

# Newton-Wellesley Hospital's HealthSource

Winter 2016

Spine Surgery Success  
Cardiovascular Center  
Mammography Q&A  
Women's Health Center



NEWTON-WELLESLEY  
HOSPITAL

PARTNERS  
HEALTHCARE

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





# Spine Surgery Success

Lynn Falwell, 66, of Natick, Massachusetts knew that she couldn't live any longer with her arthritis pain. The severe discomfort was affecting her quality of life and preventing her from taking part in everyday activities.

"I had severe nerve pain in my right hip, back and right leg along with unrelenting muscle spasms," explains Lynn. "I was miserable. I couldn't sit down at all so I couldn't drive or even ride in the car for more than just a short time. I could only lie down for about four hours before the pressure on the cyst made the pain too great to stay horizontal."

Lynn was referred to Jessica Aidlen, MD, Orthopaedic Spine Surgeon at the Spine Center at Newton-Wellesley Hospital. "I knew that I needed to see someone quickly," says Lynn. "I own a business and also have many active interests including horseback riding – all of which were being compromised. Because of the pain, I had to work standing up and I couldn't visit my clients except by phone. My energy levels were also diminished from dealing with all the pain."

Conveniently located at Newton-Wellesley's Ambulatory Care Center at Wells Ave in Newton, the Spine Center offers the expertise of leading back and neck experts. Their skilled team provides surgical

and non-surgical consultation and intervention for a variety of spine conditions and needs, including:

- Neck and arm pain
- Back and leg pain
- Spinal stenosis
- Disc herniations
- Second opinions for surgery
- Workers' compensation claims
- Chronic back and neck pain
- Degenerative disorders of cervical and lumbar spine

"I was referred to Dr. Aidlen by Lauren Elson, MD a physiatrist at the NWH Spine Center," says Lynn. "My experience with the Spine Center team has been great. The Center was easy to get to and park, which made it convenient for me with my pain. The staff were all kind, attentive and very helpful and the medical staff were wonderful and sympathetic to my situation."

After a complete evaluation, Dr. Aidlen diagnosed Lynn with arthritis in a portion of her lumbar spine, which resulted in spinal instability and stenosis (compression of the spinal nerves).

"Lynn was having quite debilitating radiating leg pain from the nerve compression, as well as back pain," explains Dr. Aidlen. "After a long course of trying nonsurgical treatment options, which is recommended first, she opted for surgery due to persistent pain."

Lynn's surgery entailed a laminectomy (removing bone and part of a ligament to relieve nerve compression) and a fusion with instrumentation (screws and rods) to stabilize the arthritic portion of the spine.

Last October, she underwent the procedure and hasn't looked back since! "Dr. Aidlen got me in right away to minimize my waiting time for the surgery," says Lynn. "After my procedure, I was home in exactly 48 hours with clear instructions and ample pain medications to keep me comfortable. I was immediately better than I had been before the surgery. My pain level was very tolerable that first week and the nerve pain was completely gone when I woke up in the PACU."

Dr. Aidlen was also very pleased with the results of Lynn's surgery. "Her leg pain was better pretty immediately after surgery, and she was up and walking right away," says Dr. Aidlen. "She progressed well with physical therapy after surgery and is now fully healed and back to horseback riding, her most beloved activity. Lynn has done extremely well after her spinal fusion. She is fit, healthy and very motivated. She made the decision for surgery with a very positive outlook and progressed through the post-operative recovery quite smoothly. She is always a pleasure to see in the office."

Now Lynn is back to all of her favorite activities and is living life pain free. "I have resumed horseback riding, playing with my grandchildren, traveling and everything else I love to do," says Lynn. "With the right surgeon, in the right place and with good follow-up care, there's no reason to put it off. Dr. Aidlen gave me my life back!"

**For more information about the Spine Center at Newton-Wellesley Hospital, please call CareFinder at 866-NWH-DOCS (694-3627) or visit [www.nwh.org/spine](http://www.nwh.org/spine).**



**Jessica Aidlen, MD**  
Orthopaedic Spine Surgeon at the Spine Center,  
Newton-Wellesley Hospital

Dr. Aidlen received her medical degree from the State University of New York at Buffalo School of Medicine and Biomedical Sciences. She completed her residency in orthopaedic surgery at the University of Massachusetts Medical Center and her fellowship training in spinal surgery at Brown University/Rhode Island Hospital. She is board certified in orthopaedic surgery.



