

# Advancing Health

## Advancing Care

SUMMER 2013

### IN THIS ISSUE

- 2 Total Joint Replacement Program Puts Patients at Ease
- 4 New Outpatient Center Opens at Unicorn Park
- 5 The Center for Healthy Living at Winchester Hospital
- 6 New Lung Procedure Benefits Cancer Patients
- 7 Walk-In Urgent Care Meets Growing Demand



Back on the Field  
After extreme knee pain forced her to the sidelines,  
Leah Strohmeyer is again playing the sports she loves.

Page 3



**Kevin Smith**  
*President and CEO*

## Excellence in Nursing

Winchester Hospital has a long tradition of delivering high-quality, compassionate care to our patients. That tradition continues to thrive because of the exceptional quality of the entire staff that works here.

Earlier this year, we were honored by the American Nurses Association with their most prestigious acknowledgment – Magnet Recognition®. This is the highest recognition possible for excellence in nursing. And Winchester Hospital was the first hospital in Massachusetts to be designated with this esteemed honor three times.

Magnet® designation has been awarded to only 7 percent of health care organizations nationally. This recognition allows Winchester Hospital to attract and retain the best nursing professionals from throughout the region. Research has shown that patients treated at Magnet hospitals have better outcomes.

It is a privilege to work with a staff so dedicated to their profession and to going above and beyond for every patient, every day.

Thank you for entrusting your health care to the Winchester Hospital team.

In good health,

# Total Joint Replacement Program Puts Patients at Ease

It was difficult for Marie Cloutier to walk as the pain in her right knee became unbearable. She knew it was time to have knee replacement surgery.

But with any surgery she had her concerns – with the pain, the procedure and the process. Before she had surgery at Winchester Hospital, Cloutier signed up for the Total Joint Replacement Program.

The program, which started three years ago, is held once a month to educate patients who are coming to Winchester Hospital for joint replacement surgery.

“We try to give patients information about their surgery and the recovery process and to address their concerns,” said Dave Ela, physical therapist and one of the program’s instructors. “We want the patients to know what’s going to happen and what to expect while they’re at the hospital. We want to alleviate some of the anxiety.”

Cloutier and her 25 classmates were able to ask questions and speak with some of the staff who would be taking care of them at the hospital and after they are discharged.

“It just put me at ease to go to this class,” Cloutier said. “And after the surgery, I saw some of the nurses and physical therapists who taught the class. To see familiar faces after surgery was so calming; it really made a difference.”



Marie Cloutier  
enjoys a walk  
without pain.

The class, which is taught by nurses, physical and occupational therapists, and operating room and home care staff, is held the first Wednesday of every month from 5 to 6:30 p.m. at 7 McKay Avenue in Winchester. More than 400 patients and family members attend the classes each year to learn about the surgery process and to ask questions. If you are interested in attending a class, please call (781) 756-2949.

