

# Keep Your Joints Healthy to Prevent Injury



Tom Hoerner, MD, orthopedic surgeon, discusses a patient's symptoms and possible treatment options.

ith 230 joints in your body there is plenty of opportunity for joint pain. While pain can come from the normal wear and tear on joints, it can also result from a single traumatic event, such as a fall.

Many people can sidestep pain and prevent injury by keeping their joints healthy. Your joint health strategy depends on your genetics, age and level of activity. "If Dad had a knee replacement or if Mom had both hips replaced, arthritis probably runs in the family," explains Eric B. Arvidson, MD, an orthopedic surgeon who practices at Holy Family Hospital. "Of course,

"People will often not seek help because they assume that surgery is the only solution. There are a lot of non-surgical options. Deciding the best treatment begins with working with a specialist to pinpoint the cause and source of pain," Steven Andriola, MD, orthopedic surgeon at Holy Family Hospital.

you have no control over your genetics, but you can control the other major factor in keeping your joints healthy: conditioning."

Instead, choose a weight you can lift easily 15 to 20 times. "As you get stronger, increase the weight and decrease repetitions," he explained.

**Condition Yourself for Success** 

more prone to injuries."

three weeks."

Preparing for an activity is important and requires

activity," said Dr. Arvidson. "If you don't train, you're

Typically, two strength training sessions a week will

maintain your strength. "One of the major problems I

see is people starting a conditioning program that is

too intense," said Dr. Arvidson. "When you train hard

right away at age 16, you may be sore for three days.

If you train hard at 50, that achiness can stay for

conditioning. "You can't just rely on doing an

## Holy Family Hospital

Steward



#### Award-Winning Regional Center for Orthopedic Care

Holy Family Hospital's Award-Winning Regional Center for Orthopedic Care is the only hospital in Massachusetts and New Hampshire that has

earned The Joint Commission's Disease-Specific Certification and the national Blue Distinction designation by BlueCross and Blue Shield of Massachusetts for Knee and Hip Replacements.





Orthopedic Surgeon Eric B. Arvidson, MD, as he prepares to consult with a patient.

#### Find Strength in Everyday Activities

There are worthwhile joint health activities that don't involve sports. "Even if you feel you have absolutely no time to exercise, your joint health can benefit from a 10-minute walk," said Barry Bickley, MD, orthopedic surgeon at Holy Family Hospital and Merrimack Valley Hospital. "Your endurance will improve, you'll feel better and you'll sleep better at night. You'll be on your way to conditioning yourself to do more, while safely protecting your joints."

## Experience the New Health Care

Many exercises are waiting right outside your door. "Yard work such as pruning for the winter and planting for the spring is excellent exercise," said Joseph K. Weistroffer, MD, orthopedic spine surgeon at Holy Family Hospital. "If you haven't been exercising though, your back is in no condition to work at activities like these for eight hours. You're better off separating the time into 20 minute intervals."

Other low-impact activities that promote joint health include ballroom or line dancing; yoga, for balance and flexibility; taking the stairs whenever possible and walking 30 minutes a day.

Some options include physical therapy. "Over time, muscles and ligaments can get too tight and need to be stretched," explained Dr. Andriola. "For example, tight hamstrings can lead to altered mechanics in the spine. A physical therapy program can help. And even with surgery, today's procedures are less invasive and require less down time. Otherwise healthy patients bike thousands of miles with new joints."

"When it comes down to it, you don't have to endure joint pain," said Dr. Bickley. "A number of treatment options are available and can be explored prior to considering surgery. The physicians at Holy Family Hospital's and Merrimack Valley Hospital's



Orthopedic Surgeon Barry Bickley, MD, and Radiologist Lori Weir, MD, discuss what they see in a patient's MRI of the knee.

### Pinpoint Your Injury and Take a Wellness Approach

Education, physical therapy, pain management and orthopedic care are all part of the wellness approach at Holy Family and Merrimack Valley Hospital's Orthopedic Centers of Excellence. Joint pain doesn't mean that you need a surgery. In fact, the majority of people will not need an operation. "People will often not seek help because they assume that surgery is the only solution. There are a lot of non-surgical options. Deciding the best treatment begins with working with a specialist to pinpoint the cause and source of pain," explained Steven Andriola, MD, an orthopedic surgeon at Holy Family Hospital.

