



From the CEO

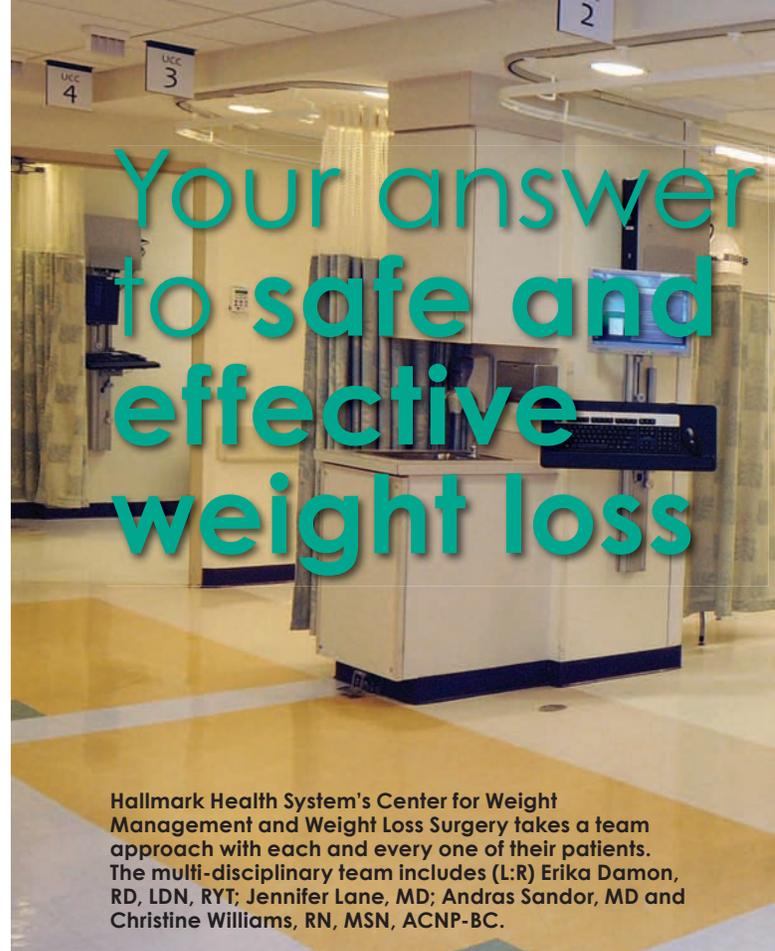
A letter from
Michael V. Sack

Spring 2013 is arriving after a winter of snow, freezing rain and bitter temperatures. The day the blizzard hit Massachusetts, our incredible staff made certain that our doors remained open and our services were at the ready in the hospitals, Emergency Departments and in our home health organization to help anyone in need. Our ceaseless commitment in improving our care and services to our communities was much in evidence. What a beginning to the new year!

We have established ambitious goals for this year with our Board of Trustees and Medical Staff leadership. We are emphasizing care, quality and access by improving our ambulatory care programs including urgent care. The alignment and mutual support between our doctors and organization as we consider creating a new Hallmark Health System (HHS) with other partners has never been stronger. Our transition to wellness, rewarding health maintenance and population health maintenance is exciting and filled with change. Our goal is to manage this transitional process of change with transparency and thoughtful preparation. What guides us and what will make us successful is our willingness to work together and to maintain our fundamental commitment to the residents of our communities.

If you would like more information about what makes HHS a great community-based provider including our unwavering passion for clinical excellence and an “A” grade for patient safety from a national organization of major employers and other purchasers of healthcare committed to encouraging safer, high quality healthcare, please visit hallmarkhealth.org.

Michael V. Sack, FACHE
President and Chief Executive Officer
Hallmark Health System



Your answer to safe and effective weight loss

Hallmark Health System's Center for Weight Management and Weight Loss Surgery takes a team approach with each and every one of their patients. The multi-disciplinary team includes (L:R) Erika Damon, RD, LDN, RYT; Jennifer Lane, MD; Andras Sandor, MD and Christine Williams, RN, MSN, ACNP-BC.

Chronic obesity is the second leading cause of preventable death in the United States. For many people with serious weight problems, popular diets and exercise programs rarely produce satisfying results. Today, the most effective strategy for weight loss is to recognize obesity as a disease that needs specialized medical attention, support and care to lose the weight and make sure it doesn't come back.

Hallmark Health System's (HHS) Center for Weight Management and Weight Loss Surgery has established a record of excellence by helping thousands of patients lose significant weight. The Center offers a well-balanced, multi-disciplinary team of experienced board-certified bariatric surgeons, nutritionists, physical therapists and other clinicians to help patients finally achieve their weight loss goals.

Located at Lawrence Memorial Hospital (LMH) of Medford, this newly redesigned program provides realistic and successful strategies that patients can follow to lose excess weight and maintain their loss. There is a new dynamic team of weight management specialists at the Center including Jennifer Lane, MD, a board-certified bariatric surgeon. The Center is nationally recognized and has been designated a Bariatric Surgery Center of Excellence by the American Society for Metabolic and Bariatric Surgery, an honor held by fewer than 500 hospitals throughout the country. The Center has also been recognized as a Blue Distinction Center for Bariatric Surgery by Blue Cross Blue Shield of Massachusetts.



Andras Sandor, MD, the medical director of the Center, said today there are safer, minimally-invasive laparoscopic procedures for patients who need surgery, using smaller incisions, which result in a quicker recovery with less discomfort and complications and a remarkable improvement in the overall quality of life.

Many patients experience lower blood pressure, less joint pain, reduced risk of diabetes, reduced sleep apnea and the alleviation of other medical conditions. Studies show that a comprehensive weight management program can even help patients eliminate diabetes and high blood pressure medications. Patient care continues long after surgery with ongoing support groups, consultations with experienced dietitians and follow-up appointments to help patients maintain their weight loss.

Highly trained and experienced physicians, nursing specialists and physical therapists work closely with each patient to encourage and support them every step of the way. The Center provides one-on-one access to clinical, nutritional and behavioral health specialists to help patients get in the right frame of mind to make significant lifestyle changes, eat healthy, exercise and embrace the strategies that lead to successful weight loss. In addition, the Center offers a medical weight loss program for patients who need to lose weight prior to surgery and is ideal for orthopedic patients with this concern. Monthly support groups are also an integral part of the program as patients learn from experts and each other the most effective strategies for losing weight, keeping it off and maintaining a healthier lifestyle.

To learn more about the Center, visit www.hallmarkhealth.org and select "Programs" or call (781) 306-6166. And, read the remarkable first-person account of a local weight loss patient on page 8.

Weight loss options

- Laparoscopic weight loss surgery
- Adjustable Gastric Banding (Lap-Band™ surgery or Realize™ Band surgery)
- Laparoscopic Roux-en-Y Gastric Bypass
- Laparoscopic Sleeve Gastrectomy
- Medically supervised weight loss

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