

Newton-Wellesley Hospital's HealthSource

Summer 2016

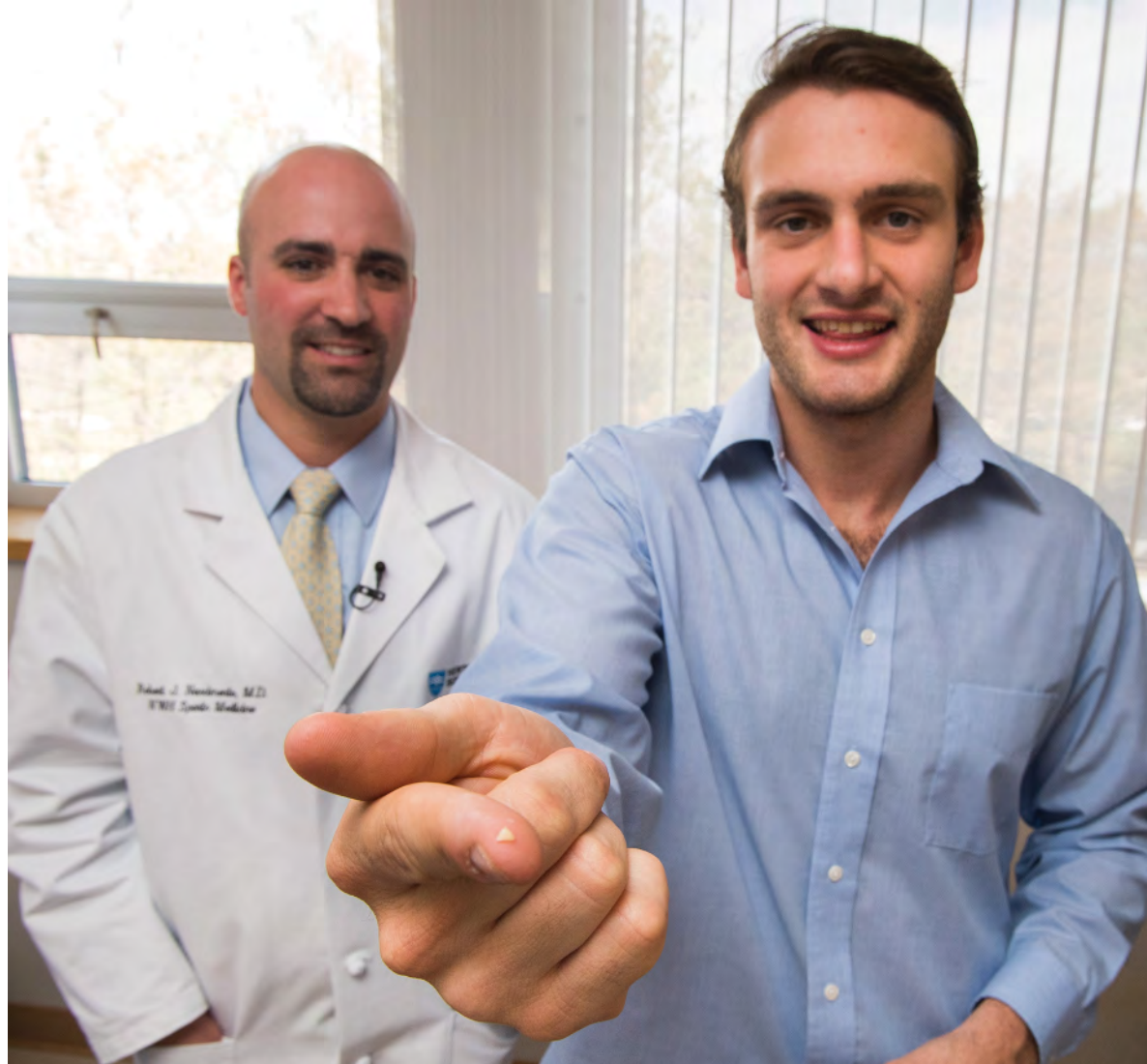
Family-centered Care
Shark Bite on Spring Break
Pediatric Emergency Medicine
Programs & Classes



NEWTON-WELLESLEY
HOSPITAL

PARTNERS
HEALTHCARE

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



Shark Bite on Spring Break

When Boston College student, Dan Kenny arrived for his spring break in Vero Beach, Florida, he never imagined the way his vacation would go. After starting his trip off with the flu, he thought things would begin looking up... but he was wrong. During his last day at the beach, Dan got the surprise of his life.

