer, her first question was one of resolve: “How do I beat this thing?”

Her answer came in the form of a team of experts from the Mass General/North Shore Cancer Center in Danvers that included breast surgeon David J. Martini, M.D., oncologist Amy Comander, M.D., and radiation oncologist James McIntyre, M.D. Together this team developed a treatment plan for Velluto and collaborated closely on its implementation.

Within two weeks of her diagnosis, Velluto had her tumor removed at the Mass General/North Shore Center for Outpatient Care, followed immediately by a regimen of 33 daily radiation treatments. “I loved the team approach,” says Velluto. “It was very reassuring to know that all my doctors were working together on my behalf. The whole process, from diagnosis through treatment, was seamless. I always knew exactly what was going to happen and when, which alleviated a lot of anxiety.”

“Catching and treating Florence’s breast cancer early, while it was small and still confined to the breast, led to a great outcome,” says her radiologist Dr. Callahan.



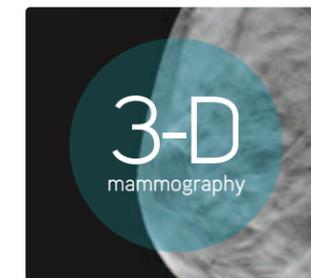
Florence Velluto with her diagnostic breast radiologist Mansi Saksena, M.B.B.S., and radiation oncologist James McIntyre, M.D.

“Her case really exemplifies the benefits of annual screenings and being proactive about your health.”

Having completed her radiation treatments in January, Velluto is now cancer-free and glad to have the whole experience behind her. “It was a challenging year, but I’m grateful to have caught my cancer before it had a chance to spread. And that I was able to find such amazing care so close to home.”

 To watch a video about Florence Velluto, please visit: youtube.com/NorthShoreMedCenter.

BREAST TOMOSYNTHESIS NOW AVAILABLE AT THREE NORTH SHORE LOCATIONS



Breast tomosynthesis, also called 3-D mammography, provides a clearer, more accurate view of the breast, enabling doctors to pinpoint the size, shape and location of any abnormalities. Tomosynthesis can result in better detection and greater peace of mind.

Appointments are available at:

- Mass General/North Shore Breast Health Center, Danvers
- NSMC Women’s Center, Danvers
- NSMC Salem Hospital

For more information, or to make an appointment, please call 978-354-4900.

The Mass General/North Shore Breast Health Center and the Breast Health Center sites at NSMC Salem Hospital, NSMC Union Hospital, NSMC Women’s Center and Cape Ann Medical Center are accredited by the Massachusetts Department of Public Health Radiology Control Program and the American College of Radiology.

The Mind-Body Connection

Stress Reduction Program Builds Skills for Coping with Life's Ups and Downs

There's no getting around it, life can be stressful. Work deadlines, family demands, financial pressures, chronic illness and a host of other frustrations both large and small can—and most certainly will—take their toll on everyone at some point. How this stress manifests itself varies widely from person to person. For some, the symptoms may include fatigue, sleeplessness and irritability. Others may experience anxiety or depression. Stress can also cause physical conditions such as a rapid heartbeat, nausea, dizziness and a wide variety of aches and pains.

Pervasive and unpredictable though it might be, stress is also manageable. With skills learned through North Shore Medical Center's Mindfulness-Based Stress Reduction (MBSR) program, the harmful effects of stress can be greatly reduced, if not eliminated entirely.

“Our program teaches participants to manage stress through different forms of mindfulness meditation, gentle movement and discussion,” says instructor Jefferson Prince, M.D., Director of Child Psychiatry Programs at MassGeneral for Children at North Shore Medical Center. “It doesn't provide a formula for solving problems; rather, it teaches people how to process their emotions and tap into their own inner resources for relaxation, learning, growing and healing.” Through this awareness and inner strength, he adds, participants are able to better manage difficult or unpleasant events and play a more active role in maintaining their own well-being.

For Cindy Belhumeur of Swampscott, the MBSR program proved to be “extraordinarily helpful” during a particularly stressful time in her life. “I was caring for an elderly parent and other sick family members and found myself racing from one thing to the next without much thought,” says Belhumeur, a health and wellness professor at Salem State University.



