

## New knee supports lifting spirits

**+PLUS**

**SANTAGATI CENTER DEDICATION**

**CRITICAL IMPROVEMENTS**

**Michael Shea's load is lighter thanks to knee surgery at Lawrence General.**



## Growing our health care services

After a long winter, we at Lawrence General join you in looking forward to spring—for us it will be a season offering reinvigorated and growing medical and surgical programming and capabilities to the residents of our region! Our surgeons and surgical staff are settled into the beautiful new Santagati Center for surgery. The surgeons are discovering the benefits of keeping patients local as they perform more complex surgeries here in our own community and take advantage of the vast technological advances our new center offers.

Soon, Lawrence General, Pentucket Medical Associates, and several other private practice physicians will celebrate the opening of the second building at Andover Medical Center. On page 6, you will read more about the exciting services we will offer at our Andover campus, saving the patients of our region time and trouble while offering downtown-caliber specialty care.

Our goal as the community's nonprofit health system is to continue to thoughtfully grow to meet the changing needs of the people we serve, and to offer the highest quality medical and surgical services possible—making it unnecessary to travel to Boston for medical care that can be provided closer to home.

We receive letters and social media feedback daily telling us we are on the right track. Please keep that feedback coming. I can assure you that we share your compliments with the wonderful caregivers you reference, and we take your suggestions for further improvements very seriously! I also extend our profound thanks to those who are expressing their support in the form of donations to our foundation. There are many small and large opportunities to become involved in our work by supporting us financially, and we appreciate those important contributions. We are your health care resource—committed to this region and to you and your family.



**Dianne J. Anderson, RN**  
President and CEO, Lawrence General Hospital

## new facilities **SANTAGATI CENTER DEDICATION**

At a lively dedication ceremony event held on October 13, 2016, Lawrence General's new leading-edge surgical center was officially named in honor of longtime supporters Richard and Marilyn Santagati of Andover. Boasting seven technologically advanced surgical suites, the Santagati Center enables Lawrence General to perform highly complex surgical procedures in a community setting.



**Top: Richard and Marilyn Santagati stand in front of their new, namesake surgical center.**

**Bottom: Lawrence General Hospital President and CEO Dianne Anderson, RN, (right) with Congresswoman Niki Tsongas.**

**WHEN SHOULD I CALL 911?** Calling 911 should be reserved for medical emergencies and serious accidents. You should call 911 in cases of chest pain, shortness of breath, uncontrolled bleeding, stroke symptoms, sudden confusion, seizure, anaphylaxis, falls, or severe burns. For more minor medical issues, you should call your primary care provider's office first.

## expanding our network **LAWRENCE GENERAL WELCOMES NEW PRIMARY CARE PHYSICIAN AND SPECIALISTS**

### New Primary Care Physician, Andover, Massachusetts

1 **Sowmya Boora, MD**, is a new primary care physician practicing at Lawrence General's Community Medical Associates in Andover. A graduate of the Kakatiya Medical College in Warangal, India, Dr. Boora completed a residency in internal medicine at St. Barnabas Hospital in New York. Board-certified in internal medicine, she previously was a hospitalist at Lawrence General Hospital before transitioning to primary care. Dr. Boora speaks English and Hindi. Her clinical interests include women's health, geriatrics, asthma, and COPD. Contact Dr. Boora at Community Medical Associates at **978-946-8386**.

### New Orthopedic Surgeon — Hand, Wrist, and Shoulder

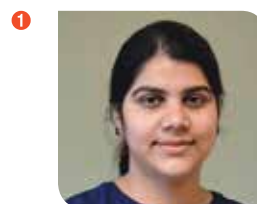
2 **Joshua Pletka, MD**, is a new member of the team at Orthopaedics Northeast. A graduate of the Georgetown University Medical School, Dr. Pletka completed a fellowship in hand and upper extremity surgery in 2011. He is board-certified in orthopedic surgery with subspecialty certification in hand surgery. Dr. Pletka relocated to the Merrimack Valley from Syracuse, New York, where he treated Syracuse University athletes and served as an assistant professor in the University Hospital/Orthopedics Department. He has particular interests in shoulder and elbow replacement, nerve compression disorders, and complex hand and wrist reconstruction. For more information, visit [lawrencegeneral.org/joints](http://lawrencegeneral.org/joints).