“There were 20 of us down on a private beach - no lifeguards and no people literally for miles,” explains Dan. “The majority of my friends had already gone home so it was just a small group of us left. I was really looking forward to enjoying my last day so I was in the water and on the beach pretty much the whole day.”

Later that afternoon, Dan’s friend suggested they find another area of the water to swim since they had drifted in a current.

“We were standing in the water getting ready to head back to the beach when it felt like a bear trap grabbed the back of my foot. Right in the muscle,” says Dan. “I screamed and then took a couple steps to run when I felt something bite me again. With the second bite, the shark got my Achilles tendon so my leg gave out from under me and I shouted, ‘I’m bit! I’m bit!’”

Dan managed to crawl out of the water and look at his ankle. There was a big gash across his Achilles down to the bone and his foot was limp. His friends carried him off the beach to get help.

“I almost fainted at that moment but didn’t,” he says. “It started to bleed like crazy but there was no pain; I guess I was in shock. When we got to the house, they wrapped my ankle in a beach towel and we waited for the paramedics to come. They came quickly (within 10 minutes) and we were off to the hospital.”

Dan can’t believe that after spending most of his vacation sick in bed, he was bitten by a shark on his last day!

“We had 20 kids down there the whole week and not one issue and then I’m the lucky one who got snagged by a shark. I never saw the shark because I was facing the beach, but we assume it was a blacktip shark since there are literally tens of thousands of them in the waters off Palm Beach County right now.”

When Dan arrived at the hospital in Florida, they disinfected the wound, stopped the bleeding and stitched him up.

“I decided not to have surgery in Florida because it wasn’t urgent. I was leaving the next day and decided I wanted to wait until I returned to Boston to determine the best place to have the procedure.”

When Dan returned to Massachusetts, he and his mom visited Newton-Wellesley Hospital’s Emergency Department to determine his next steps. His care team in the ED recommended that he consult an orthopaedic surgeon about the tear in his Achilles tendon and the possibility of some of the shark tooth still being in his ankle, which they were able to see in an X-ray and MRI.

“After my trip to the Emergency Room my mom and I went to a local restaurant for dinner. While we were there we started chatting with a guy who asked about my injury and explained he was in fact an orthopaedic surgeon... talk about being in the right place at the right time.”

Robert Nascimento, MD, MS, Assistant Chief of Sports Medicine at Newton-Wellesley and Medical Director of Sports Medicine at Boston College also happened to be in the restaurant that night.

“I happened to be in a local restaurant with a colleague, Dr. Andrew Rogers, after we covered a Boston College Hockey game when we saw Dan come in on crutches. We started talking and that’s when I first learned about his injury,” says Dr. Nascimento. “Through conversation it came out that I was an orthopaedic surgeon and affiliated with Boston College Athletics. I offered to help in any way that I could. Later that night he emailed me and within a few days, he was set up to come in and see me.”



Introducing

Robert Nascimento, MD, MS
Assistant Chief of Sports Medicine

Robert Nascimento, MD, MS, recently joined Newton-Wellesley Hospital as our new Assistant Chief of Sports Medicine. He is also the Medical Director of Sports Medicine at Boston College. Dr. Nascimento received his master's of science degree in chemistry and biochemistry at the University of California Los Angeles and his medical degree from the University of Massachusetts Medical School. He went on to complete his orthopaedic surgery residency training at University of Massachusetts Medical School and his fellowship in sports medicine at Boston University. Dr. Nascimento is Assistant Clinical Professor of Orthopaedic Surgery at Tufts University School of Medicine. He is currently head team physician for Boston College Athletics and the Boston Renegades of Women's Pro Football Alliance. He has also recently served as head team physician for the Boston Cannons Professional Lacrosse team and the Boston Breakers Professional Soccer team.

