

Newton-Wellesley Hospital's

Family HealthSource

Autumn 2014

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geriatrics
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Weight Loss Success
one patient's story

New Cardiovascular Center

Awards & Recognition

Enhancing Quality of Life
the Kaplan Joint Center



NEWTON-WELLESLEY
HOSPITAL



FOUNDED BY BRIGHAM AND WOMEN'S HOSPITAL
AND MASSACHUSETTS GENERAL HOSPITAL



To see Aubrey's video:
www.nwh.org/aubrey

Weight Loss

SUCCESS

One Patient's Story

At 22 years old and 351 lbs, Aubrey Podell was nearly incapable of regular, daily activities. She was classified as “super morbidly obese,” and on track to develop type 2 diabetes, high blood pressure and heart disease all before she reached the age of 30.

“At one point a doctor told me that I would be lucky to see my 40th birthday,” says Aubrey. “I felt trapped in my body and feared I would never be able to do all the things that ‘normal’ people could do – exercise, fit in airplane seats or even have children. I was certain that everything I imagined for myself was out of reach and that I would forever watch my life go by from the sidelines. I was fighting the disease of obesity, and it was winning.”

Aubrey had started a new job at one of Newton-Wellesley Hospital’s medical practices and saw an ad for the Center for Weight Loss Surgery.

“I had never really considered weight loss surgery,” says Aubrey. “I had tried so many diets and fads to lose the weight but I just couldn’t dig myself out of the hole I was in. I decided to attend the Center for Weight Loss Surgery’s New Patient Informational Meeting and by the end of the meeting I had already left a message for the office to schedule an initial appointment.”

The meeting opened Aubrey’s eyes to the option of surgery and the support provided by the team at the Center.

“While I was sitting in the meeting I realized there is no shame in asking for help. They talked about obesity being a disease and I hadn’t thought about it that way. I realized this was the right path for me.”

After weeks of counseling, dieting and exercise, Aubrey underwent Roux-en-Y gastric bypass surgery with Sheila Partridge, MD, Interim Chair of Surgery and Medical Director of the Center for Weight Loss Surgery.

“I really connected with all of the staff at the Center – from the Registration staff to my surgeon, Dr. Partridge. They have all been so compassionate and I never worried what people thought. They all wanted me to succeed and I felt that from the first time I walked through the office door.”

After her surgery, Aubrey worked hard to learn the skills that would help her lead a healthier life. “Weight loss surgery was just part of the process. It was a tool that allowed me the time to learn a new lifestyle. You have to work hard after

surgery to retrain yourself and engrain the principles of healthy eating and exercise. In the first three months I lost 70 pounds. After that point, I had to work harder to ensure that I was making good decisions to continue my weight loss.”

Over the course of 18 months, she continued to lose weight and make many changes to her everyday life. “Aubrey is a great representative of how improved health and an active lifestyle can be incredibly fulfilling and motivating,” says Dr. Partridge. “With her successful weight loss and lifestyle changes Aubrey is living the patient experience.”

Aubrey lost 190 pounds and decided to take on a new challenge – running the 2014 Boston Marathon.

“There was a point in my life that a flight of stairs or a walk through a parking lot seemed almost as insurmountable as running a marathon,” she explains. “Three months after my surgery, I started exercising and realized that it would be

a major component to my mental and physical journey.”

Aubrey decided she would try to run one mile without stopping. “I was embarrassed and unsure of whether I’d be successful so I set out to test the waters in the privacy of my own home. No music, no light, no spectators. Just me and the treadmill. 12 minutes later, feeling very accomplished, I celebrated by crying tears of joy on the floor of my apartment.”

The next day, she ran two miles, and a week later, Aubrey signed up for the Harwich Half Marathon. She had officially caught the running bug.

On a cold, rainy morning, Aubrey completed her goal and sprinted across the Harwich Half finish line!

“I finished, and I was elated. Before my tears of joy had even dried or the muscle cramps subsided, I was already combing the internet for marathon training schedules. I knew it was just a matter of time before I’d want to undertake another challenge!”

As an employee of Newton-Wellesley Hospital, Aubrey decided to enter her name in the raffle for a Boston Marathon number. The Hospital is an official medical provider of the Marathon and has a team each year that runs to raise money for the Vernon Cancer Center at the Hospital.

“A couple of months after Harwich, I submitted my name to the Newton-Wellesley Boston Marathon lottery. I had my mind set on the Dublin Marathon in October, but why pass

“I feel a sense of accomplishment reminding me not of the things that I’m incapable of, but rather everything that I’ve accomplished.”

– Aubrey Podell, Patient

up a chance to run the world's most prestigious road race? Not really thinking my name would be picked, I enjoyed the holidays and took some time off from the gym. Little did I know, the opportunity of a lifetime was waiting for me in my inbox. The rest, as they say, is history."

As soon as she got the news, Aubrey was back on the treadmill. She found making the time to train challenging but rewarding. "Speed work, hill circuits, distance days. . . these phrases somehow found their way into my daily lexicon more often than they should. The outpouring of support and generosity I received was truly humbling. During my training I received a multitude of calls, Facebook messages and emails, and exceeded my fundraising goal twice. I feel incredibly lucky to have such wonderful people in my life. I couldn't have done it without them."

The team at the Center for Weight Loss Surgery helped Aubrey learn how to fuel her body for marathon training. She met with the Center's nutritionist to learn how to eat and make healthy choices.

"It was a great privilege to represent Newton-Wellesley Hospital in the 2014 Boston Marathon. I am incredibly proud of the Hospital's mission to treat every patient like a beloved family member, and its commitment to raise money for the Cancer Center. I feel an immense sense of love and gratitude for this place both as an employee and as a patient."

