Giving Birth with COVID: One Family’s Story

Spot the Signs of Anxiety in Your Child

Assessing Risk Helps Women Beat Breast Cancer
Gil Campbell, Dr. David Pickul and Dr. Roy Maletz were men who took different paths, but who shared a passion for making this community a healthier, better place to live for all of us.

Whether it was Gil Campbell’s leadership and philanthropy, or Dr. Pickul’s and Dr. Maletz’s dedication to caregiving, they set the standard of care beyond what you would expect from a community hospital, and we continue to follow the trail that they blazed.

So when an unprecedented public health crisis arrived, despite all of the challenges it presented to our staff and operations, as an organization we did not recoil. We stepped forward for our patients, because that’s who we are.

Critically ill patients were cared for in the state-of-the-art Gil and Marilyn Campbell ICU. Our care teams innovated at the bedside. Our operations and clinical teams maintained a safe, healing environment in our hospital and set up a field hospital in a college gymnasium – twice. And when we saw a need for vaccine in the region, we set up a vaccination site that delivered more than 140,000 doses.

This kind of commitment carries over to the care and services we provide every single day, and has for a very long time.

I hope you will take some time to look through this edition of For Your Health, which will give you a closer look at the incredible care we deliver to our patients, at every stage of life.

Just as those who came before us, we believe you deserve the best possible care, close to home. When you or a loved one needs us, I invite you to find out what patient-centered care is all about.

Research increasingly shows that organizations that promote gender, ethnic and cultural diversity are stronger and more successful.

As Lowell General’s parent system, Wellforce, builds a patient-centered healthcare network with strong values, its leaders have committed to becoming a more diverse, inclusive and equitable organization for both patients and its workforce.

Leading this work is new Chief Diversity Officer Rosa Colon-Kolacko, who has decades of experience building programs that create tangible change in large organizations in healthcare and other sectors, including NYC Health + Hospitals, the largest municipal health system in the country.

“Diversity, equity and inclusion are not just words on paper,” she says. “They are part of our vision in delivering unmatched care experiences and cultivating a culture of belonging where our workforce feels heard, valued and empowered to contribute fully every day.”

Circle Health and Lowell General Hospital are doing their part behind an active, staff driven Diversity, Equity and Inclusion Council that is creating mentorship programs, promoting more inclusive hiring strategies and educating staff.

To learn more about opportunities for minorities and underserved populations, visit www.wellforce.org.
TOGETHER AGAIN!
MAY 22, 2022 • TSONGAS ARENA
WALK • VOLUNTEER • SPONSOR

Every step you take will make a cancer patient’s fight a little easier.

Join together on Sunday, May 22, 2022
Tsongas Arena, Lowell

For more information visit www.teamwalk.org or call 978-788-7170.
Knowledge is Power when Managing Breast Cancer Risk

Miriam Margala vividly recalls her mother’s phone call from her native Slovakia, informing her she had been diagnosed with breast cancer. It was a painful experience that resulted in a partial mastectomy, the surgical removal of a large part of the affected breast, and the removal of all the lymph nodes near the breast.

So when Miriam was delivered the news that she was at high risk of breast cancer herself, and a candidate for surgical intervention to reduce that risk, she was nervous. As a PhD researcher and UMass Lowell adjunct professor, she also had a lot of questions.
Dr. Lerna Ozcan, a fellowship trained breast surgeon and Medical Director of the hospital’s Breast Care Center of Excellence, immediately put her at ease.

“She knew how to talk to me,” Miriam says. “She sent me research papers and medical studies so I could see the numbers and how the research was conducted.”

Beginning at a woman’s screening mammogram, a specialized computer is used to identify women who are at high risk of developing breast cancer. Women categorized as high risk are referred to the Breast Cancer Risk Assessment Program. Here a team of specialists, including an oncologist, breast surgeon, and a nurse practitioner work together with the common goal of preventing breast cancer or detecting it in its earliest stages.

