



Hallmark Health staff discuss addictions with middle school students

Robert Welch, MD, chief of psychiatry at Melrose-Wakefield Hospital and **Carol Plotkin**, system director of Behavioral Health, gave a presentation to 300 students last month as part of the week long drug and alcohol prevention summit at the Melrose Veterans Memorial Middle School. Dr. Welch outlined the role of physicians and healthcare professionals in treating patients and preventing addictive behaviors.

Annual Gala coming to the TD Garden, Sept. 10.

Hallmark Health's Annual Gala will be extra special this year. The gala will be held at the TD Garden in Boston on Saturday evening, Sept. 10. It will be a fabulous night out of fine dining and music on the floor of the Garden. Plans call for a silent and live auction, a chance to meet and greet members of the Boston Bruins and other celebrities.

Congressman **Edward J. Markey** and his wife **Susan Blumenthal, MD** will be the honored guests for the evening. As in past years, three Hallmark Health Hero Awards will be presented. **Jordan Rich**, from WBZ News Radio, will serve as the emcee for the evening.

Funds from the Annual Gala benefit the Hallmark Health Hematology and Oncology Center. For more information on Hallmark Health's Annual Gala, please call (781) 979-6100.



Dr. Sandor to lead Hallmark Health's Bariatric & Weight Management Program



Andras Sandor, MD has been named director of Hallmark Health's Bariatric & Weight Management Program. Dr. Sandor, chief of the Department of Surgery at Lawrence Memorial Hospital of Medford, is also a Bariatric Surgery Center of Excellence Designee. The designation, awarded by the Surgical Review Corporation in collaboration with the American Society for Metabolic and Bariatric Surgery, recognizes optimal performance levels, despite the fact that many obese patients present sharply increased surgical risks.

Hallmark Health's Bariatric & Weight Management Program has been designated as a Center of Excellence by the American Society for Bariatric Surgery. This program has also achieved a Blue Distinction Center for Bariatric Surgery by Blue Cross Blue Shield.

Dr. Sandor will host a general information session on weight loss surgery on July 28, from 6 - 7 p.m. in the Lawrence Memorial/Regis College School of Nursing in Classroom D. Physicians who know of patients that may benefit from this surgery should have them attend this free information session.

Hallmark Health Cosmetic & Laser Center now open

Hallmark Health's new Cosmetic & Laser Center is now open. The Center combines the expertise of highly qualified medical professionals with the safety first, quality-driven focus of Hallmark Health that provides a medical grade solution for many of your cosmetic needs.

Located at the Hallmark Health Medical Center, 30 New Crossing Road, Reading, the modern and convenient Center will assist men and women to look and feel better by offering a wealth of services including laser hair removal, spider vein removal, age/sun/brown spot removal, skin tightening, wrinkle reduction, as well as Botox®, Juvéderm® and Radiesse®.

As a hospital-affiliated, dedicated cosmetic laser center, the facility provides the high level of quality and safety available in all Hallmark Health services. Most importantly, all treatments will be administered by registered nurses or nurse practitioners that have years of experience and are specially trained in cosmetic laser services. An on-site medical director will oversee the Center and provide support and oversight to clinicians. Clients can feel confident that they are getting the safest, highest quality care available.

Hallmark Health Cosmetic & Laser Center features the Candela GentleMAX Laser which offers the only patented dynamic cooling device that maximizes patient safety and comfort. To accommodate clients' busy schedules, the Center is open Tuesday through Saturday with morning, afternoon and evening appointments. There is also onsite parking and a full line of Obagi® medical skin care products to compliment the Center's array of cosmetic laser services.

Visit www.hhcosmeticlasercenter.org to learn more.



IMAGING COLUMN

Abdominal Aortic Aneurysms

In the past 30 years, the occurrence of Abdominal Aortic Aneurysms (AAA) has increased threefold, accounting for more than 15,000 deaths each year. While Hallmark Health's endovascular experience extends over 20 years, for the past four years we have been performing endovascular repairs of abdominal aortic aneurysms and other endovascular procedures in our state-of-the-art Cardiac & Endovascular Center.

AAAs affect approximately 8 percent of the population over the age of 65. Patients at the highest risk are males over the age of 60 who have smoked and/or have a history of atherosclerosis or a family history of AAA. Hallmark Health's physicians have been leaders in introducing advanced vascular treatment, the latest healing strategies and surgical techniques to this region. Vascular disease can range from life threatening AAAs to circulatory problems caused by blockages of arteries and veins. Endovascular procedures often correct these problems. Our vascular surgeons, including **Jeanette Chang, MD**, **Michael Naylor, MD**, **Ronald Nath, MD** and **Michael Tameo, MD**, and as well as our interventional radiologists, **Neil Denbow, MD**, **Coralli So, MD** and **Wayne Wivell, MD** have specialized advanced training in many minimally invasive endovascular procedures.

The endovascular repair of an AAA technique uses state-of-the-art imaging to guide a catheter and graft inside the patient's artery. For this procedure, an incision is made in the skin at the groin through which a catheter is passed into the femoral artery and directed to the aortic aneurysm. The physician passes a stent graft through this catheter that is compressed into a small diameter within the catheter. The stent is advanced to the aneurysm and then opened, creating new walls in the blood vessel that allows the blood to flow more freely. This type of repair is usually a safer, more prudent approach for "high risk" AAA patients who may not be able to tolerate the traditional open method of repair. Also, endovascular repairs can be an excellent choice for the majority of patients with large abdominal aneurysms.

The traditional technique for repair of an AAA requires an abdominal incision and a five to seven day hospital stay. Complete recovery after a surgical repair usually takes four to six weeks. By comparison, patients who can benefit from an endovascular repair are often discharged the day after the procedure and typically do not require an intensive care stay post-op. These patients are able to return to their normal life style within two weeks.

To set up a consult for your patients, or for any questions regarding any of Hallmark Health's endovascular procedures, please call (781) 979-3999.

Hallmark Health pharmacies awarded Cardinal Health Foundation grant

Hallmark Health was recently awarded a generous grant from the Cardinal Health Foundation to improve medication management. Hallmark Health is one of 38 other hospitals and healthcare organizations throughout the country that received grants from the Foundation, which in total equal \$1.2 million. The funding will be used to add additional staff at its two hospitals to provide discharge counseling to Congestive Heart Failure (CHF) patients at high risk for re-admission who are getting ready to leave the hospital.

"We are very honored and excited to receive this grant," said **Michelle Corrado**, system director of pharmacy services at Hallmark Health.

Hallmark Health Medical Associates welcomes new physicians

Hallmark Health Medical Associates is growing. Please join us in welcoming the following physicians:

Richard Aubry, MD (Family Medicine)
425 Revere St., Revere, (781) 286-1313

Lily Narusevicius, MD (Internal Medicine)
30 New Crossing Road, Reading, (781) 213-5170

Enrico Souto, MD (Gastroenterology)
101 Main St., Suite 211, Medford, (781) 391-3008

Richard Olans, MD (Infectious Disease)
830 Main St., Melrose, (781) 662-1053

Yesoda Rao, MD (Internal Medicine)
101 Main St., Suite 214, Medford, (781) 395-2460

Cara Chevalier, MD (formerly Cara Smith, MD)
(Family Medicine)
Malden Family Health Center, 178 Savin St.,
Malden, (781) 338-7400

Jordan Gutweiler, MD (General Surgery),
Melrose Wakefield Hospital, Melrose,
(781) 979-3850

Shiloe Souza Burzinski, MD (OB/GYN),
109 Commercial Street, Malden, (781) 388-4160

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