



Boston Bruins visit with LMH patients and staff



Above, "Blades," (center), the official mascot of the Boston Bruins, is photographed with **Ted Butler, MD**, (l.) **Joseph Murphy, MD** and **Laurence Conway, MD** during a recent visit to Lawrence Memorial Hospital. Two Bruin players, **Daniel Paille** and **Michael Ryder** visited patients on several floors of the hospital and signed autographs for staff and visitors.

Hallmark Health physicians are 'Best of Boston'

Dennis Begos, MD, Colon & Rectal Surgery and **Jonathan Hall, MD**, Plastic Surgery and **Peter Tiffany, MD**, Urology were named to *Boston Magazine's* Best Doctors in Boston for 2010. This annual list showcases more than 300 physicians by their specialty who have been singled out by their fellow physicians as representing the best in the Boston area.

Dr. Sbardella completes requirements for Advisory Board

Steven P. Sbardella, MD, Chairman of Emergency Medicine and System Medical Director of Quality completed the fellowship program at the Advisory Board in Washington, DC this November. The Advisory Board is a national firm known as a leader in healthcare management and leadership.

Founders' Symposium focuses on a culture of confidence

Hallmark Health's Fourth Annual Founders' Symposium on Dec. 9, centered on the theme, "Building a Culture of Confidence." The guest speaker for the evening was **Paul H. Keckley, PhD**, who discussed, "Health Reform and Disruptive Change in Healthcare: Current Status, What's Ahead?" Hallmark Health trustees, corporators and physician leaders attended the presentation.

In his opening remarks, **Michael V. Sack**, president and chief executive officer of Hallmark Health, described how Hallmark Health is in the midst of a dynamic journey that will build an extraordinary culture of confidence and transform the system into a national model for 21st century healthcare. Dr. Keckley, executive director of the Deloitte Center for Health Solutions, is one of the country's leading experts on health reform. In his remarks he predicted that despite the results of the November elections, Congress will not repeal or replace the new national health reform law.

"The healthcare law will stand," Dr. Keckley said. "The votes just are not there."



Michael V. Sack, (l.), president and chief executive officer of Hallmark Health with Paul Keckley, PhD and William Doherty, MD, chief medical officer for Hallmark Health.

He did predict that health reform will be amended and corrected as implementation goes forward. Its success will depend on a number of factors including the national economy recovering and whether big government can actually improve the national healthcare system or if the private sector will remain the better option.

The Founders' Symposium honors the stewardship and character of the Hallmark Health Board of Trustees and Corporators and celebrates the successes in serving the community healthcare needs over the past year.

Hallmark Health affiliates with Joslin Diabetes Center

Hallmark Health System has announced a new affiliation with the Joslin Diabetes Center, the world's preeminent diabetes research and clinical care organization.

The Joslin Diabetes Center Affiliate at Hallmark Health, which will be led by **Sunita Schurgin, MD**, **Tara Hamilton, MD** and **Sybil Kramer, MD** will offer the latest advances for treating diabetes and its complications as well as patient education and support services. Hallmark Health will be one of 40 national and two international Affiliate locations and the only Joslin Affiliate in Boston's northern suburbs.

"We are honored to enter into this partnership with the Joslin Diabetes Center," said **Terry Giove**, vice president of Ambulatory Services for Hallmark Health. "Our two organizations share the common goal of providing the very best in diabetes care. We look forward to working closely with Joslin to treat, educate and support diabetes patients throughout the Hallmark Health System."

"We are delighted to have Hallmark Health join us in the fight against diabetes," said **Janice Murphy, JD**, director of National Affiliated Programs for the Joslin Diabetes Center. "We've got a huge problem with diabetes in the United States. Hallmark Health has shown its commitment to dealing with this chronic disease and we're thrilled to partner with them."

The center at Hallmark Health will offer advanced clinical care for the treatment of diabetes for patients ages 18 and older, as well as patient education and support services. These include diabetes screening, comprehensive diabetes care and management, weight management and nutrition counseling. Along with expert diabetes care, these physicians will continue to provide treatment for a wide variety of other endocrinology diagnoses.

Hallmark Health announces laboratory affiliation with Mayo Clinic

Hallmark Health has selected Mayo Medical Laboratories as its primary reference laboratory. This selection will give Hallmark Health access to Mayo Clinic's extensive menu of laboratory tests and clinical expertise. The Mayo Clinic is an internationally renowned medical practice and research group.

Through its worldwide network of more than 4,000 clients, Mayo Medical Laboratories enables hospitals around the world to send tests to the sophisticated laboratories of Mayo Clinic. Through this arrangement, Hallmark Health will offer its communities timely, collaborative access to complex tests performed by Mayo Clinic.

Hallmark Health's access to Mayo Clinic's extensive test menu will enhance its ability to provide the highest quality laboratory testing for communities north of Boston. Most laboratory tests will still be performed at Hallmark Health's sophisticated labs. Only the most specialized tests will be sent by air to Mayo Clinic providing quick turn-around-time on most laboratory test results. Mayo Clinic physicians and scientists will be available for consultation regarding test selection, utilization, methodologies and result interpretation.

For more information on the Mayo Clinic affiliation, please contact **Michael Biskup**, director of Laboratory Services at (781) 979-3102.

Palpable breast mass

K. Eric Henrikson, MD, chairman, Department of Radiology & **Olga Efimova, MD, PhD**, Hallmark Health Imaging Associates

This article will present the current best practice related to the imaging workup of a palpable breast mass in women. The approach below is supported by the American College of Radiology appropriateness guidelines.

The imaging approach to a palpable mass in a woman 30 years of age or older should be a diagnostic mammogram followed by an ultrasound of the area of interest most efficiently ordered on the same day. The imaging approach to

palpable mass in a woman less than 30 years of age should be an ultrasound of the area of interest in the breast. The utility of a mammogram in this age group will be determined after the ultrasound has been performed.

Please provide the patient with a diagram delineating the location of the clinical region that is in question and have them bring this to their appointment. This diagram is most helpful when it is drawn as if the patient is supine with the area of interest marked by "o'clock" position (virtually superimposing a clock face on the supine breast) and the distance of the area of concern from the nipple in centimeters.

This approach represents the most frequent imaging chain. Please note, however, there are many variations that may arise. Also, most importantly, please note that there are expert surgeons within Hallmark Health who have superb clinical exam skills and can greatly add to the management of breast lesions whether clearly defined or subtle.

To speak with a radiologist regarding our breast imaging services, please call (781) 979-3120 for Melrose-Wakefield Hospital or (781) 306-6802 for Lawrence Memorial Hospital.

Estimated Average Glucose is part of laboratory report

The Estimated Average Glucose (eAG) is part of the Hallmark Health Laboratory report. It is a calculation which now appears with each GlycoHemoglobin (A1c) result.

The eAG helps the patient better understand the A1c result. By converting the A1c result, the eAG calculation gives the patient a familiar number similar to the glucose result they see every day on their home meter. The formula for the calculation is: $eAG(mg/dl) = 28.7 \times A1C - 46.7$.

The laboratory believes this will be helpful to you and your patients.

Normal Ranges:

A1c (4.2 – 5.8%); eAG (74 – 120 mg/dL)

The following table illustrates how the calculation works.

A1c Result (%)	eAG Result (mg/dL)
5	97
6	126
7	154
8	183
9	212
10	240

For more information on eAG, contact **Michael Biskup**, director of Laboratory Services at (781) 979-3102.

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