

Carolyn Hirshberg
has a new
understanding of
heart and vascular
disease thanks to
lifesaving care at
Lawrence General.
PHOTO: TERRI UNGER

Keeping the beat, from your head to your feet

+PLUS

**LAWRENCE GENERAL
HOSTS NATIONAL
THOUGHT LEADERS**

BE STROKE SMART

The Power of Keeping Care Local

At Lawrence General, we are committed to providing high-quality medical care close to home, when and where the patients in our community need it most. The benefits of keeping care local are evident every day, especially in a time of crisis. Such was the case last Sept. 13, when a series of gas fires and explosions erupted in Lawrence, Andover, and North Andover. I was incredibly proud of the care provided by Lawrence General during and after this tragic event.

The health of our communities serves as a report card on our population health efforts, a component of our work that aims to keep people out of the hospital altogether! Through our accountable care organization, we are helping patients manage chronic diseases better at home and reducing their total medical expenses.

We are also working with others in our communities to identify unmet health and social needs that influence wellness, such as access to nutritious food and shelter. This spring, we are conducting our Community Health Needs Assessment with guidance from community experts and including the voices of our neighbors. If asked to fill out a survey, we hope you lent your voice to this work. And we thank you for helping your health care providers shape services in the region.

Lawrence General is evolving and growing to meet the needs of this region. Keep an eye on us and you'll see for yourself that health care lives, breathes, and changes like its communities and its patients. If you haven't seen Lawrence General lately, you haven't seen us!

Wishing you a happy and healthy spring and summer.



Dianne J. Anderson, RN
President and CEO



A Congressional Forum in October included a panel discussion featuring (L-R) Emelissa Sacchetti, PharmD, Lawrence General transition-of-care Pharmacist; Robin Hynds, RN, Lawrence General chief clinical integration officer and vice president of Care Continuum and Network Development; Dr. Jen Childs-Roshak, president of the Planned Parenthood League of Massachusetts; House Speaker Nancy Pelosi; Lawrence General Hospital President and CEO Dianne J. Anderson, RN; U.S. Rep. Lori Trahan; and U.S. Rep. Katherine Clark.

key events

LAWRENCE GENERAL HOSTS NATIONAL THOUGHT LEADERS

Lawrence General hosted two events in the fall that included several prominent voices from the national stage.

First, this past October, Lawrence General president and CEO Dianne Anderson, RN,



CNN senior political analyst David Gergen (second from left) served as speaker at Lawrence General's Annual Meeting. Joining him are (L-R) Dianne Anderson, RN, Lawrence General president and CEO; Richard Santagati, Lawrence General Board of Trustees chairman emeritus; and Debra Rahmin Silberstein, Esq., PhD, Lawrence General Board of Trustees.

DIANNE ANDERSON RECOGNIZED FOR LEADERSHIP

This past fall, *Boston Business Journal* named Lawrence General President and CEO Dianne Anderson, RN, one of the region's 50 most influential people. The annual "Power 50" list recognizes individuals from multiple industries and professions who are making a difference in their business communities, blazing trails, and leaving a mark on the local economy.

Anderson was selected as a member of the "Power 50" for her leadership on issues of access and the cost of health care in Massachusetts and the nation. Her advocacy for the availability

DID YOU KNOW? Lawrence General Hospital was one of the first hospitals in the nation to receive the HeartCARE Center National Distinction of Excellence award in 2018 from the American College of Cardiology for its demonstrated commitment to providing comprehensive, high-quality cardiovascular care and its ongoing performance reporting.

hosted a Congressional Forum to discuss the importance of the Affordable Care Act and how it has benefited patients in Lawrence and the surrounding communities.

Among the featured guests at the invitation-only event was House Speaker Nancy Pelosi, whose leadership helped gain passage of the country's landmark health care law. U.S. Rep. Niki Tsongas; U.S. Rep. Katherine Clark; U.S. Rep. Lori Trahan; Lawrence Mayor Dan Rivera; and Jen Childs-Roshak, MD, MBA, president of the Planned Parenthood League of Massachusetts, were also in attendance and participated in the discussion.

Lawrence General's own Robin Hynds, RN, chief clinical integration officer and vice president of Care Continuum and Network Development, and Emelissa Sacchetti, PharmD, transition-of-care pharmacist and Lawrence native, were also part of the panel discussion, adding firsthand accounts of how the community benefits from the Affordable Care Act.

