A Full Circle Approach to Cancer Care

Compassionate Care for Breast Cancer Patients

Robotic Surgery Gets You Back on Your Feet

When Ticks Bite, Act Fast at Circle Health Urgent Care
Dear Friends,

At Circle Health, we are reminded of our promise every day. Our goal is to provide Complete connected care, and for us that’s more than just a catchy slogan.

For me, these three words align everything that we do. We must be focused on providing care for our community at every step – from prevention to treatment and on through recovery. And as the leader of this progressive health system, I am committed to supporting and growing the array of services Circle Health provides, so together we can make Greater Lowell a healthier, better place to live.

Complete connected care is carried out every day by the staff inside the Cancer Center at Lowell General Hospital and the many providers and support organizations based in our community. We want to reduce your cancer risk through prevention programs like smoking cessation and health screenings. For cancer patients, we offer the latest treatments and technology to provide the highest level of care, close to home. We pledge to hold your hand through every step, and we will continue to find ways to keep cancer from coming back, so you can return to the people and activities that you love.

At the Cancer Center, we treat the whole person, not just the disease, and in this edition of For Your Health you will learn what this means. Our dedicated team of care navigators, social workers and therapists provide additional support during a challenging time. With funds raised at TeamWalk for CancerCare, we provide grants to patients in need, allowing them to focus on their health and wellbeing. And our partners at Circle Home allow patients to be in the most comfortable and restful environment – their own home.

At Circle Health, we have high standards, and it is my job to make sure we meet or exceed them. Thank you for choosing us as your healthcare provider.

Sincerely,

Joseph (Jody) White
Chief Executive Officer, Circle Health

---

New Healing Garden Unveiled at Main Campus

Families of patients receiving care at the main campus of Lowell General Hospital will now have a place to seek peace and tranquility just outside the doors.

The new 5,500 square foot Healing Garden is an important piece of the hospital’s recent Intensive Care Unit expansion, which added 11 beds to allow more critically ill patients to be cared for close to their home and loved ones.

The garden, located along Varnum Avenue just outside the new Gil and Marilyn Campbell ICU, is centered by a labyrinth and includes bench seating, trees and flower gardens.

In a dedication ceremony on Monday, June 26, Circle Health and Lowell General Hospital President and CEO Jody White thanked the generous donors who made the entire ICU project possible. He also singled out retiring Director of Mission and Chaplaincy Carol Gagne, who dedicated many hours to helping families of critically ill patients cope. Board member John Carson and his wife, Linda, then announced they'd made a donation to dedicate the labyrinth to Gagne, who took the first walk through the tranquil space.

Carol Gagne, the recently retired Director of Mission and Chaplaincy at Lowell General, takes the first walk through the labyrinth at the Healing Garden dedication in June.

The state-of-the-art Intensive Care Unit is designed to provide patients and their families with a healing atmosphere, including windows in the spacious, private rooms, and a family corridor and family meeting rooms to provide privacy during a challenging time.
For such tiny creatures, ticks can be a big health risk.

That’s because they feed on blood by burrowing into your skin, and they’re happy to eat for hours, even days. While most tick bites are not dangerous, deer ticks can leave behind parasites that cause debilitating illnesses like Lyme Disease.

The Massachusetts Department of Health estimates there were as many as 15,000 cases of Lyme Disease reported statewide in 2016. It is likely that many more cases went unreported.

The good news is that Lyme Disease can be prevented with antibiotics if a bite is caught early enough. Dr. Sangita Pillai, a physician with Circle Health Urgent Care in Billerica, says it is important to act quickly to remove the tick and, if necessary, be treated for a rash or any other physical reaction to the bite.

Dr. Pillai stresses that prevention is the best medicine when it comes to ticks. Using insect repellent with at least 30% deet – particularly around the shoes, socks and legs – is the most effective way to avoid a bite. It is also important to reapply the repellent every couple of hours.

Another effective repellent is permethrin, which is often used on clothing and both repels and kills ticks.

Ticks like moisture, so you will often find them in the woods, long grass and around wetlands. They are typically active from April to October, but they can survive a frost and live as long as two years. The most dangerous is the female deer tick, a small tick with an orange body.

If a tick does latch on, it should be removed properly. The goal is to avoid squeezing the tick’s body or breaking it apart, so Dr. Pillai recommends using fine-tipped tweezers to pull the tick from the head. Burning the tick or smothering it with petroleum jelly are techniques that can actually make things worse.

If you aren’t sure you can remove it safely, it’s OK to seek help. “Our staff is trained to remove ticks and minimize the risk of exposure to whatever the tick may be carrying,” she says.

If you think you may have been exposed to a tick-borne illness, it is important to be seen quickly.

“Come in early after finding the tick, preferably within 24 hours,” she says. “If you have the tick, bring it with you safely and we can identify it.”

Dr. Francis Magro, an infectious disease physician affiliated with Lowell General Hospital, says most visible bites won’t cause Lyme Disease because it usually takes a tick 36 hours to transmit the parasites.

“If it’s engorged, or it’s been there awhile, it’s harder to tell,” Dr. Magro says.

While the telltale sign of potential Lyme infection is a “bulls-eye” shaped rash, it is important to pay attention to other symptoms, like strange headaches or flu-like symptoms, he says. Often the most dangerous tick bites are the ones you can’t see.

While most tick bites will be relatively harmless, Dr. Pillai says if you have any concerns, don’t be afraid to get checked out.

“If necessary, the staff can talk to you about the pros and cons of treatment,” Dr. Pillai says.

Our Urgent Care locations are open 7 days a week in North Billerica, Westford and Lowell. Online scheduling is available.

