

# Time Matters: What You Need to Know About Stroke

Ever hear the expression "time is of the essence?" This phrase can apply to many situations in life, but in the case of a medical emergency like a stroke, time can make the difference between life and death.



n order to understand your stroke risks, as well as the signs and symptoms of a stroke, you first must understand the true definition of a stroke.

"People sometimes think of a stroke as being associated with the heart – similar to a heart attack," says Tenny Thomas, MD, Emergency Medicine Specialist at Morton Hospital. "However, a stroke is actually a medical condition where there is a lack of blood supply to specific areas of the brain."

According to Dr. Thomas, there are two main types of strokes: ischemic and hemorrhagic. Ischemic strokes are due to a blockage of an artery, either through a blood clot from another part of the body or from deposit buildup within the vessel. Hemorrhagic strokes are caused by a rupture of a blood vessel resulting in bleeding within the brain itself.

Strokes affect thousands of people every year. While anyone can have a stroke, some groups are at a higher risk, including:

- The elderly
- Males
- African Americans
- People with high blood pressure or high cholesterol
- Smokers
- People with a high level of alcohol consumption
- People who are obese
- People who are physically inactive
- People with conditions such as atrial fibrillation and atherosclerosis

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According to Richard Herman, MD, FACEP, Chairman, Department of Emergency Medicine at Good Samaritan Medical Center, some of the risk factors are modifiable. "In addition to quitting smoking, doing things such as increasing your physical activity, limiting alcohol consumption and eating healthy (low-fat/low-salt foods, whole grains, fruits, vegetables) can also lower your risk for stroke," says Herman.

The most common symptoms of a stroke include:

- Sudden onset of weakness of the face, arm or leg, especially in one side of the body
- Sudden onset of a severe headache
- Sudden onset of difficulty seeing in one or both eyes
- Sudden onset of dizziness, coordination, or loss of balance
- Sudden onset of difficulty speaking or understanding, or confusion

Time is critical to intervene, since a stroke means brain cells are not receiving blood supply (and therefore oxygen). This means death of brain tissue, which can result in permanent damage. It is important to learn the multiple warning signs of a stroke - then act FAST and call 911 immediately to get the patient to the nearest emergency department.

Morton Hospital and Good Samaritan Medical Center are both designated as Primary Stroke Centers by the Department of Public Health. To learn more, visit Steward.org.

# World Class Stroke Care in Your Community

#### The Stroke Center at Morton Hospital

Morton Hospital's stroke team is trained and skilled in the treatment of stroke, and available to provide stroke care 24 hours a day, seven days a week through our Emergency Department. The hospital was recently recognized by Stroke Collaborative Reaching for Excellence (SCORE), a stroke registry and quality improvement collaborative that supports Primary



Stroke Service designated hospitals in Massachusetts, for our success in providing defect-free care to stroke patients.

Hear more from Dr. Tenny Thomas, Emergency Medicine at Morton Hospital, on signs and symptoms of a stroke or heart attack by visiting **mortonhospital.org/BeWell.** 

#### The Stroke Center at Good Samaritan Medical Center



Good Samaritan Medical
Center has been designated
as a Primary Stroke Service
hospital by the MA Department
of Public Health. The stroke
team consists of emergency
physicians and nurses,
neurologists and imaging
technologists all of whom
are trained and skilled in
the treatment of stroke, and
available to provide stroke care
24 hours a day, seven days a
week. The medical center also

has access to a video-based telemedicine service to link the Emergency Department with some of the region's most highly trained stroke specialists.

F.A.S.T. is a great tool used to help detect symptoms of stroke and gauge the responsiveness of stroke victims.

Knowing the key signs and symptoms of stroke and calling 9-1-1 immediately can save a life.

The F.A.S.T. acronym is an easy way to remember:



ACE: Does the face look uneven?

Ask the person to smile



ARM: Does one arm drift down?

Ask the person to raise both arms



SPEECH: Does the speech sound strange? Ask the person to repeat a phrase



IME: If you observe these symptoms, *CALL 9-1-1* 

# It's a Balancing Act: Preventing Slips and Falls

inter in New England is a beautiful wonderland, but it is notorious for treacherous weather. With this comes a higher risk of slips and falls. We are all at risk, but your risk increases with age. According to the CDC, 1 in 3 adults over age 65 will fall each year. Falls with injury can significantly decrease your independence and mobility. With a little preparation and knowledge, you can reduce your risk.