“It’s an active surveillance program,” Dr. Ozcan says. “Most importantly, it helps with early detection of breast cancer, when it is highly curable. And by making some lifestyle changes and offering certain anti-estrogen medication, women are actively reducing their lifetime risk of breast cancer. That gives women a lot of reassurance and decreased anxiety.”

After a routine mammogram 2 years ago, Lowell General radiologists recommended Miriam receive a breast MRI due to dense breast tissue. She also received a score that assessed her breast cancer risk by using an advanced technology that considers imaging results as well as other factors like family history.

In addition to her high-risk score, the MRI showed atypical cells that were not yet cancerous, but could potentially harbor cancer. Miriam was referred to the Risk Assessment Program and received a surgical biopsy by Dr. Ozcan that confirmed the diagnosis.

Dr. Ozcan recommended removing the cells to greatly reduce that risk, and reassured Miriam that new surgical techniques would not leave her breast permanently disfigured.

During the biopsy, a locator chip was inserted into the breast to help Dr. Ozcan precisely identify the area that required removal. The surgery was successful and just a small scar is left behind, thanks to new reconstructive techniques that result in minimal changes to the breast. Within a day, Miriam was back to her running and walking routine.

Though her surgery was initially delayed due to the pandemic, Miriam says she was kept informed and her concerns were always promptly addressed.

“I didn’t have to do anything,” she says. “They would call me, register me, and tell me what to do. I couldn’t believe the details they take care of.”

Miriam’s risk of cancer has been greatly reduced, but she will continue to be monitored by the program, including more frequent imaging.

Miriam says she has friends who told her to go to Boston for her care, but she did her research, and found Dr. Ozcan to be just as qualified, with the additional convenience of having all her treatment close to home.

“I go to Lowell General and that’s it,” Miriam says, “and I’m absolutely satisfied.”

Learn more about the Breast Cancer Risk Assessment Program at www.lowellgeneral.org/breasthealth.

Breast Cancer Risk Assessment Program
Lowell General Hospital offers a comprehensive Breast Cancer Risk Assessment Program for women identified to be at high risk of developing breast cancer.

Services and treatments include:

- Genetic testing referrals
- Breast cancer risk reduction medications when indicated
- Nutrition education and support
- Breast Screening

Our nurse practitioner will schedule appropriate imaging follow-up and monitoring following National Comprehensive Cancer Network (NCCN) and American College of Radiology (ACR) guidelines.

Our team communicates directly with patients’ primary care physicians to ensure everyone is informed and involved.

Learn more about how Lowell General empowers you to lower your risk of breast cancer at www.lowellgeneral.org/breastcancer.
Is COVID-19 here to stay?  
Most of the data indicates it is. In what form is to be decided, but the hope is it will fade into the background. But as we know, with COVID-19 the future is always murky, and it’s unlikely that it’s going away entirely.

As mask protocols loosen, are there still individuals or situations where people should remain masked?  
It’s no longer one size fits all. The most recent Centers for Disease Control guidance shows it’s very individual, depending on the risk within your county and your own personal risk. If there is very little spread in your area, the benefits of masking are not as substantial. But if you are immune-compromised or have other high-risk conditions, it’s something you should consider and discuss with your physician.

What should women who are pregnant or trying to get pregnant know about the vaccine?  
I’m in favor of them getting it and there is science and data to back that up. We know COVID is bad in pregnancy. It has increased risk of poor outcomes for the mother and an increased risk of premature delivery of the child. Then you look at studies looking at vaccination in pregnant women and they show no increased risk. Pregnant women get vaccines all the time. I strongly believe the benefits outweigh any risks. If you’re thinking about getting pregnant, it’s an even better time to get it before you have to worry about vaccination in pregnancy. There is no evidence the COVID vaccines have any effect on fertility.