Visit www.circle-health.org/urgentcare to learn more.
A sad reality of substance abuse is that the power of addiction can grip most anyone, even a pregnant mother and her unborn child. As part of our ongoing efforts to fight the opioid battle on several fronts, our team has created a new program that will work directly with these vulnerable women.

Backed by a grant from the state’s Health Policy Commission (HPC), Lowell General Hospital’s Maternal Child Health Division has created the HPC Moms Do Care Lowell program for mothers and their babies suffering from symptoms of opioid withdrawal, a condition known as Neonatal Abstinence Syndrome (NAS). NAS occurs when an infant has been exposed to certain drugs while in the womb and upon birth suffers withdrawal symptoms such as difficulty breathing or feeding, fussiness, excessive shaking or seizures.

Dr. Kristin D’Orsi, an obstetrician with Lowell General Hospital WomanHealth, is Medical Director of this comprehensive program, which enhances care and treatment for infants with NAS and provides extensive services for women struggling with opioid use before, during and after pregnancy.

“Opioid use and withdrawal is harmful to a developing fetus – and a repetitive pattern of use and then withdrawal can lead to premature birth, fetal distress, or low birth weight,” says Dr. D’Orsi.

Of the 2,300 babies born at Lowell General Hospital each of the past three years, about 40-50 of them have had symptoms of NAS. Most of these newborns require IV fluids, oxygen, high-calorie formula, tube-feeding, or other support. Decreased stimulation, swaddling, skin-to-skin care, breastfeeding and frequent feeds on demand are beneficial for the baby during this hard time.

Early identification of opioid use during pregnancy can lead to better prenatal care, fewer symptoms once the baby is born, and mothers who are healthier both physically and emotionally.

“Signs to look for in a loved one include increased or prolonged use of prescription medications, defensive behavior about medication use, changes in friends, changes in hygiene, mood swings, flu-like symptoms or ‘pinned’ pupils,” says Paula Dill, a Care Navigator in the new program. “You may also find items like straws, needle caps, cotton or torn cigarette filters, or spoons with a bent handle or burn mark,” says Care Manager Kathryn Mahoney, MS, RN.

The HPC Moms Do Care Lowell is comprised of registered nurses, a nurse practitioner, a dedicated care navigator, data analyst, and peer recovery coach staff. HPC Moms Do Care Lowell, partnering with the Department of Public Health and HPC, provides services including referrals to medication-assisted treatment, medical physicians and mental health care, connections to community-based services, and peer-to-peer support to help women to achieve and maintain recovery.

Mahoney says a critical piece of the program is the peer moms on staff – women who have lived the experience and are in recovery. These women know the challenges of opioid dependence first hand, and help women realize that support and treatment is available to them and that recovery is possible.

“We give them a safe place to turn so they realize that it’s OK to get treatment during pregnancy,” Mahoney says. “And we give them hope – hope for recovery and hope for a better future.”

For information on HPC Moms Do Care Lowell, call 978-934-8220 and ask to speak to the Care Manager.
Renowned Surgical Program Provides Life-Changing Healing

For most women, a hysterectomy requires several days in the hospital and a long, painful recovery. However, Tewksbury resident Jesse Luongo Maiuri not only went home the same day as her surgery, but was pain-free and comfortably back to work just four weeks later.

Maiuri was suffering from a condition known as uterine fibroids, which are typically small, noncancerous growths that occur in as many as 50 percent of women. But in some cases, these growths can become large enough to distort the uterus and cause symptoms like bleeding, pain and cramping.

One option to treat the conditions is a hysterectomy, the second-most common surgery among women in the U.S. But rather than go through the trauma of a large, open incision surgery that would put her out of work for six weeks, she first tried hormonal therapy, which in her case caused clots that had life-threatening side effects.

Once she recovered, surgery was not a short-term option. Then she found Dr. Nonnie-Marie Estella, Director of Minimally Invasive Gynecology at Lowell General Hospital. Dr. Estella had a long-term plan.

“I asked Jesse to make an investment in time,” says Dr. Estella.

By giving her medication that temporarily put her into menopause over a six-month period, Dr. Estella was able to shrink Maiuri’s fibroids so she could perform a minimally-invasive hysterectomy in which several very small incisions are used to perform the surgery.

Dr. Estella has performed hundreds of such procedures, and is part of one of the most experienced surgical teams in robotic-assisted surgery in New England. Lowell General surgeons are able to use minimally invasive options in several different specialties. Because Lowell General meets the highest standards of quality and safety in robotics, the hospital has been designated a Center of Excellence in both Robotic Surgery and Minimally Invasive Gynecology by the Surgical Review Corporation. Lowell General surgeons perform these surgeries using the da Vinci Si Robotic Surgical System®, a state-of-the-art platform that allows for unmatched precision. With this technology, surgeons have more control over their instruments, resulting in less blood loss, less risk of infection, a lower complication rate and a faster recovery.

“Women who have had the laparoscopic hysterectomy still need the same amount of time for tissue to heal as with an open incision surgery,” Dr. Estella says. “We aren’t changing how the tissue heals, but we are changing how the person feels during that healing period. She is starting out feeling much stronger, and often does not need the same level of narcotics for pain control.”

After her successful surgery, Maiuri, an administrative assistant at a Stoneham nursing and rehabilitation center, felt well enough after four weeks to also return to her second job as a sales associate at a retail store.

“I didn’t end up taking any pain pills at all,” says Maiuri. “Every week after the surgery my energy level got better, and I was able to go back to work after four weeks.”

Dr. Estella says that most hysterectomies are still performed with a large open incision. Lowell General Hospital is ahead of the curve with more than 90 percent performed using minimally invasive techniques.

“I cannot say enough about Lowell General,” says Maiuri. “The doctors and staff were great and I ended up transferring all of my doctors over here.”