In December, Lawrence General Hospital hosted its Annual Meeting and Donor Appreciation Dinner at the Andover Country Club to report on and celebrate the many achievements of the past year. CNN senior political analyst David Gergen provided the keynote address for this event, sharing his insight on the many and diverse forms of leadership he has encountered over the course of his career as a White House adviser and journalist.

of high-quality, high-value health care services to all residents of the Merrimack Valley and her steadfast leadership in a time of constant change and challenge in the health care industry are noteworthy.

Anderson also was named the 2018 recipient of the Ralph B. Wilkinson Good Citizenship Award from the Merrimack Valley Chamber of Commerce at the organization's annual dinner event. Presented annually to community leaders over the past six decades, this award represents the Chamber's highest distinction.



part of our network

WELCOME, NEW MEMBERS OF THE LAWRENCE GENERAL STAFF!



Primary Care

1 Sung Jee, MD, has joined the Methuen Primary Care practice affiliated with Beth Israel Deaconess HealthCare and Lawrence General. Board-certified in family medicine, he is welcoming new patients of all ages. Contact Dr. Jee's practice at **978-688-1220**.

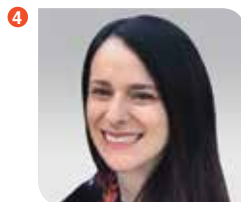


2 Fabiola Feitosa Ruivo, MD, is now practicing at Community Medical Associates in Lawrence. Board-certified in internal medicine, her clinical interests include hematology-oncology, endocrinology, and gastroenterology. Dr. Ruivo speaks Portuguese, English, Spanish, and some Turkish. Contact Dr. Ruivo's practice at **978-946-8550**.



Specialty Care

3 Jiri Brabec, MD, PhD, is a board-certified neurologist now practicing with New England Neurological Associates, P.C. He is seeing patients at 354 Merrimack Street in Lawrence. Contact Dr. Brabec's practice at **978-687-2321**.



4 Alexandra Lovett, MD, is a board-certified neurologist affiliated with New England Neurological Associates, P.C. She is currently seeing patients as a neuro-hospitalist at Lawrence General Hospital. Contact Dr. Lovett's practice at **978-687-2321**.

FIND YOUR PHYSICIAN

Visit lawrencegeneral.org/physicians/choose-a-doctor.aspx.

UNDERSTANDING THE HEART AND VASCULAR LANDSCAPE

Arterial disease does not stop one active retiree

Carolyn Hirshberg is at the center of life at her retirement community, Brightview North Andover.

She's a community ambassador, welcoming new residents and showing them around. She also sings in the community's chorus and participates in the acting group and the exercise program. In her sunny apartment, the walls are lined with her paintings, and there's one in progress on her easel.

"I've never had it so good! There's so much to do, and I don't have to cook!" she laughs.

She sobers, though, remembering her health scare two years ago. Back then, sitting on her couch shortly after she moved into her new community, Carolyn couldn't imagine what was happening. Her pulse rate was irregular and she generally felt out of sorts and anxious. Fearing the worst, she called the front desk receptionist who immediately called 911.

In the Emergency Center at Lawrence General, Carolyn was diagnosed with a narrowed carotid artery—the vessel that brings oxygen to the brain. She was referred immediately to vascular surgeon Ryan Messiner, DO, who performed surgery to clear the blockage. Carolyn didn't know it at the time, but her symptoms were a continuation of a heart history that began more than a decade ago.

Longtime condition. In 2002, Carolyn was living on Cape Cod when she had a heart attack. "They gave me a stent and fixed me right up," she remembers with a smile.

Fifteen years later, she moved to North Andover and transferred her follow-up care to Lawrence General cardiologist Sunit Mukherjee, MD. At the time she relocated, she was completely unaware that the same vessel disease that had caused her heart attack was working silently on her carotid artery.

"I am a perfect example of how these two things are related," Carolyn says. "If you have a heart attack, like I did, you are more prone to other vessel diseases. It makes sense, since they are all part of the same blood circulation system. And you

NEW LAWRENCE GENERAL HEART AND VASCULAR CENTER

Heart and vascular diseases are the leading cause of death for both men and women in the United States. Both involve narrowed blood vessels that restrict blood flow to different areas of the body, and encompass a range of diseases that can affect the heart and vascular system.

In the case of heart disease, the vessels that supply blood to the heart become blocked, sometimes causing life-threatening damage to the heart muscle. Vascular disease causes narrowing of the peripheral vessels that supply blood to other organs and areas of the body, like the brain, kidneys, or the legs, and is characterized by organ failure or disabling pain in the extremities.

