Hallmark Health's orthopedics team gets Charlene back to her active lifestyle after knee replacement
Page 4

What's new on social media?
Page 2

How to start a new exercise routine
Page 2

Meet our physicians
Page 6

Annual Stride for Healthy Communities a success
Page 7
Starting a new exercise routine can be challenging, but even doing a little each day is better than doing nothing. Start slow and build from there. You will be glad you did."

Jen Sturtevant, MBA, LATC
Athletic Trainer and Wellness Coordinator at Hallmark Health System

If you don’t regularly exercise, starting a new routine can be daunting. Jen Sturtevant, MBA, LATC, athletic trainer and wellness coordinator at Hallmark Health, offers tips on how to get started and establish a routine that you can maintain and build on. As always, consult your physician before starting any exercise program.

Start small. Too often, people new to exercise set unrealistic goals that are difficult to maintain over time. You don’t need to spend hours in the gym or go every single day to experience the benefits of exercise. “The ‘no pain, no gain’ saying just isn’t true,” said Sturtevant. Begin by working out two or three times a week and build up from there as tolerated. Workouts lasting 20 to 30 minutes can be sufficient and may include walking, strength training, interval runs and classes such as yoga or Pilates – something you enjoy. Anything you do that

What’s new on Social Media?

Health Minute video series!
Hallmark Health’s Health Minute video series features our physicians, nurses and staff discussing important health topics from asthma and stroke to starting a new exercise routine. Videos are coproduced with Wakefield Community Access Television.

Check out Health Minute at YouTube.com/HallmarkHealth.

Join the conversation on Hallmark Health social media.

www.facebook.com/HallmarkHealth
@HallmarkHealth
YouTube.com/HallmarkHealth
increases your heart rate and provides resistance is considered a workout.*

**Mix it up.** It is important to vary your routines and include a combination of cardio activity, strength training and flexibility. For example, one day you can go for a walk and the next take a class at the gym. If you work out with weights, start with less weight (i.e., 1-5 pounds) and do more repetitions to help tone muscle and burn more calories. You can then increase the weight as tolerated.

**Hydrate.** It is important to replenish fluids and electrolytes lost during exercise. Drink water and sports drinks but check nutrition labels on sports drinks and flavored waters as some have high sugar content. Even low-fat chocolate milk has been proven to help you recover from a workout!

**Warm up and cool down.** Make sure to warm up and cool down properly before and after each workout. A warm up should last about five to 10 minutes and be dynamic in nature, meaning it should include activities such as butt kicks, high knees, walking lunge stretches and arm circles – even light jogging. A cool down includes stretching (legs, back, shoulders) and should last a total of about five minutes. Hold each stretch for a set amount of time. You want to feel a slight pulling sensation in the muscle, but you shouldn’t have any pain. If it’s painful, then you are pulling the muscle too far.

**Rest.** Always allow rest time in between workouts to allow your body to recover and to avoid injuries.

---

*If you experience dizziness, shortness of breath or pain, stop the activity and consult your physician.

---

**Keys to success:**

**Mark your calendar**

Making your workouts part of your daily schedule goes a long way in ensuring you follow through. Whether you use the calendar on your phone or have a written planner, schedule time for a workout.

**Buddy system**

Whenever possible, working out with a friend, family member or coworker will help keep you motivated and help to make exercise social and enjoyable.

Hear more from Jen. Watch her Health Minute video at YouTube.com/HallmarkHealth.
Living with knee pain? Knee replacement may be right for you

Charlene Stentiford of Melrose did not want knee replacement surgery even though, working as a nurse, she is on her feet all day and the pain made her job nearly impossible. Outside of work, the pain got in the way of daily activities and time with her family. She, like many others, dealt with the knee pain for years. Until one pivotal day, something happened that changed her mind.

More than 700,000 knee replacement surgeries are performed each year, and that number is expected to more than triple in the next 15 years. If you are dealing with knee pain and are wondering if knee replacement surgery is right for you, the highly skilled orthopedic surgeons from Hallmark Health Orthopedics and Sports Medicine offer this advice.

First, determine if your knee pain is impacting daily activities and overall quality of life. This is a good indication that some sort of remedy is needed, but it does not automatically mean knee replacement surgery is warranted. Nonsurgical approaches initially can be offered to relieve pain.

“We like to get involved early with patients,” said Evan Zahner, MD. “The vast majority of what we do is nonsurgical.”

John Lynch, MD, agrees and said it’s important for physicians to get to know their patients over a period of time before discussing surgery.

“I see them, talk with them and get to know them,” he said. “I want patients involved with the decision and to know that they have tried other, nonsurgical options first.”

Nonsurgical courses of treatment could include injections, physical therapy, oral medications, knee supports or bracing.

For Stentiford, the nonsurgical therapies included cortisone shots and the latest in gel injections, but for the busy, active nurse, they did not meet her needs.

Saying yes to surgery

People have different reasons for wanting the surgery. Mark Berenson, MD, said, but pain relief is the most important one to consider with knee replacement.

“If pain is bad enough that it prevents you from doing what you want to do in daily life then surgery is something to consider,” he said. “Restoring quality of life to our patients is the number one objective.”

And, adds Dr. Zahner, studies show doing surgery earlier is better. “If you have something that limits you, you don’t have to just tolerate it.”