To learn more about the conditions treated with robotic-assisted surgery, visit www.lowellgeneral.org/roboticsurgery.
A Full Circle Approach to Cancer Care

In 2016, more than 1.5 million new cases of cancer were diagnosed in the United States according to the National Cancer Institute, and nearly 600,000 people died of the disease. But as technology and research advance, more and more people are being put in a different category – cancer survivor.

The Cancer Center at Lowell General Hospital takes a Full Circle Approach to cancer care by treating the entire person, not just the disease. Each individual’s cancer is different, so each new case is reviewed by a multidisciplinary panel of experts who use the latest research and data to determine the best course of treatment.

At Lowell General, we use cutting edge technology to catch the cancer at its earliest and most treatable stage. Once a diagnosis is made, our patients have access to expertly-trained oncologists and surgeons, who seek to deliver the most thorough, least intensive treatment they can provide. During treatment, our staff will hold your hand through every appointment, test and procedure so you can focus on what’s most important – beating cancer. And those who are eligible will have access to the latest experimental treatments through clinical trials.

In Greater Lowell, the best cancer care can be found close to home, near your family and loved ones. Cancer is survivable. At Circle Health, we promise to provide Complete connected care you can count on, when and where you need it most.

Lung Cancer Screening Saves Lives

Are you one of the thousands of Americans who is at risk for developing lung cancer? If you are, one appointment could save your life.

Lowell General Hospital offers Low Dose CT (Computed Tomography) screening for qualified patients that can help catch lung cancer early. And when it is detected in its earliest stages, lung cancer can be treatable.

“We’ve detected seven cases of lung cancer since we began this program last year – cases that might have gone undetected and been very difficult to treat,” says Dr. Scott Abel, Chief of Radiology at Lowell General Hospital. He recalls one case as a true success story that speaks volumes on the importance of screening at-risk patients.

“We found a very small tumor at Stage 1. Due to the close collaboration of our care teams within radiology and the Cancer Center at Lowell General Hospital, the patient was seen by thoracic surgery, had a PET scan in a week, and promptly had a biopsy and surgery. Because we caught it so early it was completely removed; the patient didn’t need additional treatment such as chemotherapy or radiation.”

In just minutes, this simple scan can detect nodules or spots on your lung. Studies have confirmed that screening patients at high risk for lung cancer with a Low Dose CT was significantly more effective in detection than a standard chest X-ray.

Make an appointment with your primary care physician to discuss potential benefits, limitations and possible risks of having a lung cancer screening scan. After reviewing and discussing the criteria, your physician will determine if you are a candidate for a lung cancer screening.

Your physician’s office may schedule the exam or you may call Lowell General Hospital at 978-937-6023 to schedule your screening.

For more information, visit lowellgeneral.org/ lungcancer.

Do you qualify?

Lung cancer screening is quick and easy and is covered by Medicare and many insurance payors based on qualifications. You may qualify for a Low Dose CT lung cancer screening if you meet all of these criteria:

- Are between 55 and 77 years old
- Have no signs or symptoms of lung cancer
- Are a current smoker or have quit within the last 15 years
- Have smoked the equivalent of at least one pack a day for 30 years
- Do not have any general health/other exclusions

If you qualify, you will need an order from your physician to schedule your screening exam.

If you have any questions related to our Lung Cancer Screening Program, please contact our Lung Cancer Screening Program Ambassador at 978-614-3202.

For more information, visit www.lowellgeneral.org or call 1-877-LGH-WELL (1-877-544-9355)
New Technique Gives Prostate Cancer Patients ‘Less is More’ Option to Treatment

When Jock Patterson was diagnosed with prostate cancer last fall, his response wasn’t panic or grief. He knew prostate cancer was curable, and he wasn’t going to let the new diagnosis get him down.

The former football coach just said: “Let’s deal with it.”

Initially, Patterson opted for radioactive prostate seed implants at a suburban Boston hospital. To him, it offered some convenience – one procedure and it was over, rather than daily external radiation treatments that would require a long drive. But the procedure is more invasive and can be accompanied by significant urinary side effects. So he went back to his doctor to ask about alternatives.

That’s when he heard about Dr. Matthew Katz, Medical Director of Radiation Oncology at the Cancer Center at Lowell General Hospital. Katz offered a newer alternative to conventional external radiation (X-ray) treatments, which typically require eight to nine weeks of daily weekday treatments. Instead of nine weeks, Katz told Patterson his treatments could be completed in 5½ weeks, meaning more than a dozen fewer trips from his Hollis, NH, home.

Radiation can be as effective as surgery, but it has to be given in smaller doses. Using a sophisticated process of planning and treatment delivery, Dr. Katz can offer higher doses over a shorter period of time, making it easier to finish. Currently, only a few hospitals in New England offer this shorter treatment, called hypofractionated radiation.

“In the past few years, more clinical trials show long-term success with shorter treatment. Men can get higher doses each day, finish more quickly and get equally effective results,” Katz says. “We can make it more convenient, and take a ‘less is more’ approach with a patient’s time.”

Many men with early stage prostate cancer can get the shorter treatment. The key is careful computer-based planning to limit radiation to other pelvic organs.

Some men may have fewer side effects by using a gel injected under anesthesia between the prostate and rectal wall, minimizing the chance of rectal irritation during or after treatment. After the gel is placed, an MRI and planning CT scan make the radiation safer for both the rectum, prostate and bladder.

“Some men don’t need these procedures to get the shorter radiation treatments,” Katz explains. “It involves individualized discussion to see if it’s the right thing.”

Patterson opted to try it, and he’s glad he did. Not only were the treatments successful, evidenced by his latest checkup in July, but he found the approach of the entire staff at the Cancer Center to be informative and uplifting.

