Providing Advanced Care Here in Your Community

Beat Breast Cancer by Catching it Early

Programs and Services to Keep Your Heart Healthy

Upcoming Health and Wellness Classes

Anne-Marie Wagner, of Lowell
Welcoming New Providers to Circle Health

At Circle Health, we’re dedicated to meeting the growing needs of our communities. That means expanding our network of physicians who are committed to keeping you healthy, providing expert care and treating you with the attention you deserve. With more physicians, we can accept new patients and maintain the Complete connected care™ that is the promise of Circle Health. The following physicians are accepting new patients.

**Nitin Aggarwal, MD**  
Specialist  
Gastroenterology, Board Certified  
Digestive Health Specialists  
Chelmsford  
978-454-9811

**Erin Haser, MD**  
Specialist  
Otolaryngology  
Massachusetts ENT Associates  
Chelmsford  
978-256-5557

**Caroline Jouhourian, MD**  
Specialist  
Gastroenterology, Board Certified  
Gastroenterology Consultants of Greater Lowell  
North Chelmsford  
978-459-6737

**Elizabeth King, MD**  
Specialist  
Vascular Surgery  
Greater Lowell Vascular Surgery  
Lowell  
978-942-2610

If we can improve the quality of our care while making it more convenient, more people will choose to access that care, and we can create healthier communities for all of us. Healthcare is changing quickly, and Circle Health is poised to stand at the leading edge.

We are excited to see what the future holds in 2020. Enjoy the latest edition of our award-winning magazine, For Your Health, and discover how Circle Health can empower you to lead a healthier life.

**CEO Corner**

In 2020, Circle Health’s Vision is Clear

As we turn the calendar forward to a new year, Circle Health is now just 8 years old, yet much has happened in that time.

The goal of this progressive health system is to make sure our sickest patients can receive the highest quality care close to home, while less serious illnesses and injuries can be cared for in the communities we serve.

An important piece of that journey has been the creation of Circle Health outpatient centers, anchored by an urgent care, patient service center and primary care providers. The opening of Circle Health Tewksbury in 2019 was our fourth such facility, joining similar centers in Westford, Billerica and Dracut.

At the same time, we renovated our Intensive Care Unit at the main campus, creating two state-of-the-art units that are among the most advanced and patient-focused in New England. Soon we will shift our attention to updating the first floor and Emergency Department at our Saints campus, which remains vital to our region’s healthcare system.

If we can improve the quality of our care while making it more convenient, more people will choose to access that care, and we can create healthier communities for all of us. Healthcare is changing quickly, and Circle Health is poised to stand at the leading edge.

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**Jody White is President and CEO of Lowell General Hospital and Circle Health, and Executive Vice President of Wellforce.**

**Need a physician?**

For information on more than 700 physicians in over 30 specialties, call an advisor 24/7 at 1-877-LGH-WELL (1-800-544-9355) or visit www.lowellgeneral.org/findaphysician.
When a person is coping with a chronic illness or recent surgery, sometimes the doctor visits are the easiest part.

Larger challenges arise when a patient returns home with a host of instructions and medications they must follow. Poor compliance with those instructions can land the patient back in the hospital, a hardship for the patient that is also a driver of high healthcare costs.

In the future, keeping up with those instructions may be as simple as talking to Alexa, Amazon’s interactive voice assistant.

Frontive, a California-based digital health technology company, has conducted its first-ever pilot for this new technology with knee replacement patients at Lowell General Hospital. Barbara Viens, DNP, RN, NEA-BC, ONC, Director of Orthopedic Services at Lowell General, says the pilot showed great promise.

“This technology could be a game changer,” Viens says. “We can help patients when they’re here in the hospital, but once they go home, this technology gives us the opportunity to continue that connection. The response we got from patients on their experience with the technology was extremely positive.”

Frontive hopes to fill an important gap in care left when patients go home to recover. In the pilot study, 40 patients scheduled to undergo joint replacement surgery were sent home with the Alexa tool two weeks ahead of time.

Jean Grieco, 78, was one of the participants.

“I am amazed at what Frontive Health can do and how it helped me after my knee surgery last year,” she said. “Even though I read through the binder of information I got at my pre-op session, I didn't need to go back to it after my surgery because I could just ask Frontive. I asked personal questions about my health – from what medications I should take and when, to where I should be in my recovery – and it told me everything I needed to know.”