Dr. Nascimento is a member of the New England Shoulder & Elbow Society, the Arthroscopy Association of North America, the American Orthopaedic Society for Sports Medicine and the American Academy of Orthopaedic Surgery. He is board certified in orthopaedic surgery. His clinical interests include complex knee and shoulder arthroscopy, shoulder instability/labral repair and laterjet procedure, shoulder replacement surgery, rotator cuff repair, meniscus repair and ACL reconstruction.



Sports Medicine

When Dan came for his evaluation, Dr. Nascimento explained that surgery would be necessary to repair his tendon.

“Ninety percent of Dan’s tendon had been torn by the shark bite and the tooth was sitting next to it. He was very lucky. The injury was centimeters away from crucial vessels and the outcome would have been much different if the bite had affected that area,” explains Dr. Nascimento. “Dan did a great job with the surgery. We kept him overnight to treat him with antibiotics because the tooth had been removed from the wound. Our Infectious Diseases team at the Hospital worked with me to make sure he was receiving the very best care.”

The Orthopaedic Surgery Service is one of Newton-Wellesley Hospital’s largest clinical services. Patients of all ages with disorders of the musculoskeletal system are treated by highly skilled orthopaedic surgeons. The team offers a variety of minimally invasive techniques for patients and procedures where it is warranted.

“Newton-Wellesley has an incredible safety record regarding inpatient and outpatient surgery,” adds Dr. Nascimento. “We take great pride in our quality outcomes and safety profile. Our entire team is committed to providing superb patient care.”

For Dr. Nascimento, Dan’s shark bite was definitely a patient care first.

“It’s the first shark bite I have treated and I’m glad I met Dan that night and could help him recover from this injury,” he says. “Dan’s done a great job and is taking it all in stride. It will take about 10 to 12 weeks for the tendon to heal. He will continue with rehabilitation for about four to six months and in the future will be able to take part in all of his normal, everyday activities.”

Daniel is also very grateful to have met Dr. Nascimento.

“He was absolutely fantastic,” says Dan. “He is such a great guy, and every single person I met in the Hospital from the nurses to physical therapists and occupational therapists were phenomenal. My Boston College family, especially my driver Pam, has also been great. I couldn’t have had a better experience at Newton-Wellesley. My parents and I were so impressed and grateful for it. I mean everyone, everyone, was fantastic and took great care of me.”

For more information about Sports Medicine at Newton-Wellesley Hospital, please call CareFinder at 866-NWH-DOCS (694-3627) or visit www.nwh.org/sportsmedicine.

In Good Hands...



Family-centered Care at Newton-Wellesley Hospital

During a routine ultrasound when Amber Rauh was five weeks pregnant, doctors found a 9 cm ovarian cyst.

“I didn’t think much of the diagnosis at first,” says Amber. “The decision was to wait until my delivery and have it removed at that time, while continuing to monitor the cyst during my prenatal care.”

However, when Amber was nine weeks pregnant and on vacation, she started experiencing massive cramping in her lower left abdomen. “The pain was excruciating and I wasn’t sure if it was the cyst or the baby,” says Amber. “We went to the local emergency room, where they performed an ultrasound to check what could be causing the pain. During the ultrasound they identified an ovarian torsion, meaning the cyst had turned my left ovary.”

They told Amber that she would need surgery to correct the issue, which most likely would involve removing her ovary. “Hearing that news, I was very worried since I was pregnant. I opted to travel back to Newton-Wellesley to have my OB Dr. Greiger perform the laparoscopic operation.”

Afarin Greiger, MD, and Christina Salazar, MD, both OB/GYNs at Newton-Wellesley performed the laparoscopic oophorectomy (removal of the ovary and cyst).