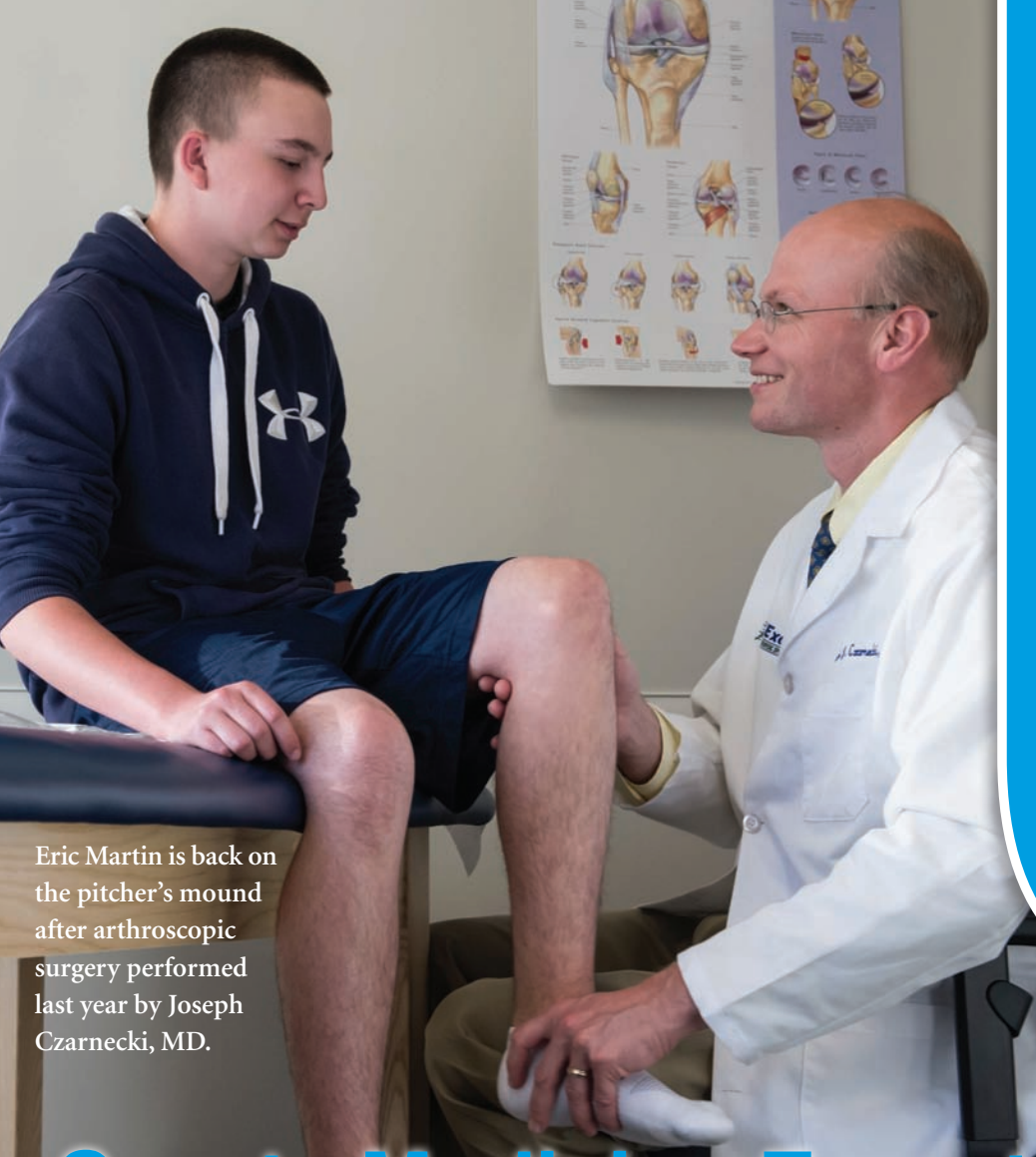
To learn more about Winchester Hospital's Total Joint Replacement Program, visit [winchesterhospital.org/totaljoint](http://winchesterhospital.org/totaljoint).

## From pre-op to post-op and everything in between

The curriculum of the Total Joint Replacement Program walks patients through everything they can expect from the time they arrive at the hospital to the care they receive at home.

Patients who need total hip, knee, shoulder, elbow and ankle replacement are perfect for this class, which talks about:

- your insurance: what’s covered/benefits
- health care proxies
- pain control
- any personal precautions
- home equipment needed
- mobility after surgery
- the surgery
- home care options



Eric Martin is back on the pitcher's mound after arthroscopic surgery performed last year by Joseph Czarnecki, MD.

## Sports Medicine Expert Gets Student Athletes Back on the Field

Leah Strohmeyer enjoys playing sports – field hockey in the fall, softball in the spring and basketball all the time. Playing sports year-round, the 13-year-old Lexington middle school student is used to playing with sore knees, aches and bruises.

But during field hockey season the pain Strohmeyer felt in the back of her knee was so intense that she needed to take a day off from practice. The pain went away after a few days, but before she stepped back on the field, her father – Damian – decided she should see a doctor.

Strohmeyer and her father met with Joseph Czarnecki, MD who diagnosed her with osteochondritis dissecans

(OCD). OCD is a joint injury of the knee or ankle which typically impacts adolescents.

“Due to overuse, the cartilage becomes fragmented allowing free movement of the bone, causing pain. Rest and physical therapy can typically heal the injury, but in some cases arthroscopic surgery is required,” said Czarnecki.

Strohmeyer had surgery during April vacation and was back to playing sports over the summer.