Knee replacement patients were selected for the initial pilot because they are sent home with a relatively standard but detailed set of instructions for their recovery. Non-compliance with those instructions can lead to complications and a return trip to the hospital. The tool gives patients reminders about medications and appointments, and can answer questions about other discharge instructions.

“When patients are heading home after surgery or were just prescribed their 10th daily medication, expecting them to fully grasp and recall the details around all of these instructions is unrealistic and sets them up for failure,” says Anthony Jones, co-founder and CEO of Frontive. “Today, too much patient information is organized and presented to reduce liability instead of supporting patients the way they actually experience recovery and health management. We’re aiming to change this so that patients always feel supported and in control.”

Viens, who recently completed her doctoral thesis on readmission reduction and seamless transitions to home, believes the technology holds enormous potential for patients managing chronic disease like COPD or congestive heart failure.

“Patients with chronic illness are among the most challenging to treat and comprise a large portion of hospital readmissions,” she says. “This kind of technology can empower these patients to take control of their health at home. If they get the answers they need, they will remain healthier, and that trend will bring down healthcare costs for all of us.”

To learn more about how technology supports our promise to provide Complete connected care, visit www.lowellgeneral.org.
In Cambodia, many services Americans take for granted – like emergency medical care – are reserved only for those who can afford it.

“If you don’t look like you can pay, they will say ‘we can’t admit you,’” says Dr. Rothsovann Yong, a Lowell General Hospital emergency room physician who emigrated from Cambodia as a child.

The connection between Cambodia and Lowell is a strong one. Lowell has the second highest population of Cambodian residents in the country, behind only Long Beach, California. But thanks to Dr. Yong and several others, that connection is growing stronger in Cambodia as well by helping that country’s poor gain access to healthcare and screenings.

In October, a group from Lowell General Hospital travelled to Sihanouk Hospital Center of Hope in Phnom Penh, Cambodia to witness the graduation of four Cambodian physicians from an ultrasound training program installed by Dr. Yong, using an ultrasound machine donated four years ago by Lowell General.

The Lowell group included Lowell General Hospital President and CEO Jody White and COO and Executive Vice President Amy Hoey, along with Dr. Yong and her husband, and Dr. Milton and Debbie Drake, who forged this “sister hospital” relationship in 2014.

“Cambodians are part of the fabric of our community, from our medical staff to our employees and patients,” Hoey says. “It was important to us to honor that relationship, and we could tell our visit was meaningful.”

The Drakes have performed medical mission work in poor areas from Central America to Cambodia. Dr. Drake is now a director with Hope Worldwide, which operates Sihanouk Hospital as well as Sonja Kill Memorial Hospital in Kampot, both of which serve the poor at little or no cost.

The sister hospital relationship was initiated when several Cambodian physicians came to Lowell to tour the hospital. Two years later, Dr. Yong and former Lowell colleague Dr. Chris Clingan went to Cambodia with the ultrasound machine. The imaging technology enables physicians to immediately identify dangerous conditions inside the body like fluid around the heart, gall bladder infections and problematic early pregnancies, without waiting days for blood testing results.

Dr. Yong implemented the 3½ year training program to “train the trainers” so they could go on and teach others. Her hope is that she and other doctors can rotate through Cambodia each year to maintain and expand the training.

Along with the graduation, the Lowell group got an up-close look at how Hope Worldwide operates its hospitals and does outreach, including a trip to a remote floating village that a healthcare team visits once a month to see patients, who arrive on small boats.

Dr. Yong is hopeful that the relationship between the hospitals will continue to grow. Few personify the connection between these two distance places more than her.

When she was a child, her family fled Cambodia and the brutal Khmer Rouge regime. She came to the United States as a refugee, and went on to become a doctor.

“Cambodia is very close to my heart, so I feel a profound connection to this mission,” she says. “This ultrasound and the doctors who are trained to use it will save lives.”

To learn more about the medical mission of Hope Worldwide and how you can help, visit www.hopewww.org.
When your child’s runny nose and cough take a turn for the worse, it can be difficult to know whether it’s just a bad cold or something more serious.

Dr. Jennifer Murzycki, a Tufts Medical Center pediatric specialist practicing at Lowell General Hospital, says there are key differences that can help parents understand the potential severity and duration of their child’s illness.

Colds, croup, bronchiolitis and the flu can all include symptoms like fever and congestion. The biggest difference with the flu is how quickly it comes on.

“Some colds start out slow with mild symptoms like a runny nose, then build up to a cough, and by day four or five you are at your worst, then you start to feel better – so increasing then decreasing,” she says. “With the flu, you’re fine and within hours you feel pretty sick, usually with higher fevers and more significant achiness and fatigue.”