“An ovarian torsion is a twist in the ovary around its pedicle or stem, which usually happens when there is a mass in the ovary, like a cyst,” explains Dr. Greiger. “When the ovary twists around its pedicle, the blood flow to the ovary stops and if the situation is not resolved

fast enough, it can cause loss of functioning in the ovarian tissue. The classic presentation of ovarian torsion is the acute onset of moderate to severe pelvic pain, often with nausea and possibly vomiting. However, the presentation may vary and many symptoms and signs that accompany torsion are also associated with other conditions. In Amber's case we decided it was necessary to remove the ovary."

Amber was worried about having the surgery since she was pregnant and unsure how this might affect her growing baby.

"I was concerned about the surgery, but I knew that I had to have it to alleviate the pain and to ensure that the cyst did not erupt, which would further complicate things," says Amber. "My first concern was the baby, but I knew I was in good hands. I also knew that I would have to have it removed to have the option for a successful term pregnancy. Both doctors told us that it helped that we were still fairly early in the pregnancy because the baby was small and there was more room to remove the large mass."

This procedure, called a laparoscopic oophorectomy, is usually done through three to four small incisions in the patient's abdomen. "We introduce a small camera through one of the incisions, which is connected to a big screen so that we can see inside the patient's abdomen," says Dr. Greiger. "We use the other incisions to introduce different instruments necessary for the procedure. In the case of an oophorectomy, we use a tool with a plastic bag attached and after separating the ovary from its surroundings, we place it inside the bag and then suction the fluid content of the large cyst so the mass collapses inside the bag and we are able to remove it and the ovary through a small incision."

Amber was very happy with how the procedure went and that she was able to continue on with a healthy pregnancy.

"As always we were treated extremely well, and my previous experiences with Newton-Wellesley were the reasons I opted to be transported back from the local hospital to complete my surgical care there," says Amber. "Dr. Greiger is beyond professional and personal. I feel that I can ask her anything about my care and that she will give me the honest answer."

After her surgery, Amber continued to see Dr. Greiger for her prenatal care in her Natick office. "When I realized that Amber lives near the Natick office, we decided to schedule her appointments in that location," says Dr. Greiger. "Our goal in Natick is to bring Newton-Wellesley's high-quality care to patients who live farther away from the Hospital but prefer to deliver or have surgery there. Our Natick office is conveniently located for patients and is staffed four days a week and has its own lab and radiology suite."

Newton-Wellesley Hospital works with Brigham and Women's Hospital to offer the community one of the largest maternity

services in greater Boston (*see sidebar*). This collaborative program, based on the Newton-Wellesley campus, provides expectant parents the resources of a major urban medical center in a more accessible setting. Our obstetrics team is committed to providing exemplary maternity care and has continued to expand these services over the past few years. Brigham and Women's/Newton-Wellesley Obstetrics offers patients advanced obstetrical care in a comfortable, relaxed environment. Patients receive individualized attention in a private setting, including one-on-one nursing care during active labor. The Hospital provides in-house physician attending coverage for obstetrics, neonatology and anesthesia – 24 hours a day, seven days a week.

"Our affiliation with BWH is very unique for a community hospital. We have access to the best physicians as consultants for cases where a patient might need more complex medical care," says Dr. Greiger. "We are also very lucky to have great Neonatology and Anesthesiology teams who are present in the Hospital 24 hours a day, seven days a week and available for any delivery where their presence seems necessary."

For Dr. Greiger, caring for Amber was a very rewarding situation. "Amber is a very strong, flexible and logical woman," says Dr. Greiger. "She was always in control and really listened to all of our recommendations. It was a pleasure to take care of her during pregnancy, her surgery and especially during her delivery. It is always fun to deliver patients that I have taken care of during pregnancy."

As her due date came closer, Amber was certain the delivery would go well. "My continued care since the surgery left me confident and assured that both the baby and I would be well taken care of."



Callie Louise Rauh was born at Newton-Wellesley on March 27, 2016 at 9:36 am weighing 6 pounds 10 oz and measuring 20 inches long.

"My labor was less than 12 hours, and she emerged with only five pushes," says Amber. "However, subsequent to that I was diagnosed with placenta accreta."

Placenta accreta occurs when all or part of the placenta attaches abnormally to the muscular layer of the uterine wall. Because of this abnormal attachment to the uterine wall, placenta accreta is associated with an increased risk of heavy bleeding at the time of attempted placental delivery.

