

The most advanced gastrointestinal and endoscopic procedures in the region

DINING IS ONE OF LIFE'S GREATEST PLEASURES, but when gastrointestinal problems arise, they can turn this pleasure into an agonizing nightmare. According to the U.S. Department of Health and Human Services, more than 60 million people are affected by some form of digestive disease.

At Hallmark Health System (HHS), we aim to provide patients in our communities with the highest quality prevention and treatment of digestive diseases in a caring, compassionate manner. Our state-of-the-art endoscopy suites at Lawrence Memorial Hospital of Medford (LMH) and Melrose-Wakefield Hospital (MWH) are equipped with the most up-to-date diagnostic equipment available and use safe, effective non-invasive procedures to evaluate a patient's digestive health. These procedures can also clear blockages, remove many growths or polyps, repair blood vessels and place stents to relieve any

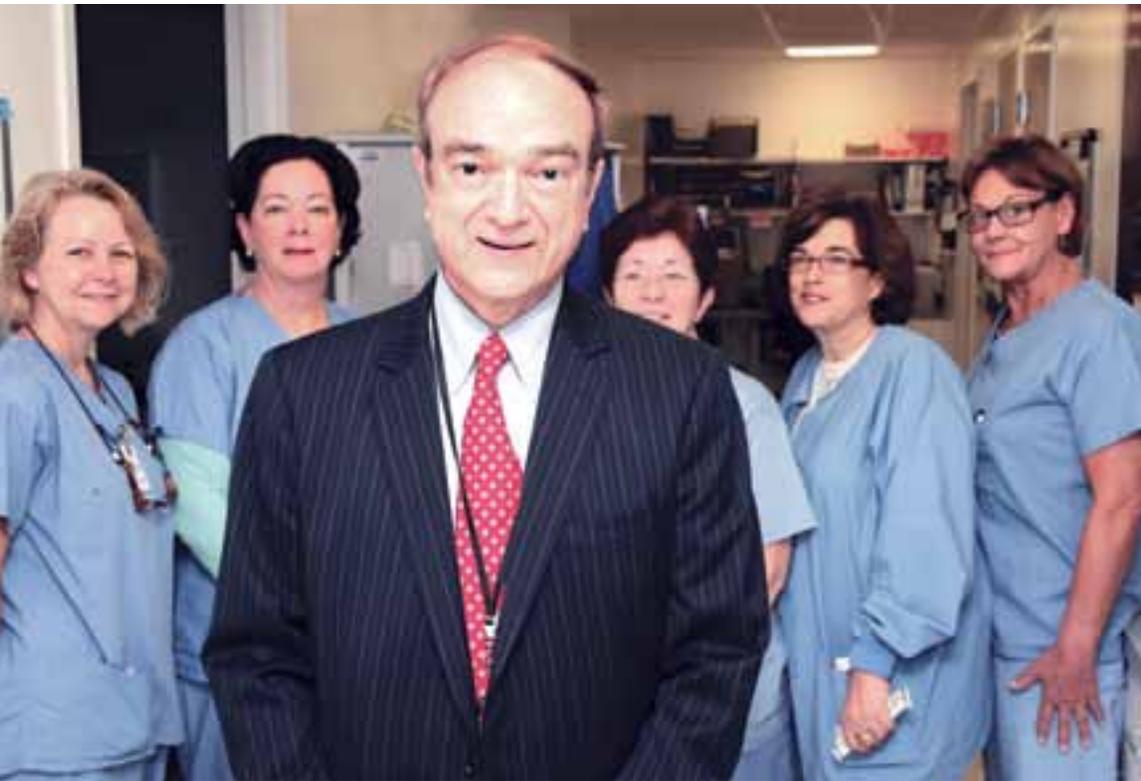
blocked areas. The endoscopy centers at both hospitals also perform routine colonoscopy, gastroscopy and sigmoidoscopy procedures.