Dr. Murzycki is chief of the Pediatric Hospitalist Program at Lowell General Hospital, where she and a team of physicians provide 24-7 coverage for the Maternal-Infant Unit, pediatric floor and pediatric emergency department. This extra level of specialized care is made possible through Lowell General’s partnership with Tufts Medical Center, a fellow member of the Wellforce system.

“Pediatric patients in this area are really fortunate to have round-the-clock access to our hospitalists,” Dr. Murzycki says. “Having at least one, if not two or three pediatricians on site means we can cover anything that might happen.”

This time of year, the pediatric specialists see a lot of viruses, many of which can come with congestion and high fever.

“If a child’s breathing is very fast or it seems like they are having a tugging around their neck or below their ribs, those are really important times to at least reach out to your primary care physician (PCP) and tell them what’s going on so they can tell if a child needs more attention,” she says.

If a child is struggling to keep down fluids due to coughing and/or vomiting, she says, it can limit their ability to heal and get better.

“We worry less about food, and much more about whether a child can tolerate formula or breast milk or Pedialyte®, depending on the age,” she says. “You can judge hydration based on whether a baby is still making wet diapers or a child is still going to the potty.”

Croup and bronchiolitis are also common this time of year. Both can cause difficulty breathing, making it a frightening experience for the child and parent.

With croup, the upper airway becomes inflamed, causing a barking cough, according to Dr. Murzycki. It usually responds well to humid air or cold, fresh air outside.

Bronchiolitis is very common in infants and toddlers, she says. It occurs when the small, end branches of the bronchial tubes in the lungs become inflamed. This results in a lot of mucus build up and a wet cough.

Most of these conditions, while unsettling, do not require a trip to the emergency room or admission to the hospital. Unless you fear the condition is life threatening, a call to the PCP or a trip to urgent care is typically more appropriate than a trip to the hospital, Dr. Murzycki says.

Of course, the best way to stay out of the doctors’ office this winter is by getting kids a flu shot and teaching them good hygiene habits.

“Keep that gel around the house and school,” she says. “Teaching kids good hand hygiene, coughing into their arm instead of their hand, and using hand gel afterwards are really helpful in infection control.”

To learn more about the expert pediatric care at Lowell General Hospital, visit www.lowellgeneral.org/pediatrics.
A Fluttering Heart Can Be a Warning Sign for AFib, Stroke

Dr. Miret Habashy-Ibrahim is a cardiologist at Lowell General Hospital’s Heart and Vascular Center and Medical Director of the Anticoagulation Management Service. She is board certified in internal medicine, general cardiology, nuclear cardiology and echocardiography. Here she discusses the diagnosis and treatment of AFib.

What is AFib?
AFib stands for atrial fibrillation. It is a type of arrhythmia or irregular heart rhythm that originates from the atria, or top chambers of the heart. The atria beat so fast that they do not contract well and described as ‘fibrillating.’ It is a relatively common condition affecting nearly 3 million Americans.

What are the symptoms?
Many people will describe their heart skipping beats, a racing heartbeat, shortness of breath, and a feeling of light-headedness or nausea, especially when standing up or bending over. But others feel very light symptoms or none at all and have it discovered on a routine checkup.

What is the risk of AFib?
Many people don’t realize that AFib is a serious condition. If the heart is not moving blood effectively, it can clot. If that clot then lodges in an artery that feeds the brain, it will cause a stroke. Untreated AFib can double the risk of heart-related death and increases the chance for stroke by five times.

What are the risk factors?
People of any age can develop AFib, but the chances increase with age. Patients with high blood pressure, diabetes, congestive heart failure and prior stroke are at greatest risk. Other risk factors include other forms of heart disease, family history, smoking, excessive alcohol use, sleep apnea, prolonged athletic conditioning, and chronic conditions like diabetes, asthma and thyroid problems.

How can I prevent it from flaring up?
Common triggers include energy drinks, excessive alcohol, too much caffeine, stress, anxiety or poor sleep. For others, exercise that raises the heart rate above a certain level can be a trigger.

How is it treated and managed?
Treatment starts with a thorough examination with a cardiologist. Though clots are not 100% preventable, the condition is usually treated with medication to slow the heart rate down and blood thinners to prevent stroke.

If there is an underlying cause, such as hypothyroidism, treating that cause can be very effective.