Aubrey crossed the finish line with her entire support team watching. Her parents and boyfriend were there to see her reach her goal. "Crossing the Marathon finish line was so emotional. I couldn't stop the tears. At times I still struggle with feeling like I weigh more than 350 pounds. Finishing the Marathon proved to me that I have made it. I am the new person I have worked so hard to become."

Now, more than two years after her surgery, Aubrey attends the young adult support group and mentors others thinking about having surgery. "Aubrey is active in our young persons' community support group and has made it a priority to give back to others considering weight loss surgery," says Dr. Partridge. "She makes this process look easy because she has fully embraced the hard work it takes to be successful."

Aubrey says the support group has been crucial to her success and continues to participate more than two years after her surgery.

"Everyone has a different journey. Being around others who understand what you are going through is so important," she explains. "I'm no longer labeled as obese, and have since assumed new labels – health nut, gym rat, runner and now, Boston Marathon finisher. I used to wake up every day with aches and pains, constant reminders of my deteriorating health. Now, I feel a sense of accomplishment reminding me not of the things that I'm incapable of, but rather everything that I've accomplished."



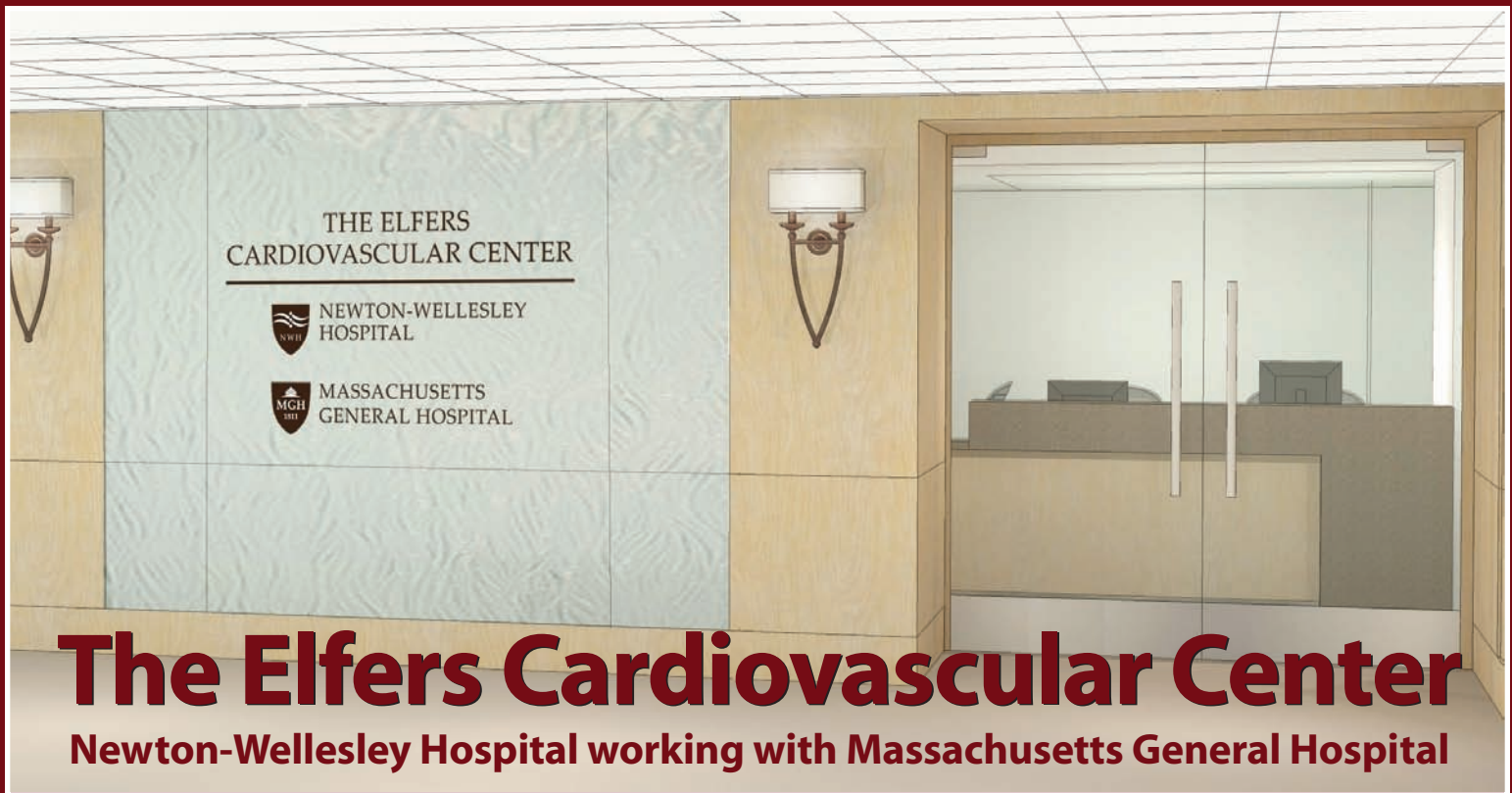
Sheila Partridge, MD

Interim Chair of Surgery and Medical Director, Center for Weight Loss Surgery, Newton-Wellesley Hospital

Dr. Partridge graduated from Cornell University Medical College. She completed her residency in general surgery at Beth Israel Deaconess Medical Center and was a Harvard Medical School clinical fellow in surgery. She is board certified in general surgery. She has expertise in bariatric and gastrointestinal with a focus on minimally invasive surgery.

For more information about the Center for Weight Loss Surgery at Newton-Wellesley Hospital, please call 617-243-3724 or visit www.nwh.org/weightloss





The Elfers Cardiovascular Center

Newton-Wellesley Hospital working with Massachusetts General Hospital

Cardiovascular disease is the number one cause of death in America for both men and women. According to the Heart Foundation, cardiovascular disease takes the lives of more than one million Americans each year – an average of one death every 33 seconds. It is the cause of death of more adults annually than from all cancers combined.