Lawrence General has developed the Heart and Vascular Center to address these issues. This multidisciplinary service combines the expertise of three medical specialties—cardiology, vascular surgery, and interventional radiology—to screen, diagnose, and coordinate treatment of at-risk patients.

HEART OF THE MATTER

Visit lawrencegeneral.org/heart or call 978-683-4000, ext. 2760, to find out more about cardiac care services.

never know when problems are going to show up."

While Carolyn graciously gives Lawrence General the credit for saving her life two years ago, the reality is that it's a team effort. She and the front desk attendant at her residential community recognized something was wrong and took immediate action. Given her health history, when she arrived at the Emergency Center, the likelihood that her current symptoms were related to arterial disease was high.

Seeing a complete picture. "Patients like Carolyn need to be evaluated and monitored for both cardiovascular and peripheral vascular

**Carolyn Hirshberg
leads an active and
artistic lifestyle
thanks to treatment
at Lawrence General.**



PHOTO: TERRI UNGER

disease,” says Dr. Mukherjee, medical director of Lawrence General’s developing Heart and Vascular Center. “By facilitating closer communication between specialists in cardiology, vascular surgery, and interventional radiology, we can do a better job of assessing the needs of the patient and being sure we have a complete picture.”

The new Heart and Vascular Center, launching this June at Lawrence General, will assess a patient’s entire circulatory system and, in conjunction with on-site diagnostic ultrasound, determine next steps. Once results are reviewed, patients can be set up on appropriate protocols

to be sure issues are identified, and addressed or monitored.

Dr. Mukherjee’s program leadership is complemented by a team of three specialists who head up the program’s three main areas: Dr. Messiner for vascular surgery, Ken Adams, MD, for cardiology, and James Meyer, MD, for interventional radiology.

“Patients make smart choices when they are educated about their conditions and know what to be looking for,” comments Dr. Messiner. “Increased communication and collaboration—patient to doctor and doctor to doctor—improve the quality of the care.”



A Strong Connection

New telestroke program links patients to specialists at Beth Israel in real time

When residents of the Merrimack Valley are suffering stroke-like symptoms, clinical staff at Lawrence General now have direct access to neurologists at Beth Israel Deaconess Medical Center in Boston to help make a diagnosis, thanks to a new telestroke program.

This new telestroke service employs Skype-like image-sharing technology and video conferencing that enables clinical staff at Lawrence General and Beth Israel to rapidly assess patients in real time to assure that they receive the most appropriate therapy in the most appropriate location. The program is intended to improve stroke-related care and outcomes, with a strong emphasis on keeping suitable patients local and close to home.

Lawrence General's new telestroke service with Beth Israel augments the neurological consultations that are also provided locally by New England Neurological Associates, P.C., adding extra strength and bandwidth to an already exceptional program.

"When a person suffers a stroke, they risk losing neurologic function as time passes," says George Kondylis, MD, Lawrence General's chief of Emergency Medicine. "This telestroke service can save time and, in many cases, may help to reduce the severity of one's stroke or stroke-like symptoms."

Ischemic stroke occurs when a clot obstructs an artery that supplies blood to the brain. The oxygen-deprived brain cells begin to die at a rate of roughly 2 million per minute, and the longer the clot obstructs blood flow, the more serious the physiological impacts, such as impaired speech and paralysis. In many instances, the administration of a clot-dissolving drug can save the patient's life or dramatically reduce the severity of the symptoms.

THINK IT'S A STROKE? ACT F-A-S-T

FAST is an easy way to remember and identify the most common symptoms of stroke. Recognition of stroke and calling 9-1-1 will determine how quickly someone will receive help and treatment. Getting to a hospital rapidly will more likely lead to a better recovery.

FACE: Ask the person to smile. Does one side of the face droop?

ARMS: Ask the person to raise both arms. Does one arm drift downward?

SPEECH: Ask the person to repeat a simple phrase. Is their speech slurred or strange?

TIME: If you observe any of these signs, call 9-1-1 immediately.

Make Lawrence General's Emergency Center part of your stroke emergency plan.

WHAT'S YOUR RISK?

To learn more about stroke care at Lawrence General and take a free online stroke risk assessment, visit lawrencegeneral.org/stroke.