**Lauren Elson, MD**  
Physical Medicine and Rehabilitation Physician at the  
Spine Center, Newton-Wellesley Hospital

Dr. Elson received her medical degree from Tufts University School of Medicine and completed her residency at New York Presbyterian Hospital (Columbia/ Cornell) in physical medicine and rehabilitation. She also completed a sports medicine fellowship at Stanford University. Dr. Elson is board certified in physical medicine and rehabilitation and sports medicine.

## Spine Center at Newton-Wellesley Hospital

The Spine Center provides multi-disciplinary care for spinal conditions. Their team is comprised of leading radiologists, orthopaedic surgeons, neurosurgeons, physiatrists (rehabilitation doctors), physical therapists, anesthesiologists and other specialists.

The programs and services provided by the Center are appropriate for anyone who suffers from back- and neck-related pain that interferes with work, recreational activities, daily living functions and the overall enjoyment of life. Our specialists care for the full range of spinal disorders – from simple to complex – affecting the cervical, thoracic and lumbar areas of the spine. Patients are carefully evaluated at the Spine Center through state-of-the-art diagnostic and imaging technologies. Based on the results of the evaluation and the patient's goals, an individualized treatment plan is created. The treatment plan can include any of the following components:

- Patient education
- Surgery
- Therapeutic exercise programs for cardiovascular and muscular fitness
- Pain management and pharmacologic interventions
- Spinal injections
- Worksite evaluations and ergonomic recommendations
- Joint mobilization and manipulation
- Complementary therapies including acupuncture





# The Elfers Cardiovascular Center Opens at Newton-Wellesley Hospital

## A Clinical Collaboration with Massachusetts General Hospital

Newton-Wellesley Hospital has opened the first phase of the Elfers Cardiovascular Center! The Cardiac Device Clinic is now providing services to patients who have received implantable devices that support their heart's electrical function. These devices include:

- **Pacemakers** – A small medical device placed in the chest or abdomen to help control abnormal heart rhythms. This device uses electrical pulses to prompt the heart to beat at a normal rate.
- **Implantable Cardioverter Defibrillator (ICD)** – A small medical device placed in the chest or abdomen to help treat irregular heartbeats called arrhythmias. An ICD uses electrical pulses or shocks to help control life-threatening arrhythmias.
- **Implantable Loop Recorder** – A small device inserted under the skin to record the heart rate and rhythm and used to diagnose cardiac rhythm disturbances.

“Device checks are performed non-invasively through a monitor that can communicate with pacemakers and defibrillators, providing detailed information on the function of the device and detection of rhythm issues,” explains Moussa Mansour, MD, Medical Director of the Device Clinic at the Elfers Cardiovascular Center. “The Device Clinic is staffed by specially trained nurses and technicians who routinely monitor pacemaker and ICD patients in order to ensure proper device function. Device monitoring is carried out through a combination of office visits and remote monitoring from a patient’s home.”

The remote monitors are specifically designed to send information using a telephone transmitter. During the office visits more in-depth testing is completed using specialized programming equipment to analyze and test the device function. The reports from the Device Clinic are forwarded to the patient’s cardiologist for review.

The Device Clinic is located on the second floor of the Hospital and is open Monday through Wednesday from noon to 4:30 pm and Friday from 8:00 am to 4:30 pm. For more information, call 617-243-3705.

The Elfers Cardiovascular Center is a multidisciplinary center that will provide the highest quality cardiology care in collaboration with the Massachusetts General Hospital Cardiology Division. 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.

The Center, centrally located in more than 20,000 square feet of space, is dedicated to the early diagnosis, evaluation, treatment and rehabilitation of patients with cardiovascular disease. Patients 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.

“We are pleased to be able to provide these new services at Newton-Wellesley,” says George Philippides, MD, Chief of Cardiology at Newton-Wellesley. “Through our collaboration with Mass General, we 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 next phase of the Center, the new procedure suite, will include two procedure rooms, eight prep/recovery bays and one minor procedure room. The new suite will also feature:

### 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.

The Elfers Center also incorporates 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.

