

Good Feelings

Surgical Specialties At Milford Regional

**How Our
Partnerships
and Expertise
Benefited
Three Patients**

New

Prostate Cancer Surgery

Learn more about this
minimally invasive,
highly effective treatment!

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Dining Program

Find out about this
exciting, new approach
to dining!

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**Ways to get fit, healthy and
a whole lot more with our
community education programs!**

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FROM THE PRESIDENT

Over the past decade, Milford Regional has invested significant resources in bolstering our surgery department which is evidenced by the depth of our surgical offerings, our staff and facilities. In the last issue of *Good Feelings*, we focused on the strength of our orthopedic surgeons. This time, we thought it might be helpful for the community to get an inside look into several other surgical specialties patients benefit from at Milford Regional.

The three patient stories inside this issue showcase the exceptional quality and skill many have come to expect of our surgeons. Two of them highlight the success of our partnerships with large tertiary care systems in bringing advanced surgeries to our Medical Center. I believe these stories inspire hope and create an awareness of the growing surgical expertise offered here at Milford Regional.

There is no better advocate for our healthcare system than the patients we serve. We hope their words will encourage you to consider Milford Regional the next time you or a loved one needs surgery. In the meantime, our Web site at milfordregional.org is a great place to go for more information on our Medical Center and physicians.

May the new year bring you and yours health and happiness.



Edward J. Kelly, President



Edward J. Kelly, President
Milford Regional Medical Center

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Brachytherapy for Prostate Cancer

A minimally invasive, highly effective treatment for low risk prostate cancer is now being offered at Milford Regional. Called brachytherapy, it is recognized as a standard of care in early stage prostate cancer. Performed as an outpatient surgery, it targets a high dose of radiation in close proximity to the cancerous location in the prostate, shrinking tumors and killing cancer cells.

This minimally invasive approach to prostate cancer treatment involves implanting radioactive seeds directly into the prostate through multiple needles. Done with general or local anesthesia, the procedure requires a team approach that includes a radiation oncologist, urologist, physicist and dosimetrist. Together, with sophisticated treatment planning computer systems, they design a radiation plan based upon the exact anatomic position of the prostate. Advanced imaging technologies used during the procedure provide real time information on the prostate ensuring the most accurate and effective placement of the seeds.

This high precision, targeted approach means less damage to surrounding tissue and a shorter treatment time...days instead of weeks. In fact, Christine Olsen, MD, radiation oncologist with Dana-Farber/Brigham and Women's Cancer Center at Milford Regional, states that it is not unusual for patients to return to work the next day.

According to Dr. Olsen, the success rate for brachytherapy is very high. Follow up is largely monitoring the patient's PSA blood tests, which is a screening test for prostate cancer. "This is a great way to treat patients and cure their cancer," she concludes. "It doesn't disrupt their lives and is a very effective treatment." ■

A New Approach to Hospital Dining

At Your Request

When you're not well, your appetite is unpredictable. You might not be hungry in the morning, but be starving at 2 p.m. During a hospital stay, this could mean you missed lunch and have to wait until dinner. What a drag!

At Milford Regional, we decided it was time to put our patients in charge of their eating schedule rather than the clock. So, recently, the food and nutrition department introduced an exciting new meal program called *At Your Request* that allows patients to order food *anytime* of the day between 7 a.m. - 6:30 p.m. This includes snacks as well as meals! "Orders used to be placed twice a day," Katie Clement, director of food and nutrition services, states. "Now patients can place an order whenever they feel like it."

A dining menu is available for patients on every bed stand. A simple phone call to the food and nutrition call center connects you to one of our friendly operators who can pull up the patient's dietary restrictions based upon the attending physician's order and assist the patient in their menu selection. The system also keeps track of important nutritional information, such as the amount of salt and/or fat in the patient's diet. Operators take this opportunity to provide patients with education and direction on nutritious choices. Plus, it flags patients that don't order a meal so staff can check on them and provide assistance, if needed.

Patients will be impressed, and perhaps a little surprised, by the extensive list of delicious breakfast, lunch and dinner items available to them throughout the day. This means you can order chicken parmesan for breakfast, an omelet for lunch and a BLT sandwich for dinner...whatever you so choose! Not to mention delectable dessert items like lemon meringue pie and brownies. Yum! "The food is made to order," Katie points out. "It's fresh with a higher nutritional value. Patients eat better because they are ordering what they want at the time they want it."

In addition, meals can be ordered ahead and when the assistance of a family member is needed in placing an order, they can call on behalf of the patient from home. "This is very helpful for parents when their children are patients or sometimes with the elderly," Katie says. "They know what the patient likes to eat, their intolerances and personal preferences."



Attractive new trays and bright, cheery dinnerware are also part of the revamped meal program. "Research has found that bright colors will increase food intake," Katie notes. "Food is better accepted with a pleasant presentation. You eat with your eyes."

At Your Request puts a whole new spin on the hospital experience. Katie wants it to feel a lot more like home with a menu that rivals your favorite restaurant. "I want the food to taste like your favorite place to eat," she says with a smile. "Our dietitians and culinary team has worked hard to include foods that taste good and are comforting to our patients. After all, patients are 'the heart of everything we do.'" ■

Gynecologic Oncology

A Life Saving Move

Little did Gigi Krain know that her relocation to improve the quality of life for her animals would ultimately save her own life.

It's clear from even the outside of Georgina Krain's attractive Cape Cod-style home that animals are an important part of her life. The penguin figure and giant clamshell birdbath that overlook the front yard speak to this and provide a peek into her work life as box office manager at New England Aquarium. Two dogs – Opie, a chow-border collie mix, and Mary Jane, a rat-terrier cross – romp through the backyard. Inside, seven lovebirds coo in their cages.

"They're my babies," says the 45-year-old Gigi, who is single. "I love them. They give me lots of companionship."

Gigi moved to Bellingham from the Boston suburb of Arlington five years ago so she could have a peaceful garden and room for her animals. She didn't realize then that her relocation would not only improve the quality of life for her multi-species "family," but that it would ultimately save her own life.