What can I do if medication doesn’t work?
A cardiologist may recommend electrical cardioversion, a procedure that shocks the heart in an effort to reset the proper rhythm. Another option is an ablation, where an interventional cardiologist inserts a catheter through the blood vessels and into the heart. The catheter is used to deliver energy that scars the area sending abnormal signals to the heart. Depending on the area of the heart triggering the AFib, a pacemaker may need to be implanted as well.

Learning About Heart Disease
Wednesday, February 26,
6:00-7:00pm, FREE
Lowell General Hospital,
Main Campus, Clark Auditorium
Join Dr. Miret Ibrahim, board-certified cardiologist, to learn the difference between fact and fiction when it comes to heart disease.

Family & Friends® CPR
Wednesday, March 18
6:00-8:00pm, FREE
Lowell General Hospital,
Main Campus, Clark Auditorium
Learn how you can save the life of an adult, child or infant by performing CPR or assisting with a blocked airway.

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

Programs are made possible by Lowell General Hospital’s Cardiac Cares Fund.
Cardiac Rehabilitation Program Paves the Way for Billerica Man’s Recovery

This past June, Dennis Vecchiarello of Billerica arrived at Lowell General Hospital by ambulance with shortness of breath and chest pain. He was immediately brought into the cardiac catheterization lab where he was stabilized, but due to an underlying valve condition, the cardiologists advised he needed open heart surgery. He was soon transferred to Tufts Medical Center, where he underwent a triple bypass and valve replacement.

Vecchiarello was aware that surgery may be on the horizon someday, as previous testing had revealed a moderate heart valve murmur. He wasn’t prepared for how he would feel after the surgery as he worked to overcome extreme weakness and fatigue.

“I remember when I came home I only had six stairs to climb up to get into my house, and it took every ounce of energy to get up those six stairs,” he says. “I had no idea what I was in for because I had never been sick to this extent before.”

Dr. Brian Cullingford of Merrimack Valley Cardiology says it can take up to 3 months to recover from open heart surgery, and Vecchiarello’s post-surgical symptoms are very common.

Vecchiarello’s recovery at home included regular appointments with visiting nurses and physical therapists. But when he went to see Dr. Cullingford for a follow-up stress test, he was asked if he’d like to try Lowell General’s Cardiac Rehabilitation Program to help get him back on his feet.

“I was having such a difficult time with ordinary things around the house,” said Vecchiarello. “Just getting up from a chair, or wheeling a trash barrel out to the sidewalk was exhausting – I just didn’t know where I was going to go from here. So I said, why not?”

That, he said, was one of the best decisions he ever made.

“I started Cardiac Rehab the second week in August – and it was all uphill after that.”

Vecchiarello attended the program three days a week for 12 weeks. During exercise, he wore a heart monitor and was under the supervision of cardiac nurses, exercise physiologists and respiratory therapists.

“Before I started there my energy levels were really low and my strength was about a 3 out of 10,” said Vecchiarello. “Everyone there, they really believe in what they do; you can tell. They make you confident that whatever you do there, you can do back at home. They are running a heck of a program.”

Now he has incorporated all the exercises he learned at cardiac rehabilitation into his routine, and credits the department staff there for helping him feel better than he has in years.

“This may sound very strange, but that heart attack was the best thing that happened to me. For the past 2-3 years I’ve been fighting symptoms, and no matter what I did, felt like I was just getting nowhere fast. Now, I’m sleeping better, I can go out 2-3 times a day and do stuff - I haven’t felt this good in years.”

For more information on the Cardiac Rehabilitation Program, visit www.lowellgeneral.org/heart.
Anne-Marie Wagner has always been careful about her health and kept up with her screenings, especially her annual mammograms.

Based on her family history and personal risk factors, Wagner's primary care physician referred her to a program at Lowell General Hospital that specializes in helping these women prevent cancer or catch it early. She was eager to take advantage.

As part of an accelerated screening program, a breast MRI (magnetic resonance imaging test) revealed breast cancer at a very early and curable stage. "I couldn't believe it," said Wagner. "I'm just feeling so incredibly lucky and grateful right now."

The Breast Cancer Risk Assessment Program at Lowell General's new Women's Wellness Center is designed to provide local access to this advanced level of care that previously required trips into Boston. The clinic's team includes breast surgeons, medical oncologists, radiologists and nurse practitioners who walk patients through every step of their care.