"Dr. Greiger handled the situation with flawless ease," adds Amber. "She commanded the delivery room professionally, all the while talking me through what was going on to ensure that I didn't get nervous or upset. It was very emotional, but I could see my husband with the baby in the background, so I continued to focus on that while she managed the unexpected, potentially severe situation."

Amber and her husband Dave are thankful to be home now with their healthy newborn baby girl and their two and a half year old son, Colton, who was also born at Newton-Wellesley.

"I am always recommending Newton-Wellesley Hospital," says Amber. "There were many ups and downs during this pregnancy and we are so happy with the care we received throughout the whole journey."

Dr. Greiger could not have asked for a better outcome for Amber and her family and is proud to be able to provide this level of care.

"I am happy every day when I come to work," says Dr. Greiger. "Being among such excellent staff gives me more desire to improve my knowledge and surgical skills and be in a constant dynamic learning state. Newton-Wellesley has an environment of excellence in which patient care comes in front of everything at every level. I feel honored to be part of the team."

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

Thomas L. Beatty Jr., MD Chair, Department of Obstetrics/Gynecology Newton-Wellesley Hospital

Dr. Beatty is board certified in obstetrics and gynecology. He received his medical degree from East Carolina University and completed his residency at the New England Medical Center. He is clinical instructor in obstetrics and gynecology at Harvard Medical School and Tufts Medical School.



Afarin Greiger, MD Obstetrics/Gynecology, Newton-Wellesley Hospital

Dr. Greiger received her medical degree from Mashad University. She completed her OB/GYN residency at Tufts Medical Center and is board certified in obstetrics and gynecology. Her special interests include female infertility and endometriosis and advanced laparoscopic surgery, which includes minimally invasive hysterectomies and ovarian cysts.



Brigham and Women's/ Newton-Wellesley Obstetrics

Our collaboration with Brigham and Women's Obstetrics provides great benefits to the community by enhancing Newton-Wellesley's already excellent services," says Thomas L. Beatty Jr., MD, Chair of the Department of Obstetrics and Gynecology at Newton-Wellesley. "We have over 4,000 births a year, which makes our program large enough to offer our patients access to specialists and the latest technology and expertise available. At the same time, we are able to retain the community hospital environment, with that special, personal touch."

Our team works to offer patients the most advanced obstetrical care with a focus on compassionate care so patients and their families feel comfortable during this special event – the birth of their baby. Our staff works to create an environment that offers the expertise and support patients need during this time. This family-centered philosophy of care promotes the health and well being of the mother, newborn and the family.

"Our patients are cared for during their stay by their own physician or certified nurse-midwife; however, we have an obstetrician available at the Hospital 24 hours a day to take care of any unexpected problems and assist if their own physician is unavailable," says Dr. Beatty. "Our Maternal Fetal Medicine specialty physicians are available for consultation for any of our patients – at any time."

Our Labor and Delivery Unit has 12 large suites with private baths – five have Jacuzzi tubs specially designed to aid in the labor process. The suites, designed to feel more like home than a hospital, include comfortable accommodations for partners as well as advanced equipment for newborns. There are dedicated surgical suites located on the unit for cesarean births, which are also designed to accommodate family members during the birth.

"The staff in the Maternity Department recognizes that the family will be going home as a unit and emphasizes the importance of incorporating all members in education and patient care process. Our goal is to offer family-centered care throughout a patient's entire visit," says Dr. Beatty.



PEDIATRIC Emergency Medicine

To provide emergency care for children in a comfortable environment – close to home – Newton-Wellesley Hospital provides dedicated pediatric emergency services in a community hospital setting. Through a collaboration with MassGeneral Hospital for Children (*see sidebar on page 10*), the Hospital offers advanced services in a separate area within the Emergency Department (ED) designated for pediatric patients.

The Vinik Family Pediatric Emergency Department is an eight-bed unit, separate from the general Emergency Department and equipped to handle a wide range of medical problems from injuries to critical illnesses. As part of the medical team, child life specialists are available to provide play activities, movies and games to reduce a child's anxiety during their visit.