“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 Elfers Cardiovascular Center at Newton-Wellesley Hospital, please call CareFinder at 866-NWH-DOCS (694-3627) or visit [www.nwh.org](http://www.nwh.org).**



**Moussa Mansour, MD**  
Medical Director of the Device Clinic,  
Elfers Cardiovascular Center,  
Newton-Wellesley Hospital

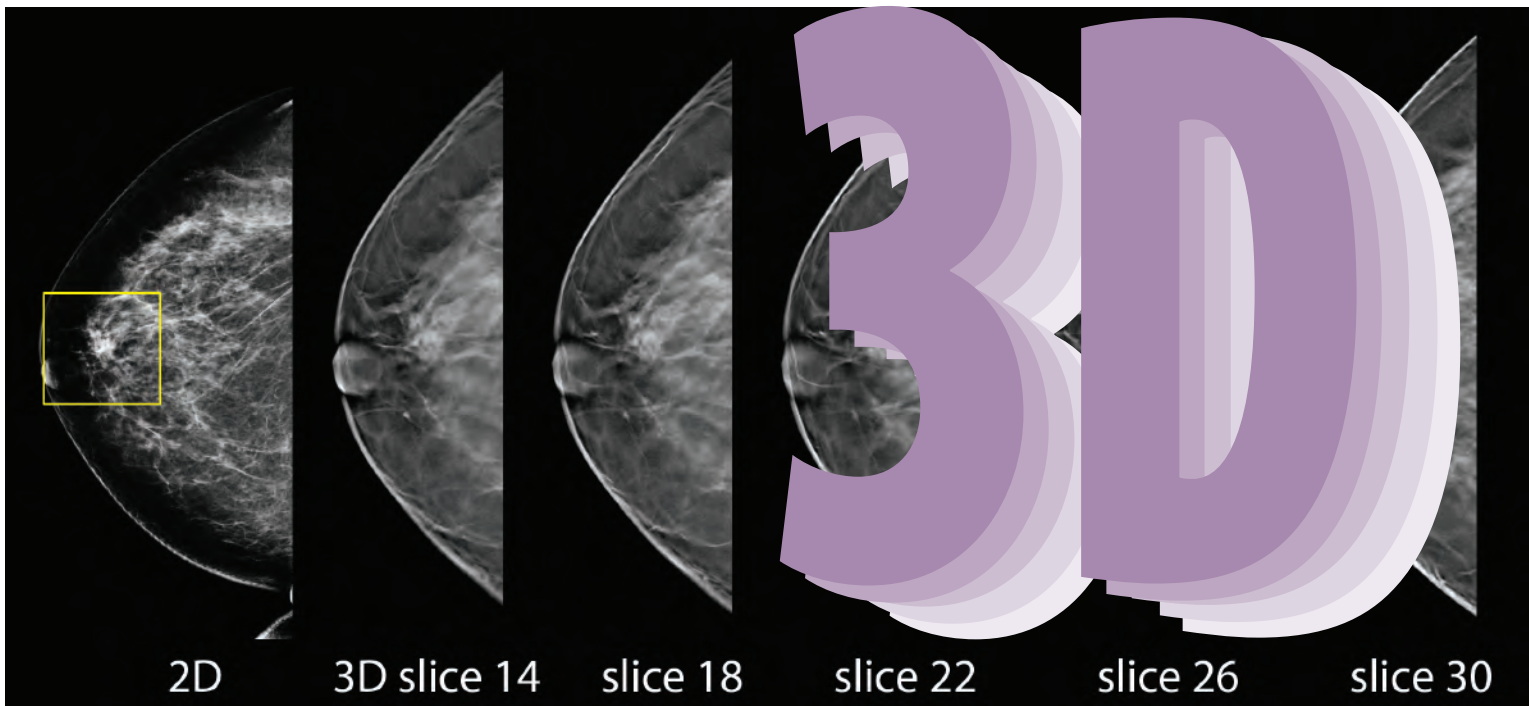
Dr. Mansour received his medical degree from American University of Beirut. He completed his residency at Detroit Medical Center followed by fellowships at Massachusetts General Hospital and SUNY Upstate Medical University Hospital. He also currently serves as the Director of Cardiac Electrophysiology Laboratory and the Director of the Atrial Fibrillation Program at Massachusetts General Hospital. He is board certified in Cardiovascular Disease and Clinical Cardiac Electrophysiology.