When Wagner went for her first appointment in September 2018, she met with Susan Cross-Skinner, RN, MSN, ANP-BC, CN-BP, a seasoned clinician with over 25 years of experience working with high risk women and breast cancer patients. Cross-Skinner took a thorough family history, discussed lifestyle changes to help reduce her risk, and covered recommended screenings.

She also recommended genetic testing to see if Wagner had a genetic mutation, such as the BRCA gene mutation, which could put her at a higher lifetime risk of breast and other cancers. Wagner met the criteria for genetic testing and additional screening with a breast MRI.

"MRI screening, when used in conjunction with regular screening mammograms, can be very helpful in early detection in women that are at high risk or have very dense breasts. Mammograms can sometimes detect things an MRI cannot, and vice versa," said Skinner.

Wagner's genetic testing was negative, but the MRI revealed an abnormality in her right breast. A biopsy revealed abnormal cells called severe atypical ductal hyperplasia. The recommended course of treatment was surgery to remove the area of cells to rule out cancer.

It was this stage of her diagnosis that Wagner came to appreciate Lowell General's collaborative approach.

Wagner met with Dr. Lerna Ozcan, a fellowship trained breast surgeon at Lowell General, who performed a lumpectomy. Additional workup and treatment showed that she had a type of breast cancer called invasive ductal carcinoma, the most common form of breast cancer. Fortunately, the cancer had not spread to her lymph nodes, and Wagner was diagnosed with a highly curable breast cancer.

After recovering from surgery, Wagner completed 20 days of radiation therapy with Dr. Vivek Patel, and now sees Dr. Anasuya Gunturi, a medical oncologist, for follow-up appointments and hormone therapy, as well as Dr. Ozcan and other members of the care team. She also takes part in physical therapy at the Women's Wellness Center weekly to help her get all her strength and stability back.

"Six months of diagnosis and treatment doesn't seem so long, but it wasn't an easy time because I'm a worrier by nature," said Wagner. "But what made a real difference to my wellbeing was the whole team was involved in different parts of my care."

A longtime resident of Lowell, she said having this incredible team of experts right around the corner was literally a life-saver. And having easy access to appointments on the way home from work, or on the way in, made all the difference.

"You really get wiped out and have a lot of fatigue – especially during radiation," said Wagner. "I couldn't imagine having to travel long distances while you are trying to take care of yourself. You don't need to go anywhere else for great care – we have it all right here."

To learn more about the Cancer Center's multidisciplinary approach to cancer treatment, visit www.lowellgeneral.org/cancer.
Women’s Wellness Center Offers Convenient Access to Cancer Prevention, Treatment, and Follow-up

The Women’s Wellness Center located at the Lowell General Hospital main campus offers a variety of services to help women in the prevention and treatment of cancer.

Supported in part by funds raised by Team Walk for CancerCare, the Center offers a comprehensive Breast Cancer Risk Assessment Program, a newly expanded Gynecologic Oncology Program, genetic testing services with our partner Myriad Genetics, Inc., specialized physical therapy appointments for breast cancer patients, and the Breast Cancer Survivorship Clinic.

Breast Cancer Prevention
Now, every woman who has a mammogram at Lowell General Hospital is given an assessment score based on a brief history provided at the start of her mammogram. If a woman is identified as high risk, the Breast Cancer Risk Assessment Program provides an extra level of support, education, and follow-up. Women may also be referred directly to the program by their providers.

A team comprised of nurse practitioners, breast surgeons, medical oncologists, and breast imaging radiologists work together to discuss recommendations for risk-based breast screening and help develop a care plan based on each woman's individual needs.

Genetic Testing
All cancer is caused by harmful changes, or mutations, in a person's genes. If you have received a cancer diagnosis, you may have questions about the risk of other cancers occurring in your body and the risk of cancer developing in your family members.

Lowell General Hospital partners with Myriad Genetics, Inc. to provide fast and convenient testing services for patients who meet the criteria for genetic testing. A quick saliva sample is all it takes. The hereditary cancer panel looks for multiple genetic mutations associated with increased cancer risk for eight different cancers – breast, ovarian, colorectal, endometrial, melanoma, pancreatic, gastric, and prostate – and results are usually obtained within two weeks.

Gynecologic Oncology
The Gynecologic Oncology Program brings the expertise of leading Boston-area specialists that work closely with our local OB/GYN providers to offer an integrated approach to the diagnosis, surgical management, and treatment of cancers of the female reproductive tract, such as ovarian, cervical, and endometrial cancer.