After many fully vaccinated people still becoming infected by the Omicron variant, why is vaccination still important?  
Omicron showed us the power of vaccination. Yes, we are seeing some breakthrough cases, but the vaccine is doing its job. The vaccine is still very effective at preventing severe disease requiring hospitalization. The vast majority of severe COVID disease and deaths are in unvaccinated people.

What is the best way to talk to someone who is hesitant to get the vaccine?  
The best way is to try to understand what their concerns are. If you come at them aggressively, they will just dig in harder. Maybe they aren’t getting information from the best source. People get spooked over a report of a side effect, and what gets lost in shuffle is the massive benefit we’re seeing.

For more information about COVID-19 and accessing the vaccine, visit www.lowellgeneral.org/covid19.
There have been many emotional stories of moms-to-be who have become severely ill from Covid-19, potentially impacting their pregnancies and unborn child.

According to the federal Centers for Disease Control (CDC), while the overall risk of severe illness for pregnant women is low, pregnant women with COVID-19 are at higher risk of severe illness than non-pregnant women, and also face a higher risk of preterm birth or other adverse outcomes.

In short, the risks from contracting COVID-19 are far greater to mom and baby than any risk from the vaccine.

That is why the American College of Obstetricians and Gynecologists (ACOG) and the Society for Maternal-Fetal Medicine (SMFM), the two leading organizations representing specialists in obstetric care, recommend that all pregnant individuals be vaccinated against COVID-19.

Dr. Jennifer Murzycki, Section Chief of the Pediatric Hospitalist Program at Lowell General, says she encourages all women who are expecting or trying to get pregnant to talk to their healthcare providers.

“We now have much more data on the virus and its impact during pregnancy, and fortunately COVID-19 is not associated with birth defects. However, pregnant women are more likely to become really ill from COVID-19 than non-pregnant women. This can cause premature delivery, which can affect the health of the infant long-term.”

The CDC reports that early data around pregnancy and the vaccine is reassuring. They have not found any safety concerns for women late in pregnancy who received the Moderna or Pfizer vaccine, and no increased risk of miscarriage among women vaccinated early in pregnancy (20 weeks or earlier).

Dr. Murzycki says it’s important for pregnant women to stay healthy so they can care for their newborn infant. If they are severely ill when it’s time to deliver their baby, they may be too sick to care for their newborn and may be separated.

Women with mild and moderate disease who follow increased precautions while caring for their newborn are at low risk of transmitting Coronavirus to their newborn in the days immediately after delivery.

Vaccination can also protect a newborn baby. Some small studies of women who received the vaccine have shown the presence of antibodies against Coronavirus in a mother’s breastmilk and newborn umbilical cord samples, passing them on to the baby and potentially offering added protection.

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To get your COVID-19 vaccination or booster shot, visit https://vaxfinder.mass.gov/ to find a location near you.
Julie and Jaad Chehab of Lawrence were looking forward to a wonderful new beginning in 2021, with their first baby due at the end of January. However, as the number of COVID-19 cases began to rise in Massachusetts and no vaccine available at the time, their excitement turned to concern when Jaad received a call from work.

“A co-worker had tested positive, and I had an exposure. Sure enough, the following day I tested positive,” said Jaad. “Luckily, my symptoms were really mild and it just felt like a cold.”

A few days later, Julie came down with a fever and felt achy. Since she woke up the next day feeling fine, she thought it might have been a quick 24-hour bug, but her COVID-19 test came back positive. Later that night, they were both taken by surprise when Julie’s water broke.

“We both couldn’t believe it was happening, and worried as our baby wasn’t due for 7 more weeks. It was a really scary and emotional time,” said Julie.

She said the staff at The Birthplace at Lowell General Hospital made her feel safe and confident that they could provide the extra level of care her premature baby would need. Later that evening, on December 16, little J.J. was born at 5 pounds, 5 ounces and 19 inches long.

“The whole care team was just wonderful; they explained how my delivery was going to happen, and the precautions that needed to be taken to protect our son,” Julie remembered. “It was an extremely difficult situation but they made it the best experience possible.”