### New Bariatric Surgeons

3 **Roy Shen, MD, FACS, FAS, MBS**, is a new member of the Lawrence General Bariatric Surgery team. Trained at Jefferson Medical College in Philadelphia and at New York University Hospital before coming to Massachusetts in 2003, Dr. Shen has extensive experience in laparoscopic bariatric procedures and in providing training to other surgeons. He is a fellow of both the American College of Surgeons and the American Society for Metabolic and Bariatric Surgery.

4 **Rebecca Shore, MD, FACS**, is also a new member of the Lawrence General Bariatric Surgery team. Trained at the University of Massachusetts Medical Center and Tufts Medical Center, Dr. Shore earned a fellowship in Bariatric and Advanced Laparoscopic Surgery. She has extensive experience with bariatrics, with more than 12 years in practice. Dr. Shore is a fellow of the American College of Surgeons and a member of the American Society for Metabolic and Bariatric Surgery.

Contact the Weight Management and Bariatric Center at **978-946-8450**.



### FIND YOUR PHYSICIAN

Visit [lawrencegeneral.org/physicians/choose-a-doctor.aspx](http://lawrencegeneral.org/physicians/choose-a-doctor.aspx).



Lawrence-based general contractor Michael Diodati's hip and knee no longer prevent him from crawling over and under his vintage MG.

# JOINTS IN MOTION

Joint Program team relieves anxiety as well as pain

**When 67-year-old Michael Diodati had his knee replaced** a little more than a year ago, he felt scared and wasn't quite sure what to expect before, during, or after surgery. "So when my hip needed replacing nine months later and Lawrence General invited me to a new education session about joint replacement, I jumped at the chance," he says.

Lawrence General Hospital launched its new Joint Program last summer, working with community surgeons and partnering with

Northeast Rehabilitation for in-home care. Together, they provide an experience that supports patients through surgery, both physically and mentally.

"We've been working on this new Joint Program for a couple of years," says Adam Harder, MD, the surgeon who replaced Diodati's knee and hip. "We have data that shows that a community hospital is a smart choice for this type of surgery because outcomes are as good or even better than at bigger academic centers. I have relationships

with my patients, and I can see them regularly, track their progress, and address their concerns quickly based upon my knowledge of their history. I've found relationships are something community hospitals are very good at."

### Preparing for Surgery

"Being the food pantry assistant coordinator at Lazarus House Ministries is one of my great joys. When I began having trouble walking and standing, even for short periods of time, because of knee pain, I had to do something," says 60-year-old Michael Shea of Haverhill. "We serve 900 families a week, and I greet every guest."

Once patients like Shea make the decision to have surgery, a Joint Program team member visits them at home to assess the environment, identify potential tripping hazards and other obstacles, and help patients prepare their homes for the days following surgery.

Patients also attend the "Joints in Motion" education class, where team members bring them through the steps of the surgical and recovery process. "I got to meet all the people who would be [interacting with] me," recalls Shea. "It was very impressive. You don't realize how many people it takes to make the surgery a success."

"Even though I had been through the knee surgery before, I still learned things at the Joints in Motion class," Diodati recalls. "They showed us the anatomy of the joint, what makes it hurt, and how they fix it. I was able to ask questions and get more clarity from other people's questions. It gave me a better sense of what to expect after surgery."

Rachael Gobeil is the care coordinator for Lawrence General's Joint Program. "These patients are understandably nervous," she says. "The familiar faces—and ready resources to help them before, during, and after surgery—ease the anxiety." After surgery, patients receive physical therapy at home until they are ready to go to outpatient physical therapy to finish their recovery.

"Techniques and technology have improved significantly, even in the past five years," adds Dr. Harder. "Patients are recovering more quickly with much less pain."