Balance is essentially your ability to stay upright. Your body takes in information about your environment and position via sensation, vision, and the vestibular system (the inner ear), and then reacts. Medical and physical problems can interfere with this. For example, vision problems and neuropathy limit our ability to take in environmental information, while changes in posture, joint movement, and strength can alter our ability to react appropriately.



For all ages, the following tips can help keep you safe:

- Footwear: Ice is slippery! Wear shoes that grip the ground. Consider traction devices such as Yaktraks or Stabilicers to help you keep your footing. Add a cane tip designed for use on ice. Keep a shovel and salt right by your door for easy access to clear your stairs and walkways.
- **Lighting:** Remember, vision affects balance! Good lighting is important both indoors and out. Also, install handrails near any steps.
- Indoors: Slips and falls can occur when clutter is present. Clear the floors, including any throw rugs. Clean spills promptly. Be aware of melting snow from your shoes. Avoid walking in socks.
- Exercise! Staying strong and flexible allows your body to react normally to challenges.
- Medications: Some medications affect balance. Talk with your doctor about any concerns.

Have you tried all of these strategies and still feel off-balance? Do you wonder if your balance is normal? For a quick test, stand next to a counter and try to stand on one leg. If you are 60, you should be able to stand 40 seconds. If you are 60-80, you should be able to stand 17-27 seconds. This is one of many tests used to screen for balance problems.

# Treating a Fracture or Sprain with RICE

Advice from Dan Shea, MD, Emergency Medicine at Morton Hospital

If you or a loved one has fallen or been injured and believe you may have a fracture or a sprain, there are some steps that you can take that will help to treat the injury and minimize discomfort. If the injury is serious, you should go to the Emergency Department to get it checked and treated. In the meantime, what often helps is a method known as RICE:

#### R = Rest

Always rest the area that is injured. Resting an injury is essential to repairing it. If it is your foot or ankle, be sure to avoid putting weight on it.

#### I = Ice

You'll want to put cold compress on the injury. When you initially injure a joint, the cold will help reduce the swelling and help with pain. One thing you don't want to do is freeze the skin. I advise patients to put some ice in a plastic bag and wrap a towel around it before placing it directly on the injured area. Leave the compress on for no longer than 20 minutes.

#### **C** = Compression

An Ace wrap is a good way to do this. Be sure to avoid too much compression. The idea is not to cut off your circulation - you just want gentle compression to help reduce the swelling.

#### **E** = **E**levation

Elevation is the best method to the swelling down, and will help quite a bit with comfort.

RICE is considered a "first-aid" treatment rather than a cure for an injury. When used appropriately, the method can help minimize pain or discomfort and reduce recovery time.



At New England Sinai Hospital, physical therapists will assess your balance and work with you to reduce your risk of falls. If you feel as though you are walking on a tightrope, come in and let us help you back onto solid ground. **To learn more about services for physical therapy at Sinai call 781-297-1383 or email SinaiPT@Steward.org.** Like Us on Facebook!



# Knee or Hip Pain?

#### Why you may be suffering from Osteoarthritis – and how MAKOplasty® can help

s we age, it is inevitable that so will our bodies – especially our joints, which undergo significant wear and tear over the years. The most common degenerative joint disorder affecting middle-aged to elderly men and women is osteoarthritis (OA), which is characterized by the breakdown and eventual loss of joint cartilage. Although there are many causes, OA is most commonly the result of normal aging and can cause significant pain and disability.

The symptoms of OA usually appear in middle age (knee pain peaks in the 55+ age group), but almost everyone has some symptoms of OA (ranging from minor to severe) by the time they are 70 years old. Common symptoms of OA in the knee or hip can include:

- Pain when weight bearing
- Start up pain or stiffness after prolonged sitting or after getting out of bed
- A grating sensation or crunching feeling in your knee or hip

The risk of developing OA is influenced by multiple factors. These can include age, gender and many inherited traits.