Dr. Michael Muto, Dr. Sandra Feldman, and Dr. John Schorge are also experts in other less common reproductive cancers and gynecological conditions, and utilize the latest minimally invasive surgical approaches, including robotic surgery. Patients benefit by having easy access to experts in gynecological cancers and conditions so they can stay close to home for treatment and follow-up.

Specialized Physical Therapy
Kristen Foley, PT, CLT, is a certified physical therapist who has specialized training to successfully treat and manage lymphedema, which occurs when lymph nodes are removed because of cancer, or targeted with radiation treatment. This can occur in many areas of the body, depending on where the affected lymph nodes are.

Treatment typically involves manual drainage of fluid, exercise and compression wraps to reduce fluid volume, and use of compression garments for long term management.

“"A lot of patients don't realize they can get physical therapy on their breasts,” says Foley. “We can do a lot of work with manual manipulation to break up scar tissue, and resolve any issues early on with range of motion. When lymphedema is caught early, we can often reduce symptoms and prevent it from causing skin changes and infections.”

To learn more about the cancer prevention programs at the Women’s Wellness Center, visit www.lowellgeneral.org/breasthealth.
Cancer Screenings You Can’t Afford to Miss

If prevention is the best medicine for good health, then early detection is a close second. Modern medicine allows us to catch many cancers and other health conditions in their earliest and most treatable stages through routine screening.

Below is a summary of cancer screening guidelines put forth by the most respected organizations in the healthcare industry. However, women should consult with their primary care provider about any health issues, family history and other risk factors that could require a higher level of screening for specific conditions.

Pap Smear
Age 21-65
Test: A swab is used to gather cervical cells to check for cell changes that can turn into cervical cancer if not treated. The same test can be used to check for human papillomavirus (HPV), an infection that is sexually transmitted and can lead to cervical cancer.

Frequency: A pap test is recommended every 3 years for women age 21-65. If you are aged 30-65 and want to be screened less often, it is recommended that you have the Pap test along with the HPV test every 5 years. Women 65 or older may be able to stop having Pap and HPV tests if your Pap smears have been negative in the past and you do not have any other risk factors for cervical cancer.

Mammogram
Age 40 and up
Test: Radiologic imaging of each breast monitors any changes in breast tissue that may indicate cancer.

Frequency: The American College of Radiology and National Comprehensive Cancer Network recommend women at average risk get yearly mammograms beginning at age 40.

Colonoscopy
Age 50-75
Test: A scope is used to examine the lining of the colon to detect any precancerous cell clusters.

Frequency: Beginning at 50, women at average risk should begin having colonoscopies every 10 years (earlier if you have a family history of colon cancer).

Skin check
Almost any age
Test: A dermatologist examines your skin for suspicious moles or growths and monitors any changes. The physician will also assess your risk of skin cancer based on previous sun exposure, type of skin, and hereditary factors.

Frequency: There are no formal age screening guidelines, however, individuals with fair and/or freckled skin or who have a history of sunburns may be at greater risk of developing skin cancer. Regular self-checks are recommended.

Do you need a primary care physician, gynecologist or other specialist? Visit circle-health.org/findaphysician.
Circle Health Physicians Named Top Doctors

Circle Health’s affiliated physicians are some of the best in New England in their respective fields. Boston Magazine’s annual Top Doctors list agrees, 13 Circle Health physicians were selected as Top Doctors in the January issue.

Circle Health’s Boston Magazine Top Doctors for 2020 are:

- Dr. Damian Folch
  Family Medicine

- Dr. Geetanjali Akerkar
  Gastroenterology

- Dr. James Reichheld
  Gastroenterology

- Dr. David Sidebottom
  Infectious Disease

- Dr. Pauline Tsirigotis
  Internal Medicine

- Dr. Murat Anamur
  Medical Oncology

- Dr. Allen Hwang
  Gastroenterology

- Dr. Arthur Lauretano
  Otolaryngology

- Dr. Daniel Dubner
  Pediatrics

- Dr. Jennifer O’Shea
  Pediatrics

- Dr. David Gruenberg
  Allergy & Immunology

- Dr. David Berman
  Urology

- Dr. Robert Edelstein
  Urology

Circle Health and Lowell General Hospital provide you access to a network of more than 700 expert local physicians, and our Wellforce partnership provides patients with Circle Health access to dozens more of the region’s Top Doctors practicing at Tufts Medical Center.

To find a local physician that fits your needs, visit our Find a Doctor tool at www.circle-health.org.