However, recent advances in cardiovascular care have had a positive impact on many patients. Today, those with cardiac risk factors or a family history of heart disease benefit from early interventions. These interventions can prevent a health problem from ever developing or significantly limit the progression of the disease. Those who have been diagnosed with cardiovascular disease are now able to lead active lives thanks to improved treatment plans and new procedures. More than 40 percent of deaths from cardiovascular diseases occur without the individual's having ever experienced prior symptoms, so diagnostic testing and advanced imaging are critically important in enabling physicians to identify disease early and treat it more effectively to save lives.

Cardiologists at Newton-Wellesley Hospital have a strong tradition of providing excellent care. The Cardiology team led by Chief of Cardiology, George Philippides, MD, including Stefanos Parpos, MD, Mark Goldman, MD, Brenda Corrigan, MD, Rifat Dweik, MD, Kit Farr, MD, Solomon Gabbay, MD, Yamini Levitzky, MD, Giulia Sheftel, MD, Meena Sundaram, MD and Mark Weinfeld, MD, provides consultative, diagnostic and therapeutic services for patients with or at high risk for cardiovascular disease. The team includes cardiologists who will be based in the Center and in the community. Dr. Moussa Mansour, a cardiac electrophysiology (EP) specialist

from Massachusetts General Hospital is part of the team and will continue to see patients in the new Center.

Within the Partners HealthCare system, the current program receives among the highest scores for quality measurements on process and outcomes. Additionally, Newton-Wellesley has received industry recognition for its cardiac programs and staff for the past six years, including a Gold Plus Performance Achievement Award from The American Heart Association/American Stroke Association for the use of evidence-based guidelines to provide the best possible care to patients.

“At Newton-Wellesley we understand the importance of these recent advances in cardiovascular care. Plans are currently underway to expand the existing, solid foundation of cardiovascular care to create an even more robust, comprehensive program for our community,” says Ellen Moloney, Senior Vice President Outpatient Services. “We are pleased to share that the Elfers Cardiovascular Center will be opening in 2015. We plan to introduce to our community the newest high technology imaging systems for early diagnosis of heart disease as well as community-based prevention programs.”

This multidisciplinary Center will be a clinical collaboration with the Massachusetts General Hospital Cardiology Division and will be dedicated to the early diagnosis, evaluation, treatment and rehabilitation of patients with cardiovascular disease. Patients will have access to expert medical teams, including cardiologists, vascular surgeons, electrophysiologists and interventional radiologists from both Newton-Wellesley Hospital and Mass General—all in one convenient location, close to home.



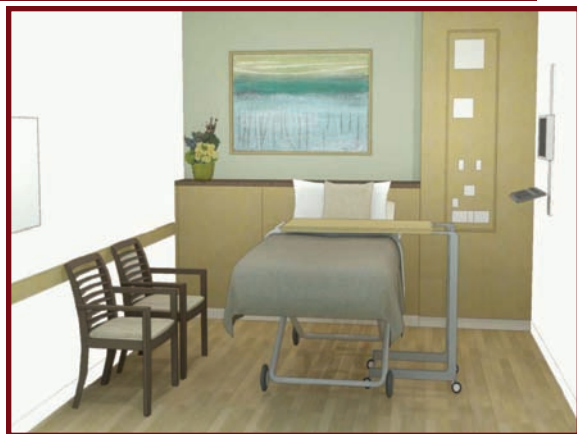
Reception area



Exam Room



Procedure Room



Recovery Room

“The close personal relationship between MGH and NWH for cardiac care spans three decades and the Elfers Center will expand on that longstanding clinical collaboration,” says G. William Dec, MD, Chief of Cardiology at MGH. “The cardiac services that will soon be available at the new Center will be second to none in the MetroWest region. Like everyone at NWH, I cannot wait to see the Center open next spring.”

Newton-Wellesley has had an excellent relationship with Mass General and has been working closely with their team to develop the plans to expand our existing services and technology and add new services.

“We are pleased to be able to provide these new services at Newton-Wellesley,” says George Philippides, MD, the new Chief of Cardiology at Newton-Wellesley (*see sidebar*). “Through our collaboration with Mass General, we can provide a well-coordinated approach to ongoing care in the community that will require fewer trips downtown to the major academic medical centers, even for emergency care.”

The Cardiovascular Center will be centrally located in more than 20,000 square feet of space on the second floor of the Hospital and will feature:

New Procedure Suites

Electrophysiology Suite

During the past several years, cardiac care has become increasingly device-based, which is benefitting patients with arrhythmias or weak heart muscles. Today’s implantable devices—mainly pacemakers and defibrillators—are smarter and work better than previous models. Defibrillators typically are implanted in those who have weak heart muscles due to a heart attack or cardiomyopathy (a chronic condition in which the heart muscle deteriorates). This represents a new kind of therapy that will be available at the Center. It is estimated that only one in five of those who are candidates for an implanted defibrillator currently have one. As a result, there is tremendous potential to help even more patients suffering from heart disease. Cardiac defibrillator implantation is not currently available as part of Newton-Wellesley Hospital’s cardiovascular program.

Interventional Radiology/Peripheral Vascular Suite

Interventional radiology and vascular specialists incorporate minimally invasive techniques to insert stents (small tubes) into blood vessels to make repairs, clear blockages and deliver treatment. These non-cardiac vascular procedures can alleviate leg and abdominal pain as well as reduce high blood pressure and blood clots. In addition, life-threatening aneurysms in large arteries can be treated by introducing grafts through a catheter utilizing advanced imaging technology.