Stentiford tried to get along with the pain. An avid traveler, she likes to go to Disney World® with her family every year. But this past year when she went to the famous theme park with her grandchildren, she found that she could no longer walk the parks. “After the first day,” she said, “I rented a scooter for the
rest of the vacation. The first thing that I did when I got home from vacation was call Dr. Shurland’s office to schedule the surgery.”

**Younger patients**
Previously, age was a factor for knee replacement candidates, but surgeons say they are seeing much younger patients, some in their 40s – a trend they see growing.

“Ten to 15 years ago it was almost unheard of to do a knee replacement on a patient under 65,” said Dr. Berenson. “We have found that younger people do well with replacements, mostly due to the fact that materials and equipment have gotten better and endure much longer use.”

**Preparing for a new joint**
Working to ensure that patients have the best possible experience, Hallmark Health Orthopedics and Sports Medicine provides the full range of services patients need to successfully get back to enjoying what they like to do best in the quickest possible time. Patients attend Hallmark Health’s Joint Camp before surgery that outlines everything they can expect pre- and post-surgery so patients are fully prepared.

After surgery, the orthopedic team works with patients to get them up and walking that day. Pain is managed so patients feel little pain for the first 24 hours. And, most patients are home within three days of surgery. “We get people better fast,” said Abraham Shurland, MD. “And we send them home with help. They’re not on their own. A nurse and a physical therapist come to the patient’s home to help him or her continue the recovery.”

Stentiford was in the hospital for three days – surgery on Tuesday and home on Friday. “I was supported at home by the services provided by Hallmark Health,” she said. “The therapist and nurse were wonderful and were able to answer any questions that I had.”

The recovery period for a knee replacement is different for everyone, but on average it is about six to 12 weeks.

“I can enjoy being out and about now,” said Stentiford. “I can take walks with my husband and go to the gym. I am glad the pain is behind me and I feel so much better…I am happy that I had the surgery.”

For more information, visit Center for Orthopedics and Sports Medicine at www.hallmarkhealth.org or call the patient care director at 781-979-3705. For help finding a physician, call 800-540-9191.
What made you decide to go to medical school?
My mother and my aunt are physicians, and I always wanted to be a physician. I remember playing with my dolls and pretending to give them shots and examining them.

What was your first job?
My first job was working in a cardiac intensive care unit. I worked there after I graduated medical school. I liked the acuity of care, the complexity of patients and reading EKGs.

If you could have lunch with anyone who would it be?
It would be Yoda. I’m intrigued by what the future world holds and exploring the universe. What better way than to have a meal with Yoda.

If you weren’t a physician, what do you think your profession would be?
If I wasn’t a physician, I would be an astrophysicist.

What is the most interesting place you have ever visited?
Rome, Italy. Walking in Rome is amazing—the cobblestone roads, the architecture, the history. Everything you touch is a reminder of what had been in all its ancient glory. It is a feeling that has to be experienced and cannot be expressed.

What makes a perfect day or weekend for you?
The perfect day for me is time spent outdoors with my family.
Hallmark Health System’s Annual Stride for Healthy Communities a success

Hallmark Health System held its annual Stride for Healthy Communities walk and 5K run on Saturday, June 6, at Lake Quannapowitt in Wakefield. The event, which included more than 300 walkers and runners, raised more than $30,000 for bariatric support programs, cancer care, cardiology and the North Suburban Child and Family Resource Network.

A special thank you to our top sponsors:

HALLMARK HEALTH SYSTEM’S Medical Staff
Jennifer S. Wu, M.D.

HALLMARK HEALTH SYSTEM’S Medical Staff
Melrose Cooperative Bank
Melrose Family YMCA
Optum
Promotional Solutions, Inc.
Republic Building Contractors, Inc.
Right at Home Boston and North Saugus Family YMCA

www.hallmarkhealth.org
Hallmark Health Magazine is published by the marketing and communications department of Hallmark Health System.

The information in this magazine is not a substitute for medical advice or professional medical care. If you have a question about your health, please consult your physician.

If you do not wish to receive this magazine, please call 781-338-7243 and ask to be removed from our mailing list.

Editor: Jesse Salvato
Principal photographer: Janet Stearns
Additional photography: Scott Levine

Lawrence Memorial Hospital of Medford | Melrose-Wakefield Hospital (Melrose) | Hallmark Health System Hematology & Oncology Center (Stoneham)
The CHEM Center for MRI (Stoneham) | The CHEM Center for Radiation Oncology (Stoneham) | Hallmark Health Medical Center (Reading)
Hallmark Health VNA and Hospice | Lawrence Memorial/Regis College Nursing and Radiography Programs (Medford) | Hallmark Health Medical Associates, Inc.

Hallmark Health System welcomes our newest physicians

Madhavi Challagulla, MD
Internal Medicine
Special Interests: Obesity & Weight Loss
Hallmark Health Medical Associates
66 Concord St., Suite L
Wilmington
978-694-8999

Peter Botchan, MD
Internal Medicine
Special Interests: Internal Medicine
Hallmark Health Medical Associates
66 Concord St., Suite L
Wilmington
978-694-8999

Natalia Yurkovetsky, MD
Internal Medicine
Special Interests: Diabetes Mellitus & Women’s Health
Hallmark Health Medical Associates
66 Concord St., Suite L
Wilmington
978-694-8999

For more information on these physicians or any of the Hallmark Health System physicians, search the online directory at www.hallmarkhealth.org.