NSMC's Mindfulness-Based Stress Reduction program taught Cindy Belhumeur how to cope with life's challenges more effectively.

“The word ‘no’ was not part of my vocabulary and all of the competing demands had me feeling overwhelmed.”

Through the MBSR program, Belhumeur learned to slow down, take stock of her situation and better prioritize her time. “When I walked out of that class, I felt like I had a whole new set of techniques that I could use during stressful situations,” she says.

“There is a considerable amount of research supporting the power of mind-body programs like MBSR in dealing with stress and health issues for people of all ages.”

Dave Callahan, 62, of Marblehead, also found the program beneficial. “We all have things that bother us on a daily basis and I'm no different,” says Callahan. “The question is, how are you going to deal with the stress?”



For Callahan, a strenuous workout at the gym usually did the trick, but he now knows it wasn't enough. “I've always been aware of my physical well-being, but this program showed me that my mental well-being is equally important.” Now when faced with a stressful situation, Callahan says he is able to pause, take a few deep breaths, settle his mind and think more clearly. “For me, learning to be less reactive has made a big difference,” he says.

“The reasons why people enroll in our program vary,” says Dr. Prince. “We have parents with adult children who have moved back home; children caring for parents with dementia; people who have been laid off from a job or are having relationship problems. We've had people

with chronic pain, gastrointestinal problems and headaches. All have found relief by taking a more active role in their own well-being.”

Developed in the late-1970s at the University of Massachusetts Medical Center, the MBSR program is now offered at medical centers, hospitals and clinics around the world. Taught by a team of three MBSR-trained instructors, the eight-week program introduces participants to various meditation techniques, including those focused on breathing and body awareness.

“There is a considerable amount of research supporting the power of mind-body programs like MBSR in dealing with stress and health issues for people of all ages,” says instructor Marguerite Roberts, N.P. “Everyone has the capacity to learn these skills, integrate them into their own lives and use them to relieve stress and achieve a greater sense of balance.”



To learn more about the Mindfulness-Based Stress Reduction programs at North Shore Medical Center, please visit nsmcfamilyresourcecenter.org or call 978-354-2670.

STRESS MANAGEMENT FOR CHILDREN AND TEENS



In addition to the Mindfulness-Based Stress Reduction program for adults, North Shore Medical Center also offers similar programs for children and teenagers. Combining mindfulness practices of meditation, movement, hands-on activities and group discussion, these interactive eight-week programs provide participants with healthy ways to cope with stress and solve everyday problems.

Mindfulness for Children (ages 8-10)

This program is open to all children but is especially beneficial for those having trouble regulating their emotions, managing impulse control or experiencing anxiety due to a difficult life event, school, peer pressure or other challenges. In addition to age-appropriate exercises in mindfulness meditation and movement, participants also engage in a wide variety of activities incorporating stories, art, toys, games, poetry and music that build self-awareness and enhance focus.

Mindfulness for High School Students (ages 14-17)

This program is for high school students experiencing many of the same challenges as those listed above for younger children, but may also be beneficial for teens suffering from depression, mood disorders or physical conditions such as chronic pain and headaches. This program includes mindfulness meditation and movement, hands-on activities and group discussion, providing participants with a supportive environment in which to address real-life issues and challenges.

To learn more about these programs as well as related lectures and presentations, please call 978-354-2670 or visit nsmcfamilyresourcecenter.org.

Classes & Services

North Shore Medical Center offers a wide range of health programs, classes, support groups and special events at our locations in Salem, Lynn and Danvers.