Orthopedic Centers of Excellence can help determine the cause of your pain and design a comprehensive treatment plan specific to your individual needs."

f you are experiencing joint pain or discomfort and aren't able to participate in the activities you love, schedule a consultation with one of our orthopedic surgeons by calling Steward DoctorFinder at 1-800-488-5959.

Holy Family Hospital: www.HolyFamilyOrtho.org

Merrimack Valley Hospital: steward.org/mvhortho



## **Enjoying Life**

Mary Richardson, community liaison for Steward Health Care, speaks with Tom Hoerner, MD, orthopedic surgeon at Holy Family Hospital

and three of his former patients. Hear their personal stories and how they are now enjoying the activities they love.

www.holyfamilyortho.org

#### Access World-Class Surgeons in Your Own Backyard

#### Did You Know...

Holy Family Hospital and Merrimack Valley Hospital are home to more than two dozen orthopedic and spine surgeons who collectively perform more than 4,000 adult and pediatric procedures each year at the hospitals and Andover Surgery Center.

#### Our teams specialize in:

- Bone and Joint Care
- Spine Surgery
- Sports Medicine

Our surgeons use the most advanced and sophisticated procedures and provide the highest standard of care. This includes, for example:

- Minimally Invasive Procedures
- Custom-Fit Knees
- Muscle-Sparing Techniques including the Anterior Approach

Together, we are committed to maximizing every individual's recovery potential. That's why rehabilitation begins as early as the day of surgery. Our accelerated approach helps people get back on their feet and back to the activities they enjoy.

## Pain Management Centers Help Patients Enjoy Life

Centers offer the Merrimack Valley and Southern New Hampshire Comprehensive Pain Program



At the Center for Pain Management, Alane Costanzo, MD, left, discusses sources of pain, symptoms and the plan for treatment with her patient.

ain is often an unpleasant, temporary result of a disease or injury. But for many, the suffering persists long after the disease is treated or the injury has healed.

What they suffer from is chronic pain, and the good news is that there is help close to home at the Centers for Pain Management at Holy Family Hospital in Methuen and Merrimack Valley Hospital in Haverhill.

People in pain can often be stuck in a never-ending cycle. They often have sleeping problems, which creates an inability to cope, and this can cause increased pain and anxiety. The long-term effects of pain can cause deconditioning of the body, disability, depression, hormone deficiency, drug dependence and even death.

Research shows that effective pain management requires a comprehensive approach that incorporates the most advanced medical, psychological and lifestyle technologies to eliminate or reduce chronic pain.

The multidisciplinary teams of pain management experts at the Centers for Pain Management at Merrimack Valley and Holy Family Hospitals utilize the most modern techniques available to treat a wide range of causes of common chronic pain successfully.

Both centers are committed to helping patients reduce and cope with chronic pain so their lives are more

Our Centers for Pain Management are committed to helping patients reduce and cope with chronic pain so their lives are more active, productive and enjoyable.

active, productive and enjoyable. The goal is to provide a meaningful reduction in pain so patients can return to the activities they have been missing.

"Pain, at times, is a difficult thing to treat and it can affect all parts of a person's life. Our hope is to treat the whole person, to help them cope with the pain they are dealing with," said Daniel Park, MD, direct of the Center for Pain Management at Merrimack Valley Hospital, and member of the team at Holy Family Hospital.

The Centers for Pain Management at Merrimack Valley Hospital and Holy Family Hospital offer treatment for a wide variety of conditions, including:

- Arthritis
- Back and neck pain
- Post-amputation pain
- Cancer-related pain
- Dental pain
- Diabetes-related pain
- Fibromyalgia
- Headaches
- Post-operative pain
- Shingles (herpes zoster)
- TMJ

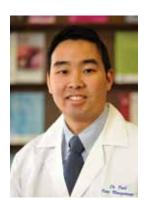
Patients are accepted only through a referral from a primary care physician. If you have been in pain and feel it is interfering with life, talk to your primary care physician. Once your physician makes the referral, you will receive a phone call to pre-register for care.

Teams at the centers strive to understand each patient's needs in order to offer the best options. Their treatment philosophy remains open to new developments in the area of pain management and continues to expand the range of treatment services offered. The goal is to offer each patient a customized comprehensive pain management therapy plan with treatments shown to be effective in sound scientific research.

