

Mike Andreoli sits back and relaxes, enjoying his improved mobility after total shoulder replacement surgery.

## Joint Program helps patients live pain-free at last

**+PLUS**

**AQUATIC THERAPY PROVIDES RELIEF**

**EARLY DETECTION KEY FOR BREAST CANCER SURVIVOR**

# Lawrence General: Part of the solution

Another New England winter is waning here in the Merrimack Valley, and what a winter it has been! Amid the snowstorms and unprecedented high patient volumes at your regional hospital, we have opened the final components of our new surgery center—including a beautiful new family reception area, with the space and modern amenities to comfortably support family members whose loved ones are in surgery.

In December, we held our annual dinner at the Andover Country Club, where we were honored to host Massachusetts Health and Human Services Secretary Marylou Sudders. Secretary Sudders spoke to the audience about the challenges facing health care and referred to Lawrence General as an “extraordinary gem” in the Massachusetts health care system.

The secretary remarked: “If you live in Lawrence, Andover, and the surrounding communities—unless there is some extraordinarily complicated medical condition that warrants the need to be in an academic medical center—you have a stellar institution right here.”

Secretary Sudders and I share the belief that regional health systems like Lawrence General are a key part of the solution to spiraling health care costs. I hope that when you need health care, you strongly consider getting your care here at Lawrence General, where services are high-quality, close to home, and more affordable than the same services downtown!



Dianne Anderson, RN  
President and CEO  
Lawrence General Hospital



**Lawrence General Hospital President and CEO Dianne Anderson, RN, (center) is joined by Massachusetts Secretary of Health and Human Services Marylou Sudders (left) and Board of Trustees Chair Debra Rahmin Silberstein, Esq., (right) at the annual dinner at the Andover Country Club.**

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## jump right in AQUATIC THERAPY PROVIDES RELIEF

Lawrence General now offers aquatic therapy at the Andover/North Andover YMCA. Consisting of treatments and exercises performed in a pool setting, aquatic therapy is beneficial for patients with a variety of conditions, including back pain, arthritis, and fibromyalgia, as well as those recovering from hip, knee, and other orthopedic surgeries.

The natural buoyancy of water reduces stress on the body and helps patients exercise more easily and with less pain. The



natural pressure of water also reduces joint and soft-tissue swelling and provides enough resistance to strengthen muscle. Lawrence General's experienced and highly skilled

## WOMEN'S IMAGING AND LAB SERVICES NOW IN METHUEN

As part of our ongoing efforts to bring key services closer to the patients we serve, Lawrence General has opened a new satellite location for women's imaging and laboratory services in Methuen.



**DID YOU KNOW?** Lawrence General earned an “A” grade in patient safety from The Leapfrog Group, a national nonprofit health care ratings organization, this past fall. This “A” grade rating caps a trend of improvement over several years and reflects a hospitalwide focus on improving the patient experience and the overall quality and safety of the care we deliver.



Lawrence General aquatic therapist Erin Hudson works with a patient at the Andover/North Andover YMCA.

clinicians ensure every patient receives a personalized treatment plan designed to improve strength and mobility, reduce pain, and improve function.

### **BOUNCE BACK**

For more information about aquatic therapy or Lawrence General’s other rehabilitation services offered at the Andover/North Andover YMCA, call **978-946-8387**.



To start, women’s imaging is offering screening mammography with tomosynthesis at this location, with X-ray and ultrasound to be added soon. Visit us at 147 Pelham St. in the same building as the Methuen Family Health Center. Services are open to all residents in the region.

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



### **New Primary Care Physician, Salem, New Hampshire**

**Jude Koomson, MD**, is a primary care physician now practicing at Salem Family Primary Care. His clinical interests include cardiovascular disease prevention, diabetes management, gastrointestinal disorders, and preventive medicine. Contact Dr. Koomson’s practice at **603-870-5452**.



### **New Bariatric Surgeon**

**Douglas Campbell, MD**, is a new member of the Lawrence General Bariatric Surgery team. He completed a fellowship in advanced laparoscopic and bariatric surgery at the University of Knoxville Medical Center and is a fellow of the American Society for Metabolic and Bariatric Surgery. Contact the Weight Management and Bariatric Center at **978-946-8450**.



### **New Vascular Surgeon**

**Ryan Messiner, MD**, is a vascular surgeon now practicing at Vascular and Vein Associates in Methuen. He is a member of the American College of Surgeons, Society of Vascular Surgery, and the Society of Vascular Ultrasound, and has more than 10 years of experience as a vascular surgeon. Contact Dr. Messiner’s practice at **978-837-3317**.

### **FIND YOUR PHYSICIAN**

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

# SHOULDER



## A JOINT EFFORT

Shoulders are among our most versatile joints, but their wide range of motion makes them vulnerable to injury. Shoulder pain may come from injury or instability, arthritis, tendinitis, or bursitis.

