

Hallmark Happenings

New lymphedema clinic improves cancer patients' quality of life

Lymphedema is a chronic swelling of the face, arm, breast, leg or trunk that is often a result of lymph nodes being removed or damaged during surgery or cancer treatment. It's a side effect that can be debilitating, uncomfortable, life-altering and affects high percentages of cancer patients.

The Hallmark Health System Lymphedema and Physical Therapy Clinic at the Hematology and Oncology Center in Stoneham is the only one of its kind north of Boston, offering area residents easy access to treatment that addresses these medical needs and as a result improves their quality of life. The clinic is staffed by a certified lymphedema therapist that works one-on-one with patients to treat their lymphedema through compression bandaging, manual lymphatic drainage and exercise. The therapist also addresses fatigue and other side effects that result from cancer treatment.

For more information on the Lymphedema Clinic, call (781) 395-7750.



Hallmark Health System's Comprehensive Breast Center

Opening in spring 2012, Hallmark Health System's (HHS) Comprehensive Breast Center will provide the easiest access to the highest standards of breast care in the area. The Center will bring together all the clinical services that patients need in one setting, conveniently located at 41 Montvale Ave. in Stoneham.

Evaluation and management of patients with potential breast disease requires a very complex, in-depth care analysis. Research shows that breast patients are best managed through organized, multi-disciplinary team evaluation. The Comprehensive Breast Center at HHS uses this multi-

disciplinary, integrative and comprehensive breast care approach. It uses a team of board-certified, highly-skilled radiologists and surgeons, a dedicated nurse navigator, a lymphedema specialist and other healthcare professionals all in one location. Onsite mammography, ultrasound and stereotactic biopsy capabilities as well as surgical and oncology consults are readily available. The combination of a highly-trained and skilled medical staff along with the amenities of the facility reinforce the quality that HHS provides in the Comprehensive Breast Center.

Breast MRIs now available at Melrose-Wakefield Hospital

The Imaging Department at Hallmark Health System has added Magnetic Resonance Imaging (MRI) of the breast to their list of MRI services. This service is available at Melrose-Wakefield Hospital on the new GE1.5T Excite HD MR system.

MRI of the breast is used for the detection and characterization of breast disease, the extent of the disease, evaluation of treatment response and

guidance for biopsy and localization. MRI findings are correlated with clinical history, physical examination results, the results of mammography and any other prior breast imaging. A board-certified, breast imaging radiologist studies the images from each exam and sends a detailed report to your physician.

To learn more about breast MRIs or to schedule your appointment, please call (781) 279-2213.