After suffering with pain for months, Susan was referred to Merrimack Valley Hospital's Center for Pain Management and was treated by Dr. Park.

"I had an epidermal injection and it certainly appears to have worked. The pain, which is in both arms right down to the fingers, has subsided tremendously and I am able to sleep comfortably all night," said Susan. "The people at the pain clinic are great, from the doctor right down to the nurses and support staff; they are a credit to the hospital."

Each center treats spine related pain such as herniated discs, sciatica, collapsed vertebrae, spinal stenosis, post-laminectomy pain, back pain, neck pain, sacroiliac joint pain and dysfunction, and facet arthropathy.



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**Daniel Park, MD,** director of the Center for Pain Management at Merrimack Valley Hospital and part of the team at Holy Family Hospital.

But they also help patients suffering with headaches, fibromyalgia, polymyalgia, myofacial pain syndrome, shingles, post herpetic neuralgia, arthritis, neuropathy and nerve injury, dental pain, facial pain, post-mastectomy pain, diabetes-related pain, post-operative pain, post-thoracotomy pain, HIV-related pain, reflex sympathetic

The multidisciplinary teams of pain management experts at the Centers for Pain Management utilize the most modern techniques available to treat a wide range of causes of common chronic pain successfully.

dystrophy (RSD), intercostal neuralgia, ischemic-related pain, neurogenic pain, osteoporosis, stress-related pain and TMJ.

The centers also treat complex regional pain syndromes, such as cancer related pain and post-amputation pain.

Patients are accepted only through a referral from a primary care physician. If you have been in pain and feel it is interfering with life, talk to your primary care physician. Once your physician makes the referral, you will receive a phone call to pre-register for care.

During the first appointment a physician will talk with patients and give a pain-focused physical examination with a nurse present. Because the center is within the hospital, if needed, the team has the ability to order the tests they may need, including x-rays, CT scans, ultrasounds, MRIs and laboratory blood work. Based on the results, the team will put together a customized treatment plan.

## Pain Points: A Q&A with Alane Costanzo, MD

Pain affects more Americans than diabetes, heart disease and cancer combined. While many of us ignore pain and don't seek help, others find it difficult to experience relief. There's a lot to consider when dealing with pain. Below, Alane Costanzo, MD, head of the Center for Pain Management at Holy Family Hospital, addresses some common questions.

#### Now can someone ease pain at home?

As before any individual engages in self or home treatment they should consult with their physician. Applying ice or heat appropriately can help but exercise caution with either because prolonged exposure can cause tissue damage. Cold packs can be used to cool the skin and muscles and soothe pain through a numbing effect, especially pain that comes from inflammation or swelling. Alternatively, applying heat in the form of warm showers, baths, hot water bottles, or heating pads can also be beneficial. Heat helps to relax tense muscles, reduce pain, and even give a sense of comfort. Just be careful not to set a heating pad on high as it can burn the skin. Therapeutic and relaxation massage, whether at your leisure or as part of a physical therapy plan, can also bring relief.



Alane Costanzo, MD, director of the Center for Pain Management at Holy Family Hospital, and part of the team at Merrimack Valley Hospital.

## **Q** ■ If pain medicine is prescribed, what should an individual know about their treatment?

A pain management doctor may suggest that a patient use certain over-the-counter pain relievers OR they may prescribe stronger medicine for certain conditions. It is important for all patients to advise their doctor if they are taking any prescription medication, over-the-counter pain relievers, herbal medicines or dietary supplements so that drug interactions can be avoided. Medicine and therapy are tailored to each individual's symptoms and treatment plan. If someone is given a prescription pain medication, it is critical to take it as it is prescribed. Also, it is important for the patient to consult their doctor if they notice any side effects from the medication, as the dose and schedule may need to be adjusted or a different medication may be needed instead.

## Are there members of the pain management team who can address the mental health aspect of chronic or severe pain?

Yes. Mental Health Counselors who specialize in the behavioral and psychological treatment of chronic pain and illness are an essential part of the care team. They help patients address behaviors, thoughts and feelings that arise as a result of pain and that conversely can negatively impact pain. Counselors work with patients to help them understand the role of stress in their pain and realize the benefits of managing it through behaviors and relaxation techniques.