In partnership with Tufts Children’s Hospital, Lowell General Hospital provides a Level IIB Special Care Nursery that gives comprehensive, multidisciplinary care to infants born prematurely up to 32 weeks, as well as infants with feeding difficulties and other medical issues requiring close monitoring and assessment.

Dr. Mario Cordova, Medical Director of the Special Care Nursery, noted that despite his early age, J.J. did incredibly well with feeding and gaining weight.

Local family shares experience of giving birth while COVID-19 positive
New parents can draw comfort knowing that if needed, Lowell General Hospital’s Special Care Nursery provides care for infants born prematurely, those with feeding difficulties, as well as other medical issues requiring close monitoring and assessment. This includes:

• Expert care 24/7 from board certified neonatologists in partnership with Tufts Children’s Hospital

• Intravenous therapy, oxygen and other specialized treatments to get baby healthy to go home

• Dedicated team of physicians, nurses, lactation consultants, social workers, dietitians, and physical therapists working collaboratively to support parents

• Family-centered care approach to support parents’ need to bond with infants while in the Neonatal Intensive Care Unit

For premature infants, we can supply adequate nutrition through a feeding tube and give IV fluids and medications as necessary. We also tend to see more respiratory immaturity, especially in boys with some of them requiring supplemental oxygen, continuous positive airway pressure (CPAP), and constant cardio-respiratory monitoring until their breathing control matures.

The ability to receive this level of care close to home was a blessing for the Chehab family. Since Jaad was off quarantine earlier than Julie, he was able to use her breast milk to feed J.J., since data has shown COVID-19 is not transferred through breast milk. Julie was able to virtually be part of feedings through Zoom at home, and participate in daily meetings so Dr. Cordova could keep her updated on J.J’s progress.

In what seemed like a lifetime, the new mom finally was able to come in and hold her baby for the first time on Christmas Eve. Staff in the Special Care Nursery made J.J. a special Christmas outfit and cheered her on as she held her baby for the first time.

“I was so worried that he wouldn’t know who I was,” said Julie, holding back tears. “The whole team on the unit celebrated our first time together as a family. This birth experience was not what we expected, but having all that care and support behind us made all the difference.”

To learn more about the family-centered services at The Birthplace, visit www.lowellgeneral.org/birthplace.
Before and during childbirth, the health of mother and child are the only things that matter.

At Lowell General Hospital, if there are any heightened concerns, expectant mothers can have confidence that emergency care providers are just steps away.

Located on the hospital’s Labor and Delivery Unit, the Obstetric Emergency Department (OB ED) offers enhanced emergency care by board-certified OB/GYN providers 24 hours a day, 365 days a year.

“An OB ED can assess, treat and discharge obstetrical patients much faster than a general emergency department or OB triage unit,” says Laura Federico, Director of the Mother and Infant Unit at Lowell General. “Having this service ensures that our patients will be seen and evaluated by an OB provider, creating a safer environment for this high-risk population.”

The goal of this specialized unit is to quickly evaluate and treat mom and baby while reducing the wait time and anxiety that an expectant mother might experience when visiting the regular emergency department.

The dedicated space is equipped to provide expert care for pregnant women with childbirth concerns, as well as delivery-related health issues for moms that are several weeks postpartum.

The OB ED is staffed by the hospital’s OB/GYN providers, including those that are part of Lowell General’s OB Hospitalist Program. Through a professional partnership with these providers, our team of maternity professionals and specialists are available on site in early morning or late evening hours when physicians’ offices are typically closed.

Patients are instructed to call their OB provider if possible before heading to the hospital, and always call 911 if experiencing a life-threatening emergency.

Learn more about our expert maternity care and services at www.lowellgeneral.org/maternity.

Become a blogger for Merrimack Valley Moms!

We’re holding a contest to recruit eight new bloggers for the Merrimack Valley Moms blog. All parents in the Merrimack Valley are invited to enter through April 15, 2022. Each person selected will receive $75 for every three blog posts submitted and approved for publication.