“They are ahead of the game on everything,” Patterson says. “Everyone is upbeat, and when it’s time to get your radiation, they get you in a good position and make you comfortable. It’s a team effort.”

Patterson expected the treatments to leave him exhausted, but he says he felt great and got lots of sleep. For any men faced with a similar diagnosis, he says he would tell them to do the same procedure he did.

“Some people only want to go to Boston, and that’s fine for them,” Patterson says. “Not me. I’m very happy with Lowell General Hospital.”

To learn more about the innovative treatments and clinical trials offered at the Cancer Center at Lowell General Hospital, visit www.lowellgeneral.org/cancer.
For Breast Cancer Patients, Cutting-Edge Care Comes with Compassion

She had done routine mammograms for decades, so her cancer was caught in its earliest stages. She also could draw from the experience of her sister, a breast cancer survivor who was treated by Dr. Rebecca Shore and the Cancer Center at Lowell General Hospital.

“I came to Lowell General because of how they took care of my sister,” Themelis says. “Everything is traumatic when you’re going through it. I went to Dr. Shore and she explained everything – what we were going to do and everything else. She put me very much at ease.”

For patients either facing a possible breast cancer diagnosis or newly diagnosed, Lowell General Hospital provides the services of a Breast Health Navigator who is there to walk the patient through the entire process, from interpretation of test results to scheduling of tests and other treatment.

“I felt very safe being with the whole team at the Cancer Center,” Themelis says. “They did everything for me. All I had to do was show up.”

Inside the Cancer Center, each patient’s case receives a multidisciplinary review by a group that includes a medical oncologist, radiation oncologist, pathologist, radiologist, social worker and a research coordinator who will review if a patient is eligible for clinical trials.

Based on the latest research, Dr. Shore determined that Themelis’ best course of treatment was a lumpectomy, which allows tumors to be removed without disfiguring the breast.

“(Lumpectomy) is not chosen because of vanity,” Dr. Shore says. “It is because it’s an excellent treatment for cancer.”

The surgery lasts only about an hour, Dr. Shore says, and cosmetically, the breast looks the same as it did before the operation.

After the surgery, Themelis went to see Dr. Matthew Katz, the Cancer Center’s Medical Director of radiation oncology. He recommended radiation treatments to make sure the cancer was gone. From there, she saw Dr. Anasuya Gunturi, a medical oncologist who put her on a low dose medication to help keep her cancer at bay.

Less than a year after her surgery, Themelis is back doing the things she loves – spending time with her family, shopping, going out to eat and spending time at the family’s beach house in Salisbury.

“I’m very lucky and I have no side effects whatsoever,” Themelis says. “I would highly recommend Lowell General Hospital. The people are great here.”

To learn more about the Cancer Center at Lowell General Hospital, visit www.lowellgeneral.org/cancer.

It has been less than a year since Joyce Themelis was diagnosed with breast cancer, and despite being cancer free, she says her life will never be the same.

When she was diagnosed in October of 2016, her thoughts went to her family. How would her husband take the news? What would her 19-year-old son do without his mother? Mentally, she was planning her funeral.

“You panic because it’s never happened before to you,” she says. “I was scared. My mother passed away from leukemia. My aunt had colon cancer. But none of my mom’s siblings had any sort of breast cancer.”

But Themelis, 60, of Pepperell, had an advantage in her fight against cancer.

Upcoming Events

Free Adult Skin Screening
Thursday, October 12, 6:30-8:00pm
Screenings for skin cancers and conditions will be performed by Heather Olivieri, PA-C. Call 978-937-6393 for an appointment.

Dinner with Our Docs Advances in Breast Imaging: Screening Mammography to Surgery
Tuesday, October 17, 5:30-7:30pm, FREE
For women considering or already receiving routine mammograms, Jill Steinkeker, MD, Director of Breast Imaging, will discuss benefits of 3D mammography and “First at 40” screening guidelines. Fellowship trained breast surgeon Lerna Ozcan, MD, will present current surgical advances and options based on diagnosis, stage, age, and other criteria.

For more information, visit www.circle-health.org
Cut Through the Confusion on Mammograms – Experts Say ‘First at 40’

Why is it so important for women to get their first mammogram at age 40?
Breast cancer occurrence increases substantially around age 40. The breast cancer occurrence rate for women in their 40s is 2-3 times higher than it is for women in their 30s.

Is it important to have a screening mammogram every year?
Absolutely – early detection is so important! The size and extent of cancer at the time of detection can determine a patient’s prognosis and course of treatment.

What if there isn’t a family history? Is it ok to wait?
No, because the majority of women diagnosed with breast cancer have no family history or any other factors that place them at high risk for the disease.

Are there women who should start having screening mammograms before the age of 40?
Yes, many additional risk factors exist that may place a woman at higher risk of getting breast cancer, including a family history of breast or ovarian cancer and other genetic factors. It's important to discuss your family history with your physician so the right testing is scheduled at the right time.

Is a 3D mammogram better than a regular 2D mammogram?
Yes, because 3D mammography combined with 2D mammography allows for better cancer detection and reduces false positive examinations when compared to 2D mammography alone.

If you aren’t sure when to start yearly mammograms, trust the experts. These medical organizations affirm that if you and your doctor agree, 40 is the appropriate age to start screening.