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

Locations and Contact Information

Danvers | Mass General/North Shore Center for Outpatient Care
102 Endicott Street, Danvers

Danvers | NSMC Women's Center
One Hutchinson Drive, Danvers

Lynn | NSMC Union Hospital
500 Lynnfield Street, Lynn

Salem | NSMC Salem Hospital
81 Highland Avenue, Salem

Salem | MassGeneral for Children at North Shore Medical Center
57 Highland Avenue, Salem

Salem | NSMC Wellness & Integrative Medicine Center
400 Highland Avenue, Salem
978-740-1022
nsmcwellness@partners.org

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
978-354-2060

Grief Recovery After a Substance Passing (GRASP)
781-593-5224

HAWC (Healing Abuse Working for Change)
978-744-8552

Implantable Cardioverter Defibrillator Placement Support Group
978-354-4507

Laryngectomy Support Group
978-236-1455

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
978-354-2660

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
781-631-0114

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

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 | My 13-year-old daughter has become overly focused on her body image and has mentioned that she needs to diet. What are the signs of an eating disorder?

Signs of an eating disorder are a cause for concern and vary depending on the type of eating disorder. Skipping meals, going to the bathroom after eating, binge eating and excessive exercise are some of the ways people try to control their weight and body image. As a parent, it is important to be aware of your teen's eating patterns and to have open communication about the importance of proper nutrition and exercise. If you are concerned your child may have an eating disorder, contact his/her doctor. **To contact Dr. Crowley, please call 978-741-9500.**

Meaghan Crowley, M.D.
Internal Medicine



Q | What are the signs of fibromyalgia? When should I be concerned that my achy joints are a sign of something more serious?

Achy joints can be a sign of many things so it is important to get a proper diagnosis. Fibromyalgia is a widespread, chronic disease that affects how one's body interprets pain. Symptoms include muscle aches, fatigue, problems sleeping, depression and anxiety. These symptoms can be triggered by physical trauma or emotional stress. Joint pain can also be caused by injuries affecting ligaments or tendons surrounding the joint. These injuries can sometimes be caused by trauma, infections or diseases that run in families. Consult your primary care physician for an accurate diagnosis. **To contact Dr. Gemme, please call 978-922-0357.**

Larissa Gemme, D.O.
Family Medicine

Q | I have extremely dry patches of skin on my arms and legs that never seem to go away. Is it eczema or could it be psoriasis?

Eczema and psoriasis are two very common skin diseases. People living with eczema can have inflamed, peeling, blistering or pus-filled skin. Psoriasis, on the other hand, can lead to thick silvery scales accompanied by red patches that are sometimes painful. Luckily, both are manageable with proper care. Topical ointments and oral medications are used in treating both cases. You should see your primary care physician so he/she can properly diagnosis your condition. **To contact Dr. Saie, please call 978-646-2100.**

David Saie, M.D.
Internal Medicine



Q | I have a newborn at home. What is the best way to protect him from whooping cough?

Whooping cough, also known as pertussis, is a bacterial infection that can make babies very sick. It is characterized by severe coughing spells, which can sometimes end in a "whooping" sound when a baby breathes. These spells may lead to vomiting or brief loss of consciousness. Other symptoms include runny nose, slight fever and diarrhea. Vaccinating your newborn is the best way to keep him/her safe. Because this disease can make babies so sick, especially when they are less than six months old, it is very important that all caregivers and family members who interact with young children also get vaccinated. Frequently washing your hands also helps prevent germs from spreading and keeps your baby healthy. **To contact Dr. Caridad, please call 781-233-1450.**

Kathleen Caridad, M.D.
Family Medicine

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

Back on the Homefront

Military Surgeon Returns to North Shore Practice after Second Tour in Afghanistan

October 1, 2012 started out like any another day at the office for orthopedic surgeon Doug Peterson, D.O. The North Shore native was seeing patients at his practice in Salem when he received a phone call that would change the course of his life for much of the year to follow. A member of the Navy Reserves with 15 years of active duty under his belt, Dr. Peterson was being called up to lead a medical unit for the Combined Joint Special Operations Task Force that was heading to Afghanistan. Having been deployed abroad several times prior—including a lengthy tour in Afghanistan three years ago—Dr. Peterson understood immediately what this call meant for his family.

“The military is my passion, but the sacrifice my wife and kids make when I’m gone is hard on us all,” says Dr. Peterson, the father of three children. “Leaving my wife to play the role of both mom and dad is always difficult, but it is truly an honor to put on the uniform and serve my country in any way that I can.”