Following her move, Gigi switched from her Boston-area gynecologist to Dr. Brenda Coutinho, whose practice Tri-County Obstetrics & Gynecology is located in The Women's Pavilion at Milford Regional and at 77 West Main Street in Hopkinton. She had not had a menstrual

period in almost a year and felt her previous doctor dismissed her symptom as perimenopausal, a phase of hormonal changes leading up to menopause. However, Gigi had started to bleed again. So, she was very pleased when Dr. Coutinho paid special attention to her circumstances. "She definitely listened to my concerns," Gigi states.

Not only had Gigi stopped menstruating at an early age, Dr. Coutinho explained to her that she had other risk factors for cancer, including being overweight, never giving birth and having a history of fibroids. "It could have been perimenopause, but she had risk factors for cancer," Dr. Coutinho points out. "Anything out of the normal should be checked."

An ultrasound showed unusual thickening of Gigi's endometrium, or uterine lining. Dr. Coutinho performed a dilation and curettage (D&C) at Milford Regional's Surgery Center, in which she scraped some cells from the uterus for diagnosis. Gigi had cancer.

The hysterectomy Gigi required would be challenging, Dr. Coutinho recalls. Her lymph nodes would need to be removed along with the uterus, fallopian tubes and ovaries. And Gigi's weight was a complicating factor.

Fortunately, Milford Regional's partnership with Brigham and Women's Hospital includes the expertise of Dr. Neil Horowitz, a gynecologic oncologist who has been coming to Milford once a month for the past two years to provide specialized cancer surgery and consultation. Dr. Coutinho made sure Dr. Horowitz could be there for Gigi's hysterectomy. "She was going to be a tough case," Dr. Coutinho recounts. "If he didn't come, she would have been referred out."

According to Dr. Horowitz, the Boston-Milford partnership means patients can receive the highest level of care close to home. "What we offer is the ability for some of these patients with cancer to stay locally in Milford and get the same level of surgery as in Boston," Dr. Horowitz asserts. "It's convenient for the patient, without sacrificing quality, and it keeps local doctors in the loop for follow-up care."

With Dr. Horowitz as part of Gigi's surgical team, the nodes were able to be removed to determine whether the cancer had spread, all in one operation. Gigi recalls how reassuring it was to

hear quickly that although the tumor had partially invaded the uterine muscle, her cancer hadn't spread.

A huge benefit of having a gynecologic oncologist like Dr. Horowitz at Gigi's surgery is having one surgery rather than two. "If she were somewhere else, she wouldn't have had the nodes done," he explains. It would have required a second operation.

After a two-night stay in the hospital, Gigi was walking around and feeling good. "The healing went fine," she says with a smile. "I was able to do everything but drive in three weeks, and I was back to work in six weeks."

"Because Dr. Horowitz was there, I didn't have to go through another surgery," she continues. "That would have been

more difficult, there would be more scar tissue, and it would have been more stress for me. I feel very good that they were able to do it all at once and close it up."

Dr. Horowitz praises the surgical skills of Milford Regional's gynecologists and the thoroughness of their diagnostic work-ups. However, when cases require his specialized care, it's reassuring to know that Dr. Horowitz's expertise can be accessed right here at Milford Regional.

"He's a huge resource that keeps patients close to home," Dr. Coutinho emphasizes. "Gigi didn't have to travel into Boston, and she got an incredible specialist in Dr. Horowitz."

Life is back to normal now for Gigi. In fact, she says she's feeling better than ever. "I have more energy, more interest in life, I'm happier," she says. She will see Dr. Coutinho every six months for a pap smear for the next five years. And she's got plans to work on her house and garden. After all, she intends to enjoy her home with her companion animals for a long time to come. ■

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— Neil Horowitz, MD

Brigham and Women's gynecologic oncologist



Having an OB/GYN and gynecologic oncologist present at Gigi's surgery meant having one surgery instead of two, plus a much quicker recovery and return to her job at the New England Aquarium.



Thoracic surgery *A Happy Ending*

When Rachel Stratman began to experience lower back pain in February 2009, a cancer diagnosis was the farthest thought from her mind. The 44-year-old Milford resident led a busy life, providing inside sales support for a software company, packing for an upcoming move to a new apartment and helping to plan her sister's wedding. "I didn't have time for this!" she recalls of the initial appointments to address her sensitive back pain.

Her primary care physician (PCP) ordered an abdominal MRI, which revealed something they didn't anticipate...a shadow on her left lung as well as three small spots on her right lung. Her PCP referred her to a pulmonologist who ordered a needle aspiration biopsy that came back negative for cancer. She also had a PET scan that did not indicate cancer.

"Nobody thought it was cancer," says Rachel. Aside from a very minor cough, she had no other pulmonary symptoms, had never smoked, had never been diagnosed with pneumonia that could have caused scarring on her lungs, and there wasn't a history of lung cancer in her family.

At the advice of her pulmonologist, Rachel met with Dr. Ciaran McNamee, a Brigham and Women's thoracic surgeon who is also on the medical staff at Milford Regional, to see whether he could provide a more definitive diagnosis. As a thoracic surgeon, Dr. McNamee specializes in the lungs, esophagus and mediastinum (space between the lungs). Dr. McNamee's highly regarded expertise has involved him in such complex surgeries at Brigham and Women's Hospital as lung transplants. In fact, he was part of the surgical team featured this past year on the ABC medical show, *Boston Med*.

In Rachel's case, Dr. McNamee (whose subspecialty is in oncology) performed a thorough assessment during which he addressed her personal and family history in detail. "He also spent a lot of time studying the MRI, and he listened to me breathe for a very long time," she recalls. "He took a lot of time to review the scan, and he showed me exactly what he thought raised a red flag."

Almost immediately, Dr. McNamee suspected that Rachel had an uncommon form of lung cancer. "Even though she had a negative biopsy, in my mind, it still needed to be adequately assessed," he explains. "I couldn't exclude the possibility of cancer. The bottom line was that it was best to have it removed and adequately biopsied rather than to watch it and wait to see what happens."

Rather than retreat into fear, Rachel felt confident in Dr. McNamee. "He made me feel very safe," she asserts. "I should have been in a full blown panic, but I wasn't panicking because he wasn't."

Dr. McNamee, who considers himself a patient advocate, works hard to ensure patients understand the complexities of their unique health problems. He wants them to understand all the options and not feel rushed in moving forward. He also looks at each diagnosis on a case-by-case basis. "At Milford, we refuse to accept that there's a barrier," he emphasizes. "We look at people who are turned down elsewhere, and we offer them hope."