<table>
<thead>
<tr>
<th>Minimum Age to Start</th>
<th>How Often</th>
</tr>
</thead>
<tbody>
<tr>
<td>American College of Radiology/Society of Breast Imaging</td>
<td>40</td>
</tr>
<tr>
<td>American Congress of Obstetricians and Gynecologists</td>
<td>40</td>
</tr>
<tr>
<td>American Medical Association</td>
<td>40</td>
</tr>
<tr>
<td>National Comprehensive Cancer Network</td>
<td>40</td>
</tr>
<tr>
<td>American Cancer Society</td>
<td>40 (Individual Choice)</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>U.S. Preventive Services Task Force</td>
<td>40 (Individual Choice)</td>
</tr>
</tbody>
</table>

3D mammography is now covered by most insurance plans. If your insurance doesn’t cover it, Lowell General Hospital will waive the cost of the specific 3D mammogram charge.

Andover for your convenience, and a referral is not required.

Schedule online at lowellgeneral.org/mammogram or call 978-937-6023 today.

Women’s Imaging Services at Lowell General Hospital possesses a valid license and certificate of inspection issued by the Massachusetts Department of Public Health.
Since Team Walk for CancerCare first began in 1999, the concept of raising $1 million was a dream that seemed unreachable.

But on May 21, when a record number of walkers and volunteers took to the streets of Lowell for the 18th annual TeamWalk, we came closer than ever before.

The largest single-day fundraising event in Merrimack Valley brought in $920,000 to provide services and support for local cancer patients and their families. Organizers have pledged to make a final push for donations before September 30 to surpass the $1 million mark.

All funds raised directly support patients at the Cancer Center at Lowell General Hospital and those fighting cancer throughout the Merrimack Valley. The contributions to Team Walk provide transportation to and from treatments, support groups and services, wigs, select medication for those in need, and many health and wellness programs.

“Nobody fights alone,” said Jody White, President and CEO of Circle Health, while addressing the crowd that came out on a picture-perfect Sunday morning to support family, friends and neighbors who have been touched by a cancer diagnosis. “Every dollar raised from the event goes to help treat patients and help families cope with cancer.”

Dr. Murat Anamur, Medical Director of the Cancer Center at Lowell General Hospital, reminded those gathered for opening ceremonies, “We don’t treat cancer as a disease, rather we treat people with cancer.”

This year’s event was hosted by WCVB Chief Meteorologist Harvey Leonard and Lowell native and radio personality Lori Grande. Rene Rancourt of the Boston Bruins performed the National Anthem during opening ceremonies accompanied by the color guard from Lowell High School.

Kevin Campbell served as event chairman for the fifth time. Campbell’s team, JoMama, named after his wife Joanne, who lost her battle to cancer in 2006, is one of the event’s top fundraising teams.

“I know how important it is to have support during the time of treatment and after it,” said Campbell. “The support of so many will help to continue to provide this valuable service to so many area families.”

The total amount raised by TeamWalk 2017 will continue to grow as donations are accepted through September 30, 2017.

Donations may be hand-carried or mailed to TeamWalk for CancerCare, c/o Lowell General Hospital, 295 Varnum Avenue, Lowell, MA 01854 or donations by credit card may be made online at www.teamwalk.org.

A Special Thank You to This Year’s Sponsors!

TeamWalk for CancerCare is only possible with the support of hundreds of volunteers, sponsors and members of our community.

Presenting Sponsor

DUNKIN’ DONUTS
Adie-Conway, Inc.

Elite Sponsors

JEANNE D’ARC CREDIT UNION
EQUITY ALLIANCE
Enterprise Bank
THIBAULT FOUNDATION

Champion Sponsors

Riverside Medical Group, LLC
City of Lowell
Fujifilm
McCoy Associates/McDonald’s
Riverside Primary Care Specialist, Inc.

Leader Sponsors

UMass Lowell
106.3 FRANK FM
Dr. Mark Gilchrist
Pridestar
New England Inpatient
Anstiss & Co.
M.E.C. Companies

Saf’s Pizza
Dr. Lija Joseph &
Dr. Jacob Joseph
Tufts Medical Center
Coca-Cola
Madison Security Group
Shields MRI

Cobblestones of Lowell
Jimmy John’s
Hallmark Healthcare
Lowell General Hospital
Auxiliary
Small Changes Make a Big Difference for Prevention, Management of Diabetes

For many coping with diabetes, all they need are a few small changes and a little help to make a world of difference in their health.

Judy Pentedemos, MSN, the Clinical Manager of the Diabetes Management Center at Lowell General Hospital, says for diabetes patients, good health is less about sacrifice, and more about smart choices.

“What we try to teach patients is you can have it all, but you can’t have all of it,” she says. “You have to make a sensible choice, look at your plate and decide what stays and what has to go. That makes a huge difference.”

Diabetes comes in two forms: Type 1 is believed to be an autoimmune condition that is not preventable; and Type 2, which is largely preventable through lifestyle changes but is becoming increasingly common. The 2016 Greater Lowell Health Needs Assessment identified diabetes as a top health problem in the region.

In both cases, diabetes can lead to heart disease, circulatory problems, blindness and kidney failure. However, both types can be controlled by adjusting two primary lifestyle areas – diet and exercise.

“What we try to do is identify the patient’s habits, then match what they already do in the correct proportion to what is going to give them a good outcome,” she says.

For most, exercise means finding at least 30 minutes a day to get your heart rate up, whether it’s 10 minutes at a time, or for 30 minutes straight.

As for dietary changes, Pentedemos’ team focuses on three food groups – carbohydrates, proteins and fat. You can take simple steps to lower the fat in your diet by choosing leaner cuts of meat and lower fat dairy products, using whole grains instead of processed ones, using olive or canola oil for cooking, and adding healthy proteins such as nuts, seeds, and avocado to your routine.

“If it wasn’t a food 100 years ago, it isn’t a food today,” she says. “If you can get back to food as close to the natural source as possible, you will have a much better health outcome.”

You can still eat many of the foods you love; you just may need to prepare it differently and use smaller portions.