### Compassionate Care

Diodati and Shea both speak highly of Lawrence General's inpatient care team, which helped control post-surgical pain and got them moving so they could go home quickly. Shea remembers, with profound gratitude, the nursing assistant, Anna, who cared for him on his second day after surgery. "She washed my hair, shaved me, and took care of me in the most compassionate and



**Michael Shea is stocking shelves and hugging customers at Lazarus House Food Pantry after successful knee replacement surgery.**

respectful way—like I was her own son. I could see in her eyes that she knew how important her job was. When she left my room, I was a revived person," he says.

This spring, both patients report a new ability to move without pain. Shea smiles at the prospect of being back to helping ease the hunger of his neighbors by working at the food pantry. Diodati is happily up to his knees and hips in his construction business and his hobby of restoring vintage cars. He also is looking forward to the annual family event his bad hip forced him to miss last year: a hike up Mount Washington.

### GET MOVING

To learn more about the Lawrence General Joint Program and take an online joint pain self-assessment, visit [lawrencegeneral.org/joints](http://lawrencegeneral.org/joints).

# Advanced critical care, close to home

Physical and programmatic improvements keep critical patients local



**Eduardo Haddad, MD, and Judy Gardella, RN, tend to a patient in the new Intensive Care Unit at Lawrence General.**

## **Lawrence General's spacious new Intensive Care Unit offers critically ill patients a bright, airy, and peaceful environment in which to heal.**

Staffed by a clinical team that includes intensivists (physicians who are board-certified in critical care), as well as nurses and nurse practitioners who have advanced training in critical care, the unit provides a new level of advanced care to patients facing life-threatening illness or injury.

Among the new capabilities of the ICU is the ability to provide continuous dialysis to patients who are too sick or medically unstable to tolerate standard dialysis treatment.

“Dialysis is the process of removing waste and excess fluid from the body over a period of several hours when the kidneys are not able to adequately filter the blood,” says Eduardo Haddad, MD, nephrologist at Lawrence General Hospital. “Continuous dialysis is a procedure that enables us to provide dialysis in a gentler, more gradual manner for high-risk patients.”

Not typically offered at community hospitals, continuous dialysis allows patients to receive lifesaving treatment without being transferred to a larger hospital in Boston. “Being able to offer this service at Lawrence General, along with the clinical expertise that comes with it, is a huge benefit to our patients and the community,” says Dr. Haddad. “It really takes our care to a new level.”

### **SPECIALIZED CARE FOR CRITICALLY ILL**

To learn more about Lawrence General's Intensive Care Unit, please visit [lawrencegeneral.org/services-and-centers/intensive-care](http://lawrencegeneral.org/services-and-centers/intensive-care).



## **Andover Medical Center expansion**

In the spring of 2017, a second building in the Andover Medical Center complex will open, adding additional services—and a new level of convenience—for patients and their families. The new building will include diagnostic imaging, orthopedics, rehabilitation services, and several specialty clinics.

Andover Medical Center is a collaboration between Lawrence General Hospital and Pentucket Medical. The first building in the complex opened in November 2014 and offers pediatric and adult primary care, lab and diagnostic services, OB/GYN, women's health imaging, and ExpressCare.

### **CARE FOR A LIFETIME**

For more information, visit [andovermedicalcenter.com](http://andovermedicalcenter.com).



# FOOD FOR THOUGHT

Kids learn food facts and recipes for a healthy life at the Boys and Girls Club

**It is no secret that fresh, high fiber, low calorie foods are healthier for us.** However, for young people for whom the world of fast food has become an effortless routine, the combinations and methods for preparing healthy foods can be a mystery. Lawrence General is committed to investing in the future health of our youth by supporting education around healthy food preparation. We have sponsored classes at the Boys and Girls Club of Lawrence that share strategies for healthy snacking by teaching young people that even healthy food tastes good with the right recipes!