Each case Dr. McNamee encounters is reviewed by a multi-disciplinary tumor board which includes medical oncologists, radiation oncologists, pulmonologists, pathologists, radiologists and thoracic surgeons. He also consults with surgeons at Brigham and Women's Hospital using virtual video technology. "My partners at Brigham are world leaders. We leverage their expertise in handling these cases," he says. "All of us want to provide the best personalized, tailored care to the patient."

In Rachel's case, Dr. McNamee suspected cancer and recommended that Rachel undergo surgery. "Surgery was the best option because she's young, she could tolerate the surgery, and other treatments wouldn't give her the best outcome," he says. "This was a decision made by a multi-disciplinary tumor board on

the basis of many factors."

Rachel chose to have her surgery at Milford Regional because she was confident in receiving top-notch care locally where her family, friends and network of support could easily visit and encourage her. Dr. McNamee removed the lower lobe of her left lung and sent it to pathology for further testing.

After meeting with the tumor board for further evaluation, it was determined that a second surgery to address the spots on her right lung was necessary. Following that surgery, in which Dr. McNamee removed the upper lobe of her right lung, the pathology report confirmed Dr. McNamee's suspicions: Rachel had bronchioloalveolar carcinoma (BAC), which had progressed to stage IV. According to Dr. McNamee, BAC, a highly unusual type of adenocarcinoma, is a form of lung cancer more common in non-smokers or those who have very little smoking history. "There can be multiple treatment options for this tumor," he explains, "but complete removal, if possible, is the best option."

Fortunately, Rachel chose Dr. McNamee and Milford Regional where patients diagnosed with lung cancer receive an advanced, individualized treatment program. New targeted therapy based on the individual's own molecular biology effectively treats adenocarcinomas, such as BAC. "We recognize that the profile for each patient is completely different — even within the BAC category," he says, "We attempt to identify the specific type of treatment that will best suit each individual and his or her cancer."

While at Milford Regional, Rachel was impressed by the compassionate care she received. After her first surgery, she says one nurse in recovery helped her sit up in bed so she could cough. "I took a deep breath and coughed to clear my throat. She grabbed me, kissed me on the cheek and said, 'Wow, that was terrific!'

I thought her response was wonderful," she recalls fondly. "They were so attentive."

Rachel was also impressed by Dr. McNamee's attentiveness. "I don't think he sleeps! I had surgery at 8 a.m. When I opened my eyes in recovery, he was there. A few hours later, he was back to check on me. At 9:30 that night, he was back again," she says. "He was also very attentive to other members of my family, especially my two sisters who thought they were going to lose me."

Dr. McNamee, whose personal life has been impacted by cancer, says he understands how it affects families. He enjoys practicing at Milford Regional because he values the hospital's emphasis on attentiveness to patients' needs. "In my opinion, there is no one individual who carries this effort," he states. "The cooperation among individuals ranging from the surgical team to the office staff members is what makes the patient's experience at Milford an excellent one."

Today, Rachel feels great and is cancer-free. She was able to go back to work full-time just a couple of months after surgery and follows up with Dr. McNamee every six months.

"What thrilled me is what I could still do even after the surgery," she says enthusiastically. "I played volleyball, and nobody knew I had cancer surgery the year before." She also continues to enjoy riding her bike, jumping rope, swimming and taking walks.

Rachel says the decision to undergo surgery at Milford Regional was one that ultimately saved her life. "I'm excited to be here because there could have been a much different ending to the story." ■

Dr. McNamee has been involved in such complex surgeries at Brigham and Women's Hospital as lung transplants. He was part of the surgical team featured on the ABC medical show, *Boston Med*.

Sleep Apnea Surgery *Are You UPPP*

Greg Shayer, 35, says his low energy level and restless sleep had affected him and his family long before he was officially diagnosed with sleep apnea, a dangerous disorder that caused him to stop breathing periodically throughout the night. "I was always tired and run down no matter how much I slept," says the Franklin resident and father of four.

He especially couldn't keep up with his active kids, whose ages ranged from 2 to 5. "I couldn't play with them for very long or help out with them," he recalls.

Greg's wife, Michelle, says his snoring was so bad that it would wake her up throughout the night and also wake their newborn daughter who slept in their room. "It was awful," she bemoans. Simply getting him out of bed in the morning after he hadn't slept well the night before was a huge task. "That's frustrating," she states, "especially when you're trying to raise a family."

Another scary side effect of his perpetual sleepiness was that he would fall asleep while driving. The sleep problem got so serious that Michelle had to call 911 one morning after not being able to wake Greg up. "It was so scary," she says emphatically. "Our daughter was only four weeks old at the time."

Michelle, whose own mother has sleep apnea, thought Greg had all of the tell-tale signs of the condition. A visit to his primary care physician (PCP) and

a sleep study confirmed her suspicions. Unfortunately, the standard therapy for sleep apnea, a machine used to assist airflow (CPAP), was unsuccessful for Greg. So, his PCP referred him to Dr. Mark Wallace, an otolaryngologist (ear, nose, and throat [ENT] surgeon) to investigate the possibility of undergoing surgery to correct the condition.

As an ENT surgeon, Dr. Wallace treats numerous conditions related to the head and neck, including sleep apnea. Some common surgeries he performs are ear surgery to improve hearing, sinus surgery for chronic sinus infections, thyroidectomy, tonsillectomy and facial plastic surgery. Dr. Wallace also performs uvulopalatopharyngoplasty (UPPP) — a procedure used to treat sleep apnea during which he removes excess tissue from the throat that would otherwise



UPPP For A Good Night's Sleep?

collapse and restrict the airway.

According to Dr. Wallace, sleep apnea is a condition that has consequences which can be far more serious than incessant snoring and lethargy. "It's a medical concern because it can contribute to increasing the risk of heart disease and stroke," he explains. "It decreases the oxygen saturation in one's system and increases the blood pressure in the pulmonary arteries to create long-term problems."

Dr. Wallace performs UPPP for patients who have tried using the CPAP machine and can't tolerate it. This population is typically only one-third of those diagnosed with sleep apnea. "We want to make sure that when we're performing surgery, we're doing it for all of the right reasons and that there are no other options," he emphasizes.