“The potato is not your enemy. It’s what you do to the potato,” she says. “Many of us dress it up with butter or sour cream or chop it up and deep fry it. We take a healthy piece of nutrition and turn it into an unhealthy option.”

Pentedemos says patients at the Diabetes Management Center are often surprised at how quickly these small changes can make a difference. She says the proof is in the letters she receives.

“They say, ‘Thank you, you have changed my life,’ and, ‘Diabetes controlled me, now I’m controlling it,’” she says. “Letter after letter, people write and say how their experience here has turned their life around.”

The Diabetes Management Center at Lowell General Hospital has free screenings available. For times and locations or to learn more about what the Diabetes Management Center can do for you, visit www.lowellgeneral.org/diabetes.
Basics for Babies
Tuesday, October 3, 6:30pm-8:30pm, FREE
New and expectant parents and grandparents will learn about feeding, sleep and behavioral issues as well as immunizations.

Big Brother & Sister Sibling Class
Saturday, October 21 or Thursday, December 21, 11:00am-12:00pm, $15 per family
Children ages 3-6 will explore their feelings concerning the arrival of a new baby. They will read a story, do an art project and tour the Birthplace.

Birthplace Tours
Monthly tours, Times vary, FREE
Your guide will answer questions as you visit The Birthplace, including our labor and delivery area, mother and infant area, nursery and special care nursery.

Boot Camp for New Dads®
Saturday, October 28 or December 9, 9:00am-12:00pm, $25
This nationally-recognized workshop is taught by fathers and is for men only. Rookie dads (men expecting their first baby) are oriented to the joys and challenges of fatherhood with the help of a coach and veteran dads with their newborns.

Breastfeeding Class
Monthly classes, Times vary, FREE
Learn the art of breastfeeding. Discover the benefits for mom and baby, valuable tips and more.

Prenatal Yoga
Saturdays, September 30- November 4, 4:00-5:15pm, $60
This series is designed to help pregnant women strengthen and stretch with a focus on connecting to their changing bodies, their growing babies and a community of moms.

Quit Smoking for Your Baby Webinar
To view, visit www.lowellgeneral.org/health, FREE
Learn the facts about the dangers of smoking while pregnant, second hand smoke, the importance of having everyone in the family quit and strategies for quitting.

Tdap Vaccine Drop-In Clinic
Saturday, November 4, 10:00-11:00am, FREE
This drop-in clinic is open to expecting mothers, spouses or significant others, grandparents, babysitters, aunts and uncles as well as friends of the family who are in close contact with infants.

The Happiest Baby on the Block®
Wednesday, November 8, 6:00-7:30pm, $15 per family
Learn an extraordinary approach to calming your baby, tips on how to help babies sleep longer and ways to soothe even the fussiest infant in minutes. *Fee includes program DVD and more.

Tiny Fingers, Tiny Toes: Everything New Parents Need to Know
Saturday, November 11, 9:00am-4:00pm, FREE
Expectant parents will learn about infant care basics, at-home safety, pediatrician visits, and more.

Getting Ready for Your Baby

Did you know that many insurance companies cover the cost of Childbirth Education? Financial assistance may also be available by contacting Community Health and Wellness at 978-788-7224.

Childbirth Classes

- Hypno-Birthing®
- Six-Week Prepared Childbirth
- Teen Prepared Childbirth
- Weekend Prepared Childbirth available in English and Spanish
- Online Prepared Childbirth available in English and Spanish

Lowell General Hospital offers a variety of classes to help you prepare for the birth of your child. Space is limited and registration is required. Birthplace tours included.

Call 1-877-LGH-WELL or visit lowellgeneral.org/health for full descriptions, dates, times and cost. Insurance reimbursement and financial assistance may be available.

For a full description or to register for these and other programs, classes and support groups, please visit www.lowellgeneral.org/health or call 1-877-LGH-WELL (1-877-544-9355).
**Parenting Programs: For Parents of Children of All Ages**

**Active Parenting 1, 2, 3, 4**  
**Fridays, October 13, 20 and 27, 11:30am-1:00pm, FREE**  
This class helps participants understand their children developmentally and gives them skills for dealing with these important early years. Open to caregivers with children ages 0-4. Presented in partnership with NFI Family Resource Center.

**Baby-Wearing 101**  
**Saturday, October 21, 9:00-10:30am, FREE**  
New and expectant parents will learn basic carrier types and general safety information as well as receive small group instruction on baby-wearing. Bring a carrier with you or try on different carriers that will be available. Presented in partnership with Babywearing International of Greater Boston.

**Basic Child Passenger Safety**  
**Monday, December 4, 6:30-8:00pm, FREE**  
New and expectant parents will learn how to keep children safe in a moving motor vehicle. Topics include Massachusetts’ Child Passenger Safety Laws, types of child car seats and how to properly install them.

**Family and Friends CPR**  
**Second Monday of the month, 6:30-8:30pm, $20**  
Learn CPR skills for infants, children and adults. This program is designed for parents, family members and those who want to learn lifesaving skills. Presented in partnership with Trinity EMS.

**Infant Massage**  
**Tuesday, October 5 or December 5, 12:30-1:30pm, $15 per family**  
Infant massage is a centuries-old tradition that offers benefits such as bonding, better sleep, improved colic, relaxation and better digestion.

**Itsy-Bitsy Movin’ and Groovin’**  
**Fridays, 10:00-11:15am, FREE**  
Explore new and different ways for parents and babies to utilize music and movement to benefit development and attachment. Infant sign language will be introduced and used in the songs each week.

**Understanding Teen Bullying**  
**Wednesday, October 25, 6:00-7:30pm, FREE**  
This workshop will differentiate between normal conflict and bullying and will identify problems caused by aggression. Attendees will find out how bullying happens and by whom, and will discuss how to know if your child is a bully or victim. They will also learn how to help their child get through this extremely difficult time.