Other factors can include:

- Previous knee or hip injury or surgery
- Repetitive impact loading of the knee or hip
- Improper joint alignment
- Obesity



Barry Saperia, MD, MAKOplasty-certified orthopedic surgeon at Morton Hospital



Knee and hip pain can be debilitating; therefore, it is important for everyone to recognize the signs and symptoms of osteoarthritis before they become more severe. Morton Hospital currently has four MAKOplasty®-certified orthopedic surgeons. To find a surgeon and learn more about if MAKOplasty® is right for you, visit steward.org/Makoplasty or call DoctorFinder at 1-800-488-5959.

Some mild to moderate cases of OA can be treated through lifestyle modifications to reduce stress on your joints. Additional measures include various over-the-counter remedies, pain medications, injections and physical therapy. Patients whose pain is not responding to the above interventions are often prime candidates for surgery.

The latest in advanced surgical procedures for treatment of OA of the hip and knee is a robotic arm-assisted surgery known as MAKOplasty<sup>®</sup>. MAKOplasty<sup>®</sup> allows surgeons to treat patients more precisely and less invasively, resulting in a briefer hospitalization, quicker rehabilitation and more natural motion after surgery, helping patients return quicker to the lives they love.

Morton Hospital is now one of only a handful of hospitals in Massachusetts to offer MAKOplasty® partial knee resurfacing and MAKOplasty® total hip replacement for surgical treatment of OA.

MAKOplasty® provides the accuracy and precision that could improve the lifetime of your hip or knee implant.

According to Barry Saperia, MD, MAKOplasty-certified orthopedic surgeon at Morton Hospital, MAKOplasty works by saving as much of your original (normal) knee joint as possible, targeting only the damaged part or parts of your joint.

"Because of this, implants are optimally positioned, and patients experience a more natural feeling joint following their surgery. Likewise, in the hip, the more accurate placement of your total hip replacement reduces the likelihood of dislocation, limb length inequality (need for a shoe lift), and the implant abnormally rubbing against your bone," says Saperia, who started performing the MAKOplasty surgery on patients in Quincy nearly two years ago, then at Morton Hospital beginning in November of 2012 when the hospital acquired the new system.

## Reminders of Heart Health

Cardiovascular (heart) diseases are the most prevalent cause of death and disability in the United States. According to the Centers for Disease Control and Prevention, the most common type of heart disease is coronary artery disease (CAD), which can lead to a heart attack. However, there are lifestyle changes, and in some cases medication, that can reduce your risk for CAD.



#### **Q&A** with Clifford Berger, MD, FACC

Medical Director of the Cardiac Catheterization Lab at Good Samaritan Medical Center

#### Q: What are the signs and symptoms of a heart attack?

A: The signs and symptoms of a heart attack can vary by individual. They should be taken seriously and we recommend seeking immediate medical attention. A patient's chance of survival increase substantially if treatment is received as soon as possible. Individuals should call 911 if any of the following are experienced:

- Pain or discomfort in the jaw, neck, or back.
- Feeling weak, light-headed, or faint.
- Chest pain or discomfort.
- Pain or discomfort in arms or shoulder.
- · Shortness of breath

## Q: What are the lifestyle changes that can be made to reduce the risk of Coronary Artery Disease?

A: There are simple steps that can be taken to reduce the risk of coronary artery disease. In general, a healthy lifestyle including a balanced diet and exercise, leads to overall good health. A diet that is low in saturated fat affects cholesterol levels and low cholesterol levels are important to heart health. Maintaining a healthy weight should also be a priority as it reduces the risk of heart disease. Lastly, smoking increases the risks for coronary artery disease so any effort to quit smoking is highly encouraged.

# Q: What kinds of treatments are available at Good Samaritan?

A: The state-of-the art cardiovascular care procedures at Good Samaritan Medical Center rank among the best in the area. Our multidisciplinary cardiovascular services team provides an array of diagnostic tests and treatment options for patients with a wide range of cardiac and vascular conditions. including coronary artery disease, congestive heart failure, arrhythmia, peripheral vascular disease and stroke.



The state-of-the-art cardiac catheterization lab at Good Samaritan Medical Center

## Scott M. Bortman, M.D. FACC, FSCAI, Division of Interventional Cardiology,

performs many catheterizations called "by transradial access." This means he does 90% of his catheterizations through the radial artery in the wrist instead of the groin. According to Dr. Bortman. "The bleeding rate is much lower and the patient can sit up right after the Cath and essentially walk off the table. The patients absolutely love it especially the ones who



have had prior caths by groin access. This will eventually lead to the patient going home on the same day as their angioplasty. I feel this is a wonderful asset to our comprehensive cardiovascular services."