In some cases, patients undergoing UPPP also require other procedures to alleviate the sleep apnea. When the tonsils become so enlarged that they also block the airway, Dr. Wallace may perform a tonsillectomy. When the nose is congested, he may perform a septoplasty with inferior turbinate reduction. During the surgery, he straightens the septum and shrinks the turbinates (the structures that project from the lateral wall of the nose into the nasal cavity) in the nose to improve airflow. These procedures may be performed during the same operative session to improve a patient's outcomes. "We want to clear everything up at the same time in order to give the best results we can," he explains.

When Dr. Wallace first met with Greg for an initial consultation, he performed a thorough evaluation as well as a flexible nasal laryngoscopy by inserting a small fiber optic camera through Greg's nose to look at the back of his throat. "We can actually see where the collapse of the throat is occurring," he notes. "This helps us guide the recommendations and surgical management of the case."

This ability to detect the actual area of the collapse and other restrictions can

greatly improve the odds that UPPP will effectively cure or significantly reduce sleep apnea. "The effectiveness really depends on identifying and diagnosing exactly where the constriction is in the throat," he explains. "If you're able to treat that area, there's a higher success rate."

During the flexible nasal laryngoscopy, Dr. Wallace could see that Greg's tonsils were enlarged, increasing the likelihood



"Since the surgery, Greg actually sleeps! It's amazing! He's a part of our family again. He's participating in family activities. He does things with the kids now."

— Michelle Shayer

Patient Greg Shayer's wife

that Greg would need a tonsillectomy in addition to the UPPP. As he does with all patients, he explained to Greg and Michelle what the procedure would entail and spent plenty of time answering their questions.

"Dr. Wallace was knowledgeable and personable," Michelle recalls. "He didn't talk around the subject. He told us what he thought Greg needed and what he thought Greg would benefit from."

Dr. Wallace says he tries to paint as realistic a picture of the procedure and recovery period as he can. "The throat is a very sensitive area," he points out, "and many people have pain that can last for up to two weeks in some cases. Patients need to look past the recovery and know that it's going to be better once they're recovered from it."

Ultimately, Greg decided to pursue the surgery because he and Michelle knew it was the next logical step to prevent any future complications from sleep apnea. "The risks of surgery are not even close to the risks of having sleep apnea," Michelle reasoned. "The procedure is minor compared to what was going on in his everyday life."

Choosing Milford Regional for the surgery was easy. "I grew up in Franklin, and we've always had everything done at

Milford," Michelle states. "I also highly respect my primary care doctor. When he said to go see Dr. Wallace, I trusted him."

Greg agrees, adding that he liked the idea of being local. "Who wants to travel all that way (to Boston) if you don't have to?" he asks.

Dr. Wallace says he enjoys performing surgery at Milford because of the hospital's emphasis on surgical excellence. "This procedure is well within the range of expertise of the hospital and the physicians and nursing staff," he says with confidence. "Patients in this area don't need to look further than Milford to have this kind of surgery."

When Greg arrived at the hospital, nurses prepped him for surgery and gave him medication to relax. "Everybody was wonderful," recalls Greg. "I did have a little anxiety before the procedure, but everybody made me feel as comfortable as possible."

Dr. Wallace performed a UPPP on Greg with a tonsillectomy. He stayed at Milford Regional overnight so nurses could monitor his airway to ensure that it wouldn't swell after the procedure.

Once home, Greg drank warm soup broth with noodles, ate popsicles and other liquid-based foods during the first week and a half following surgery. After that, he was back to eating pizza and pasta! "At the end of two weeks, he was a considerable amount better," Michelle recalls. Greg returned to work after two-and-a-half weeks.

The good news is Greg's snoring stopped immediately after he returned home, and his energy level skyrocketed shortly thereafter. "Since the surgery, Greg actually sleeps! It is amazing!" exclaims Michelle. "He's a part of our family again. He's participating in family activities. He does things with the kids now."

Greg says he is happy he decided to have the surgery that ultimately gave him his life back. He encourages others with sleep apnea to consider the procedure. "I would highly recommend it without a doubt." ■

Brand-New Web site

The Window into Our World

We are pleased to unveil our revamped Web site at milfordregional.org! With over 12,000 visitors per month, we understand the importance of providing the community with the most current and updated information on our programs and services. We also know that the easier we make it for you to navigate our Web site, the more you can benefit from its content. It is our hope that you will find this window into our world to be informative, enlightening and engaging.

You'll notice on the home page that we are putting our patient testimonials up front and center through links to their stories and videos. As Milford Regional's president Edward Kelly stated in this issue, there is no stronger advocate for the Medical Center than our patients. A link to our quality measures is also central on this page. We believe transparency is critical in retaining the confidence and support of our patients. Also, in an effort to develop a closer connection with the community, you'll see rotating photos towards the bottom of the page that capture special moments, accomplishments and events at Milford Regional Medical Center.

By clicking on "health services," you'll discover several departments with more in-depth information including Cardiovascular, Rehabilitation & Sports Medicine, The Breast Center and Orthopedic Surgery. These expanded pages are the promise of things to come! It is our plan to continue enhancing additional services as we move forward.

Plus, don't miss our extensive list of community education programs! There's something for everyone. And we make registering for programs easy! You can register *and* pay online.

New Provider Directory

Everyone knows how difficult it is to find a primary care physician these days. And when you need to find a specialist, where do you go? Our Web site has always offered assistance in this search, but our new *Find a Doctor* section brings this informational tool to a whole new level. Viewers can now search for a provider by distance as well as other criteria. The new site also notes whether a provider is accepting new patients. And you can also click to see the entire list of providers that make up a practice.

New enhancements also include a cross reference to the hospital's department associated with a particular physician through a link on his/her page. In addition, links to other related web sites as well as video will be available on the physician's page. Plus, viewers will have the ability to print their own provider directory on selected providers or departments.

The good thing about a Web site is its dynamic nature. It is meant to change as we do, which is what makes it so exciting. We look forward to growing in front of your very own eyes! ■



Community Education

Wishing You Well

WELLNESS

All Wellness Programs are located at one of the following addresses; see program description for location.