“Nutritional education has a lasting effect on kids’ lives,” says Markus Fischer, executive director of the Boys and Girls Club of Lawrence. “Fortunately, with community support the club hosts more than 4,400 children a year and is able to provide educational programs, such as this one, to our kids.”

In regular sessions, these young people learn about nutrition; fresh, locally grown food; and healthy preparation methods. Learning about mindful food choices and eating habits can pay off in so many ways. Skills like these can translate to a lifetime of better health, reducing the risk for high cholesterol, obesity, diabetes, and a host of other health issues. Lawrence General is proud to support this initiative.



Photo courtesy of the Boys and Girls Club of Lawrence

**Lawrence General supports programs that encourage healthy eating, like this food preparation class at the Boys and Girls Club of Lawrence.**

## Building the future together

For more than 125 years, Lawrence General Hospital has been providing for the health and medical needs of the citizens of the Merrimack Valley. At a time when health care is at a crossroads, Lawrence General has a demonstrated strategy for supportive care outside the hospital for those with chronic health issues, while offering modern, high-quality, and efficient hospital services for those who need more acute care.

Lawrence General needs the community’s support to build the responsive health care system this region requires going forward to keep health care local. The Together Campaign gives community members the means to direct private dollars to support their care into the future.

### GIVE BACK

To learn more about Lawrence General’s plan and how you can contribute to our region’s modern medical care, visit [lawrencegeneral.org/TOGETHER](http://lawrencegeneral.org/TOGETHER). You can also contact Tom Cahill, chief advancement officer, at [thomas.cahill@lawrencegeneral.org](mailto:thomas.cahill@lawrencegeneral.org).

**Dianne J. Anderson, RN**  
President and Chief Executive Officer

**Jill McDonald Halsey, APR**  
Chief Marketing and Communication Officer

**William Ewing**  
Communications Operations Manager

**Patrick Gamble**  
Digital Communication Coordinator

*My Health TODAY* is published by Lawrence General Hospital. The information is intended to educate readers about subjects pertinent to their health, not to substitute for consultation with a personal physician.  
©2017

LGH-004

Lawrence General Hospital  
1 General Street  
Lawrence, MA 01842-2297  
978-683-4000  
lawrencegeneral.org

Non-Profit Org.  
U.S. Postage  
**PAID**  
Lawrence  
General  
Hospital

 **ONLINE RESOURCES**

**Physician Finder**  
lawrencegeneral.org/physicians/  
choose-a-doctor.aspx

**MyLGHCare Patient Portal**  
mylghcare.org

 **ONLINE SELF-ASSESSMENT TOOLS**

**Back and Neck Pain**  
lawrencegeneral.org/spine

**Heart Disease**  
lawrencegeneral.org/heart

**Joint Pain**  
lawrencegeneral.org/joints

**Weight Management**  
lawrencegeneral.org/  
weightloss

 **WE'RE SOCIAL**



## Free advice on back and neck pain

Close to 50 local residents gathered in December 2016 in Andover to learn from our experts about treatment options offered at Lawrence General Hospital to relieve back and neck pain and associated symptoms. For more information on the Lawrence General Spine Program, visit [lawrencegeneral.org/spine](http://lawrencegeneral.org/spine).

## A unique partnership

The Andover/North Andover YMCA offers something you won't find at any other area health club: on-site medical and rehabilitation services. Thanks to a unique collaboration with Lawrence General Hospital, the Andover/North Andover YMCA features a family medicine practice for both children and adults, and an outpatient rehabilitation office offering physical therapy and occupational/hand therapy.

- **Family Medicine:** Community Medical Associates, located at the Andover/North Andover YMCA, is a division of Lawrence General Hospital offering patients access to excellent local specialists as well as those from Beth Israel Deaconess Medical Center and Floating Hospital for Children and Tufts Medical Center. For more information, call **978-946-8386**.
- **Rehabilitation:** The outpatient rehabilitation clinic located at the Andover/North Andover YMCA is fully equipped with the latest exercise equipment and modalities. The office treats adolescents and adults with a wide variety of orthopedic and neurologic diagnoses. For more information, call **978-946-8387**.