**Parents Wanted! Looking for Parents to Host Table Talk Events**  
The Substance Abuse Prevention Collaborative in Greater Lowell is looking for parents of tweens and teens to host a “Table Talk” event. All events are led by a professional facilitator. Invite fellow parents to your home to discuss underage drinking and drug use in your community. Attendees at events will:
- Learn new information about underage drinking and other drug use
- Share challenges and hear ideas for prevention
- Get practical tips to use at home and to share with others

Contact Maria Ruggiero, 978-851-7373, ext. 352, for more information or to set up an event in your community.

**We’re Here for You**

**Grandparents as Parents Support Group**  
**Third Tuesday of the month, 6:00-7:30pm, FREE**  
Join other grandparents and caregivers to discuss the challenges and joys of raising children and receive resources and support. This is a drop-in group; no registration required.

**New Mother’s Support Group**  
**Tuesdays, 10:00am-12:00pm, FREE**  
A drop-in support group for new mothers and their babies. This group, led by Registered Nurses/Lactation Consultants of Lowell General Hospital, provides a place to come with your questions and concerns or just to meet other new mothers. It is open to all mothers and their babies regardless of feeding preference.

**Lowell General Hospital Support Groups**  
Lowell General offers a variety of support groups – from diabetes, smoking cessation and sleep disorders, to cancer, heart disease, stroke and more!  
For a full list of our support groups, visit www.lowellgeneral.org/supportgroups

**Tweens and Teens Programs**

**Babysitting Basics Plus CPR**  
**Saturday, September 23, October 14, November 11 or December 9, 9:00am-1:00pm, $60**  
Boys and girls ages 10 and older will learn babysitting skills, CPR and receive a CPR Anytime Kit to practice at home.

**Big Dreams, Big Intentions - For Girls**  
**Saturday, October 7 or November 4, 9:00-11:30am, FREE**  
This interactive program gives girls, ages 9-11, the opportunity to create a visual representation of their goals and a fun way to discover their dreams. Fee covers all vision-board materials.

**Comprehensive Weight Management Program for Teens**  
Join this fun and interactive wellness program that supports teens in becoming balanced, active and mindful young people. In a group setting, 11-18 year-olds learn how a balanced lifestyle can lead to improved health, weight and self-confidence over a 10-week period. Two assessment visits are included.

**Youth Six-Week Wellness Package**  
$99.99/6-week session  
Children ages 7 and up can increase physical activity by trying a combination of surfing, boxing and boot camp classes in this wellness package. Classes are held three days per week. Presented in partnership with SLS Fitness in Lowell.
Health and Wellness Programs

Get Your Body Movin’

Gentle/Moderate Yoga
Tuesdays, September 19-November 14*, 5:00-6:00pm, $85
Wednesdays, September 20-November 1, 5:00-6:00pm, $85
Learn to create breath awareness, enhance balance, increase flexibility and bring about inner peace. Classes include basic breathing practices, as well as a variety of standing, sitting and lying postures. *No class October 17 and November 7.

PiYo™
Mondays, September 25-November 13*, 5:30-6:30pm, $50
PiYo is designed to build strength and gain flexibility with intense choreography that’s fun, challenging and will make you sweat. *No class October 9 and October 30.

Qigong – YangTao™ 12 Step Health Preservation
Tuesdays, November 14-January 16, 2018*, 6:15-7:15pm, $70
Thursdays, September 7-October 26, 7:00-8:00pm, $70
Qigong, pronounced “chi-gung,” is a practice of aligning body, breath and mind for health, meditation and martial arts training involving meditation, slow flowing movement and deep rhythmic breathing. You will learn 12 qigong movements linked together to form a whole body healing workout. *No class December 5 and 26.

Tai Chi – YangTao™ Long Form (Part One)
Thursdays, November 2-December 28*, 6:00-7:00pm, $70
YangTao Tai Chi is a unique blend of two popular Tai Chi forms to enhance the healing qualities of this moving meditation. It can help you reduce stress, improve balance (physical, mental, spiritual), regain lost range-of-motion, slow the aging process and enhance quality of life. *No class on November 23.

Tai Chi – YangTao™ Short Form
Thursdays, September 7-October 26, 6:00-7:00pm, $70 (40 for Westford Senior Center residents)
YangTao Tai Chi Short Form is a series of 13 movements done in a circular pattern in five directions. By synchronizing slow flowing movements, deep rhythmic breathing and a calm meditative state-of-mind, this tai chi style can help reduce stress, improve balance, expand range of motion, and enhance quality of life.

Zumba®
Thursdays, September 28-November 2, 5:30-6:30pm, $50
Interval training sessions are combined with fast and slow rhythms and resistance training to sculpt your body while burning fat. People of all ages can enjoy Zumba’s infectious music, easy-to-follow dance moves and body-beautifying benefits.

Your Heart Health

Cardiovascular Risk Screening
Thursday, October 5, 7:30-11:30am, $25
Make a 30-minute appointment for a full cardiovascular risk screening, which includes blood pressure, body mass index, body fat analysis, cholesterol, blood sugar and peripheral artery disease. Screenings will be performed by a Registered Nurse.

Heart & Soles Mall Walking Program
Daily, 8:00-11:00am, FREE
The Heart & Soles Mall Walking program provides a climate-controlled atmosphere for walking. Free blood pressure screenings are offered on the third Wednesday of every month. Presented in partnership with Simon Pheasant Lane Mall.