- **Milford Senior Center**
60 North Bow Street, Milford
- **Milford Regional at Whitinsville (formerly Whitinsville Medical Center)**
18 Granite Street, Whitinsville
(Please use Granite Street entrance only.
Do not enter through lower level.)

Please note: In order that we may make our Wellness Programs comfortable for every participant, we ask that you refrain from wearing perfume to class.

New Meditation, Qigong and Short Form T'ai Chi

Led by a certified instructor, this class combines practices that enhance relaxation, awareness and the cultivation of energy through graceful, soft movement. You will be in a standing position during most of this program. Please wear loose, comfortable clothing. This class is perfect for beginners and those for who would like to learn more about each discipline. **Cost \$60.**

Mondays, 5:45 - 6:45 p.m.

April 4 - June 20

(no classes 4/18 or 5/30)

Milford Senior Center

Yang Style Short Form T'ai Chi

Led by a certified instructor, Yang Style Short Form T'ai Chi is an ancient Chinese discipline that teaches the principles of healing, meditation and self-defense to foster health and well-being. Emphasis is on relaxation and inner peace. You will be in a standing position during this program. Please wear loose, comfortable clothing. **Cost \$60.**

Mondays, Section II (Intermediate) 6:45 - 7:45 p.m.

April 4 - June 20

(no classes 4/18 or 5/30)

Milford Senior Center



Kundalini Yoga

Kundalini yoga is a powerful combination of stretching, exercise, chanting, breathwork, meditation and relaxation, which works the entire mind/body system. The exercises are designed to tune up the physical body, the breath to balance the emotions and the sound work to break negative thought patterns. This ten-week course is taught by a certified Yoga instructor. Please bring a towel or mat and wear loose, comfortable clothing. **Cost \$75.**

New Morning Class!

**Wednesdays, 10 - 11:15 a.m. April 6 through June 8 OR
Wednesdays, 6:45 - 7:45 p.m. OR 7:45 - 8:45 p.m. April 6
through June 8**

**Milford Regional at Whitinsville (classes limited to 12) OR
Thursdays, 6:30 - 7:30 p.m. April 7 through June 9
Milford Senior Center**

Pilates Essentials Mat Class

Pilates is a unique form of exercise that focuses on core stability while using controlled movement to condition the whole body. It is designed to restore balance and improve control of your body both mentally and physically. Please wear loose, comfortable clothing. A towel or mat can be used if desired. This class is limited and fills quickly. **Cost \$75.**

Tuesdays, 6 - 7 p.m. April 5 through June 7 OR

Thursdays, 6 - 7 p.m. April 7 through June 9

**Milford Regional at Whitinsville (MR at Whitinsville classes
limited to 12) OR**

**Wednesdays, 6 - 7 p.m. April 6 through June 15 (no class
April 20)**

Milford Senior Center (MSC classes limited to 15)

Pilates Essentials Plus Mat Class

This class is for those who have had previous Pilates instruction and are ready to move to the next level. Please wear loose, comfortable clothing. A towel or mat can be used if desired. **Cost \$75.**

**Wednesdays, 7 - 8 p.m. April 6 through June 15 (no class
April 20)**

Milford Senior Center

CHILDBIRTH EDUCATION

Milford Regional offers a variety of childbirth education programs for the entire family, including childbirth preparation programs for first-time parents, teens and a refresher for those who have delivered before. We also offer Breastfeeding, Sibling, Baby & Me and Infant CPR classes, as well as Breastfeeding and New Mom support groups.

For more information, visit our Web site at milfordregional.org or call Childbirth Education at (508) 422-2756.

HEALTHY HEARTS

At Milford Regional, we are committed to helping our patients get well and stay well with the latest in technology and medical treatments. We also want to provide information you can use to make healthy lifestyle changes. In this section, we will provide the latest information and tips to help you keep your heart healthy.

Walk Your Way to a Healthy Heart

In this program, participants will be introduced to risk factors for heart disease and how those risks can be impacted by exercise. The class will also include an introduction to a walking program and tips to help you easily increase your exercise in your everyday routine. **Free.**

Tuesday, March 29, 6 - 7:30 p.m.
Milford Regional Physicians Conference Center A, Main Building
To register, please go to our Web site at milfordregional.org or call (508) 422-2206.

Did You Know...

A sedentary (inactive) lifestyle is one of the top risk factors for heart disease. Fortunately, it's a risk factor that you can do something about. Regular exercise, especially aerobic exercise, has many benefits. It can strengthen your heart and cardiovascular system, lower blood pressure and make you look fit and feel healthy.

For more information, contact the American Heart Association at www.americanheart.org or at 1-800-AHA-USA1.

Register online at milfordregional.org



CERTIFICATION

All certification programs meet in Milford Regional's Physicians Conference Center A, Main Building.

American Red Cross Babysitting Course

This three-part course is designed for boys and girls 11 to 14 years old. Participants learn first aid, diapering and feeding techniques, how to choose safe and age-appropriate toys and games, handling bedtime issues, tips for having a safe babysitting experience and more. Upon completion of the course, the American Red Cross Babysitter's Training card is awarded. Enrollment is limited. Register early as this class fills very quickly! Participants must be 11 years old by the start of the first class. **Cost \$55.**
Monday, Tuesday, and Wednesday, March 21, 22 and 23, 3:30 - 6 p.m. OR
Monday, Tuesday and Wednesday, May 16, 17 and 18, 3:30 - 6 p.m. OR
Monday, Tuesday and Thursday, July 25, 26 and 28, 9:30 a.m. to noon.

American Red Cross First Aid Basics

Participants will receive training in the care of injuries, wounds, poisoning, heat stroke, burns, frostbite, shock and respiratory emergencies. Upon completion, participants will receive a First Aid completion card. **Cost \$50.**
Wednesday, March 30 OR
Monday, June 20, 6 - 10 p.m.

The following are American Heart Association courses taught by AHA instructors:

Adult Heartsaver AED

This class is designed for all lay responders, such as firefighters, police, security guards, employees in the workplace, family members of those at high risk for sudden cardiac death and any others who may have a need to respond to a cardiac emergency. The course teaches the basic techniques of adult CPR and how to use an AED. Students also learn about using barrier devices in CPR, giving first aid for choking and how to recognize the signs of heart attack, stroke, cardiac arrest and foreign-body airway obstruction. A course completion card is awarded. The course fee includes the cost of materials that will be mailed to participants approximately two weeks before the class and a one-way valve mask that will be provided at the class. **Cost \$50.**
Tuesday, May 3, 6 - 9:30 p.m.