Dr. Bortman also performs peripheral angioplasty which is where a small balloon and stent are used to clear blockages in the arteries in the legs. This allows patients with pain in their calves with ambulation to walk farther distances without pain.

## Get to Know Our Team: Visit our website at GoodSamaritanMedical.org

We also offer 24/7 emergency primary angioplasty, which allows patients having a heart attack due to a clot in a coronary artery immediate treatment. Good Samaritan Medical Center's primary angioplasty team specializes in re-opening blocked arteries quickly and is available around the clock. The main advantages of using the interventional cardiology approach are the avoidance of the clot busting medications that only work at restoring normal flow about 50% of the time and carry a small risk of life-threatening bleeding. Additionally, interventional cardiology procedures of primary angioplasty and stenting is now the gold standard of care for an acute myocardial infarction (heart attack). It allows us to remove clots from occluded arteries using thrombectomy devices and then insert small mesh stents nonsurgically, through a tiny hole in the femoral or radial artery.

# Strategies for Managing Stress During the Holidays



he holidays can be a time of joy as festivities and traditions are shared with family and friends. For some, the good cheer can cause feelings of being overwhelmed that can lead to depression. For others, such as those recovering from substance abuse, it can also trigger relapses. Norcap Lodge, Good Samaritan Medical Center's (GSMC) partner for inpatient and outpatient substance abuse treatment, offers strategies for coping with these feelings. Located in Foxboro, MA, Norcap Lodge's Executive Director, Frank O'Reilly says, "The holidays intend to create special moments with family and friends. Often, personal and professional gatherings are focused on food, drink and gift-giving. It's important to think about the holidays ahead of time

"It's important to think about the holidays ahead of time and develop strategies on how to cope with trigger points and stress levels."

Rogelio Bayog, MD. Medical Director, Norcap Lodge

and develop strategies on how to cope with trigger points and stress levels." GSMC's Chair of the Department of Psychiatry, Rogelio Baoyog, MD, notes, "The holidays can be a stressful time in terms of mental and physical health. We recommend avoiding situations that may cause anxiety. If you have to enter into a stressful situation, develop a strategy to deal with it ahead of time."

NORCAP Lodge in Foxboro, Mass., provides individualized, multidisciplinary substance abuse services to help men and women improve the quality of their lives. Patients have been putting their trust in us since 1974. NORCAP's admissions experts are available 24 hours a day to talk with potential patients and assess their immediate needs. Call 800-331-2900, ext. 2 for help. We accept most insurance, including Medicaid/MBHP and Medicare. NORCAP is accredited by The Joint Commission and fully licensed by the:

- Massachusetts Department of Public Health's Bureau of Substance Abuse Services
- Good Samaritan Medical Center License

# The following tips are offered to manage stress and enjoy the holidays:

- 1. Take time for yourself. Despite the many tugs on your time, it's important to carve out time for yourself during the holidays. This will allow your body to be recharged to fully participate in the holiday merriment in good health.
- 2. Acknowledge your feelings. The holidays often bring memories of past celebrations with family. If a family member has recently died or will not be a part of this year's celebration, it's normal to feel sadness. Take time to acknowledge these feelings and share your thoughts with a close confidante. Seek professional help if the feelings become consuming or dominate your thoughts.
- **3. Budget time.** The holidays call upon us to stretch valuable resources of time and money. It's important to budget time to focus on what you can do. Remember, there are only 24 hours in a day, so it's important to plan accordingly.
- 4. Budget money. It's important to budget holiday spending ahead of time. Set a budget and stick to it. Coordinate with family and friends and set spending limits on gift exchanges. It's easy to get distracted by advertisements and store displays which may lead to overspending.
- 5. Continue with healthy habits. It's easy to let healthy habits slip away during the crush of holiday activities. It's important to stay with the normal routine of exercise and healthy eating during this time. This will help keep your energy level up and alleviate the guilt that may be felt after overindulgence.
- 6. Start new traditions. Holiday traditions are something to look forward to year after year. Establishing traditions can be a fun and creative way to celebrate. Traditions can be made around decorations, food, song, and gatherings with family and friends.
- 7. Remember the true meaning. Reflect on the true meaning of the holidays. Regardless of your religious beliefs the holidays promote a feeling of goodwill, family and friends. Focus on the positive and enjoy what it offers.