## We'll Get You Back to the Activities You Love

#### The Finest Physical Therapy in the Region



Physical Therapist Deborah LaBranche works with Virginia to increase mobility and strength.

oly Family Hospital and Merrimack Valley Hospital are committed to offering patients the finest physical therapy services in the region. Whether recovering from an injury, accident, surgery or illness, the goal is to help patients get back to doing the things they enjoy.

Upon referral from a physician, physical therapists develop a plan of care, and work with patients to reduce pain so they can regain as much strength, mobility and function as possible.

Virginia B. went to physical therapy following hip replacement surgery. "The girls (therapists) are great. I just love them. They help me with movement so I can get around, and they're very considerate of me and my age," said Virginia, adding how grateful she is to have excellent physical therapy services so close to home.

"Our goal as physical therapists is to help our patients meet their goals. It's very satisfying to be part of the bridge to better health for them," said Sue Ouellet, Merrimack Valley Hospital's director of physical therapy.

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**Sue Ouellet**, Merrimack Valley Hospital's director of physical therapy.

People need physical therapy for a variety of reason including auto accidents, sports injury, surgery, arthritis, repetitive stress syndrome, back injury, work-related injuries, illness, and more. And our teams of physical therapists commonly work with orthopedic surgeons and pain management physicians to get patients back to their normal activities of daily living.

One patient seeking physical therapy for his hand was thrilled with the results. "When people told me I would never use my hand again, my therapist's motivation kept me going. She is a great hand

therapist and her hard-working efforts and job experience will testify through me," said patient Elmer D.

No matter what brings you to the Merrimack Valley Hospital or Holy Family Hospital for physical therapy, be assured that the most dynamic therapeutic interventions available will be used to ensure that you'll achieve the best possible outcome.

You have the right to choose your physical therapy provider. Should your illness or injury require physical therapy services, please ask your physician to refer you to Steward Merrimack Valley Hospital or Steward Holy Family Hospital physical therapy - serving Merrimack Valley and Southern New Hampshire communities.

Holy Family Hospital Physical, Occupational, Hand and Speech Therapy 60 East St, Methuen, MA 01844 978-687-0156 ext. 2050

Merrimack Valley Hospital Physical Therapy Merrimack Medical Center, Suite 402 62 Brown St., Haverhill, MA 01830 978-521-8265

"The girls (therapists) are great. I just love them. They help me with movement so I can get around, and they're very considerate of me and my age. I am grateful to have such excellent physical therapy services so close to home."

— Virginia from Haverhill



## Reasons to seek physical therapy include:

- Arthritis
- Back injury
- Balance disorders/fall prevention
- Fibromyalgia
- Fractures
- Joint replacement rehabilitation
- Lymphedema
- Myofascial pain/headache reduction
- Neurological disorders
- Osteoporosis
- Pelvic floor disorders
- Repetitive stress syndrome
- Sports/soft tissue injuries
- Work or auto accident related injuries

## Understanding Diabetes

A Q&A with Beth Cronin, MS, RD, LND, CDE, Local Coordinator, Steward Diabetes Care Program at Holy Family Hospital

#### Are people with diabetes more prone ■ to foot wounds?

It is estimated that over seven million Americans suffer from chronic, non-healing wounds. Some are associated with complications from diabetes and related vascular disorders such as diabetic foot ulcers. Such wounds of the lower extremity (foot and ankle ulcers) benefit most from hyperbaric oxygen therapy.

#### What is the difference between Type 1 Q and Type 2 diabetes?

Type 1 diabetes accounts for about 5% of all ★ diabetes cases. It usually presents in children and young adults. It is caused by an autoimmune condition where the body begins to attack cells in the pancreas that make insulin. Individuals with Type 1 Diabetes need to take insulin (either by needle injections, pen injector, or insulin pump) for life. Type 2 Diabetes, which is far more common, is due to "insulin resistance" - a condition where the body makes insulin, but the cell receptors don't allow the insulin to work well - somewhat like trying to use a key in a rusty lock. Type 2 is usually treated with lifestyle changes and often oral medications and insulin as necessary.

#### What symptoms should someone look ■ for to determine if they have Diabetes?

Many diabetes symptoms are silent and ★ symptoms don't often present until someone's blood sugar is 200 or higher. It is important for individuals to be aware of the risk factors: overweight, family history, high cholesterol and blood pressure. A simple blood test can measure blood sugar levels and the results can be used to determine if prevention efforts (pre-diabetes) or treatment (diabetes) are required.