**George J. Philippides, MD**  
Chief of Cardiology, Medical Director  
of the Elfers Cardiovascular Center,  
Newton-Wellesley Hospital

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. Before coming to Newton-Wellesley Hospital he served as the Director of the Coronary Care Unit and Associate Chair of Clinical Affairs and Chief Quality Officer of the Cardiology Section at Boston Medical Center.





# Mammography Q&A

Mammograms are an important tool for the early detection of breast cancer. They are used to detect and evaluate breast changes and to look for breast cancer that is too small to be felt in women who have no breast complaints or symptoms. Finding breast cancer early with a screening mammogram greatly improves a woman's chance for successful treatment.

The Manton Women's Imaging Center at Newton-Wellesley Hospital offers high-quality care, the most up-to-date equipment and has been designated as a Center of Excellence by the American College of Radiology. The Center has been providing 3D mammography, called tomosynthesis, for over three years. In July of 2012, Newton-Wellesley Hospital became the **first hospital in the United States** to make this technology available to all its patients.

Alan Semine, MD, answers your questions about breast density, risk evaluations and **tomosynthesis** (3D mammography). Dr. Semine brings a wealth of experience in breast imaging, as well as extensive expertise in advanced interventional procedures in the evaluation of breast concerns. He helped pioneer the use of breast ultrasound, and breast MRI as well as digital mammography in clinical practice and most recently has pioneered the use of tomosynthesis in breast imaging.

## When I had my last mammogram, I was told that I have dense breasts. What does that mean?

Normal breasts are made up of glandular tissue and fatty tissue

and the proportion of the two determines the appearance on a mammogram. Glandular tissue is harder to see through, and therefore is dense, while fatty tissue is easy to see through, and therefore is not dense. Mammograms generally show a mix of fatty and glandular tissue in various proportions and breasts that are more than 50 percent glandular are considered to be dense. Dense breasts are normal and occur in about half of all women.

## Why do I need to know if my breasts are dense?

Having dense breasts may make it harder to detect cancer on mammography. Because breast cancer may have the same appearance as glandular tissue, dense breast tissue can hide a cancer on a mammogram. In addition, we have found that women with dense breasts are at greater risk for developing breast cancer than women with fatty breasts. Women with a significantly increased risk for breast cancer may need to be screened with more than just mammography.

## If I do need more than mammography, what other breast cancer screening examinations are there?

Options for additional screening include whole breast ultrasound and breast MRI. Screening breast MRI is very effective in detecting small cancers not seen on mammography and is recommended for all women with a lifetime risk for breast cancer greater than 20 percent whether they have dense breasts or not. Women with dense breasts and without elevated risk could have ultrasound screening,

## What if I don't have dense breasts? Does that mean I don't need additional screening?

If you have a strong family history, your lifetime risk for breast cancer may be greater than 20 percent. In that case, you would want to consider breast MRI. Breast MRI is valuable for screening high-risk patients even if their breasts are not dense.

## How do I find out if I'm at increased risk for breast cancer?

You should make a point of asking your primary care provider. There are special tools that are used to calculate your risk of breast cancer. Every woman who has a mammogram provides information about her personal and family history. At Newton-Wellesley, the information is analyzed with a program that calculates a patient's lifetime risk for breast cancer as well as her risk of having hereditary breast cancer. These measures help us identify women who may benefit from additional screening as well as the women who may want to consider genetic testing. The information is made available to your primary care provider who can then discuss your options and guide you. If your doctor is not based at Newton-Wellesley, the assessment could still be requested and made available.

## Should I schedule my additional screening at the same time as my mammogram?

No. At Newton-Wellesley, we recommend that MRI or ultrasound screening be scheduled to alternate with mammograms every six months. If you have a mammogram this month, then you would have your screening MRI or ultrasound six months later, and then your next screening mammogram six months after that. The pattern repeats and allows monitoring twice a year instead of only once a year. Yearly mammography is covered by insurance. That is not always the case for additional screening. Before scheduling your supplementary screening examination, check with your insurance company to make sure it is covered.

## What if I'm not at increased risk? Do I still need to have mammograms?

Yes. The purpose of screening mammography is to detect early breast cancer in order to save lives. In fact, studies have found that 80 percent of breast cancers detected on screening mammography occur in women who are considered to be average or low risk before their diagnosis.