# The Beauty of Sleep

#### How a Good Night's Sleep Can Lower Your Risk for Chronic Disease

Recent studies have suggested a link between sleep and one's overall health. Some studies have actually shown that poor sleep, lack of sleep, or the presence of a sleep disorder may increase an individual's risk for being diagnosed with diabetes and other chronic diseases. So just how important is a good night's sleep to your health? According to sleep specialists at Good Samaritan Medical Center and Morton Hospital, it's more important than you may think.

"Sleep is extremely important to our overall health, including weight and blood pressure control, overall daytime function and performance at work," says Dr. Imad Bahhady, Medical Director of Morton Hospital's Center for Sleep Medicine. "Individuals with sleep disorders may be more prone to severe disease with a significant increase in mortality rates for high blood pressure, heart disease, stroke and diabetes."

Through their Centers for Sleep Medicine, Good Samaritan Medical Center and Morton Hospital aim to diagnose and treat sleep disorders before they become a more significant health problem.



"Sleep physicians evaluate and manage a wide range of disorders which commonly cause excessive daytime sleepiness such as obstructive sleep apnea, insomnia and narcolepsy," says Dr. Noah Siegel, Medical Director of Good Samaritan's Center for Sleep Medicine. "Left untreated, these conditions can result in cardiovascular problems, impaired productivity and poor quality of life."

Sleep apnea, which is one of the most common sleep disorders, is a serious condition in which one's airway collapses during sleep, obstructing airflow. Individuals with sleep apnea may awaken 20 to 30 times an hour, gasping for breath, completely unaware of having any difficulty. Loud, frequent snoring is the most common symptom of sleep apnea, and often, a person with sleep apnea may not be aware of their condition until brought to their attention by a partner or family member.

Sleep apnea may also directly impact an individual's health. There are some reports suggesting a correlation between sleep apnea, weight increase and poor diabetic control. Additionally, there is evidence to suggest the increase of type-2 diabetes with restless leg syndrome and short sleep.

Another very common sleep problem is insomnia (difficult initiating or maintaining sleep), which could be caused by a number of medical and psychological conditions. It is estimated that occasional insomnia is present in 50 percent of patients that visit their primary care doctor, and chronic insomnia in 19 percent. It could be very disruptive to one's life and productivity, as it results in fatigue, inattention and mood disturbances, among many other problems.

What can you do to get a better night's sleep? Drs. Bahhady and Siegel share these tips:

- Avoid excessive consumption of caffeinated and alcoholic beverages
- Exercise regularly
- Maintain healthy eating habits and a healthy weight
- Seek medical attention if you have excessive daytime sleepiness, snoring, awakening with a sensation of choking or smothering

Drs. Bahhady and Siegel agree that it's important to try to get seven to eight hours of sleep on an average night. If there is a sleep disturbance that lasts more than six weeks, one should seek medical attention, as there could be an underlying medical condition that requires attention.

# The Centers for Sleep Medicine at Good Samaritan Medical Center and Morton Hospital Accredited by the American Academy of Sleep Medicine



Specializing in diagnosing and treating a variety of sleep disorders, including snoring, restless leg syndrome, sleep apnea, narcolepsy and parasomnias, the Centers for Sleep Medicine at Good Samaritan Medical Center and Morton Hospital offer cozy, home-like rooms for sleep studies, as well as a knowledgeable staff comprised of board-certified pulmonologist and sleep disorders specialists, and certified sleep technologists.

## The Center for Sleep Medicine at Good Samaritan Medical Center

909 Sumner Street, Suite 205 Stoughton, MA 02027 866-698-7533

### The Center for Sleep Medicine at Morton Hospital

Raynham Woods Medical Center 675 Paramount Drive, Suite 104 Raynham, MA 02767 508-880-0713



Steward Health Care System

Centers for Sleep Medicine

To learn more, visit Steward.org/Sleep

# Eating Well to Sleep Well

#### Tips from Dietitians on Modifying Your Diet for a Better Night's Sleep

ore than half of individuals who suffer from sleep apnea are overweight, and sleep apnea is three times more common in people who have diabetes. If you have been diagnosed with sleep apnea, it is recommended that you lose weight, if overweight, and gradually increase your activity level. Losing weight through lifestyle changes can improve or even reverse mild cases of sleep apnea. Eating right and being physically active are keys to a healthy lifestyle and can help improve your sleep quality and overall quality of life.