BLS for Healthcare Provider CPR

The course is intended for participants who provide health care, or anyone who is required to take a healthcare provider course for employment. All participants who complete the course should be able to demonstrate the skills of CPR, mouth-to-mouth and bag-mask ventilation, use of AED's, and relief of FBAO for the responsive and unresponsive victim. A course completion card is awarded to participants who successfully complete the course, including the written examination and skills demonstration. The course fee includes materials that will be mailed to participants approximately two weeks before the start of the class as well and a one-way valve mask that will be provided at the class. **Cost \$50.**
Wednesday, August 3, 5:30 - 10 p.m.

BLS for Healthcare Provider CPR Retraining

This class is for the person who holds a current healthcare provider card. The program fee does not include the cost of the course manual, *BLS for Healthcare Providers*. **Add \$10 to your registration fee if you need a copy of the manual.** Bring your one-way valve mask to class. Additional masks can be purchased from the instructor for \$10 the night of the class. The course pre-test (and manual, if purchased) will be mailed to participants approximately two weeks prior to the course. A successful completion card is awarded. **Cost \$40.**
Wednesday, April 6 OR
Tuesday, June 21, 6 - 9 p.m.

CPR for Family and Friends

This class is designed primarily for those who want to learn CPR and foreign-body airway obstruction relief skills for the rescue of family and friends. It is not designed for participants who need a CPR card or credential. The course includes instruction for both adult and infant and child CPR. **Cost \$30.**
Wednesday, March 2, 6 - 9 p.m.

Heartsaver CPR

The Heartsaver CPR Course is designed to teach CPR and relief of foreign-body airway obstruction (FBAO) to all lay rescuers, such as employees in the workplace, day care providers, babysitters, firefighters, police, airline personnel, security guards, family members of patients at high risk for sudden cardiac death, other lay rescuers, and those who may have a need to respond to an emergency. A course completion card is awarded. The course fee includes the cost of the course manual that will be mailed to participants approximately two weeks before the class. The class is intended for those seeking an initial training, as well as for those currently trained who need to be retrained. *It includes both adult and infant and child CPR instruction.* **Cost \$50.**
Monday, April 4 OR Tuesday, May 31, 6 - 10 p.m.

Are You a DayCare Provider?

Pursuant to American Heart Association guidelines, the appropriate course for you is *Heartsaver CPR*. The AHA no longer offers a separate Infant and Child CPR course.

Advanced Cardiac Life Support (ACLS) and Pediatric Advanced Life Support (PALS)

For information and upcoming classes, call (508) 422-2280.

"The American Heart Association strongly promotes knowledge and proficiency in CPR and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association and any fees charged (except for cost of book) for such a course does not represent income to the association."

DIABETES

The Milford Regional Diabetes Education programs are offered free to persons with diabetes, their families and support persons.

Tune Up Your Meter

Bring your blood sugar meter to get it cleaned & tested for accuracy. Diabetes self-management information will be available, as will Milford Regional certified diabetes educators to answer your questions. Registration is not necessary for this walk-in program. Join us and get Tuned Up! **Free.**

Tuesday, March 22, 1 - 3 p.m.
Milford Regional Conference Room C, Main Building

Why Bother Testing Blood Sugar?

Do you ever wonder why you are bothering to test your blood sugar? Many times, your health professional doesn't look at the information and you may not know what to do with the data. This program will help you make sense of your blood sugar tests and provide actions you can take to make your testing worthwhile to both you and your physician. **Free.**

Tuesday, April 26, 1 - 2:30 p.m.
Milford Regional Physicians Conference Center B, Main Building OR
Tuesday, April 26, 7 - 8:30 p.m.
Milford Regional Conference Room C, Main Building

Supermarket Tour

Are you confused by nutrition labels and media advertisement about the health benefits of certain foods? Learn how to choose products that meet low carbohydrate, low sodium and low fat guidelines AND will help improve your blood sugar, blood pressure and cholesterol. **Free.**

Thursday, May 19, 6:30 p.m.
Hannaford Supermarket, 7 Medway Road, Milford
Pre-registration is required as the number of participants is limited to 20. (No children please!)
Registered participants should meet at Hannaford Supermarket at 6:30 p.m.

The above programs are free, but registration is requested. To register, go to our Web site at milfordregional.org or call (508) 422-2206.

Diabetes Support Group

For details, go to our support group listing on page 15.



LIVING WITH CANCER

LOOK GOOD... FEEL BETTER

Are you currently having treatments for cancer? Have you recently completed treatment? *Look Good... Feel Better* offers cancer patients the opportunity to learn about treatment and post-treatment care for hair, skin and inner beauty! The program is sponsored by the American Cancer Society. **Free.**

Sign up for one of the sessions offered below:

Wednesdays, 6 - 8 p.m. March 9 OR April 13 OR May 11 OR July 13 OR Wednesday, 2 - 4 p.m. June 8

For more information and to register, call Christine Mort at (508) 488-3704.



All cancer programs meet at Dana-Farber/Brigham and Women's Cancer Center at Milford Regional Medical Center.

CARING FOR THE CAREGIVER

This one-time educational and supportive session is for those who are helping a loved one or friend get through cancer treatment. The program will provide practical information to enable you to perform well in your role as a caregiver as well as offer an opportunity to meet and gain support from others coping with similar issues. **Free.**

Sign up for one of the sessions offered below:
Wednesdays, 6 - 7:30 p.m. March 2 OR April 6 OR May 4 OR June 8
For more information and to register, call Ann Sullivan, LICSW at (508) 488-3783.

FIGHTING CANCER WITH A FORK: SEPARATING FACT FROM FICTION

Tuesday, 6:30 - 8 p.m. March 15 **Free.**
For more information and to register, please call Lisa Taylor, RD at (508) 422-3746.

WRITING ABOUT CANCER

This four-week writing workshop is for cancer patients and survivors. Whether you are newly diagnosed or have been in remission for years, writing about the different aspects of your cancer journey can be therapeutic. Writing experience is not necessary for this program! There is no cost to attend, but registration is requested. **Free.**

Thursdays, 4 - 6 p.m. April 7, 14, 21 and 28
For more information and to register, please call Deb Ragosta at (508) 422-2206 or Ann Sullivan at (508) 488-3783.