"Children are different from adults and need their own specialized emergency room equipped just for them," says Ilan Schwartz, MD, Chief of Pediatric Emergency Medicine at Newton-Wellesley. "Our Pediatric Emergency Department is dedicated to caring for babies, children, teens and young adults, providing complete, coordinated care for your child. All of our doctors have extensive experience providing state-of-the-art emergency care especially for young patients."

The mission of the Vinik Pediatric Emergency Department team is to deliver the highest quality care to children with acute illnesses and injuries, as well as provide excellence in service to our patients and referring physicians.

"We provide comprehensive care during medical or trauma-related emergencies to more than 16,000 children and adolescents each year," says Dr. Schwartz. "Our staff includes board certified pediatric emergency physicians, pediatricians, physician extenders, nurses and technologists with specialty pediatric training."

The Pediatric ED operates 16 hours a day from 10:00 am to 2:00 am daily. During the off hours our highly skilled board certified emergency medicine physicians and emergency nursing staff strive to provide the same level of quality emergency pediatric care. Our pediatric surgeons, pediatric medical subspecialists and neonatologists are on call 24 hours a day to support both the Pediatric Emergency Department and the general Emergency Department. The Pediatric ED has one of the highest patient volumes of all pediatric emergency departments in the state of Massachusetts and provides patients with access to the highest quality care.

"I am very proud of our Division of Pediatric Emergency Medicine at Newton-Wellesley Hospital," adds Dr. Schwartz. "Our faculty, who have trained in the leading medical centers across the country, provide the highest quality of care to our patients. In addition, they are all clinician educators who are helping to teach the doctors and physician assistants of the future. We pride ourselves in providing the best care for our youngest and most vulnerable patients."

To accommodate the growing pediatric population, the Hospital's partnership with MassGeneral Hospital for Children allows specialists to be available for treatment, consultation and referral whenever necessary. For critical care situations, the Hospital has established a unique telemedicine link that connects physicians via video to pediatric intensive care specialists at MassGeneral Hospital for Children.

"Our collaboration with Mass General Hospital for Children (MGHfC) improves access to specialty and critical care sometimes without the need to go to Boston," says Dr. Schwartz. "This type of access is imperative if the best outcomes are to be realized. The addition of the resources necessary to deliver the best possible care through our collaboration results in improved care for all of the patients treated at Newton-Wellesley. Our partnership with MGHfC means we provide the highest care possible to the communities we serve. Last year more than 150 patients were admitted and treated at Newton-Wellesley under the care of our terrific group of pediatric surgeons from MGHfC"

The Pediatric Emergency Department was specially designed to provide child-friendly emergency care. The Department incor-

porates a nautical theme and has a separate pediatric-focused waiting area with books, toys and a TV equipped with a DVD player. Each exam room has a television available to patients. There is also a child life specialist dedicated to helping pediatric patients and their families who come to the Pediatric Emergency Department. The separate pediatric waiting area allows children to feel comfortable in the environment. There are toys and play areas in both the front pediatric waiting area and the waiting area within the Pediatric ED, which is often an ideal place for the siblings of the patient to wait while the patient is undergoing necessary procedures.

When Pediatric Emergency Department patients require hospitalization, the Hospital has a dedicated pediatric inpatient unit – giving families the comfort and privacy they need during this time.

Pediatric and neonatal physicians are available at the Hospital 24 hours a day, seven days a week and pediatric residents from Massachusetts General Hospital are also available. Each of the 20 patient rooms on the Pediatric Unit is private and equipped with a bathroom and shower. Family members are welcome to stay with their child and are provided with sleeping accommodations in the patient's room.

The pediatric staff are dedicated to caring for children and committed to including the entire family in the patient's care. Each patient room contains an informative concierge book to answer frequently asked questions and help patients and families with their orientation to the Unit and the pediatric staff. The Hospital also offers families a number of services to create a nurturing and comfortable environment during their stay including access to DVD players, toys and videos and the use of an individual home theater system. The home theater is a self-contained DVD projector with a movie theater-quality sound system that projects on the patient's room wall.