“It is extremely rewarding to use my training and expertise to help people who have so little. Missions like this are why I fell in love with the military and being an orthopedic surgeon.”

patients at North Shore Center for Orthopedic Surgery in Salem. His wife, Stacy, is also glad to have him back home. “We are so proud of the work he did in Afghanistan, but we are definitely excited he’s back. We are starting to get back into our normal routine and spending lots of time with our family and friends.”

Dr. Peterson is currently accepting new patients and can be reached at 978-745-0820.

To watch a video about Dr. Peterson, please visit: youtube.com/NorthShoreMedCenter.



Above: Dr. Peterson with Dr. Sanjay Gupta, chief medical correspondent for CNN. Right top: Dr. Peterson with patient in Asadabad. Right bottom: Dr. Peterson with his family upon his return from Afghanistan in 2009.



Within several months, Dr. Peterson found himself stationed at a military base in Asadabad, located in a mountainous region of northeastern Afghanistan, two miles from the border of Pakistan. There he was in charge of a 17-person medical team comprised of general surgeons, anesthesiologists, critical care nurses and physicians and medics. All came from different military backgrounds, but all shared the common goal to save lives.

“Our mission was to provide medical support to military units that were operating in the region, trying to stabilize the border and prevent the Taliban from transporting weapons and drugs through the mountain passes of Pakistan,” says Dr. Peterson.

Working in a small medical facility on the base, Dr. Peterson and his team were focused on stabilizing combat-injured and critically wounded soldiers—of which there

was a steady flow—and transferring them to hospitals with more advanced clinical capabilities.

“It is a scary thing, being thrown into a situation where people are critically wounded and dying,” says Dr. Peterson. “I kept my team centered by having them focus on one procedure at a time rather than looking at the larger impact. This approach helped them handle what was in front of them since many had never been part of anything like this before.”

In addition to working with wounded soldiers, Dr. Peterson’s team also cared for critically injured Afghans, tending to some of the more severe cases that were beyond the scope of the local health resources. The team also held an orthopedic clinic for the locals, caring for ankle and lower back injuries common to residents of the mountainous region.

“It is extremely rewarding to use my training and expertise to help people who have so little,” explains Dr. Peterson. “Missions like this are why I fell in love with the military and being an orthopedic surgeon.”

Born and raised in Beverly, Dr. Peterson knew he wanted to draw upon his experience playing high school sports and become an orthopedist with a focus in sports medicine. After medical school, he completed a fellowship at Massachusetts General Hospital, which gave him the opportunity to take care of a wide variety of patients and conditions. Among those he treated were numerous Boston-area athletes, including members of the Patriots, Red Sox and Bruins.

Having returned from his deployment in November 2013, Dr. Peterson is happy to be back on his home turf and seeing

HIP AND KNEE SCHOOL

A Program for Patients Considering Joint Replacement Surgery

To help patients who are either scheduled to have joint replacement surgery or are considering it as an option, NSMC offers a unique educational program called Hip and Knee School. This free course covers a wide spectrum of subjects so that patients have all the information they need to make an informed decision and proceed with confidence.

SOME OF THE TOPICS COVERED INCLUDE:

- How to prepare for surgery
- What the surgery entails
- How to get your home ready
- Pre-admission testing
- Pain control after surgery
- What to expect on the day of surgery
- What recovery will be like
- Life after joint replacement

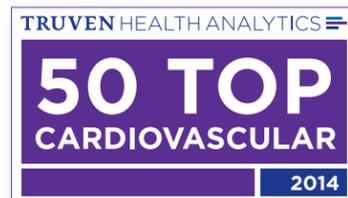
Please speak with your surgeon’s office to book a session. For more information, please visit nsmc.partners.org/orthopedics.

NORTH SHORE MEDICAL CENTER NAMED AMONG NATION'S TOP 50 CARDIOVASCULAR HOSPITALS

North Shore Medical Center has been named among the nation's 50 Top Cardiovascular Hospitals by Truven Health Analytics. Formerly the healthcare division of Thomson Reuters, Truven Health Analytics is a leading provider of information and analytics focused on the quality and cost of healthcare.