“I was on crutches for a little bit, but after that I could walk around with no pain,” Strohmeyer said. “I used a knee

## Growing Pains or Something More?

While OCD isn't a common injury, there are some signs to be on the lookout for:

- It tends to happen in children age 6 to 18
- It's an intense or persistent knee or ankle pain
- The pain is associated with swelling or buckling

While the majority of OCD cases heal non-surgically, the long term impact of ignoring the injury can be problematic. By the end of high school, most children are done growing, making surgery to repair OCD very difficult. Putting off a visit to your doctor can lead to arthritis, continued pain and/or limping.

brace when I started playing sports and I was playing basketball in June. I never felt pain again.”

For Eric Martin, he was unsure if he would ever play baseball again after being diagnosed with OCD. But after a year away from sports for arthroscopic surgery and physical therapy, the 15-year-old Wakefield High School freshman was able to step back on the mound.

“When I first found out, I was pretty mad because I missed the rest of the season,” Martin said. “Then I didn't know if I would play sports again, but now I'm back and I'm excited to be playing again.”

“The goal is to get these kids back to playing sports,” Dr. Czarnecki said. “And the good news is that once the injury is healed, reoccurrence is rare.”

To learn more about Winchester Hospital's sports medicine program, visit [winchesterhospital.org/sportsmedicine](http://winchesterhospital.org/sportsmedicine).



# New Outpatient Center Opens at Unicorn Park

Winchester Hospital has opened a new, state-of-the-art outpatient center conveniently located at 200 Unicorn Park Drive in Woburn. The center is home to comprehensive imaging services, the Breast Care Center, The Center for Healthy Living (see page 5) and a specimen collection site. The center was developed with a focus on the patient experience – ensuring advanced, comprehensive services in a convenient location, ample parking and a full-time greeter in the main lobby.

The imaging service boasts brand new 64-slice computed tomography (CT) scanning equipment as well as digital X-ray and fluoroscopy for arthrograms and joint injections. Magnetic Resonance Imaging (MRI) also is offered using the latest technology – a Siemens 1.5T magnet and a Siemens 3T magnet – which ensures the highest quality and clarity of images. The large, open bore design accommodates all patients and helps reduce anxiety and claustrophobia.

Winchester Hospital’s Breast Care Center offers a wide array of services in the new location. Services include digital mammography exams; breast ultrasounds;

consultations with surgeons, medical oncologists and radiation oncologists; and follow-up appointments – all at the same location. Winchester Hospital’s Breast Care Center is licensed by the Massachusetts Department of Public Health.

The patient specimen collection site, located on the first floor of the building, offers a convenient location to patients needing blood drawn or other specimen collection services.

“We invite area residents to utilize our new outpatient center,” said Kevin Smith, president and CEO. “We are confident that their experience will be what they have come to expect from Winchester Hospital – outstanding.”

To learn more about the new Winchester Hospital Outpatient Center at Unicorn Park, visit [winchesterhospital.org/unicornpark](http://winchesterhospital.org/unicornpark).



MRI



Patient specimen collection site



Breast Care Center registration area

# The Center for Healthy Living

The Center for Healthy Living at Winchester Hospital helps community members take charge of their own health and well-being by offering the latest education and resources.

Established in 1996 as the Community Health Institute, The Center for Healthy Living recently moved to a new location at 200 Unicorn Park Drive, Suite 401, in Woburn. The center offers more than 30 programs and services throughout the year. For more information or to sign up for a class, call (781) 756-4700 or visit us online at [winchesterhospital.org/events](http://winchesterhospital.org/events).



## Fitness:

- Tai Chi/Qi Gong - \$150 (10 classes)
- Basic Qi Gong - \$90 (6 classes)
- Building Bones - \$45 (10 classes)
- Fitness Basics - \$55 (10 classes)
- Flex & Stretch - \$60 (10 classes)
- Nordic Walking - \$50 (8 classes)

## Yoga:

- Prenatal Yoga - \$75 (5 classes)
- Mommy & Me - \$60 (4 classes)
- Yoga - \$150 (10 classes)
- Yoga Basics - \$150 (10 classes)
- Ageless Yoga - \$150 (10 classes)

## Integrative Therapies:

- Massage - \$65/hour, \$40/half hour
- Reiki - \$65/hour, \$40/half hour
- Acupuncture - \$70/hour
- Hypnotherapy - \$85/hour

**Custom Fitness for Healthy Living - \$125:** This is a new fitness program taught by a certified personal trainer who works with small groups (maximum of five people) so participants can receive individual attention specific to their health and fitness needs. Workouts will focus on strength training, cardio, stretching and flexibility. This class meets twice a week for six weeks.