#### **Healthy Eating Tips**



## Eat three meals a day and plan your meal/menus ahead of time

- A healthy eating plan will help keep you on track.
- Balance your plate with the right portions of a variety of foods. Half your plate should be filled with vegetables, one quarter with lean protein (fish, poultry without skin or lean red meat) that has been baked, broiled or grilled, and one quarter with grains
   preferably whole grains!
- Avoid skipping meals which can lead to overeating caused by hunger.

#### Read food labels

- · Check labels for serving size and calories per serving.
- Compare your usual portion to the recommended serving size.
- Use the recommended serving size as a guideline for the amount you should eat.

#### Eat mindfully

- Focus on your food. Eating unconsciously while doing other things, like watching TV, often leads to overeating.
- Enjoy and savor each bite by slowing down your rate of eating. It takes about 20 minutes for your brain to get the message that your body is getting food.
- Pay closer attention to your hunger level. Try to eat when you are hungry – but stop when you are satisfied and not overstuffed.

#### Snack smart

- Choose snacks by the calories and nutrients they provide.
- Aim for snacks that contain 150 calories or less.
- Snacks that contain fiber and protein will increase feelings of fullness and prevent between meal hunger.

#### Reduce daily calories

- Reduce portions & calories by using smaller plates, bowls, and cups.
- Make smart substitutions choose lower calorie foods whenever possible (i.e. mustard instead of mayo).
- Order high-fat condiments on the side so you can control the portion (i.e. salad dressing, sour cream, shredded cheese, etc.).

#### Choose beverages wisely

- Limit/avoid high calorie beverages such as regular soda, fruit punch, coffee drinks, juices, and energy drinks; substitute water, sparkling water, diet soda.
- Flavor your water with a squeeze of lemon or lime, or with an orange wedge.

#### Keep daily food records

- Record every bite of food and sip of beverage!
- Food logs help increase awareness of your food related behaviors and allows you to "see" where all the calories are coming from.

# Foods to Avoid for Getting Better ZZZ's

**Alcohol:** Don't have an alcoholic drink within two hours of bedtime. While alcohol may make you drowsy, it prevents you from reaching the most restful stages of sleep.

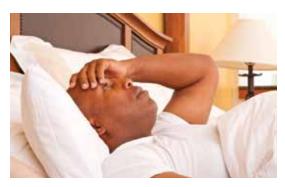
**Caffeine:** Forget coffee, chocolate, tea, soda and cocoa after 3 p.m. Caffeine lingers in your system for as many as seven hours after ingestion. If you enjoy coffee/tea with dinner then make it decaf.

**High-fat, spicy foods:** Avoid consuming these foods within three to four hours before bedtime to avoid an upset stomach or reflux symptoms.

People with reflux should wait two to three hours before lying down after eating to prevent symptoms, and should also avoid spicy foods.

**Sugary foods:** Similar to the effects of candy on a child, sugary foods give you a boost of energy, which may interfere with your sleep.

The foods you eat can have a significant impact on your health and well-being. Outpatient nutrition services at Morton Hospital and New England Sinai Hospital can help you plan your diet and maintain healthy eating habits. Our registered dietitians work closely with your physician and other health care providers to develop a personalized nutrition care plan for you.