“These new, less invasive procedures are associated with better survival,” explains Christopher Kwolek, MD, Chief of Vascular Surgery at Newton-Wellesley and a vascular surgeon at Mass General. “Not long ago, repair of a ruptured aneurysm meant an open surgical procedure, followed by a week-long hospital stay and long recovery. Now we perform these emergency procedures, which involve placing a stent and a graft, through a catheter. This is much easier on patients, and, most importantly, this minimally invasive approach has improved our chances of saving these individuals.”

Dr. Kwolek and his colleagues at Mass General are involved in numerous clinical trials, including the evaluation of new stents that have side branches and medicated balloons that are placed in the legs. It is expected that in the future, these clinical trials will be available at Newton-Wellesley as another option for patients.

Advanced Imaging

Plans for the Cardiovascular Center include the addition of advanced cardiac imaging:

Cardiac MRI – The new Center will add advanced imaging such as cardiac magnetic resonance imaging (MRI) scanning. “We use cardiac MRI to aid in the diagnosis and prognosis of a variety of structural and congenital heart diseases, as well as in the assessment of cardiac valve abnormalities,” explains Stefanos Parpos, MD, Acting Assistant Chief of Cardiology at Newton-Wellesley who specializes in advanced cardiac imaging. “Cardiac MRI services will be provided within the MRI suite on the first floor of the Hospital. Traditionally, MRI has been confined to extracardiac structures. A number of recent software and hardware improvements have propelled cardiac MRI to the forefront of cardiac imaging modalities. The existing MRIs on the first floor of the Hospital will be upgraded to provide state of the art imaging specifically for heart and vascular exams.”

Dr. Parpos emphasizes that no single imaging modality accomplishes everything, but that by using complementary advanced imaging techniques, diagnostic accuracy can improve significantly.

“The Center will be designed to improve patient experience and outcomes, as well as achieve greater efficiency,” says Dr. Philippides. “This results when an entire system of care is integrated and features a streamlined referral process. The sharing of electronic medical records, imaging and other test results will expedite this collaborative approach. The goal of our clinical collaboration is to further strengthen Newton-Wellesley’s highly regarded cardiac rehabilitation and disease management programs and to jointly develop new programs such as electrophysiology.”

Plans also include space for Newton-Wellesley’s existing Cardiac Rehabilitation and Disease Management Programs.

Enhanced Cardiac Rehabilitation, Wellness and Disease Management

The Elfers Center will incorporate Newton-Wellesley’s top rated Cardiac Rehabilitation and Disease Management Program, which is committed to helping patients feel secure after a heart attack and other injuries to the heart. Cardiac “rehab” and wellness programs including diet, exercise and stress reduction, along with education and ongoing guidance, have been successful in reducing the likelihood of future cardiac events. Newton-Wellesley recently launched a Heart Failure Disease Management program—a focused support system based on patient education, regular contact with the patient and collaboration with the primary care physician. The program has been shown to improve the medical condition of participants, reduce hospitalizations and enhance the quality of life.

Noninvasive Diagnostic Testing

Cardiac and vascular care typically require diagnostic testing. Newton-Wellesley currently offers the full range of noninvasive testing, including electrocardiography (EKG), multiple modes of 30-day and 24-hour ambulatory electrocardiography, cardiac ultrasound (echocardiography), exercise and pharmacologic echocardiographic and nuclear stress testing and vascular ultrasound imaging.

“Our new Center reflects two themes that are central to national health care reform: the importance of preventive care and the need for care to be provided in a cost-effective setting,” says Dr. Philippides. “High-quality community hospitals, as compared to major academic medical centers, are widely considered to be more cost-effective settings. This benefits patients and families in the western suburbs of Boston, who will appreciate top quality care that is conveniently located nearby.”

For more information about the Services offered at Newton-Wellesley Hospital, please call CareFinder at 866-NWH-DOCS (694-3627) or visit www.nwh.org

Newton-Wellesley Welcomes New Chief of Cardiology George Philippides, MD



Dr. Philippides received his medical degree from Albert Einstein College of Medicine. He completed his residency at Boston City Hospital followed by a cardiology fellowship and a cardiac catheterization fellowship at Boston Medical Center.

He has served as the Director of the Coronary Care Unit at Boston Medical Center and, since 2008, has been the Associate Chair of Clinical Affairs and Chief Quality Officer of the Cardiology Section at Boston Medical Center. Since 2010 he has also been the Medical Director of their Cardiovascular Outpatient Unit.

Awards

The compassionate and talented physicians, nurses and staff of Newton-Wellesley Hospital are often the recipients of local, national and international awards and honors. We are proud to share the news of these recent accolades with the members of our community.

Newton-Wellesley Named a Best Hospital by U.S. NEWS & World Report

U.S. News & World Report has released its "Best Hospitals" rankings for 2014. U.S. News rates hospitals overall and in more than a dozen specialties. Twelve of these specialties use data on measures of performance; four specialties use data from a survey of physicians that rank hospital reputation. The magazine also provides national and regional rankings.

Newton-Wellesley Hospital was ranked #9 in the Boston area and named "high performing" in the areas of **geriatrics**, **orthopaedics** and **urology**. Hospitals received a score based on care-related considerations such as technology, nursing, reputation, survival and patient safety. These represent the three key aspects of quality hospital care: structure, process and outcomes. Hospitals were ranked by their scores.

The rankings were published by U.S. News in collaboration with RTI International. The complete rankings and methodology are available at <http://health.usnews.com/best-hospitals>



Newton-Wellesley Hospital's Reproductive Medicine Center Named Nursing Center of Excellence



The Partners Reproductive Medicine Center at Newton-Wellesley Hospital has been recognized as a Nursing Center of Excellence by the Executive Board of the Nurses Professional Group of the American Society for Reproductive Medicine. Newton-Wellesley's Reproductive Medicine Service is the first in Massachusetts to be designated as a Nursing Center of Excellence and only one of 14 centers in the United States.