## First Aid:

- Infant & Child First Aid - \$65
- First Aid & Safety for New Parents - \$40 or \$70 per couple
- Safe Babysitting Course - \$65

## CPR:

- Basic Life Support for Health Care Providers - \$65 (recertification) \$90 (initial)
- Heartsaver CPR & AED - \$60
- Family & Friends CPR (non-certification course) - \$45

## Childbirth:

- Care of the Newborn - \$60
- Breastfeeding - \$50
- Prepared Childbirth Series - \$160 (5 weeks)
- All Day Childbirth Class - \$190
- Online Childbirth Course - \$190
- Hypnobirthing Session - \$85
- Sibling Class - \$25 per child
- Lactation Boutique - open Tuesdays & Thursdays from 2:30 to 4:30 p.m.

## Additional Programs/Services:

- Weight Management (HMR®) (781) 396-6221 ext. 1
- Smoking Cessation
- Nursing Assistant Training

## Support Groups:

- Insulin Pumpers – Second Saturday of the month at 9:30 a.m. (781) 396-6437
- HOPE Group – Second Wednesday of each month at 7:30 p.m.
- Nursing Mother's Group – Every Wednesday at 1:30 p.m.
- Prostate Cancer Support Group – First Wednesday of each month at 7 p.m.

## A Caring Place

(620 Washington St., Winchester)

A retail store for cancer patients that offers wigs, head coverings, post-surgical camisoles, prosthesis, bras, compression sleeves and more. For an appointment to be fitted please call (781) 756-5088.

To learn more about classes and programs offered by The Center for Healthy Living at Winchester Hospital, visit [winchesterhospital.org/events](http://winchesterhospital.org/events) or call (781) 756-4700.



# New Lung Procedure Benefits Cancer Patients

The highest rate of recurrence for lung cancer patients happens in the first two years. To decrease the chances of the cancer coming back, Winchester Hospital thoracic surgeons would prefer to remove the entire affected lobe.

However, due to underlying medical conditions – poor lung function, chronic obstructive pulmonary disorder (COPD) – removing the lobe is not always possible.

When it is not possible, Winchester Hospital's thoracic surgeons and radiation oncologists use a brachytherapy mesh to minimize local recurrence of the cancer without significant side effects.

While in surgery, the thoracic surgeon removes the tumor, and the radiation oncologist facilitates the placement of the small, gauge-like mesh on the patient's lung. The plastic mesh, which emits low doses of radiation to the affected area for a year, is then sutured to the lung.

Radiation oncologist, Katherine Kim, MD and thoracic surgeon, Roy Oommen, MD, were the first physicians at Winchester Hospital to perform the brachytherapy mesh procedure.

“The vicryl mesh has radioactive seeds implanted in it that emit targeted amounts of radiation to the affected area,” said Dr. Kim. “The radiation seeds, which are about the size of a grain of rice, are so focused on that area that none of a patient's other organs are exposed.”

While this procedure isn't new, it's unique for a community hospital to be able to offer it to its patients who have limited lung capacity.

“It's great for patients to come to Winchester Hospital to get this done, instead of going into Boston,” said Dr. Oommen.

To learn more about Winchester Hospital's Center for Cancer Care, visit [winchesterhospital.org/cancercare](http://winchesterhospital.org/cancercare).