### When and how frequently should someone

Everyone 45 and older should have their blood A sugar levels tested. Younger people who have risk factors should get tested sooner. If results are normal, get tested again within three years. If you have pre-diabetes, immediate steps can be taken to stabilize blood sugar levels. Blood sugar should be tested again in one to two years.

#### ↑ Pre-diabetes means that slightly elevated A blood sugar levels are present - between 100 and 125 mg/dl. An individual can take a number of steps at this stage to steady their blood sugar

Can you tell us a bit more about pre-diabetes?

levels. It's easy for people to feel overwhelmed by the diagnosis and the uncertainty of how this will affect their lifestyle. At this stage, modest changes such as losing 10 to 20 pounds and adding five 30 minute sessions of exercise a week can affectively delay diabetes.

#### What signs should a parent look for to determine if their child has diabetes?

Type 2 diabetes is more likely to strike at A puberty, showing up in girls first and boys a bit later. Signs can be subtle, including difficult-toheal sores, yeast infections in girls or bed-wetting in children who have never had such problems before. Another indicator is acanthosis nigricans, a condition in which the skin becomes darker and thicker in the folds, usually in the neck and armpits. There are also classic symptoms of uncontrolled diabetes, such as frequent urination, excessive thirst, blurry vision - these are all reasons to seek medical attention immediately.

#### What support is available for someone ■ who has Diabetes?

A comprehensive care team is important. This A comprehensive care team is important.

means that an individual has the collaborative support of their PCP, an endocrinologist, nurse,



dietician and an education program. Holy Family's comprehensive Diabetes Care Program is approved and recognized by the American Diabetes Association. The group provides Diabetes Self Management Training and offers individual and group classes. The knowledge and skills shared by the team empower each individual to establish healthy lifestyle habits that are unique to their condition.

#### For more information please call: 978-687-0156, ext. 2161.

Referrals are required and can be obtained from your primary care physician.

#### Type 2 Diabetes: Sound the Alarm

Over 100 million people in the U.S. have diabetes or pre-diabetes. And 7 million people in the U.S. are living with undiagnosed diabetes. Journey with the Reynosos and the Amentas as they share their personal experiences in taking charge of this disease and their lives.

For Sebastian and Heriberto their diabetes diagnosis was a wake-up call. With education, the help of their spouses, medication, significant changes in their eating habits, and regular exercise, these men are successfully managing their diabetes and feeling great.

Holy Family Hospital is pleased to share their stories in two, 16-minute videos entitled "Diabetes Type 2: Sound the Alarm." Heriberto's story is told in Spanish; the Sebastian's story is told in English.

> Watch Diabetes Type 2: Sound the Alarm online at www.StewardHolyFamily.org

## Center Heals Wounds that Resist Treatment

#### Most patients completely healed in a few months



The award winning wound care team of physicians at Merrimack Valley Hospital is led by Vascular Surgeon Walter Kwass, MD, front, who serves as medical director. Other physicians are, from left, Podiatric Surgeon Debra Eisner, DPM, General Surgeon Edwin S. Menor MD, Plastic and Reconstructive Surgeon Michael Kutka, MD, and General Surgeon Kathryn Hughes, MD.

hristine D. thought she broke a couple of small blood vessels in her foot when her heel turned blue. It wasn't hot, swollen or sore and there was no external wound, so she didn't think much about it. But then her heel turned purple and her toes became cold and white.

would stop in to see her, go over her case and ask how she was feeling.

"I can't say enough about Tammy (certified hyperbaric technician). She was so accommodating, friendly and thorough. I received excellent care. I thank the staff

If you have a sore or wound that has not started to get significantly better in a month, or has not healed entirely in two months, you should ask your doctor about The Wound Care and Hyperbaric Center at Merrimack Valley Hospital.

During her next regularly scheduled doctor's appointment, Christine casually mentioned her foot, and then learned there was a major problem - her foot had no pulse. Her doctor immediately contacted Vascular Surgeon Walter Kwass, MD, medical director of Merrimack Valley Hospital's Wound Care & Hyperbaric Center.