To learn more, visit www.ourcircleofmoms.com or scan the QR Code.
Anxiety in children is common
The Center for Disease Control and Prevention reports that 7.1% of children in this country aged 3-17 years (approximately 4.4 million) have diagnosed anxiety. The rate of diagnosis increases as age increases.

The level of worry matters
Evaluate the amount of worrying that is going on. Is it just occasional, like before a test, or are the symptoms long-lasting and affecting their normal daily activities? Problems deserve attention when they impact daily activities.

Symptoms can be telling
Examine behavior or physical symptoms to see if there may be something new going on. Sometimes these changes can be due to developmental stages or puberty and the hormonal fluctuations that accompany it.

Anxiety often presents with physical symptoms such as upset stomach, headaches, fatigue, or difficulty eating or sleeping. Children can also become angry and irritable, or have repeated episodes of sudden, unexpected, intense fear that come with symptoms like heart pounding, trouble breathing, or feeling dizzy, shaky, or sweaty. These symptoms can indicate a panic disorder.

Anxiety disorders often differ based on the cause
Examples of different types of anxiety disorders include separation anxiety, fear about a specific thing or situation (often called phobias), social anxiety, or constant worrying in the present or about the future, which is considered generalized anxiety.

If you believe your child has anxiety, it’s important to dig into the cause. Is the cause nervousness with social situations, a crippling fear of insects, or something else? Do not ignore signs that you are concerned about.

Talk to your child’s doctor
You as a parent know your child the best, so if behaviors seem off and begin to impact school performance or social interactions with friends, it is important to get some help.

First, have your child see their healthcare provider. The provider will first rule out any health conditions that could be causing the symptoms. If no conditions are found, the provider may advise you to take your child to a psychiatrist, psychologist, licensed clinical social worker, or behavioral therapist. If your child goes to school, the school’s staff (counselors, school psychologists, and teachers) may become important members of their treatment team.

For more information on anxiety in children, visit www.circle-health.org/healthlibrary

Five Things to Know About Your Child and ANXIETY

The winter season can be a hard time for many children, particularly this year after many kids have faced challenges with COVID protocols. Anxiety in children is very common – in fact, Dr. James Goodman, board certified pediatrician with Circle Health Pediatrics in Pelham, NH, discusses how to recognize signs of anxiety in children and teens, and how to support your child’s mental health throughout these formative years.
When you picture a robot, an image of an autonomous machine doing human-like tasks likely comes to mind.

At Lowell General Hospital, we use a different kind of robot – one with precise instruments and advanced technology, but this machine is operated by the expert mind and experienced hands of a professional surgeon.

Lowell General Hospital is the only hospital in the Merrimack Valley that has invested in the very latest in robotic surgical technology, the da Vinci Xi® system.

The Xi allows surgeons performing precise and complex procedures to operate with pinpoint control and a 3D, magnified view, enabling them to see vital anatomical structures more clearly and perform surgical procedures more precisely.

The Xi replaced the Si robotic system in August, and specialists in general, gynecology, urology, thoracic and colorectal surgery are already trained and using the new system.

“The advantage of robotic surgery, and the Xi in particular, is the control and perspective it gives the surgeon when dealing with very small and delicate areas of the body,” said Dr. Nonnie Estella, a gynecologist who has performed hundreds of robotic procedures. “It’s a level of technology few community hospitals anywhere can offer.”

The advantages of minimally invasive surgery are clear – smaller incisions mean less blood loss, less trauma on the body, less pain and reduced chance of complication or infection.

Using the Xi surgical system, the instrumentation is controlled remotely by the surgeon, who has a high definition visualization far superior to that of the human eye.

For our commitment to quality outcomes, Lowell General and its surgeons are recognized as a Center of Excellence for Robotic Surgery, Minimally Invasive Gynecology, Minimally Invasive Urology and Minimally Invasive Surgery by the Surgical Review Corporation.