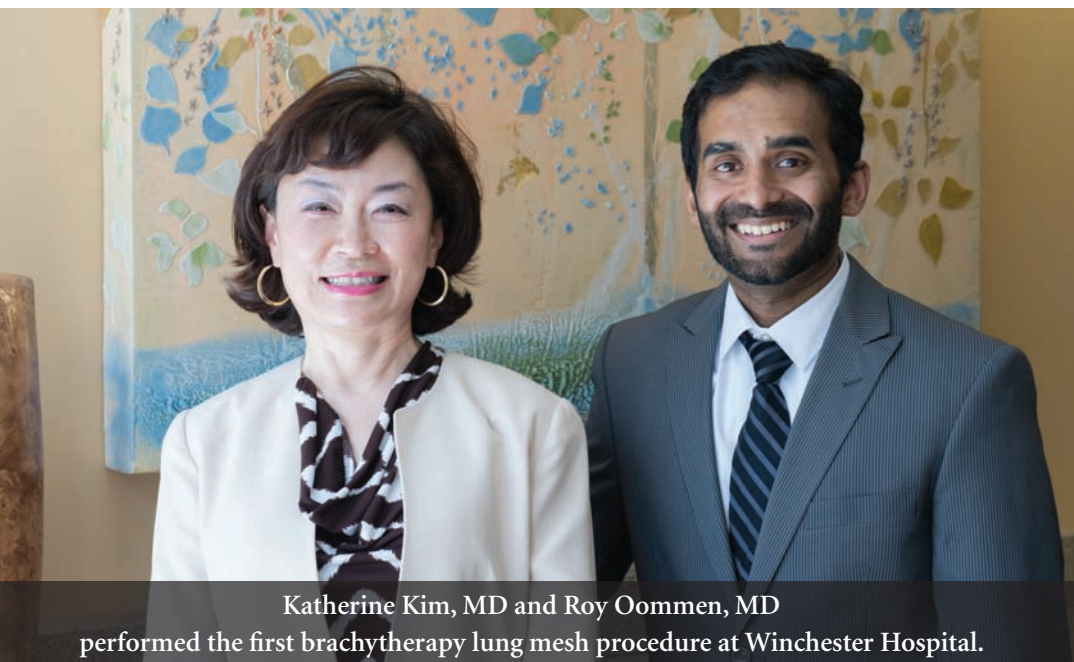
## Campaign for Hope

Each year more than 11,000 patients receive care at Winchester Hospital's Breast Care Center (BCC). Now is your chance to support the Center that has cared for many of the women in your life.

Winchester Hospital recently launched the Campaign for Hope to support our brand new facility at 200 Unicorn Park Drive in Woburn.

The opportunity to relocate the BCC to Unicorn Park will enhance the patient experience by offering advanced, comprehensive services in one convenient location, ample parking and easy access from I-93. Essential services include breast care consultations, sophisticated Magnetic Resonance Imaging (MRI) technologies and a nurse navigator, who helps guide patients through treatments, scheduling and provides support. The new facility offers more exam rooms and imaging suites with a design created with the patient's comfort and privacy in mind.

Your support can touch the lives of your family members, friends and neighbors. Please consider making a gift today to support the BCC by contacting the Winchester Hospital Foundation at (781) 756-2183 or by email at [bgallagher@winhosp.org](mailto:bgallagher@winhosp.org).



Katherine Kim, MD and Roy Oommen, MD performed the first brachytherapy lung mesh procedure at Winchester Hospital.

# Walk-In Urgent Care Center Meets Growing Demand

For more than 25 years, the Winchester Hospital Family Medical Center (FMC) has provided much-needed care to the residents of Wilmington and the surrounding areas. It is one of Winchester Hospital's primary outpatient sites, providing care to tens of thousands of residents in the community.

Winchester Hospital recently made significant improvements at the Walk-In Urgent Care Center, which is located in the Family Medical Center, 500 Salem Street in Wilmington, which will enhance the patient experience. The hospital expanded the walk-in's registration and waiting areas and added treatment areas. These improvements will increase capacity and decrease wait times.

"Walk-in urgent care has seen a dramatic increase in demand for services in recent years," said Teriggi Ciccone, MD, medical director of the Walk-In Urgent Care

Center. "Winchester Hospital has met this demand through the expansion and improvement of our physical space. These renovations will allow us to care for a growing number of patients in both a more efficient and comfortable setting. The result will be a more positive experience for all of the patients we care for."

From urgent care to primary care and outpatient services such as specimen collection, imaging, ultrasound and mammography, the FMC offers high-quality health care in a convenient, low-cost setting. The FMC's mammography service is licensed by the Massachusetts Department of Public Health.