In order to be considered for this distinction, at least 50 percent of a center's registered nurses/nurse practitioners must successfully complete the ASRM Reproductive Endocrinology and Infertility Nurse Certificate Course. The certificate course included specialized training in the latest advances in infertility treatment, genetics, pharmacology and management of early pregnancies.

Newton-Wellesley Receives 2014 Family Favorite Award from Boston Parents Paper

The *Boston Parents Paper* named Newton-Wellesley Hospital as a Top 5 Family Favorite Hospital in its annual Best of the Best magazine. Readers submitted their choices for favorite area hospitals offering excellent patient care and quality birthing centers.



Recognition

Boston Business Journal Recognizes Newton-Wellesley as a Best Place to Work!

The *Boston Business Journal* has named Newton-Wellesley Hospital as one of the Best Places to Work in Massachusetts! We are pleased to announce that we were recognized as the 20th top company in the large size employer category. This honor recognizes our achievements in creating a positive work environment that attracts and retains employees through a combination of employee satisfaction, working conditions and company culture.



This is the fifth time in the past seven years that Newton-Wellesley has achieved this distinction. Newton-Wellesley was one of over 400 companies to qualify for consideration based on a two-stage nomination process and the results of employee satisfaction surveys taken during the spring.

American Heart Association/American Stroke Association Recognizes Newton-Wellesley Hospital

Newton-Wellesley has received four awards this year from the American Heart Association/American Stroke Association (AHA/ASA).

This outstanding recognition for treatment provided to heart failure and stroke patients is being published in the 2014 edition of *US News and World Report*. We earned the second greatest number of awards of any hospital in Massachusetts!



The quality measurements for these awards center around reliability in providing treatments, especially pharmaceutical management that favorably impact patient outcomes. The Hospital's achievement levels include:

- Get With the Guidelines – Gold Plus Heart Failure**
- Get With the Guidelines – Gold Plus Stroke**
- Target Heart Failure Honor Roll**
- Target Stroke Honor Roll**

Newton-Wellesley Named Greenhealth Partner for Change

Newton-Wellesley was recently awarded the 2014 "Greenhealth Partner for Change" by Practice Greenhealth, the nation's leading health care community that empowers its members to increase their efficiencies and environmental stewardship while improving patient safety and care through tools, best practices and knowledge. The award is one of the organization's Environmental Excellence Awards given each year to honor outstanding environmental achievements in the health care sector.



Enhancing Quality of Life

The Kaplan Joint Center



BEST
REGIONAL HOSPITALS
& WORLD REPORT
USNews
BOSTON, MA
ORTHOPEDICS
2014-15

Sixty-five year old, Tim Haigh is no stranger to an active lifestyle. He has spent his free time through the years participating in activities like soccer, triathlons, marathons, golf, downhill skiing, cross-country skiing, tennis and hiking.

“I have been active my whole life,” says Tim. “I played soccer in college and was always pushing my body to the limit. I have still tried to remain as active as possible, but as I have gotten older the arthritis in my hips was beginning to affect my ability to stay as pain free and active as I would like.”

Fourteen years ago, Tim began to notice more and more pain in his hip along with reduced flexibility and range of motion.

“My quality of life was slowly deteriorating. I had to stop jogging and playing tennis. I slowly limped around the golf course and just had a general feeling of discomfort that was affecting my everyday life.”

Tim endured his hip pain for years before he decided it was time to meet with a hip surgeon and get to the bottom of what was causing his pain.

“I first met Tim 12 years ago,” says William L. Healy, MD, Orthopaedic Surgeon at Newton-Wellesley’s Kaplan Joint Center. “He complained of hip pain, which limited his activities. His hip was stiff on exam and his X-ray showed advanced osteoarthritis. The hip joint is a ball-and-socket joint, which is designed to allow a wide range of motion and withstand considerable wear and tear. The joint has a cushion of cartilage that helps prevent friction as the hip bone moves in its socket. With age and injury, the cartilage can wear down or become damaged.”

The Kaplan Joint Center, a collaboration of Newton-Wellesley Hospital and Massachusetts General Hospital, offers exceptional, well-coordinated surgical and nonsurgical care. The Center’s nationally renowned surgeons perform a wide variety of surgical procedures for the hip, knee and shoulder, including joint replacement, minimally invasive arthroscopy and revision joint replacement. Patients come to the Center from all over Massachusetts for surgical treatment of such orthopedic disorders.

In Tim’s case, his hip pain was a result of his osteoarthritis – the most common cause of hip pain, especially in older adults.

“Arthritis leads to inflammation of the hip joint and breakdown of cartilage,” explains Dr. Healy. “Hip pain gradually gets worse as arthritis progresses and patients may report stiffness and reduced range of motion in the hip.”

Tim’s first hip replacement with Dr. Healy was successful. “I couldn’t believe the pain relief I had immediately after my hip

replacement,” says Tim. As I recovered I was able to take part in many of the activities that I hadn’t been able to do in years. When my other hip started bothering me recently, I knew that I couldn’t wait as long to get it taken care of.”

Tim scheduled an appointment to meet with Dr. Healy to discuss another hip replacement.

“Diagnosing the cause of hip pain begins with talking to the patient to understand his or her pain and listening to the medical history,” says Dr. Healy. “Based on his history, physical exam and X-ray, I recommended a second hip replacement operation.”

On March 19, 2014, Tim underwent his second hip replacement procedure. During a total hip replacement, the surgeon replaces the joint with a joint implant. The damaged sections of the hip joint are removed and restored with implants parts usually constructed of metal and plastic. This artificial joint (prosthesis) helps reduce pain and improve function.