After testing, Dr. Kwass told Christine she had a blood clot preventing blood flow to her foot. Once the vascular issues were resolved, Dr. Kwass prescribed hyperbaric oxygen therapy to help restore the tissues that had been deprived of blood and oxygen.

Christine was amazed at how quickly her foot responded to treatment. Her course of treatment lasted six weeks, and each day prior to treatment, one of the doctors for their sincerity and compassion. They were all so interested in my recovery. I definitely recommend the center to anyone," said Christine D.

It is estimated that over seven million Americans suffer from chronic, non-healing wounds. Some are associated with complications from diabetes and related vascular disorders. Others can be caused by things like pressure sores or traumatic injury.

The Award Winning Wound Care & Hyperbaric Center at Merrimack Valley Hospital treats wounds that won't heal with traditional treatment, and the dedicated interdisciplinary wound care team is committed to helping patients regain their lives.

By exceeding healing and quality benchmarks two years in a row, Merrimack Valley Hospital's Wound Care & Hyperbaric Center was elevated from a Robert A. Warriner III, MD Center of Distinction, to a Center of Excellence.

"It is amazing to me how many lives we have touched in the three years we have been offering wound care to our community. I believe we can routinely improve the quality of life of our patients with accurate diagnosis and specific, targeted care," said Dr. Kwass. "Being able to offer hyperbaric oxygen therapy and other



Discussing a case in the Wound Care & Hyperbaric Center are, from left, surgeons Edwin Menor, MD, Michael Kutka, MD and Walter Kwass. MD.

advanced modalities when they are needed, empowers us to feel that we can offer our patients whatever they need to get better."

The center is a hospital-based outpatient service staffed with a team of surgeons and nurses who are all certified in wound care. The doctors, who are all well trained in advanced wound care and hyperbaric oxygen therapy, assess the underlying cause of a wound that is not healing and apply the most advanced tools to heal wounds quickly. When hyperbaric oxygen therapy is introduced, many patients discover that their wounds, which had resisted healing after months or years of traditional treatment, could be successfully treated. In fact, most patients are completely healed in just a few months.

Hyperbaric oxygen therapy (HBOT) helps the body's oxygen-dependent wound healing mechanisms function more efficiently. Within a clear, pressurized chamber



with greater than normal atmospheric pressure, the patient breathes pure oxygen, which saturates blood plasma, allowing it to carry 15 to 20 times the normal amount of healing oxygen to tissues. Up to 18 percent of wound care patients may require this treatment.

Hyperbaric chambers are in a comfortable treatment room, and equipped with televisions and videos so patients can relax while receiving treatment. The clear sides allow patients to see their surroundings. There is also a telephone within the chamber so patients can communicate with staff during their entire course of treatment.

Conditions which benefit most from hyperbaric oxygen therapy include diabetic wounds of the lower extremity (foot and ankle ulcers), wounds that have not healed in several weeks, post-radiation tissue injury, crush injuries, wounds caused by poor circulation or trauma, compromised grafts and flaps, gangrene,

Hyperbaric chambers are in a comfortable treatment room, and equipped with televisions and videos so patients can relax while receiving treatment. There is also a telephone within the chamber so patients can communicate with staff during their entire course of treatment.



Tammy Dingman, CHT, in front of the two hyperbaric oxygen chambers at Merrimack Valley Hospital.

pressure ulcers, necrotizing soft tissue infections, and complications due to amputation.

Priscilla thought she had gout, and then learned she had a piece of glass in her foot and it was infected. When her doctor referred her to Merrimack valley Hospital's wound care center, she was frightened because she knew there was a chance she could lose her toe or foot. She said her fears were alleviated by the caring and compassionate staff during her 35 hyperbaric oxygen treatments.

"Dr. Kwass is an amazing man. He explains everything, and the whole staff was wonderful. I can't say enough," said Priscilla. "I was thrilled that each day someone greeted me in the lobby with a wheelchair to transport me from the car to the wound care center, and then brought me back down following treatment."

The center has the ability to see patients within 24 to 48 hours of a phone call. Hours of operation are Monday through Friday, 8 a.m. to 4 p.m., and the team works with primary care physicians, just as any medical specialist would, to discuss treatment and to keep them updated on progress.