The Walk-In Urgent Care Center is a critical resource at the FMC that treats patients who are unable to access timely care through their own primary care physicians and who are trying to avoid a costly visit to the Emergency Department.

To learn more about Winchester Hospital's Walk-In Urgent Care Center, visit [winchesterhospital.org/walkin](http://winchesterhospital.org/walkin).

## Why Walk-In?

Did you know the Walk-In Urgent Care Center can save you money and have you home sooner? The Center provides urgent care at a lower cost and with shorter wait times compared to your local Emergency Department. A visit to the walk-in center has co-payments similar to a visit to your doctor's office.

Services handled by the Walk-In Urgent Care Center include: wound care, suture lacerations, orthopedic care, manage and splint fractures/sprains, provide IV fluids and medications, basic upper respiratory infection and other common illnesses (cough, sore throat, rashes and urinary tract infections).

There are some conditions however that should be treated at the Emergency Department. They include: chest pain, difficulty breathing, severe headaches, severe allergies, severe bleeding and neurological symptoms that might indicate a stroke (numbness, weakness or difficulty speaking).

## Support Our Center

To help Winchester Hospital with the renovations of the Walk-In Urgent Care Center, Market Basket and The Demoulas Foundation provided a matching challenge grant of \$100,000 for the construction.

"This generous donation is helping to ensure urgent care patients continue to receive top quality care in a timely and cost efficient manner," Ciccone said.

To make a gift, please contact the Winchester Hospital Foundation at (781) 756-2143 or email [pthompson@winhosp.org](mailto:pthompson@winhosp.org).



Teriggi Ciccone, MD, medical director of the Walk-In Urgent Care Center, cares for 3-year-old Brad Leonard of Wilmington.

Kevin Smith, President and CEO

Mary Sweeney, Vice President of Planning,  
Business Development and Communications

John Looney, Director of Communications and Public Affairs

Toni-Lynn Hansen, Manager of Communications and Public Affairs

Daniel Marra, Communications and Media Specialist

Kristin Taurasi, Publications Specialist

Jennifer Berkley, Publications Specialist

*Advancing Health. Advancing Care.* is published by Winchester Hospital. The information provided is intended to educate readers about subjects that are pertinent to their health, not as a substitute for consultation with a personal physician.

© 2013. Printed in the U.S.A.



[www.facebook.com/winchesterhospital](http://www.facebook.com/winchesterhospital)



41 Highland Avenue  
Winchester, MA 01890

NON-PROFIT  
U.S. POSTAGE  
PAID  
N. READING, MA  
PERMIT NO. 193



First hospital in Massachusetts to earn Magnet Recognition, the highest honor for nursing excellence, three times.

## Meet Our New Medical Staff Members

For more information about Winchester Hospital physicians, please call the physician referral service at 866-WIN-HOSP or visit [winchesterhospital.org](http://winchesterhospital.org) and click on "Find a Doctor."

### Primary Care



Jennifer Corwin, MD  
Pediatrics, Reading  
(781) 944-4250



Maria Fung, MD  
Pediatrics, Burlington  
(781) 221-2800



Stella Kinyota, MD  
Family Medicine, Stoneham  
(781) 662-6400



Laura Vitale, MD  
Pediatrics, Winchester  
(781) 729-4262

### Specialists



George Graham, MD  
Maternal Fetal Medicine, Winchester  
(781) 756-2954



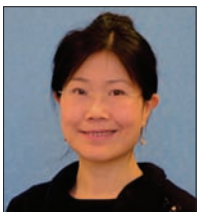
Neil Hutchinson, DC  
Chiropractic, Woburn  
(781) 933-5051



Matthew Kruger, MD  
Ophthalmology, Burlington  
(781) 272-4944



Jeffrey Lackey, MD  
Dermatology, Stoneham  
(781) 438-6350



Xi Na, MD, PhD  
Gastroenterology, Stoneham  
(781) 662-0604



Anju Nayar, MD  
Obstetrics & Gynecology, Burlington  
(781) 272-4667



Shant Parseghian, MD  
Endocrinology, Stoneham  
(781) 438-1800



Joshua Shofner, MD  
Dermatology, Winchester  
(781) 729-4878