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. This combination of care truly saves lives. Additionally, as one of only three community hospitals in

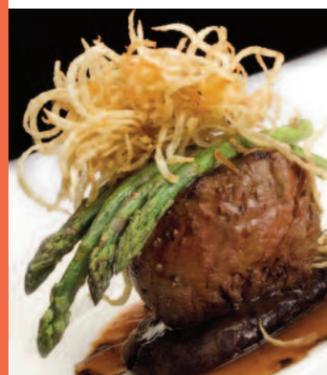
the Commonwealth to offer cardiac surgery, NSMC's Heart Center provides an uncommon level of care for emergencies and other heart conditions. Patients who need bypass surgery, valve surgery or other heart procedures have access minutes away and are able to remain in the community, close to friends and family.



For more information about the Truven Study and methodology, please visit: 100tophospitals.com.

FIFTH ANNUAL GOURMET GALA, MARCH 28

Wining and Dining for a Cause



Mark your calendar for the fifth annual Gourmet Gala fundraiser—formerly known as the Taste of the North Shore—taking place on Friday, March 28, from 6 to 9 p.m. at Acura of Peabody. Hosted by radio personality Billy Costa of KISS 108FM, the event will feature delicious food from some of the area's finest restaurants, spirited

entertainment and a lively auction. All proceeds from this year's event will support oncology services at North Shore Medical Center and the Mass General/North Shore Cancer Center.

For more information, please visit: nsmcgiving.partners.org/gourmetgala or call 866-296-6900.

PATIENT FAMILY ADVISORY COUNCIL, CONNECTING NSMC TO THE PATIENTS WE SERVE



The Patient Family Advisory Council provides a forum for patients, family members and community representatives to have input into the care delivery and safety programs at North Shore Medical Center.

Working in partnership with hospital staff, members of the advisory council provide valuable perspective on a wide variety of programs and initiatives taking place at the Medical Center and play a vital role in our ongoing effort to enhance the patient and family care experience.

Get involved! The Patient Family Advisory Council strives to represent the diverse ethnic, racial, religious and socioeconomic composition of the North Shore and is always seeking new members.

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

Need a New Primary Care Doctor?



Kathleen Caridad, M.D.
Saugus



Lisa Ceplikas, M.D.
Swampscott



Adepeju Champion, M.D., M.S.
Danvers



Poongodi Chandrasekaran, M.D.
Salem



Meagan Crowley, M.D.
Salem



Judith Fokum, M.D.
Danvers



Larissa Gemme, D.O.
Beverly



Eleanor Gilbert, M.D.
Marblehead



Arooj Hyat, M.D.
Danvers



Swati Kodali, M.D.
Danvers



Jeffrey Phillips, M.D.
Swampscott



David Saie, M.D.
Danvers

Our primary care physicians are ready to care for you and your family. In the past year, we have welcomed many new primary care physicians to the North Shore who can offer you and your family an appointment with little to no wait time. And to provide you with the best care possible, all our primary care offices use a common, secure electronic medical record. These doctors are your connection to the Mass General/North Shore Center for Outpatient Care in Danvers as well as the full services of North Shore Medical Center and Partners HealthCare.

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



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

NSMC Women's Center

North Shore Physicians Group

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

Follow Us!



PARTNERS
HEALTH CARE | 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 welcomes appointments and walk-ins 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 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 9 a.m. to 5 p.m. For more information, call 978-739-7700 or visit northshoreurgentcare.org.



The Healthy Life

The Healthy Life is published by the Marketing and Public Relations Department of North Shore Medical Center. 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 Website: nsmc.partners.org

NORTH SHORE MEDICAL CENTER is a multi-site health system located north of Boston and a member of Partners HealthCare, which was founded by Massachusetts General Hospital and Brigham and Women's Hospital. Together with Massachusetts General Hospital, we opened the Mass General/North Shore Center for Outpatient Care in Danvers in 2009.