## What if I get my mammogram every other year?

That is not ideal. Having a mammogram every year provides the best opportunity to detect a cancer when it is still small. Giving a cancer an extra year to grow may result in missing that opportunity. Data shows that annual screening saves 71 percent more lives than screening every other year.

## Does 3D mammography offer any advantage?

Yes. 3D mammography, also known as tomosynthesis, provides significant advantages. Tomosynthesis is an advanced technology that allows your radiologist (the physician who interprets the findings on your mammogram) to see thin mammography sections of the breast tissue. This results in better detail and a clearer image that can distinguish superimposed breast tissue from real abnormalities. Tomosynthesis finds many small cancers that are not visible with usual 2D digital mammograms. Studies have confirmed that tomosynthesis increases the detection of early invasive cancers by over 40 percent. It is especially effective for women with dense breasts. Four years ago, Newton-Wellesley was the first breast imaging center in the United States to provide tomosynthesis to all our patients, adopting that as our standard of care. Our data confirms that the increased detection of invasive cancer is at least that high. We have no doubt that tomosynthesis represents a vast improvement in the fight against breast cancer.

## Does tomosynthesis have more radiation?

Tomosynthesis does involve additional radiation because the 3D images are obtained in addition to the standard 2D digital mammogram. The radiation dose for the combined 2D and 3D mammogram is still well under the FDA guidelines for mammography. A new technological advance called C-view creates the 2D image from the 3D exposure. Newton-Wellesley has acquired this technology and is the first breast imaging center in the region to have adopted C-view for all tomosynthesis examinations. We are currently evaluating C-view to determine whether it can replace the 2D image. If the technology proves to be effective, the total radiation for tomosynthesis will be equivalent to a regular digital mammogram.

For more information about the Women's Imaging Center at Newton-Wellesley Hospital, please call CareFinder at 1-866-NWH-DOCS (694-3627) or visit [www.nwh.org/breastimaging](http://www.nwh.org/breastimaging).



**Alan Semine, MD**  
Medical Director and Radiologist,  
Manton Women's Imaging Center,  
Newton-Wellesley Hospital

Dr. Semine received his medical degree from Tufts University School of Medicine. He completed his residency and a fellowship in nuclear radiology, ultrasound and CT at Tufts University – New England Medical Center. He is Clinical Professor of Radiology at Tufts University School of Medicine and previously served as President of the Massachusetts Radiological Society. Dr. Semine is board certified in diagnostic radiology and nuclear radiology.

*The Newton-Wellesley Mammography Program is licensed and inspected by the State of Massachusetts yearly, certified by the FDA and accredited by the American College of Radiology.*



# Newton-Wellesley Hospital's New



# Women's Health Center

Newton-Wellesley is excited to announce the opening of our new Women's Health Center. This brand new space houses Maternal Fetal Medicine, Partners Reproductive Medicine and our Center for Minimally Invasive Gynecologic Surgery.

The Women's Health Center offers:

- A multidisciplinary approach to women's health with these services in one location
- Enhanced patient privacy
- Upgraded technology
- Brand new equipment
- Larger exam rooms and restrooms

## Partners Reproductive Medicine Center

At the Partners Reproductive Medicine Center, specialists from Newton-Wellesley work with the Reproductive Endocrinology Departments at Massachusetts General Hospital and Brigham and Women's Hospital to offer a variety of options for couples dealing with infertility.

The Center offers patients access to world-class specialists from

two of the country's most respected infertility treatment centers. The medical team, Mark Hornstein, MD, Rachel Ashby, MD and Jan Shifren, MD, practices the most advanced approaches available for treating infertility in an atmosphere that provides the utmost privacy, comfort and convenience.

Patients receive a comprehensive infertility evaluation by a reproductive endocrinologist to determine the appropriate tests necessary to diagnose a specific issue. Most couples are successful using relatively simple, low-tech methods such as hormonal therapies to help women ovulate, combined with either timed intercourse or intrauterine insemination. However, patients also have access to the latest assisted reproductive technologies including invitro fertilization (IVF).