Heart CT Calcium Score Scan
Cardiac calcium scoring is one of the simplest, yet most advanced methods to detect heart disease at its earliest stages. The Heart CT Calcium Score Scan costs $100. The scan does not require a physician referral, and it is not covered by insurance. Call 978-937-6023 to schedule your appointment.

Heartsaver® First Aid CPR AED
First Saturday of every month, 9:00am-5:00pm, $100
Become certified in Basic CPR for infants, children and adults, as well as AED and First Aid. Presented in partnership with Trinity EMS. *Fee includes workbook, face mask and certification card.

Stroke Awareness Dinner
Tuesday, November 7, 6:00-8:00pm, FREE
Join Megan Jones, Speech-Language Pathologist, as she discusses How to Communicate with Aphasia. Aphasia is the loss of ability to understand or express speech caused by brain damage. Stroke patients and their support person are invited to attend to discuss their fears and concerns. A buffet dinner is provided; registration required.

For a full description or to register for these and other programs, classes and support
Wellness and You

Anger Management Series
Tuesdays, October 10-November 14, 6:30-8:00pm, $75
Learn to utilize the principles of deep relaxation, slow breathing, constructive affirmations and guided imagery to bring understanding and better control to anger issues. This workshop is useful whether you have anger issues or live or work with people needing assistance to manage their anger.

Big Dreams, Big Intentions
Wednesday, September 27, 6:00-8:30pm, FREE
This program teaches you a fun way to create a vision board of your dreams and goals, as well as how to stay accountable. Show up with a dream and you’ll be sure to leave with a plan!

Fitness Over 40
Wednesday, November 1, 6:00-7:30pm, FREE
Learn how to address the unique health challenges facing adults over 40 when trying to lose body fat, balance hormones and maintain a focus on overall health. Presented in partnership with SLS Fitness in Lowell.

Freedom From Smoking®
Tuesdays, October 17-November 21, 6:00-7:00pm, $30*
This American Lung Association program will give attendees the tools needed to end dependency on smoking and improve their health and wellness. *Full refund upon completion of the entire 8-week course.

Introduction to Personal Safety & Self Defense for Women
Saturday, October 7, 9:00am-1:00pm, FREE
This women’s only workshop teaches safety awareness, risk reduction and how to react to an attack with basic self-defense skills.

Joint Replacement Education
Weekly, Mondays, 11:00am-12:00pm, FREE
Monthly, Mondays, 4:00-5:00pm, FREE
Are you having your hip or knee replaced? Learn what to expect before surgery, the day of surgery and in recovery, as well as tools for case management and discharge planning. Seats are limited. Call 978-942-2253 to register.

Let’s Meditate: Going Within to Your Peaceful Space
Thursday, September 21, 6:00-8:00pm, FREE
Nourish your body, mind and spirit by exploring meditation through sound and vibration, and enhance your own peace and relaxation.

Meditation: A Three-Part Series
Thursdays, October 26-November 9, 6:00-8:00pm, $40
Expand your awareness with meditation practice and experience meditation through the means of sound and vibration. Practice breathing meditation, mindful meditation, Metta meditation (love and kindness practice), mantra meditation and walking meditation.

Mental Health First Aid for Adults
Thursday, September 28, 7:30am-4:30pm, FREE
Learn how to help someone who may be experiencing a mental health related crisis or problem. Topics covered include anxiety, depression, psychosis, and addictions.

Meditation: A Three-Part Series
Thursdays, October 26-November 9, 6:00-8:00pm, $40
Expand your awareness with meditation practice and experience meditation through the means of sound and vibration. Practice breathing meditation, mindful meditation, Metta meditation (love and kindness practice), mantra meditation and walking meditation.

See Yourself to Success Workshop
Thursdays, October 19-November 16, 6:00-8:00pm, FREE
Discover simple, yet effective steps to creating a goal-setting action plan that will leave you feeling happier, more self-confident and fulfilled.

Self Defense for Women
January 8, 10 and 12, 5:30-9:30pm, $25
This three-day course utilizes RAD (Rape Aggression Defense) approach to provide self-defense education for women, focusing on awareness, risk reduction and options for physical self-defense.

Small Steps That Make Big Changes
Wednesday, October 4, 6:00-7:30pm, FREE
Learn the difference between fat loss and weight loss, how to focus on fat loss, how to exercise smarter and how to cut through all the media hype and confusion. Presented in partnership with SLS Fitness in Lowell.

Stress Management with Self-Hypnosis
Mondays, October 30 and November 6, 6:30-8:00pm, FREE
Learn how to cope with stress and benefit from healthier techniques achieved through self-hypnosis. Explore techniques of relaxation, breathing, reflection, meditation, affirming and visualizing.

For our diabetes or radiology oncology programs, visit page 8 or page 11.

Circle Health and Wellness Expo
Saturday, November 4, 11:00am-2:00pm, FREE
Join Circle Health and partners to learn how to keep your body and mind healthy. Presented in partnership with the Pheasant Lane Mall. Expo includes:
• Health Education
• Wellness Screenings
• Massage Therapy
• Stress Management Education
• Raffle Prizes
• and much more!

For Diabetes Programs See Page 5
First Responders Health Fair

Greater Lowell YMCA
35 YMCA Drive, Lowell, MA

Saturday, October 21, 10:00am – 1:00pm

All Greater Lowell First Responders are invited to join us at our drop-in health fair. This fair is an opportunity for all attendees to receive confidential preventative health screenings, which include blood pressure, body mass index (BMI), cardiovascular risk, head and neck, oral and skin screenings. There will also be educational resources available regarding stress management, nutrition, physical activity and healthy sleep education.

This free health fair is open to all Greater Lowell first responders, including police, firefighters, paramedics and EMTs.

Call 1-877-LGH-WELL (1-877-544-9355) or visit www.lowellgeneral.org/health.