New Retail Pharmacy Offers Convenience and Value

The new Circle Health Pharmacy is now open in the main lobby of Lowell General Hospital’s main campus at 295 Varnum Avenue.

Circle Health Pharmacy offers full prescription services and a wide range of over-the-counter products at lower prices than most major retail pharmacies.

The new pharmacy also provides convenience. Two dedicated parking spots are located in the lot just outside the main entrance of the main campus for easy access. The mobileRx Pharmacy app is available for download for express refills on the go, and switching over your prescriptions is as easy as calling (978) 788-7479.

The pharmacy is located inside the gift shop, which continues to offer all of the unique gift items, snacks and greeting cards that customers are used to.

Learn more about pharmacy services and download the mobileRx app at www.circle-health.org/pharmacy.

Check Out the All-New Circle Health Website

Circle Health is proud to announce the launch of our new website, www.circle-health.org, which promises to give users a more functional and mobile-responsive experience for users.

This new website is designed to provide user-friendly access to key Circle Health services such as urgent care, primary care, the Circle Health pharmacy and our community of physicians. Many functions currently featured on our hospital site are now implemented on the Circle Health site, such as our find a physician tool, search, help menus and Urgent Care scheduling and wait times.

It also includes information and news about additional locations, our specialists, Circle Health in the Community and a CEO corner that shares insight into the system’s larger strategy to improve health across Greater Lowell.

Look to continued enhancements to the Circle Health website as we strive to fulfill our promise Complete connected care throughout our health system.
Getting Ready for Baby

**ABCs of Babies for New Parents**
*Tuesday, April 14, 7:00-9:00pm, FREE*
Get started as a parent with everything you need to know about infant care, feeding, development and achieving good sleep.

**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®**
*Saturdays, February 1 or April 4, 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.

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).

Family Programs

**Childbirth Classes**

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

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.

**Contact Community Health and Wellness at 978-788-7078 for more information on financial assistance or to request classes in another language.**

**Clase De Preparación Sobre El Nacimiento Del Bebé**
*29 de febrero y 1 de marzo, 9:00am-1:00pm, GRATIS*
Esta clase se divide en dos días de 4 horas. Esta clase abarca los siguientes temas: indicios de trabajo de parto, evolución del trabajo de parto y nacimiento, opciones y técnicas de manejo del dolor, el papel que desempeña un compañero/a de parto, cuándo llamar a su doctor, cuidados después del parto, amamantar, cuidado básico del bebé y seguridad, incluye un paseo al Lugar de Nacimiento (Piso de Maternidad). Para más información, llame al 978-942-2120.

**Prenatal Wellness Package**
*$149.99/6-week session*
Develop and strengthen your body for the changes it will experience during pregnancy through yoga and strength training. Presented in partnership with SLS Fitness in Lowell.

**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**
*Mondays, March 9 or May 11, 5:00-7:00pm, 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.
Parenting

Basic Child Passenger Safety
Wednesday, March 4, 6:30-8:00pm, FREE
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.

The Dimensions of Bullying
Tuesday, March 10, 6:00-7:00pm, FREE
Bullying can occur with children and adults. This presentation will help identify what bullying is, the reasons behind it, the effects and approaches to address and overcome bullying.

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.

New Moms Support Group
Tuesdays, 10:00am-12:00pm, FREE
A drop-in support group for new mothers and their babies. This group, lead 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.

Teddy Bear Clinic
Saturday, March 28, 11:00am-2:00pm, FREE
Lowell General Hospital and the Pheasant Lane Mall are teaming up to offer a FREE Teddy Bear Clinic! Kids, bring your favorite stuffed animal or doll to the Pheasant Lane Mall for a checkup, learn tips to stay healthy, participate in fun activities and learn valuable health information for the whole family.

Kids and Teens

Babysitting Basics Plus CPR
Saturdays, February 8, March 14, April 11, May 9, 9:00am-1:00pm, $60
Boys and girls ages 8 and older will learn babysitting skills, CPR and receive a CPR Anytime Kit to practice at home.

Personal Safety and Self Defense for Teens
Visit www.lowellgeneral.org/health for upcoming dates
Teens will learn about safety awareness, risk reduction and how to react to an attack with basic self-defense skills. This workshop includes a safety lecture followed by an array of personal safety techniques and self-defense skills.

Teen Prepared Childbirth
Thursdays, February 6, March 5, April 2 or May 7, 3:00-6:00pm, FREE
This class will cover signs of labor, the progression of labor and birth, pain management options, the role of a labor partner, when to call your healthcare provider, postpartum care, breastfeeding, as well as basic infant care and safety. Participants are encouraged to attend a tour of The Birthplace following the class.