Coming to the Hospital for any type of medical care can be a stressful experience for children. The Hospital has a dedicated Child Life Program with certified specialists trained to minimize the disruption caused by medical treatment and help ease the stress for children and their families.

Confused. Anxious. Scared. When a child arrives at the Emergency Department, any of these words may be used to describe his or her frame of mind.

"We all know that the environment in the ED isn't very child-friendly," says Dr. Schwartz. "The child life specialist's job is to try to lower anxiety levels of the patient and parents. They talk to them about what they're going to see and what their job is. The more children understand what is going to happen, the better they do with the procedure."

Open from 10:00 am to 2:00 am daily.

Pediatric subspecialist on call 24 hours a day.



MassGeneral for Children at Newton-Wellesley Hospital™

*A collaboration between MassGeneral Pediatric Subspecialists
and Newton-Wellesley Hospital*

Through a collaboration with MassGeneral Hospital for Children, Newton-Wellesley Hospital provides the best care for pediatric patients – in a comfortable and convenient atmosphere. This partnership offers comprehensive pediatric specialty care for both inpatients and outpatients – from infants to young adults – through Newton-Wellesley pediatricians and Massachusetts General pediatric specialists. The multidisciplinary pediatric team at Newton-Wellesley Hospital includes physicians, registered nurses, therapists, child life specialists and support staff, working together to care for the unique needs of children and their families.

“Our collaboration with Mass General brings nationally recognized, pediatric specialty care to an easily accessible location,” says Joel Bass, MD, Chair of Pediatrics at Newton-Wellesley Hospital. “Our pediatric experts offer comprehensive care and are able to provide services in a wide variety of fields. So when your child requires medical attention, Newton-Wellesley is here to provide the highest level of care.”

MassGeneral Hospital for Children was ranked among the top hospitals in the nation by U.S. News and World Report and is recognized internationally for its clinical care and innovations. With more than 180 pediatric specialists and generalists on the Medical Staff, Newton-Wellesley Hospital and the collaboration with Mass-General Hospital for Children can address any pediatric health care needs. Parents and caregivers who bring their children to the Hospital for pediatric medical care can be confident they are receiving the best care possible.

“We are able to provide the advanced services of a specialized children’s hospital in a community hospital atmosphere,” says Dr. Bass. “Newton-Wellesley provides one of the most comprehensive community hospital pediatric centers in the state. Parents and caregivers should feel a great sense of safety and security knowing their children have access to this type of care – right in their own community.”

Pediatric Emergency Medicine

Through developmentally appropriate preparation, distraction, psychosocial support and play, child life specialists help children and their families understand the hospital environment. As children learn more about their surroundings, the language and the sensations of the Hospital, they gain a sense of mastery and control. Their nervousness fades away as it is replaced by knowledge and self-expression through play.

“Our child life specialists address the psychosocial needs that children have when they go through a fearful, stressful event, and interventions are delivered so children can cope with the setting and the experience, and leave with a positive, healthy mindset,” adds Dr. Schwartz.

At Newton-Wellesley, the child life team is integrated into all aspects of pediatric health care and strives to provide unparalleled family-centered care.

Newton-Wellesley has high-quality, advanced services to provide any level of care needed by pediatric patients. The entire team is dedicated to offer compassionate, family-centered care to children and their families as well as the most innovative and sophisticated health care options.

For more information about the Pediatric Emergency Department at Newton-Wellesley Hospital or to schedule an appointment with a physician, please call CareFinder at 866-NWH-DOCS (694-3627) or visit www.nwh.org.



Joel Bass, MD
Chair of Pediatrics, Newton-Wellesley Hospital

Dr. Bass is board certified in pediatrics. He received his medical degree from the State University of New York, Downstate Medical Center and completed his residency at the New York University School of Medicine and at Children’s Hospital Boston. Dr. Bass completed his fellowship in the Division of Community Child Health at Children’s Hospital Boston. He is a Clinical Professor of Pediatrics at Harvard Medical School.