#### **Morton Hospital Outpatient Nutrition Services**

88 Washington Street, Taunton

For appointments: 508-828-7690 (referral required)

#### New England Sinai Hospital Outpatient Nutrition Services

150 York Street, Stoughton

For appointments: 781-297-1385 (referral required)

The New Health Care is Here

# Steward Physicians Caring for Our Community

Clifford J. Berger, MD Cardiology



Office Location: SMG Brockton Cardiology, 830 Oak Street, Suite 205W Brockton, MA 02301 Tel: 508-583-4440 Areas of Special interest: Cardiac

Catheterization

Affiliated with Good Samaritan Medical Center, St. Elizabeth's Medical Center

#### Scott M. Bortman, MD Cardiology



Office Location:
SMG Easton
Cardiology,
15 Roche Brothers
Way Easton, MA
Tel: 781-792-6500
Areas of Special
interest: Cardiology,
Interventional
Cardiology, Nuclear
Cardiology and
Peripheral Vascular
Disease

Affiliated with Good Samaritan Medical Center, St. Elizabeth's Medical Center

#### Aleksander Chudnovsky, MD Urology



Tel: 508-822-2266
Areas of Special
Interest: Vasectomy
Procedures; Male
Reproductive
Medicine and
Surgery; Sexual
Dysfunction and
Infertility

Office Location:

SMG Women's

Washington Street,

Suite 1000, Taunton

**Tel**: 508-824-2111

**Areas of Special** 

Interest: General

OB/GYN, Family

Contraception

Planning,

Health, 72

Office Location:

**SMG** Specialty

Taunton

Care, 100 Industrial

Park Road, Suite 2,

**Affiliated with Morton Hospital** 

#### Sherron Colgram, MD Obstetrics and Gynecology



**Affiliated with Morton Hospital** 

## Howard Fogel, MD - Internal Medicine and Endocrinology



Office Location:
New England Sinai
Hospital, Diabetes
Center, 150 York St,
Stoughton
Tel:781-297-1385
Areas of Special
Interest: Diabetes

and Nutrition

**Affiliated with New England Sinai Hospital** 

#### Hagop Kojanian, MD Endocrinology and Diabetes



**Affiliated with Morton Hospital** 

Office Location: SMG Specialty Care, 100 Industrial Park Road, Suite 2, Taunton

Tel: 508-822-2266 Areas of Special Interest: Thyroid Diseases and Diabetes

# Stewards of The New Health Care

#### Richard M. Lubens, MD Primary Care, Internal Medicine



Office Location:
Steward Medical
Group Brockton
Internal Medicine,
1 Pearl Street,
Suite 1000
Brockton, MA
Telephone: 508897-6090
Areas of Special
interest: Internal
Medicine; Primary

Care Medicine

#### **Affiliated with Good Samaritan Medical Center**





Office Location:
Steward Medical
Group Bridgewater
Internal Medicine,
312 Bedford Street
Whitman, MA
Tel: 781-792-6000
Areas of Special
interest: Primary
Care, Internal
Medicine

**Affiliated with Good Samaritan Medical Center** 

#### Shubha Pai, MD Primary Care and Internal Medicine



Internal Medicine, 1 Washington Street, Suite A, Taunton Tel: 508-823-9921 Areas of Special Interest: Preventative Medicine; Women's Health; Thyroid Disorders

Office Location:

**OB/GYN**, 675

SMG Paramount

Paramount Drive,

**Areas of Special** 

Care: Obstetrics:

Minimally Invasive

Contraception;

Procedures

Suite 301, Raynham **Tel:** 508-821-5671

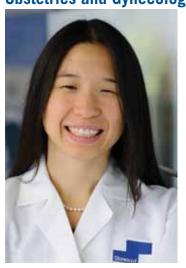
**Interest:** Preventative

Office Location:

SMG Mill River

#### **Affiliated with Morton Hospital**

#### Rebecca Teng, MD Obstetrics and Gynecology



**Affiliated with Morton Hospital** 

#### Yaakov Weinreb, MD Internal Medicine, Primary Care



Office Location:
Steward Medical
Group New
England Sinai
Primary Care,
150 York Street
Stoughton, MA
Tel: 781-297-6782
Areas of Special
interest: Internal
Medicine, Primary
Care

Affiliated with Good Samaritan Medical Center, New England Sinai Hospital

#### STEWARD

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Good Samaritan ranked among the Top 20 Hospital in Massachusetts - 115 Hospitals in the state were compared.

#### **Good Samaritan Medical Center**









#### 2013 Top Hospital

Morton Hospital received multiple Grade A scores for patient safety and is now recognized as a Top Hospital.

#### **Morton Hospital**

A STEWARD FAMILY HOSPITAL





#### **Excellence** in **Outpatient Physical and Occupational Therapy**

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New England Sinai Hospital

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