“Our mission is to put patients first in everything we do, and our investment in the DaVinci Xi is another reflection of that commitment,” said Dr. William Galvin, Chief Medical Officer of Circle Health and an experienced robotic surgeon. “We take great pride in being a community health system that has provided access to outstanding surgeons and cutting-edge technology, all close to home.”

To learn more about Lowell General’s advanced surgical services and how to access the region’s top surgeons, visit www.lowellgeneral.org/surgery.

At Lowell General Hospital, you have access to highly trained surgeons with deep experience using the latest technology, all in a safe and convenient setting. That’s what makes us a Center of Excellence.

The Surgical Review Corporation’s Center of Excellence program for minimally invasive surgical procedures recognizes hospitals and surgeons around the world who provide exceptional surgical care and are dedicated to continuously improving healthcare quality and patient safety.
Lowell General Hospital had the honor of hosting the nation’s highest ranking healthcare official, U.S. Secretary of Health and Human Services Xavier Becerra, at the main campus on August 19. The opportunity was presented by Congresswoman Lori Trahan, who experienced Lowell General’s care during the birth of her two children.

The visit included a hospital tour and a roundtable discussion that included local and state officials as well as members of Lowell General’s medical staff and administration. It touched several topics, including the hospital’s pandemic response, public health collaboration across Lowell, and the need to support frontline healthcare workers and their mental health.

Secretary Becerra told the group how impressed he was with Lowell General’s caring, patients-first atmosphere.

Secretary Becerra also referenced his wife, a physician who has dedicated much of her career to advocating for underserved populations and diversity in healthcare.

“I will tell her that Lowell General Hospital is doing it right,” he said.

Lowell General Hospital has once again been named one of Massachusetts’ Best-in-State Employers by Forbes Magazine. The Forbes list ranks Lowell General No. 18 out of 70 Bay State businesses listed, up from No. 23 last year, and the highest ranking of any community hospital statewide.

To compile the list, Forbes partnered with market research firm Statista to survey more than 80,000 people who work for businesses with at least 500 employees.

The respondents were asked to rate their employers on a variety of criteria, including safety of work environment, competitiveness of compensation, opportunities for advancement and openness to telecommuting. The survey also asked respondents how likely they’d be to recommend their employer to others, and to nominate organizations in industries outside their own.
Thank you to all of our dedicated walkers and volunteers, and our many generous sponsors who donated money, products, services and time to Lowell General Hospital’s 22nd annual TeamWalk for CancerCare. Your commitment and support make a true difference in the lives of cancer patients and their families in our community!

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Virtual Classes and Support Groups

With COVID-19 safety protocols still in place at healthcare organizations, we continue to offer our classes and support groups in an online format to help our patients feel connected and prepared. Whether you are having a baby, surgery to replace a knee or hip, managing diabetes, or need some extra support while you are having cancer treatment, the following classes and support groups are 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).

Virtual Classes and Support Groups

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Virtual Prenatal Breastfeeding Class

Monthly, dates vary, 6:00-8:30pm, FREE
An introduction for mothers-to-be about breastfeeding, infant positioning, proper latching, and other practical tips. We recommend mothers take this class 6-8 weeks prior to their due date, but can join anytime. Please register at www.lowellgeneral.org/breastfeedingclass.

New Moms Support Group

Tuesdays, 10:00am-12:00pm, FREE
This virtual support group is open to all moms up to a year after delivery, and not restricted to new moms. Come join us whether it is your first, second, third child, or more. Come with questions and concerns and meet other mothers and babies while still practicing your social distancing efforts. The New Moms Support Group is run by a Registered Nurse who is also a Certified Lactation Consultant. Registration is required and then come when you can! Visit www.lowellgeneral.org/newmomsupportgroup to register and for more information.