“I couldn’t believe the pain relief I had immediately after my hip replacement. As I recovered I was able to take part in many of the activities that I hadn’t been able to do in years.”

– Tim Haigh, Patient

“My experience at Newton-Wellesley was amazing. The entire team was dedicated to making the process as smooth as possible. I went to the orientation session before my surgery and I felt like I had all my questions answered before my procedure. I was so prepared.”

Tim listened closely to his medical team in order to ensure a successful recovery from his hip replacement.

“In the months after my surgery I did everything Dr. Healy told me to do,” says Tim. “I didn’t do too much too soon and completed all of the physical therapy exercises. Exactly ten weeks after my hip replacement, I was able to walk three miles a day and play golf – walking the first nine holes. It felt great to be back out there without any pain!”

Dr. Healy tells patients the two reasons for hip replacement are intolerable hip pain and unsatisfactory function.



continued from page 11

“It is important to care for our bodies as we age,” he explains. “Pain can be avoided or minimized by maintaining a normal weight, avoiding obesity, eating a balanced diet and exercising routinely. It is important to see a medical professional if hip pain causes discomfort or gets in the way of taking part in everyday activities. We can help you get back in the game and live a pain-free life!”

Tim encourages patients with hip pain to have a hip replacement and not put it off too long.

“I waited so long before I had my first hip replacement. I kept thinking my pain wasn’t that bad, but now that I’ve been through it twice I would tell people not to wait. Don’t make tradeoffs in life. You can live without pain and take part in the sports and activities you love. The team at Newton-Wellesley will help you every step of the way. My experience at Newton-Wellesley was a 20 on a 10 point scale!”



William L. Healy, MD
Orthopaedic Surgeon, Kaplan Joint Center
at Newton-Wellesley Hospital

After graduating from Needham High School and Amherst College, Dr. Healy received his medical degree from the State University of New York – Downstate Medical Center. He completed his internship in internal medicine and residency in orthopaedic surgery at Johns Hopkins Hospital in Baltimore, Maryland. He completed a fellowship in Trauma and Reconstructive Surgery as an AO/ASIF scholar in Graz, Austria. Dr. Healy served as the Chairman of Orthopaedic Surgery at Lahey Clinic for 22 years and was appointed Professor of Orthopaedic Surgery at the Boston University School of Medicine in 2000. He is also a Visiting Professor of Orthopaedic Surgery at Harvard Medical School and a Lecturer in Orthopaedic Surgery at Tufts Medical School.

The Kaplan Joint Center, Newton-Wellesley Hospital working with Massachusetts General Hospital. For more information, call 855-KNEE-HIP (563-3447) or visit www.nwh.org/jointcenter



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Blue Distinction®
Center for Knee and Hip Replacement



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Support Groups Held at Newton-Wellesley Hospital

Al-Anon (for Family & Friends of Alcoholics) 508-366-0556

Discussion groups Tuesdays, 7:30 pm or Saturdays 7:00-8:15 pm
Step program Fridays, 8:00 pm

Alcoholics Anonymous 617-426-9444, www.aaboston.org

Sundays, 10:30 am-noon or 7:30-8:30 pm

Children's Alopecia Project (CAP) www.childrensalopeciaproject.org

Email cindy@childrensalopeciaproject.org

Support group for children with alopecia areata that causes partial or total hair loss and their family and friends. *Bi-monthly on Saturdays from 2:00-4:00 pm*

Massachusetts Alopecia Areata Support Group Chrissa 617-201-6761,

1st Monday monthly, 7:00-9:00 pm, massalopeciasupportgroup@live.net

Asthma & Allergy Foundation 781-444-7778, www.asthmaandallergies.org

Monthly educational and networking meetings.

Attention Deficit Disorder Group for Adults John 508-353-8348

First and third Wednesdays monthly (except December), 7:00-9:00 pm

Breastfeeding Support Group 617-243-6314

For breastfeeding mothers after hospital discharge. Meet with Newton-Wellesley Hospital's lactation consultants. *Tuesdays and Thursdays, 1:00-2:00 pm*

Cancer Support Groups

617-219-1230, www.nwh.org/cancersupport

The Vernon Cancer Center at Newton-Wellesley Hospital offers a variety of support groups. For a complete listing of groups and times, please visit our Web site.

Cardiac Rehabilitation Program 617-243-6378

Medically supervised healthy lifestyle and cardiac risk reduction program. Appropriate for individuals who have recently had a heart attack, angioplasty, heart surgery or have been diagnosed with angina.

Childbirth Loss Support Groups 617-243-6221

For families who have suffered the death of a child before birth, at birth or shortly after birth. Sponsored by Newton-Wellesley Hospital's HEAL Committee (Helping Educate After Loss).

Diabetes Management Program 617-243-6144

For patients and their families. Individual instruction and education in all aspects of day-to-day management of diabetes.

Frontotemporal Dementias

Caregiver and family support group for those affected by Frontotemporal Dementias.

Last Tuesday monthly, 7:00 pm. Email FTD.Boston@gmail.com

Gastric Bypass Surgery Groups 617-243-3724, www.nwh.org/weightloss

Allen-Riddle Living Room, free and open to all

- **New Patient Instructional Group** *last Thursday monthly, 6:30 pm*
- **Community Support Groups** *1st Thursday and 3rd Tuesday monthly, 6:30-8:00 pm*
- **0-6 Month Post-Surgery Group** *2nd Thursday monthly, 6:30-8:00 pm*

Heart Failure Prevention & Monitoring Program 617-243-6378

Medically supervised program for people with decreased heart function. Includes education, support, enhanced monitoring and physical reconditioning.