Youth Six-Week Wellness Package
$99.99/6-week session
Children ages 9 and up can increase physical activity by trying a combination of boxing and jiu-jitsu classes in this wellness package. Classes are held six days per week. Presented in partnership with SLS Fitness in Lowell.

What’s In Your Cupboard?
Simple Kitchen Inventory for All
Wednesday, April 1, 6:00-7:00pm, FREE
Join us to learn proper label reading and discuss the healthy and not so healthy choices we make when filling the cupboard.

Gift Shop
Can’t visit our gift shop in person?
Call us at 978-937-6373 (Main Campus)
or 978-934-8499 (Saints Campus)
or place an order online at www.lowellgeneral.org/giftshop
Health and Wellness Programs

Education Classes and Certifications

**Fitness Over 40**
- **Tuesday, March 24, 6:00-7:30pm, FREE**
- **Wednesday, March 25, 10:30am-12:00pm, 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.

**Introduction to Personal Safety & Self Defense for Women**
Visit www.lowellgeneral.org/health for upcoming dates
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? Attend one of our education classes to learn what to do before surgery, what will happen on the day of your surgery, what will happen during recovery and tools for case management and discharge planning. Registration is encouraged for all dates. Call 978-942-2253 to reserve your space.

**Self Defense for Women (RAD)**
Visit www.lowellgeneral.org/health for upcoming dates
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.

**SIDS Prevention Workshop: A Certification Course for Childcare Providers**
- **Monday, February 10, 6:00-7:30pm, FREE**
This workshop will define Sudden Infant Death Syndrome, discuss risk factors and identify safe sleeping positions and environments.

**Vaping: What You Need to Know (For Parents)**
- **Wednesday, February 26, 6:00-7:00pm, FREE**
Vaping is the newest form of nicotine addiction. Learn the truth about electronic cigarettes from its history to the dangerous health risks for both youth and adults.

**Managing Disease**

**Diabetes & Thyroid Disease: Healthy Living with a Chronic Disease**
- **Wednesday, March 18, 6:00-7:00pm, FREE**
Are thyroid problems and diabetes related? Join us for an overview of both diseases to learn their causes, different types of diabetes and thyroid conditions, forms of treatment and best practices for long-term management.

**Living with Type 1 Diabetes**
- **Wednesday, May 6, 6:00-7:00pm, FREE**
Join us for an overview on Type 1 diabetes (T1D) management and how to stay healthy while living with T1D. Learn tips on counting carbs, diet and insulin management during exercise, advice for traveling with supplies and equipment, and how to develop an emergency action plan.

**Stroke Support Group**
Starts Thursday, February 13, meets second Thursday of every month, 4:00-5:00pm, FREE
Recovery from a stroke can take months or even years, and up to 30% of people never fully recover. Please join us as we discuss how to move forward and what you can do to improve your life after having a stroke.

**Stroke Survivorship Dinner**
- **Monday, May 4, 5:30-7:30pm, FREE**
Stroke is one of the leading causes of death, but it is also one of the leading causes of disability as more than 80% of people who have a stroke survive. Attend this event to regain your independence, find support and discover there is life and hope after stroke. Light buffet dinner included.

**Parkinson’s Disease Wellness**
Visit www.lowellgeneral.org/health for upcoming dates
Classes are designed for people with Parkinson’s Disease who want to improve their mobility and strength in a supportive environment. Presented in partnership with SLS Fitness in Lowell.

**Heart Health**

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

For more heart health special events, see pages 6-7.
Tai Chi Short Form
Thursdays, March 5-April 23 or April 30-June 18, 6:00-7:00pm, $70 *Drop in rate $10 per class
This 8-week moving meditation class can help you reduce stress, improve balance (physical, mental, spiritual), regain lost range-of-motion, slow the aging process and enhance quality of life. Pay for the session or per class.

Zumba®
Thursdays, March 12-April 9 or April 30-May 28, 5:30-6:30pm, $45
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.

Meditation: A Three-Part Series
Thursdays, April 9-23, 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.

Let’s Meditate: Going Within to Your Peaceful Space
Thursday, March 5, 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.
SAVE THE DATE
May 31, 2020
Join us at LeLacheur Park on Sunday, May 31, 2020
REGISTER TODAY!
www.teamwalk.org or 978-788-7170