Take a Virtual Tour

Expectant parents can explore our labor and delivery and maternity units online at www.lowellgeneral.org/birthplacetour. Learn more about our family-centered care for new moms, spa-like amenities, and vast array of services at the Birthplace.

Cancer Support Groups and Programs

Breast Cancer Support Group

2nd Tuesday of the month, 6:30-8:00pm, FREE
This group is designed for current and newly diagnosed patients to share ideas, concerns and stories in a supportive environment. The group is facilitated by Tina Stevens of The Cancer Center, who is also a Breast Cancer Survivor. Family members, caregivers, and/or friends are welcome to join in, and attendance is not required every month. For more information or to sign up for the group, please email Tina Stevens at tina.stevens@lowellgeneral.org or call 978-937-6475.

Prostate Cancer Support Group

2nd Tuesday of the month, 6:30am - 8:00pm, FREE
The Us TOO Prostate Cancer Support Group offers fellowship, peer counseling, education and discussion regarding treatment options for newly diagnosed prostate cancer patients. Significant others are encouraged to attend. For more information or to sign up for the group to receive the Zoom link, please email Emily Lernire, LICSW, Oncology Social Worker at Emily.Lernire@LowellGeneral.org or call her at 978-937-6142.

Diabetes Support Group

Type 2 Diabetes Support Group (Limited In-person and Virtual)

1st Wednesday of the month, 10:00 - 11:00am, FREE
Are you looking for suggestions and new ways to help manage your Type 2 diabetes? Whether you are newly diagnosed or have had diabetes for many years, our support group can help you with your diabetes management. You will gain peer support and learn about healthy lifestyle habits with monthly discussions on insulin pumps, continuous glucose monitor options, smart insulin pens and other insulin delivery devices. Registration is required. Visit www.lowellgeneral.org/diabetestechsupport to register and for more information.

Cardiac Support Group

Healing Hearts Support Group

2nd Wednesday of the month, 6:00 - 7:00pm, FREE
This FREE support group, facilitated by a cardiac nurse, is open for anyone who has had a heart attack, angioplasty (stent) procedure, or an ongoing issue with heart failure and their significant other. Family members, caregivers, and/or friends are also welcome to join. Members listen, share their experiences and volunteer to talk to other heart patients about what they may face including lifestyle changes, depression, recovery, and treatment. Registration required. Visit www.lowellgeneral.org/ healinghearts for more information and to register. Attendance is NOT required every month, join when you can!

Healing Through Art

3rd Saturday of the month, 9:00am – 12:00pm, FREE
The Healing Through Art program provides cancer patients and caregivers a creative way to meet others while working through their health journeys. All sessions will be held virtually on Zoom from 9:00am-12:00 noon on the third Saturday each month beginning February 19 with a summer break. The class is open to Lowell General Hospital Cancer Center patients and their caregivers, experience is not required. Registration is required at www.lowellgeneral.org/healingthroughart.

Education Programs

Virtual Joint Replacement Class

Mondays, 11:00am-noon (1st Monday of month, 4:00-5:00pm), FREE
This one-hour online presentation will answer questions about preparing for, and recovering from, total joint replacement surgery. Patients will learn what to expect during their hospital stay, discharge planning, and the day-to-day recovery process. Sessions are held on Mondays at 11:00am or 4:00pm. Patients will be scheduled for a class during their pre-screening appointment and receive an email with Zoom link.
Here for our community.
And your knee pain.

At Lowell General Hospital, we believe creating solutions requires action.

That’s why when COVID-19 happened, we didn’t hesitate to be there for our community, launching a major vaccination effort and taking care of some of the largest numbers of patients in the region.

It’s also why we’ve assembled some of the most caring and dedicated medical professionals, like our experienced team of orthopedic doctors. They’re here to treat any condition, from knee pain to serious injuries, so you can get back to enjoying life and the things you love most.

To find your orthopedic specialist, visit lowellgeneral.org/orthopedics or call 1-800-544-2424 to speak to a Physician Referral representative.