MA/NH Myasthenia Gravis Foundation Support Group

Judy Weinberg 781-444-4897, *Every other month on Sunday, 2:00-4:00 pm*

Open to persons with MG and their family and friends.

Multiple Sclerosis 617-243-6967, *1st Tuesday monthly, 7:00-8:00 pm*

This peer-led group focuses on sharing positive outcomes, living a healthy, productive life and helping members with the uncertainties of a Multiple Sclerosis diagnosis.

National Alliance of Mental Illness

Sidney Gelb 617-320-3048, el.cid3@rcn.com or

Nancy Stanton 781-642-7284, nestanton1@verizon.net

Overeater's Anonymous www.oambi.org

Saturdays, 7:15 am, 781-641-2303, info@oambi.org

Parkinson's Support Group

Sarah Singer 617-323-0574, *4th Monday monthly, 7:30-9:00 pm*

Parkinson's Support Group of Greater Boston

Karen Baker 508-446-5093, psggbinfo@gmail.com

September-May, 3rd Saturday monthly, 1:00 pm

Prostate Cancer Support Group

Brad Greenfield 781-789-0675, *1st Thursday monthly, 7:00 pm*

Survivors Network of those Abused by Priests (SNAP), www.SNAPnetwork.org

Dave O'Regan, 434-446-6769, worcestersnap@gmail.com

4th Sunday monthly, 3:00 pm

Open to any sexual abuse victim who has been abused by an authority figure.

Vestibular Disorders Support Group: Living with Dizziness/Vertigo

Claire 781-383-0253 or clairebaddad@comcast.net

1st Monday monthly (Oct. - June), 7:00-8:30 pm

Well Spouse Support Group

Jerry Bishop 508-641-3508, gbisb815@yahoo.com *evenings/weekends or*

Martha 617-924-5206, mascott33@rcn.com *2nd Tuesday monthly, 7:15-9:00 pm*

For those who take care of a spouse with a chronic illness.

Widow/Widower Support Group: Moving On 617-243-6221

Life after Spousal Loss: An Unusual Approach to Loss for Widows and Widowers of 55 years and older. *September-June*

Young Widow/Widower Support Group 617-243-6221

A supportive atmosphere, grief education and coping strategies to manage the loss of a spouse or partner. For ages 55 and younger.

You Are Not Alone: Straight Spouse Network, Boston Chapter

Ivan 978-618-6670, ssn.boston@straightspouse.org www.straightspouse.org

4th Monday monthly, 7:30-9:30 pm

Visit www.nwh.org/support for a complete listing.

Programs & Classes

The Wellness Center at Newton-Wellesley Hospital

Newton-Wellesley Hospital offers exercise and fitness classes designed to accommodate various levels and abilities. Our instructors are always happy to suggest ways of adapting any class or workout to meet your individual needs.

All weekday exercise and yoga classes are held at Temple Reyim, 1860 Washington Street, Newton. Saturday classes are held at the Shipley Fitness Center, on the Newton-Wellesley Hospital campus. When attending classes on the Newton-Wellesley Hospital campus, please use the Patient/Visitor Parking Garage located at the Hospital's East Entrance.

Fit & Fabulous

Class includes a warm up, aerobics and strength training routine that promotes total body well being. Focus is on building strength and improving balance and posture. For all ages and abilities.

Hi/Lo Aerobics & Muscle Sculpting

Class consists of hi/low impact aerobics, muscle conditioning and stretching. Focus is on improving heart function, building strength, flexibility and endurance. For all ages and abilities, no dance experience required.

Low Impact Aerobics

Aerobic class based on dance moves and includes arm and core strengthening exercises. Focus is on energy boost, improved heart function and stress reduction. For all ages and abilities, no dance experience required.

Step

An aerobic class with a choreographed routine of stepping up onto and down from a portable platform. Focus is on increasing energy, improved heart function and muscle strength. For all ages and abilities.

Pilates for Everybody

Pilates mat work and gentle stretching to strengthen the core muscles, tone and increase flexibility in the back and spine. Will also improve balance, breathing, energy level and posture. All levels welcome.

Pilates & More

Pilates mat class with props to strengthen and tone the total body, includes flexibility exercises to help prevent injuries. All levels welcome.

Pilates with Strength Training

Class includes strength training exercises (standing) and Pilates mat work (floor) exercises to help improve balance and posture while also increasing muscular strength. For all ages with the ability to get down to and up from the floor.

Strength Training

Non-aerobic routine of strength building exercises (standing and floor) using repetitions, resistance bands and hand weights. Focus is on using correct form for maximum strength gain and to improve posture, balance and reduce the risk of osteoporosis. For all ages with the ability to get down to and up from the floor.

Strength Training for Women

Non-aerobic routine of strength building exercises (standing and floor) using repetitions, resistance bands and hand weights. Focus is on using correct form for maximum strength gain to improve posture, balance and reduce risk of osteoporosis. For women of all ages with the ability to get down to and up from the floor.

Zumba

Aerobic class of choreographed dance routines to create a fun workout. For all levels, ages and abilities, no dance experience required. Focus is on energy boost, improved heart function and stress reduction.

Stretch and Strengthen

Non-aerobic routine of stretch and strength building exercises (standing and floor). Focus is on becoming/staying active and increasing muscle strength to improve health, posture, balance and reduce risk of osteoporosis. For all ages and abilities.

Tai Chi

Through controlled, slow and rhythmic movements achieve a state of relaxation for your body and mind. Increase circulation, promote joint & muscle flexibility, increase strength and relieve stress. Over time, you will experience a marked improvement in concentration, range of motion and balance.

Introduction to Yoga

Designed specifically for new students. Learn the basics of proper body alignment, gentle stretching, dynamic breathing and various techniques for relaxation. A great primer for any of our other Yoga class offerings.

Gentle Yoga

This class emphasizes relaxation, breathing, meditation and gentle exercise.