"The endoscopy suite at MWH is state-of-the-art and comforting for patients," explains Neal Nadelson, MD, chief of the division of gastroenterology at MWH. "We have the latest technologically-advanced equipment that you would expect to find at an urban teaching hospital. There is a friendly, welcoming spirit among the staff here. Patients leave here with a great peace of mind knowing that they received great care."

Ira Michaelson, MD, chief of the division of gastroenterology at LMH, adds, "We have a very busy unit here. Our medical staff has many years of experience in treating these disorders and are committed to keeping abreast of the latest advances in the field such as in small bowel endoscopy procedures and endoscopic

ultrasound, both of which we are now performing at LMH. Our physicians use many of the new surgical techniques and procedures that improve patient care, reduce recovery times and lead to positive outcomes. Many of our patients are surprised when they learn about the advanced work we perform here."

When a problem occurs during digestion and a patient experiences symptoms such as constipation, diarrhea, vomiting, nausea, heartburn, unexplained weight loss, bleeding, and/or abdominal pain, a primary care physician may refer them to a gastroenterologist. HHS's board-certified gastroenterologists (GIs) have extensive training, years of experience and a solid reputation for excellence in treating diseases of the digestive tract. They have particular expertise in treating issues concerned with the esophagus, stomach, small intestine, colon and rectum, pancreas, gallbladder, bile ducts and liver.



Ira Michaelson, MD, chief of the division of gastroenterology at Lawrence Memorial Hospital of Medford with the nursing staff in the endoscopy suite.



Neal Nadelson, MD, chief of the division of gastroenterology at Melrose-Wakefield Hospital.

HHS has recently added two new physicians Aarti Kakkar, MD and Kenneth Shieh, MD who specialize in the latest gastrointestinal and endoscopic procedures. Dr. Kakkar has a concentrated clinical interest in the treatment of inflammatory bowel disease, endoscopy and women's health. Similarly, Dr. Shieh's clinical interests include colon cancer screening and prevention and treatment of liver diseases.

Our GIs also provide screenings to detect serious diseases at their early stages when they are most easily treated and managed. Colon cancer, for example, is the second-leading cause of cancer death in the United States. Early detection through a colonoscopy and increased public awareness has drastically improved survival rates. With convenient locations throughout the region, HHS makes it easy for patients to take this life-saving test.

HHS GI's detect, diagnose and treat various digestive disorders including:

- Gastroesophageal Reflux Disease (GERD)
- Food intolerance
- Ulcers
- Colorectal polyps or cancer
- Gallstones
- Inflammatory bowel disease
- Irritable bowel syndrome
- Viral liver disease
- Alcoholic liver disease
- Intestinal gas problems
- Rectal complaints such as hemorrhoid or anal fissures

HHS GI specialists have established an excellent track record of accurate detection, complete diagnosis and a comprehensive treatment of conditions and diseases for the best patient outcomes. Patients with these complicated conditions and disorders also benefit from being treated by an experienced specialist who has treated a large number of similar cases.

The following HHS physicians specialize in gastrointestinal and endoscopic procedures:

Everett

Madan Zutshi, MD

Malden

Subhash Chander Bowry, MD
Chintamani B. Gokhale, MD

Medford

Aarti Kakkar, MD
Ira Michaelson, MD
Chander Nagpaul, MD
Kenneth Shieh, MD

Melrose

Canan Avunduk, MD
Carlo Cecchetti, MD
Martin Hahn, MD
Aarti Kakkar, MD
Neal Warren Nadelson, MD
Michael Newman, MD
Kenneth Shieh, MD
Michael Weinstein, MD

Reading

David Siegenberg, MD

Stoneham

T. Jack Lee, MD
Jose Manuel Marcal, Jr., MD



FIND a GI specialist.

i For more information

For more information on the physicians listed above, visit www.hallmarkhealth.org and select "Physician Search" or call (800) 540-9191. For more information on gastroenterology services, visit www.hallmarkhealth.org and select "Clinical Programs."