Cancer Support Groups

For a complete list of current support groups, go to our support group listing on page 15.

DANA-FARBER/BRIGHAM AND WOMEN'S

 **CANCER CENTER** 
at
Milford Regional Medical Center

SPECIAL EVENTS

Cancer Survivors Day

In celebration of those who have survived cancer and to commemorate those who have battled the disease. June 2011 – Watch for more details.

PREVENTION

Quit Smoking with Hypnosis

Hypnosis is a powerful tool to help you successfully quit smoking. If you are motivated and ready to quit, hypnosis is safe, reliable and fast. Come to class with a desire to be a non-smoker. You don't need to worry if you've tried unsuccessfully to quit in the past. Hypnosis will help remove the craving to smoke and will put you on the road to improved health. This is a small-group session and class size is limited. **Cost \$25.**

Tuesday, March 8 OR Monday, March 28, 7 p.m.
Milford Regional Physicians Conference Room C, Main Building



Oral, Head and Neck Screening

More than 55,000 Americans will develop cancer of the head and neck (most of which is preventable) this year and nearly 13,000 of them will die from it. **Please note: This is not a general skin screening. It is intended to check for abnormalities of the head, neck and mouth.** Free.

Friday, April 22, 8:30 - 10:30 a.m.
KidCare PM Clinic at Milford Regional, Third Floor, Main Building
Offered by Tri-County Ear, Nose and Throat Surgery
Call (508) 422-2209 after March 20th to register.

Skin Screening

Skin cancer is the most common form of cancer and affects one in five Americans, but most skin cancers are curable if detected and treated early. Call early for this free screening as it fills quickly! Free.

Thursday, May 19, 5 - 7 p.m.
Dana-Farber/Brigham and Women's Cancer Center
Milford Regional
Offered by Kuchnir Dermatology & Dermatologic Surgery
Call (508) 422-2209 after March 20th to register.

For more information about these and other cancers and screenings, contact the American Cancer Society at www.cancer.org or at 1-800-ACS-2345.

For information about what you can do to prevent chronic illness, go to the Centers for Disease Control and Prevention Web site at www.cdc.gov.

SENIOR FOCUS

Milford Regional Medical Center continues its partnership with the Milford Senior Center to offer a variety of programs to promote health and wellness for our seniors. You don't have to live in Milford to take advantage of these programs. Listed below are just a few of the many programs scheduled this spring at the Milford Senior Center. The Center offers a variety of classes and programs for people over 60, such as safe exercise, zumba dancing and a walking club. For more information, go to the Senior Center's Web site at www.milford.ma.us/aging.htm.

Senior Center Events

All are invited to these events, but pre-registration is required. Sign-ups for programs involving a fee must be registered in person at the Senior Center. Please call the Senior Center at (508) 473-8334 for more information about these and other programs.

Milford Senior Center, 60 North Bow Street, Milford

United States Air Force Colonial Brass Quintet

Monday, February 14, 1 p.m. Free.

St. Patrick's Day Luncheon

Thursday, March 17, 12:30 p.m. Cost \$7

Spring Brunch

Thursday, April 14, 11 a.m. Cost \$4

Chinese Luncheon

Thursday, June 9, 12:30 p.m. Cost \$7



Living Well Luncheons

Luncheons meet from 12:30 - 2 p.m. and include guest speaker presentations. Please call the Senior Center at (508) 473-8334. **Cost \$5, due upon registration, but fully refundable at the program.**

Milford Senior Center, 60 North Bow Street, Milford

BECOME A MEMBER

Living Well is a program for adults 60 and older that was founded more than 10 years ago at Milford Regional Medical Center. If you would like to know the benefits of becoming a member of *Living Well*, call community education at (508) 422-2206.



Living with Hand Arthritis

Presented by Jeffrey Dietz, MD
New England Hand Associates, PC
Thursday, March 24, 12:30 - 2 p.m.

Keeping Your Lungs Healthy

Presented by Valeri-Ann Bolduc, RT
MRMC respiratory care department
Thursday, April 21, 12:30 - 2 p.m.

Living Well with Diabetes

Presented by MRMC diabetes educators
Thursday, May 26, 12:30 - 2 p.m.

MassHealth and the Women's Health Network: Accessing Care in Your Community

Presented by Bob Guerino
member education, MassHealth Operations and
Renée Quarterman, MD
breast surgeon, The Breast Center at Milford Regional

Thursday, June 23, 12:30 - 2 p.m.

HEALTHY & FIT

To register for these and other programs, go to our Web site, milfordregional.org or call (508) 422-2206.

The Many Facets of Cancer Prevention

This three-part program will focus on things you can do to help prevent cancer. The first class will focus on healthy eating and weight control. The second will focus on exercise and diet. The final class will focus on cancer screenings, including who should get them

and when. Every facet is important. Come and learn what you can do to decrease your cancer risk. Free.

Thursdays, March 31, April 7 and 14, 6 - 7:30 p.m.
Milford Regional Conference Room C, Main Building

SUPPORT GROUPS

Cancer Support Groups

Breast Cancer

This group is for women who would like to meet other women to explore ways to cope with their diagnosis, its effect on their lives and to offer an opportunity to support each other. Registration is not required for this free group. For more information, call Ann Sullivan at (508) 488-3783.

First Wednesday of each month, 4:30 - 5:30 p.m.

Second Floor Conference Room, Dana-Farber/Brigham and Women's Cancer Center at Milford Regional

Cancer Bereavement

This support group, facilitated by a licensed clinical social worker, offers an opportunity for those who have experienced the loss of a significant person in their lives to cancer to come together to support one another and explore ways to cope with their grief and loss. For more information, call Margie Gonzalez, LICSW at (508) 473-1190, extension 3119.

Second Monday of each month, 7 - 8:30 p.m.

Women's Pavilion Conference Room, Fourth Floor, Hill Health Center

General Cancer

These sessions offer an opportunity for individuals with cancer to offer support to one another and explore ways of coping with the stresses created by a cancer diagnosis and treatment. Registration is not required. For more information, call Ann Sullivan LICSW at (508) 488-3783.