Minor shoulder pain often goes away on its own. But if pain persists or is intense, Lawrence General's Joint Program provides a team of doctors, nurses, therapists, and other professionals to help find a solution to your joint pain.

Shoulder pain treatment can involve rest, modifying activities, and physical therapy. However, surgery is sometimes necessary when these lifestyle modifications are not enough.

# ING ON

Lawrence General's collaborative orthopedic surgery program focuses on high-quality results for patients

**After getting both of his shoulders replaced at Lawrence General, Mike Andreoli is back to doing outside work without pain.**

### **You know you're in trouble when**

the simple human act of waving hello is associated with pain. "It's hard to describe the experience of living in constant pain," says power plant engineer Mike Andreoli. "I would spend most of my time trying to find a 'happy spot' for my shoulders. I lived with it for decades."

The Hudson, New Hampshire, resident could not drive without pain, nor could he perform simple tasks in the yard. After years of enduring increasing pain, he found Pamela Jones, MD, an orthopedic surgeon at Lawrence General Hospital who specializes in the delicate work of repairing shoulders.

"She's unbelievable," Mike says with a smile. After undergoing a total replacement of his right shoulder and then his left the following year, he exclaims: "I have no pain! To have that pain gone after all those years, it's just hard to articulate how it's changed my life. The other day I suddenly realized I had put my arm around my wife's shoulders, without even thinking about it. Something so small and yet so important!"

**A new partnership.** Joint replacement and other orthopedic surgery, including hips, knees, shoulders, and spine surgery, are all part of a unique new partnership among Associates in Orthopedics, Orthopaedics Northeast, and Lawrence General Hospital. The co-management agreement allows for close collaboration in the development of an orthopedic surgery program that offers a comprehensive experience, from pre-surgical patient education, to peri-operative best practice standards, standardized post-surgical rehabilitation, and continuous quality and outcomes monitoring and improvement.

"The consistency we are building is key to great outcomes," comments Dr. Jones. "In this partnership, we are agreeing to work together, share our best techniques, and establish standards for patients that we all follow in order to achieve consistent, high-quality results for our shared patients. Best of all, this type of approach has proven to provide better results at a lower cost to patients."

"The navigated orthopedic experience ensures early contact with patients to provide frequent, timely, and accurate communication of

**We are agreeing to work together, share our best techniques, and establish standards for patients to achieve consistent, high-quality results.**

information, expectations, and shared goals," adds Liz Coulter, Inpatient Rehabilitation coordinator at Lawrence General. "Developing stronger patient relationships earlier in the process has resulted in higher patient satisfaction, fewer complications, improved post-surgical pain management, decreased lengths of stay, and earlier return of function."

**Care close to home.** The power plant where Mike works supplies electricity on Longwood Avenue, the home of several of Boston's storied academic medical centers. He knows them well. However, "Lawrence General was my choice," he says. "There's been a lot of upgrading. They have the new Santagati Center for surgery. And, Dr. Jones is there, so that's where I was going."

### **LIVE PAIN-FREE**

To learn more about the Lawrence General Upper Extremity Joint Surgery Program, visit [lawrencegeneral.org/shoulder](http://lawrencegeneral.org/shoulder).

# A Survivor's Second Act

Early detection was critical for breast cancer patient Leah Morasse



**Leah Morasse is an energetic, rosy-cheeked** woman with a crown of soft, blonde curls. When accepting a compliment about her appearance, she is quick to respond with, “My hair is growing back.”

The 43-year-old Andover resident’s voice is calm as she recounts the trials she went through over the last 18 months. Diagnosed with breast cancer in July 2016, she had surgery two months later, which was followed by chemotherapy beginning in October, and then radiation treatments from February through April 2017. Today, she is focused on her recovery and feeling better every day.

**Importance of early detection.** Leah says the 3-D mammography she received at Lawrence General’s Women’s Health Imaging at Andover Medical Center saved her life, because the type of breast cancer she had is difficult to treat and was found at a very early stage. “I am living proof that

women should always remember to get their routine breast screenings,” she says. “Early detection is critical.”

The aggressive treatment that followed her screening consumed her life for a year and a half. Those months were tough on her family. While she was well cared for, she felt there were few resources for her two young children and husband. After treatment concluded, Leah says she felt isolated, too. She felt left on her own to deal with many lingering questions and uncertainties once her treatment was over.

**A resource for others.** “There are resources out there for families and cancer survivors, but they are scattered around the area. My kids and my husband need support, and so do I. [We need] safe places to talk with people who understand what we’ve been through,” Leah observes. “We’ve connected with Andover Youth Services, which has been



After beating breast cancer, Leah Morasse, pictured here with her daughter, Liliana, and son, Trevor, is now focused on helping other cancer survivors in the Merrimack Valley.