Chair Yoga

The most gentle yoga for those with mobility limitations such as arthritis, multiple sclerosis, Parkinson's disease and chronic pain. All poses, breathing techniques and stretches are modified to accommodate each person's unique ability level.

Kundalini Yoga – All Levels

For beginners through advanced students. Reduce stress and awaken awareness by using dynamic breathing, stretching, exercise, relaxation and meditation. Experience various techniques to use in meditation and yoga exercises. These classes are for students of all experience levels from beginner to advanced.

Prenatal Yoga

This class is designed to meet the special needs of pregnant women. Release tension, stretch and increase strength, flexibility and energy. An excellent class for all fitness levels.

Exercise Program for Breast Cancer Survivors

Healthy steps – The LEBED Method®. An effective therapeutic movement and exercise program to improve overall wellness, reduce pain, improve range of motion and reduce the symptoms and likelihood of developing Lymphedema. Our experienced clinical instructors specialize in lymphedema treatment and rehabilitation management. *To register, please call 617-243-6644.*

For pricing and date information visit www.nwh.org/classes or call the Wellness Center at 617-243-6221.

Lifestyle Classes

Weight Loss and Wellness Success

Whether you want to lose weight, eat healthier, have more energy, or just feel better, this program is for you! During this six week session you'll learn practical strategies and tips to help improve your health, increase your metabolism and reach your nutritional goals. Class is taught by a registered dietitian.

Smoking Cessation Support

Eight week program held in a caring and encouraging group format. Provides concrete strategies to use on working toward your goal of tobacco-free living.

Reiki 1 Workshop

This workshop covers the benefits, uses and history of the Usui Reiki System. Participants receive a Reiki attunement to enhance their ability to transmit life force energy through their hands. Includes instruction and practice time using all hand positions for giving and receiving a complete Reiki treatment on self, family and friends. Participants will receive certification as a Reiki 1 Practitioner upon course completion.

Reiki 2 Workshop

For those that have completed Reiki 1. For more information, call 617-243-6221. *Newton-Wellesley Hospital Campus*

Reiki 3 Master Workshop

For those that have completed Reiki 1 and 2. For information, call 617-243-6221. *Newton-Wellesley Hospital Campus*

Babysitter Training

Everything you need to know to be a responsible babysitter: what to do in an emergency, choke saving, first aid, diapering and more. A certificate is awarded.

Childbirth Education

Newton-Wellesley Hospital offers programs and classes during pregnancy and throughout the early parenting period. To register for classes or for more information, please contact the Childbirth Education office, 617-243-6649 or visit our Website at www.nwh.org/classes

American Heart Association Courses

Heart Saver CPR with AED*

This course is designed to teach the skills of CPR and foreign body airway obstruction for the infant, child and adult, and provide instruction in the use of an automated external defibrillator (AED). Course is approved by the Office of Child Care Services and is appropriate for daycare providers, nannies, life-guardians and people whose job requires them to respond to cardiac emergencies. Participants will receive a two year certification card from the American Heart Association.

HealthCare Provider CPR (BLS - Basic Life Support)

HealthCare Provider CPR is for medical and allied health professionals. Class includes adult, child and infant CPR, as well as two-person CPR, ambu bag use and instruction in the use of an automated external defibrillator (AED). Participants receive official two-year certification from the American Heart Association.

Heart Saver CPR, AED and First Aid Combination Class*

AHA First Aid class & AHA Heartsaver® CPR class for infant, child and adult includes AED training and testing. Covers first aid topics such as foreign body airway obstruction, use of an epipen, shock, head injury, wounds, nosebleeds, fractures, muscle injury, poisons, drowning, insect bites, bandages and dressing, heart attack and stroke. Participants receive course completion/certification cards for both CPR and First Aid that are good for 2 years. The Office of Child Care Services has approved Heartsaver® classes for daycare providers.

CPR for Family & Friends

An American Heart Association informational course providing the basic skills of CPR for infants/children and adults and how to help an infant, child or adult who is choking. Course does not provide official CPR certification and is appropriate for parents, grandparents, family members, babysitters and other lay rescuers.

All American Heart Association Courses are held on the Newton-Wellesley Hospital Campus. Please call 617-243-6221 to register.

** Newton-Wellesley Hospital offers Heart Saver CPR and Pediatric First Aid courses at a discount to childcare providers in the Newton, Waltham, Wellesley, Weston and Needham area.*



Be Wise & Immunize

Join Newton-Wellesley Hospital
for a FREE Flu Shot Clinic!
Open to adults, ages 18 and older.

To find one near you, please visit www.nwh.org/flu



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Think Pink!

GIRLS' NIGHT OUT

A Celebration of
Women's Health

TUESDAY, OCTOBER 21, 2014

6:30-8:30pm

NEWTON MARRIOTT

2345 COMMONWEALTH AVE., NEWTON

6:30-7:15pm

WELCOME RECEPTION

Start the night off with **complimentary hors d'oeuvres** and a **wine reception** while visiting a variety of health and wellness displays. **Enter to win a door prize!**

7:15-8:30pm

EXPERT HEALTH PANEL DISCUSSION

Health Questions You're Afraid to Ask Stephanie Morris, MD

Eating Well for a Healthy Weight and Cancer Prevention Christina Chiu, Registered Dietitian

A Survivor's Story: How Exercise, Nutrition and Healthy Living Impacted Recovery Sarah Cailler, Fitness Trainer

Registration is strongly encouraged. To reserve your space, email carefinder@partners.org or call 617-243-6622.



NEWTON-WELLESLEY
HOSPITAL



FOUNDED BY BRIGHAM AND WOMEN'S HOSPITAL
AND MASSACHUSETTS GENERAL HOSPITAL