Second and fourth Wednesday of each month, 2 - 3:30 p.m.

Second Floor Conference Room, Dana-Farber/Brigham and Women's Cancer Center at Milford Regional

General Support Groups

Breastfeeding is Beautiful (BIB)

This group provides lactation support and encouragement, professional breastfeeding resources, mother-to-mother peer support and a relaxed, informal environment for breastfeeding women and their babies. A lactation counselor or consultant is available to answer questions and address concerns. Pregnant woman are welcomed to attend. For more information, call (508) 422-2960.

First and third Thursday of each month, 10 - 11 a.m.

Milford Regional Maternity Education Room, Second Floor, Main Building

Caregivers

For individuals caring for loved ones affected by Alzheimer's Disease or other memory disorders. For more information, call (508) 473-0862 or (800) 478-0862. *This group is funded by the Central Mass Agency on Aging.*

Every Tuesday of each month, 1:30 - 3 p.m.

VNA and Hospice of Greater Milford, 37 Birch Street, Milford

Celiac Disease: It's All About the Grain!

For celiacs who are looking for support and an opportunity to share experiences, continue to learn about the Gluten-Free diet and the challenges it presents and to learn strategies to live a GF lifestyle. This group is facilitated by a registered dietitian. For more information, call (508) 422-2474.

Fourth Thursday of each month, 6:45 - 8 p.m.

Milford Regional Physicians Conference Center B, Main Building

Chronic Pain

This peer-based group is for those who suffer from chronic pain and wish to talk with people going through a similar experience. For more information and to register, contact Judy between 9 a.m. and 7 p.m. at (508) 478-5981.

Third Wednesday of each month, 6 - 8 p.m.

Women's Pavilion Conference Room, Fourth Floor, Hill Health Center

Community Birth Loss

For families who have experienced the loss of a baby through miscarriage or fetal death. For more information, call Karen Evers at (508) 422-2030.

Second Thursday of each month, 7 - 8:30 p.m.

Women's Pavilion Conference Room, Fourth Floor, Hill Health Center

Diabetes

An open and ongoing group for adults with diabetes, their families and friends. For more information, call (508) 422-2396.

Second Thursday of each month, 6:30 - 8 p.m.

Milford Regional Physicians Conference Center B, Main Building

Eating Disorder

For parents and loved ones of teens and young adults with eating disorders. For more information, call *The Center for Adolescent Health* at (508) 482-5444.

Head Trauma

For survivors of brain injury and their family members and friends. For more information, call (508) 422-2559.

Third Thursday of each month, 7 - 8:30 p.m.

Women's Pavilion Conference Room, Fourth Floor, Hill Health Center

Heartline

For more information, call Stanley Jones at (508) 473-4044.

First Thursday of each month, 7 p.m.

Milford Regional Physicians Conference Center B, Main Building

Mother Talk

For new mothers with infants 0-6 months. Registration is not required. For more information, call the Childbirth Education Department at (508) 473-1190, extension 5076.

First Thursday of each month, 11:30 a.m. - 1 p.m.

Milford Regional Maternity Education Room, Second Floor, Main Building

Multiple Sclerosis

For more information, call Kay Grimes at (508) 533-8726.

Second Wednesday of each month, 3:30 - 5 p.m.

Milford Regional Physicians Conference Center A, Main Building



INCLEMENT WEATHER

Listen to radio station WMRC 1490 AM
or call the Medical Center at
(508) 473-1190 to check the status
of your course or program.

Good Feelings

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Terri McDonald
Director of PR &
Marketing; Editor

Debra Ragosta
Marketing/Community
Education Coordinator

Lisa Eramo
Terri McDonald
Susan Spencer
Writers

Gus Freedman
Terri McDonald
Morins Studio
Photographers

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Milford Regional
Medical Center





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LECTURE SERIES

Screening for Lung Cancer

Cancer screening is looking for cancer before a person has any symptoms and before it can spread to become incurable. Cancer screening can help find cancer at an early stage. When cancer is found early, it may be easier to treat and there is a survival advantage. According to the National Cancer Institute (NCI), there were approximately 222,000 new cases of lung cancer in 2010 in the United States, resulting in more than 157,000 deaths. Recently, the NCI released initial results from a trial showing a possible benefit of CT scanning used as a lung cancer screening tool. Join Dr. McNamee at this program where he will discuss a review of current accepted programs of screening, treatments, survival, mortality and the value of screening for lung cancer. **Free.**
Wednesday, March 16, 7 p.m.
Presenter: Dr. Ciaran McNamee
Dana-Farber/Brigham and Women's Cancer Center at Milford Regional Medical Center

Fibroids? Get the Facts

According to the National Institute of Health, uterine fibroids are the most common, non-cancerous tumors in women of childbearing age. They are the cause of more than 200,000 hysterectomies every year and can affect as many as 77 percent of women in the U.S. There are many types of uterine fibroids and many options available to treat them should they cause problems. At this lecture, Dr. DiGiovanni will discuss the latest information available to diagnose and treat (both non-surgical and surgical options) uterine fibroids as well as possible causes, signs and symptoms. **Free.**
Monday, May 16, 7 p.m.
Presenter: Dr. Leonard DiGiovanni
UMass Memorial OB/GYN at Milford



UPPP and Away – Treatment for Severe Sleep Apnea

According to the American Association for Respiratory Care, sleep apnea affects up to 18 million Americans and can be linked to high blood pressure, heart attack and stroke. There are many life-style changes, non-surgical treatments and devices that can make a huge difference to the person suffering from sleep apnea, but occasionally, people with severe sleep apnea are not helped by these. When all else fails, uvulopalatopharyngoplasty (UPPP) may help. UPPP is a surgical procedure used to remove excess tissue in the throat in order to widen the airway. This can help allow air to move through the throat more easily when you breathe, decreasing snoring and sleep apnea. Join Dr. Wallace at this informative program where he will discuss the surgery, including its benefits and risks. **Free.**
Wednesday, May 25, 7 p.m.
Presenter: Dr. Mark Wallace
Tri-County Ear, Nose & Throat Surgery

Lectures held at Milford Regional Physicians Conference Center, Main Building

Registration is requested as seating is limited. Go to our Web site at milfordregional.org or call (508) 422-2206.