"At Newton-Wellesley Hospital, we are committed to providing exemplary patient care in all areas of obstetrics: to moms, newborns and their families," says Dr. Beatty. "We offer specialty programs and services to meet the needs of our patients and are dedicated to providing the highest quality care. We are proud to offer the full range of maternity services in a supportive and caring environment, where our patients can feel like they're at home."

## Center for Minimally Invasive Gynecologic Surgery

The Center for Minimally Invasive Gynecologic Surgery (MIGS) uses advanced technology to provide relief for women with non-cancerous gynecologic concerns. Keith Isaacson, MD, Medical Director, Stephanie Morris, MD, Associate Medical Director and their team of specialists offer patients the most technologically advanced, minimally invasive surgical options. Through the use of many new tools, MIGS offers alternatives to procedures that once required invasive surgery, general anesthesia and hospitalization.

"The newly created Women's Health Center is a beautiful new space that will combine the MIGS, Partners Reproductive Medicine and Maternal Fetal Medicine all in one convenient location," says Dr. Morris. "Patients will benefit from the newly designed MIGS procedure rooms and most up-to-date equipment. There is also space in the new Center that is dedicated to teaching and training through the most advanced simulation technology."

The Center provides patients with access to diagnostic procedures including ultrasounds and biopsies to quickly determine the cause of their symptoms. "Our expert team provides treatment for many common conditions right in the office with limited anesthesia, which helps our patients quickly return to their normal activities," says Dr. Isaacson. "We see patients with concerns such as post-menopausal bleeding, heavy uterine bleeding, infertility, fibroids, endometriosis and ovarian cysts. When a patient comes to the Center, we are able to meet all of her needs in one convenient location."

In many cases, patients are able to undergo their procedure in the same visit, which is more convenient and provides faster relief from their symptoms. "There are many advantages to taking procedures out of the operating room and performing them in the office. Our team offers the complete spectrum of care – from diagnosis to treatment," says Dr. Morris. "We find this helps relieve patients of emotional stress because they are more comfortable in an office setting and are used to seeing their physician in this environment. Our team is committed to reducing anxiety and providing a comforting and quality atmosphere. Procedures in the office are just as effective and safe and allow patients to quickly return to their normal routine."

Dr. Isaacson and Dr. Morris use several minimally invasive techniques including laparoscopy, a surgical procedure that uses a very small, thin tube called a laparoscope inserted through a small incision in the abdominal wall to examine the abdominal organs or the female pelvic organs, and hysteroscopy, which utilizes access through the cervix and requires no incision. This can be used to treat polyps, fibroids and scar tissue. Most common gynecologic surgeries such as hysterectomy and the removal of uterine fibroids are now performed on an outpatient basis using these techniques. This significantly shortens a patient's post-operative recovery allowing her to return to normal activities in less than one third the time of a traditional open surgery. For women with symptoms like heavy bleeding, the MIGS team is performing endometrial ablation, an alternative to a hysterectomy, in the office.

"Endometrial ablation gives women an alternative to hysterectomy when heavy bleeding occurs despite other treatments," says Dr. Isaacson. "This is a minimally invasive option with a quick recovery and excellent results. Unlike a hysterectomy, women do not have to have any reproductive organs removed. It is a simple office procedure that takes about 30 minutes and requires little or no anesthesia."

To help patients overcome infertility, the Center for Minimally Invasive Gynecologic Surgery works with the Partners Reproductive Medicine Center – also located within the Women's Health Center. This unique collaboration between three members of the Partners HealthCare System - Brigham and Women's Hospital, Mass General Hospital and Newton-Wellesley, offers patients many options.



"Our infertility program offers the full spectrum of minimally invasive surgery options," adds Dr. Isaacson. "We provide patients with a variety of expertise and can offer them many choices based on their personal preferences – all in one, convenient location."

Dr. Morris and Dr. Isaacson are able to offer patients a variety of fertility-enhancing procedures to address the common conditions that could be causing their infertility such as endometriosis or fibroids. "We have many minimally invasive treatments and procedures we can offer patients with the goal of fertility in mind. We want our patients to be fully involved in the decision-making process when it comes to their care," says Dr. Morris. "Many patients are comforted by the fact that they can come to MIGS for their fertility-enhancing surgery and then also receive their fertility treatments at Newton-Wellesley through the Reproductive Medicine Center."