If you have a sore or wound that has not started to get significantly better in a month, or has not healed entirely in two months, ask your doctor about The Wound Care and Hyperbaric Center at Merrimack Valley Hospital. If you call, they will be happy to answer all of your questions, and offer a tour of the award-winning, state-of-the-art facility located on the third floor of the hospital at 140 Lincoln Ave. in Haverhill, MA.

## For more information please call (978) 420-1405.

#### Conditions that benefit most from Hyperbaric Oxygen Therapy

- Diabetic wounds of the lower extremity (foot and ankle ulcers)
- Wounds that have not healed in several weeks
- Post-radiation tissue injury
- Crush injuries
- Wounds caused by poor circulation or trauma
- Compromised grafts and flaps
- Gangrene
- Pressure ulcers
- Necrotizing soft tissue infections

## New Physicians Caring for Our Community

Steward Medical Group is pleased to welcome a number of primary care physicians and specialists to the Holy Family Hospital and Merrimack Valley Hospital medical community:

#### **PRIMARY CARE PHYSICIANS**

## Jamshed Anvari, MD, FACP – Internal Medicine



Dr. Anvari practices in Methuen, 411 Merrimack Street, Suite 105. As of March 1st, his practice is relocating to 62 Brown St., Suite 200 in Haverhill. Board Certified: Internal Medicine Areas of Special Interest:

Cardiology, primary care

Affiliated with Merrimack Valley Hospital

## Heling S. Dilone-Arellano, MD – Family Medicine



Dr. Dilone-Arellano practices in Methuen at Methuen Medical Group, 33 Lawrence Street. Areas of Special Interest: Chronic illness management, women's health, preventative medicine, and patient education

**Languages:** Spanish, English *Affiliated with Holy Family Hospital* 

#### Jeffrey Gorvine, MD – Internal Medicine



Dr. Gorvine practices in Methuen at Branch Internal Medicine, 1 Branch St. **Board Certified:** Internal Medicine Areas of **Special Interest:** Preventative medicine, general internal medicine. cholesterol management, hypertension

Affiliated with Holy Family Hospital

## William Ingram, MD – Internal Medicine



practices in Haverhill at Advanced Internal Medicine, 62 Brown St., Suite 303. **Board Certified:** Internal Medicine **Areas of Special Interest:** Prostate cancer, heart disease. nutrition Affiliated with Merrimack Valley Hospital

Dr. Ingram

## Claudia G. Trombly, MD – Family Medicine



Dr. Trombly practices in Salem, NH at Happy N' Healthy Family Medicine, 7 Stiles Road, Suite 102.

Board Certified: Family Medicine Areas of Special Interest: Celiac disease, family planning, holistic health, naturopathic

medicine, primary care medicine, pediatrics, international medicine

Affiliated with Holy Family Hospital

## Dr. Marcia Chatfield, DO - Internal Medicine



Valley Hospital

Dr. Chatfield practices in Haverhill at 62 Brown St., Suite 303.

Board Certified: Internal Medicine

Areas of Special Interest: Adults with autism, hypertension, preventive care Affiliated with Merrimack

# Steward. The New Health Care.™

#### **SPECIALISTS**

#### Melinda R. Birdsall, MD, FACOG -**Gynecology**



Dr. Birdsall practices in Haverhill at 62 Brown Street, Suite 202. **Board Certified:** Obstetrics and Gynecology Areas of Special **Interest:** Minimally Invasive Laparoscopic and Robotic Surgery, Pelvic Reconstruction, Urodynamics and Incontinence.

Menopausal Health, Hormone Therapy Affiliated with Merrimack Valley Hospital

#### Shamini Kirupananthan, MD – **Obstetrics/Gynecology**



Dr. Kirupananthan practices in Lawrence at the Women's Health Center, 101 Amesbury Street, Suite 103.

Areas of **Special Interest:** Minimally invasive surgery, adolescent health. infertility, diabetes in pregnancy, menopause

Affiliated with Holy Family Hospital

#### Robert D. Moore, MD -**General Surgery**



Dr. Moore has joined general surgeons Dr. Gokul Prakash and Dr. Erica Giblin in North Andover, 575 Turnpike Street, Suite 27. He also practices in Methuen, Holy Family Hospital, 70 East Street. **Board Certified: General Surgery Areas of Special** 

**Interest:** Minimally invasive surgery, reflux/hiatal hernia surgery, biliary surgery, minimally invasive colon surgery, abdominal wall hernia surgery Affiliated with Holy Family Hospital

#### Ankur Mehta, MD -Hematology/Medical Oncology



Dr. Mehta has joined medical oncologists Han-Ting Lin, MD and Laura Caprario, MD in Methuen at Holy Family Hospital's Cancer Center, 70 East Street.