Mark Lemons, MD
**Chair of the Department of Emergency Medicine,
Newton-Wellesley Hospital**

Dr. Lemons is board certified in emergency medicine. He received his medical degree from the Medical College of Wisconsin and completed his internship and emergency medicine residency at Worcester City Hospital.



Ilan Schwartz, MD
**Chief of Pediatric Emergency Medicine,
Newton-Wellesley Hospital**

Dr. Schwartz is board certified in both pediatrics and pediatric emergency medicine. He received his medical degree from Universidad Anahuac, School of Medicine in Mexico City and completed his training in pediatrics with a fellowship in pediatric emergency medicine at Boston Medical Center/Boston University School of Medicine.

Support Groups

Breastfeeding Support Group

Provides breastfeeding support and assistance to new mothers who have been discharged from the hospital setting. Groups are held Tuesdays and Thursdays from 2:00 - 3:00 pm at Newton-Wellesley Ambulatory Care Center - Newton, 159 Wells Avenue.

Cancer Support Groups

For a complete listing, please visit nwh.org/cancersupport or call the Vernon Cancer Center at 617-219-1230 for information.

Cardiac Rehabilitation Program

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. For more information, call 617-243-6378.

Childbirth Loss Support Groups

For families who have suffered the death of a child before birth, at birth or shortly after birth. The groups, led by a licensed social worker, offer comfort and reassurance for both individuals and couples. Sponsored by Newton-Wellesley Hospital’s HEAL Committee (Helping Educate After Loss). For more information, call 617-243-6221.

Diabetes Management Program

For patients and their families. Individual instruction and education in all aspects of day-to-day management of diabetes. For information, call 617-243-6144.

Heart Failure Prevention & Monitoring Program

Medically-supervised program for people with decreased heart function. Includes education, support, enhanced monitoring and physical reconditioning. For information, call 617-243-6378.

Smoking Cessation Support Group

A caring and encouraging group program providing participants with concrete strategies toward the goal of achieving tobacco-free living. Call the Wellness Center at 617-243-6221, for information.

Weight Loss Surgery Support Groups

- New Patient Instructional Group
- Community Support Groups
- 0-6 Month Post-Surgery Group

For information, call the Center for Weight Loss Surgery at 617-243-3724 or visit nwh.org/weightloss.

Young Widow/Widower Support Group 55 and younger

A supportive atmosphere, grief education, and coping strategies to manage the loss of a spouse or partner. For ages 55 and younger. For information, call 617-243-6221.

For support group details and contact information, please visit www.nwh.org/support.

Wellness Center Programs

American Heart Association Courses: Heartsaver CPR, AED, First Aid

Smoking Cessation Support

Reiki 1, 2 and 3 Master Workshops

Babysitter Training

For program details and registration information, please visit www.nwh.org/classes or call the Wellness Center at 617-243-6221.

Childbirth Education

Newton-Wellesley Hospital offers programs and classes during pregnancy and throughout the early parenting period. Topics include prepared childbirth, natural childbirth, Cesarean birth, hypnobirthing, mind/body, breastfeeding and infant care. We also offer tours of our maternity unit and sibling preparation classes.

For a complete listing or registration information, please contact Childbirth Education at 617-243-6649 or visit www.nwh.org/classes.

Group Fitness Classes

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. Classes include:

Zumba	Stretch & Strengthen
Fit & Fabulous	Tai Chi
Low Impact Aerobics	Introduction to Yoga
20/20/20 Cardio Combo	Gentle Yoga
Pilates	Kundalini Yoga
Strength Training	Vinyasa Yoga
Strength Training for Women	Prenatal Yoga
Exercise Program for Breast Cancer Survivors	

For exercise class details and registration information, please visit www.nwh.org/classes or call the Wellness Center at 617-243-6221.



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HOSPITAL

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Newton-Wellesley Hospital provides the highest quality care for patients as well as access to the most advanced technology. Many of our physician offices offer Patient Gateway – a secure patient Web portal that allows patients fast and convenient online access to their physician's office and their medical information.

www.nwh.org/patientgateway
1-866-NWH-DOCS (694-3627)