"We are always striving to offer our patients the most advanced, high-quality care. We want to give them options and education about the various treatments available," says Dr. Isaacson. "Women need to be aware and know there are other safe and effective methods with shorter recovery time and less discomfort to help return to their everyday activities. At Newton-Wellesley, we are proud to offer women these choices."



## Maternal Fetal Medicine

The Maternal Fetal Medicine (MFM) program offers women advanced sub-specialized expertise in both maternal and fetal complications during pregnancy as well as outpatient consultation, ultrasound, genetic counseling and management of medical problems during pregnancy.

The MFM team, Lisa Dunn-Albanese, MD, Daniel Katz, MD, Sarah Little, MD, Katherine Economy, MD and Yael Hoffman-Sage, MD, provides sensitive and advanced care for complicated pregnancies through integrated, multidisciplinary care specifically designed to coordinate the intricate medical management during the pregnancy. The program has specialists in high-risk pregnancy from Brigham and Women's Hospital who work on-site at Newton-Wellesley to provide ongoing evaluation and monitoring.



“Our new space in the Women's Health Center has more ultrasound rooms, which will help our team operate more efficiently and decrease patient wait times,” says Lisa Dunn-Albanese, MD. “The rooms are also much more spacious and have adjacent bathrooms for patient convenience and privacy. Our physician ultrasound reading area is also large enough to accommodate a personal workstation for each sonographer and physician, which further increases our efficiency and the high-quality care we can offer to our patients.”

The MFM program offers high-risk pregnancy management of medical complications during pregnancy such as hypertension, diabetes, cardiac disease, seizure disorders, rheumatologic disorders, gastrointestinal disorders, autoimmune diseases and thyroid disease. Patients with a history of pregnancy complications, such as pre-eclampsia, intrauterine growth restriction and preterm birth also receive individualized management plans. The program also provides genetic consultation for risk assessment and various prenatal screening options. Some of the additional services include:

- Pre-conception counseling to review medical history and discuss potential obstetrical challenges.
- Fetal procedures related to multiple pregnancies.

- Obstetrical ultrasound, fetal echocardiography, Doppler ultrasound and genetic sonography imaging for fetal assessment.
- Early detection of fetal abnormalities with maternal serum screenings and ultrasound screenings.
- Comprehensive prenatal diagnoses using on-site amniocentesis and chorionic villus sampling.

**For more information about the Women's Health Center at Newton-Wellesley Hospital, please call CareFinder at 866-NWH-DOCS (694-3627).**

### 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.



### Lisa Dunn-Albanese, MD Maternal Fetal Medicine, Newton-Wellesley Hospital

Dr. Dunn-Albanese is board certified in obstetrics and gynecology and maternal and fetal medicine. She received her medical degree from the Ohio State University College of Medicine. Dr. Dunn-Albanese completed her residency in the combined Obstetrics and Gynecology program at Brigham and Women's Hospital/Massachusetts General Hospital and her maternal and fetal medicine fellowship at Ohio State University. She is an instructor at Harvard Medical School.



### Keith Isaacson, MD Medical Director of the Center for Minimally Invasive Gynecologic Surgery, Newton-Wellesley Hospital

Dr. Isaacson is board certified in reproductive endocrinology, obstetrics and gynecology. He received his medical degree from the Medical College of Georgia and completed his residency at Ochsner Foundation Hospital. Dr. Isaacson completed a fellowship in reproductive endocrinology, infertility and minimally invasive surgery at the University of Pennsylvania.



### Stephanie Morris, MD Associate Medical Director of the Center for Minimally Invasive Gynecologic Surgery, Newton-Wellesley Hospital

Dr. Morris is board certified in obstetrics and gynecology. She received her medical degree from Columbia University, College of Physicians and Surgeons. Dr. Morris completed her residency in obstetrics and gynecology at Brigham and Women's Hospital and Massachusetts General Hospital and her minimally invasive gynecologic surgery fellowship at Newton-Wellesley Hospital.