**Board Certified:** Internal Medicine **Areas of Special Interest:** Lung, breast, GI,

prostate, kidney, head and neck cancers; melanoma; lymphoma Affiliated with Holy Family Hospital

#### Lan P. Tran, MD -**Obstetrics/Gynecology**



Dr. Tran is practicing in Methuen at Methuen OB/ GYN, 60 East Street. Suite 3300. Areas of Special Interest: Minimally invasive surgical procedures. adolescent gynecology, family planning

Affiliated with Holy Family Hospital

#### STEWARD

# DOCTOR FINDER<sup>™</sup>

All of the physicians are now accepting patients. Please call DoctorFinder<sup>™</sup> at 1-800-488-5959 for more information and to schedule an appointment.

## A Message from the President



Dear Reader,

As the president of your community hospitals, I am pleased to bring you this special newspaper section highlighting the abundance of health care services and programs available to you and your family at Holy Family Hospital in Methuen and

Merrimack Valley Hospital in Haverhill.

Our hospitals are members of the Steward Health Care family of eleven hospitals located throughout Massachusetts. As Stewards of the New Health Care, we are committed to providing extraordinary care to the people in Methuen, Haverhill and all of the surrounding communities we serve. All of us have clearly defined responsibilities and are dedicated to:

- 1. Taking care of our patients with compassion and respect
- 2. Delivering the highest quality of care humanly possible
- 3. Partnering with the most highly trained and skilled medical professionals in the industry
- 4. Investing in advanced medical technology
- 5. Providing affordable and accessible health care access for all
- 6. Being a good community partner

As we move forward in 2013, we promise to continue our mission of being responsible and accountable stewards by keeping you and your family's health and well being at the forefront of every decision we make. We are your community hospitals, and we are here to keep you well and care for you when you are sick. We know you have many choices, and we strive to be your number one choice for all of your health care needs.

We wish you a very healthy and happy 2013!

Sincerely,

Lester Schindel

#### Steward. The New Health Care.™

#### **What's Inside Steward North Hospitals**



#### **Merrimack Valley Hospital**

#### Holy Family Hospital

#### Diagnostic Imaging

- MRI
- CT Scan
- PET Scan
- Nuclear Medicine
- Bone Density Testing
- Mammography
- Stereotactic Breast Biopsy
- Ultrasound

#### **Maternity Services**

- · Birthing Center
- Level II Special Care Nursery
- Maternal Fetal Medicine
- Childbirth Classes

#### **Adult Behavioral Medicine**

Adult Psychiatry

**Hospitalist Services** 

**Laboratory Services** 

**Pain Management** 

**Pediatrics** 

**Respiratory Services** 

#### **Sleep Medicine**

#### Wound Care & Hyperbaric Medicine

Hyperbaric Oxygen Therapy

#### **Cancer Care**

- Medical/Surgical Oncology
- Radiation Oncology in collaboration with UMass Memorial Health Care
- Lung Clinic
- Surgical GYN Oncology
- Palliative Care & Chaplaincy Services
- Clinical Trials

#### Vascular Medicine/Surgery

- Urology/Surgery
- Gynecology/Surgery
- Thoracic Surgery
- Gastroenterology/Endoscopy
- General Surgery/Minimally Invasive Surgery
- Surgical Day Care
- Orthopedic Medicine/Surgery

#### Podiatric Medicine/ Surgery

- Otolaryngology/Surgery
- Plastic/Reconstructive Surgery

#### **Rehabilitative Services**

- Physical Therapy
- Occupational Therapy
- Speech Language Pathology
- Audiology
- Hand Therapy

#### **Cardiac Care**

- Diagnostic Cardiac Catheterization
- Elective and Primary Angioplasty
- Echocardiography
- Stress Testing
- Cardiac Rehabilitation

#### Stroke Center

- Neurodiagnostics
- Neurology/Neurosciences

#### **Weight Control Center**

**Diabetes & Endocrine Center** 

24 Hour Emergency Services

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