## Experts in Early Detection

When it comes to the early detection of breast, lung, and colon cancer, Lawrence General is counted among the best hospitals in the country. According to the Commission on Cancer of the American College of Surgeons, Lawrence General exceeds the national average for catching these cancers in the earliest stages, greatly improving the chances for successful treatment.

“The key to our success is patient education, outreach into the community, and the availability of the most current diagnostic techniques,” says oncologist Pedro Sanz-Altamira, MD, from Dana-Farber Community Cancer Care, who also serves as medical director of the Lawrence General cancer program. “Lawrence General is excelling in all of these areas.”

Primary care physicians in the region play a particularly important role providing education to patients about cancer prevention and emphasizing the importance of regular screenings, says Dr. Sanz-Altamira. Lawrence General also hosts regular community events around the Merrimack Valley that provide both education and screening opportunities for the general public.

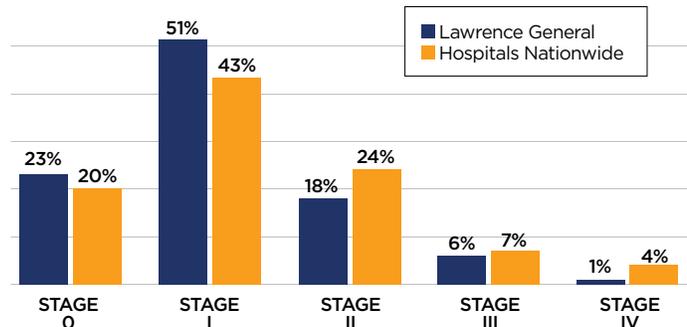
Lawrence General’s commitment to using 3-D tomosynthesis digital mammography, the most advanced breast imaging technology available for routine screening, at all of its locations plays an important role in early detection of breast cancer. And the use of low-dose spiral CT scanning technology for lung cancer screening helps detect lung cancer early as well.

### EXPERTISE CLOSE TO HOME

To learn more about Lawrence General’s cancer program, visit [lawrencegeneral.org/services-and-centers/cancer-care](http://lawrencegeneral.org/services-and-centers/cancer-care).

## LAWRENCE GENERAL CATCHES BREAST CANCER EARLY

The percentage of patients diagnosed at different stages of breast cancer at Lawrence General compared to hospitals nationwide\*



\*This data is courtesy of the National Cancer Database, which is jointly sponsored by the American College of Surgeons and the American Cancer Society. The most recent comparative hospital data is for 2015, but Lawrence General’s breast cancer early detection rates are as good or better for 2016 and 2017.

great—offering a family fun night for cancer survivors and their families. But there are so many questions about nutrition, physical activity, social and emotional needs, among other things. Cancer is draining physically, emotionally, and financially, too. I am on a mission to identify affordable resources that can help families of our region live through the experience together.”

### FRIENDS ALONG THE WAY

If you are interested in joining Leah Morasse in her effort to build resources for cancer survivors in the Merrimack Valley, visit her Facebook page, Friends Along the Way, at [facebook.com/communityfamilycancersupport](https://www.facebook.com/communityfamilycancersupport).

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**ONLINE SELF-ASSESSMENT TOOLS**

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**Peripheral Artery Disease**

lawrencegeneral.org/circulatory

**Weight Management**

lawrencegeneral.org/weightloss



**WE'RE SOCIAL**



(L-R): Lawrence General Trustee Ron Pollina, Nick Guerrero, Board Chairman Emeritus Richard Santagati, and Paul MacDonald at the first annual Community Cares Golf Tournament.

# Swing into Action

The Community Cares Golf Tournament is an essential fundraiser for Lawrence General

**The Second Annual Lawrence**

General Hospital Community Cares Golf Tournament is set for May 21, 2018, at Andover Country Club. We look to build on the momentum created with last year's tournament, where we had more than 100 participants and raised \$60,000 to directly support patient services and the interpreter programs at Lawrence General Hospital.

For more information, please email Greg Maynard at [gregory.maynard@lawrencegeneral.org](mailto:gregory.maynard@lawrencegeneral.org). Foursomes and sponsorship opportunities are available. May is just around the corner, so reserve your spot at this essential fundraiser for your community hospital that serves the Merrimack Valley and Southern New Hampshire.

## ANDOVER MEDICAL CENTER: MORE OPTIONS FOR CARE

A number of new services have opened in the Andover Medical Center complex over the past several months, including magnetic resonance imaging (MRI) and a laboratory, which means even more care options for the entire family. Additional services on-site include primary care, orthopedics, diagnostic imaging, rehabilitation services, a weight management/bariatrics program, and more.

**COME VISIT US**

The Andover Medical Center campus is conveniently located off Interstate 93. For more information, visit [andovermedicalcenter.com](http://andovermedicalcenter.com).