A Legacy of Caring

Gala honors congresswoman Niki Tsongas and cardiologist Sunit Mukherjee, MD

Close to 400 guests attended Lawrence General's Legacy of Caring Gala at the Boston Marriott Burlington in September. This event provides an opportunity for friends, supporters, staff members, and community leaders to come together to celebrate the exceptional care provided by Lawrence General and those who make it possible. The event raised close to \$400,000 for advanced clinical care.

As part of this year's program, Debra Silberstein, Esq., chair of the Lawrence General Board of Trustees, and Dianne Anderson, RN, Lawrence General's president and CEO, each took a moment to recognize and thank the many heroes who were involved in the emergency response efforts surrounding the gas fires and explosions that took place on Sept. 13, 2018.

One such hero, orthopedic trauma surgeon Jason Reid, DO, was then honored with the first-ever Lawrence General Hero Award for his tireless—and successful—effort to save a patient's life that night and in the days following.

The evening also included a heartwarming tribute to cardiologist Sunit Mukherjee, MD, Lawrence General's recipient of the 2018 Santagati Award for Visionary Leadership. Dr. Mukherjee has been instrumental in developing the hospital's cardiovascular program over more than two decades and has championed a number of leading-edge cardiac treatment techniques during his tenure. In the months ahead, Dr. Mukherjee will lead the development of Lawrence General's new Heart and Vascular Center.

U.S. Rep. Niki Tsongas, a longtime friend and advocate of Lawrence General both in Boston and Washington, D.C., was also honored at the event. Rep. Tsongas accepted Lawrence General's Community Leader Award in recognition of her many years of service and upon the occasion of her upcoming retirement.

In addition, Lawrence Mayor Daniel Rivera took the stage to provide special proclamations to both Dr. Mukherjee and Rep. Tsongas, and to thank the hospital for the crucial role it plays in the community, especially in times of crisis.



Top: Lawrence General President and CEO Dianne Anderson, RN; cardiologist Sunit Mukherjee, MD, Lawrence General's recipient of the 2018 Santagati Award for Visionary Leadership; and Richard Santagati, chairman emeritus, Lawrence General Board of Trustees. **Below:** Legacy of Caring attendees (L-R) Arthur Gonsalves, MD; Ryan Messiner, DO; Eduardo Haddad, MD; Gary Pare, MD; and Neil Meehan, MD.

LEAVE A GIFT BEHIND

Living well, caring for others, achieving your goals, checking off your bucket list. What's next? What will your legacy be?

Looking many years into the future, you can leave a lasting legacy; you can make a significant difference for Lawrence General Hospital without affecting your financial assets today. Bequests and other estate gifts, such as life insurance policies and retirement plan accounts, make an impact. These gifts touch every department and program, supporting advancements in care, enhancing training and technology, helping our patients and their family members, and much more.

To learn more, contact the Lawrence General Charitable Trust at **978-683-4000, ext. 2020**, or development@lawrencegeneral.org. For gift-planning decisions, talk to your tax, financial, or legal adviser to make the best decision for your situation.

Legacy Gift Planning ensures excellent care close to home now and in the future.

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lawrencegeneral.org/physicians/
choose-a-doctor.aspx

MyLGHCare Patient Portal

mylghecare.org



ONLINE SELF-ASSESSMENT TOOLS

Back and Neck Pain

lawrencegeneral.org/spine

Heart Disease

lawrencegeneral.org/heart

Stroke Risk

lawrencegeneral.org/stroke

Weight Management

lawrencegeneral.org/weightloss



WE'RE SOCIAL



A Day on the Links

Annual golf tournament supports Lawrence General

Everyone is welcome at the 3rd Annual Lawrence General Hospital Charity Golf Classic

which will take place Monday, May 20, 2019, at Andover Country Club. Proceeds from the event will be used to support the high-quality care that Lawrence General clinicians and partners provide every day to the communities in the Merrimack Valley and beyond. Event highlights include a pre-tournament lunch, scramble format tournament, cocktail reception, and post-tournament dinner with awards ceremony. Past tournaments have attracted the sponsorship and participation of some of the area's top businesses; we are grateful for their generous support and proud to promote their partnership with Lawrence General.

COME JOIN US!

Corporate sponsorship opportunities, as well as individual golfer and foursome registrations, are available by contacting Dan Lennon, director of Development, at 978-965-0289 or dan.lennon@lawrencegeneral.org. Additional information can be found at lawrencegeneral.org/golf. We hope to see you there!