# Exercise 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:

- |   |                               |
|---|-------------------------------|
| <b>Zumba &amp; Toning</b>                           | <b>Strength Training</b>      |
| <b>Fit &amp; Fabulous</b>                           | <b>Stretch and Strengthen</b> |
| <b>Hi/Lo Aerobics &amp; Muscle Sculpting</b>        | <b>Tai Chi</b>                |
| <b>Low Impact Aerobics</b>                          | <b>Introduction to Yoga</b>   |
| <b>20/20/20 Cardio Combo</b>                        | <b>Gentle Yoga</b>            |
| <b>Pilates for Everybody</b>                        | <b>Kundalini Yoga</b>         |
| <b>Pilates &amp; More</b>                           | <b>Vinyasa Yoga</b>           |
| <b>Back To Basics</b>                               | <b>Prenatal Yoga</b>          |
| <b>Exercise Program for Breast Cancer Survivors</b> |                               |

**For exercise class details and registration information, please visit [www.nwh.org/classes](http://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](http://www.nwh.org/classes).**

# American Heart Association Courses

Newton-Wellesley Hospital offers American Heart Association certified courses for HealthCare Providers and information courses for parents, family members and other lay rescuers. Topics include HeartSaver CPR, AED and First Aid.

*The Office of Child Care Services has approved Heartsaver® classes for daycare providers. Newton-Wellesley Hospital offers Heart Saver courses at a discount to childcare providers in the Newton, Waltham, Wellesley, Weston and Needham area.*

**For AHA program details and registration information, please visit [www.nwh.org/classes](http://www.nwh.org/classes) or call the Wellness Center at 617-243-6221.**

# Lifestyle Programs

- Smoking Cessation Support**
- Reiki 1, 2 and 3 Master Workshops**
- Babysitter Training**

**For program details and registration information, please visit [www.nwh.org/classes](http://www.nwh.org/classes) or call the Wellness Center at 617-243-6221.**

# Support Groups

- Al-Anon (for Family & Friends of Alcoholics)**
- Alcoholics Anonymous**
- Children's Alopecia Project (CAP) Support Group**
- Alopecia Areata Support Group, Massachusetts**
- Asthma & Allergy Foundation**
- Attention Deficit Disorder Group for Adults**
- Breastfeeding Support Group**
- Cancer Support Groups**
- Cardiac Rehabilitation Program**
- Childbirth Loss Support Groups**
- Diabetes Management Program**
- Frontotemporal Dementias**
- Heart Failure Prevention & Monitoring Program**
- Multiple Sclerosis**
- Myasthenia Gravis Foundation Support Group, MA/NH**
- National Alliance of Mental Illness**
- Overeater's Anonymous**
- Parkinson's Support Group**
- Prostate Cancer Support Group**
- Smoking Cessation Support Group**
- Survivors Network of those Abused by Priests (SNAP)**
- Weight Loss Surgery Support Groups**
  - New Patient Instructional Group
  - Community Support Groups
  - 0-6 Month Post-Surgery Group
- Well Spouse Support Group**
- Young Widow/Widower Support Group 55 and younger**
- You Are Not Alone: Straight Spouse Network, Boston Chapter**

**For support group details and contact information, please visit [www.nwh.org/support](http://www.nwh.org/support).**



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HOSPITAL

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# Awards & Recognition

*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 Awarded an “A” in Hospital Safety Score

Designed to rate how well hospitals protect patients from accidents, errors, injuries and infections, the latest Hospital Safety Score honored Newton-Wellesley with an “A” – its top grade in patient safety. The Hospital Safety Score is compiled under the guidance of the nation’s leading experts on patient safety and is administered by The Leapfrog Group (Leapfrog), an independent industry watchdog. The first and only hospital safety rating to be peer-reviewed in the *Journal of Patient Safety*, the Score is free to the public and designed to give consumers information they can use to protect themselves and their families when facing a hospital stay.

## American College of Surgeons’ Commission on Cancer Outstanding Achievement Award

Newton-Wellesley Hospital was recently presented with the 2015 Outstanding Achievement Award by the Commission on Cancer (CoC) of the American College of Surgeons (ACS).

Newton-Wellesley Hospital is one of a select group of only 20 U.S. health care facilities with accredited cancer programs to receive this national honor for surveys performed January 1 – June 30, 2015. The award acknowledges cancer programs that achieve excellence in providing quality care to cancer patients.



## Newton-Wellesley Hospital Receives 2015 Family Favorite Award

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.

## Stay Connected to Newton-Wellesley Hospital

Join Us on Facebook, Twitter, YouTube and Instagram. Get valuable health information and learn about events and Hospital announcements.

