

# Good Feelings

## Excellence In Urology At Milford Regional

Read how three  
patients regained  
their health and  
quality of life!

Meet  
The Breast Center's  
Nurse Navigator  
Who is there for you  
throughout your journey  
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Breakthrough  
In Pacemaker  
Technology  
That allows patients  
to have MRIs!  
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Take Charge of Your Health!  
Sign up for lectures, exercise  
and healthy living programs.

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# FROM THE PRESIDENT

For the third straight year, Milford Regional received top honors as the region's #1 hospital *and* the #1 hospital locally by readers of Community Newspaper Company, which includes (among others) *Milford Daily News*, *MetroWest Daily News*, *Country Gazette*, *Hopkinton Crier* and *Holliston Tab*. The significance of this year's Readers Choice Awards becomes even greater when you take into account that 232,000+ votes were cast from 30 surrounding towns.

Milford Regional has been the recipient of numerous awards and recognitions this past year. They range from awards for clinical excellence, such as the AHA/ASA Stroke Gold Achievement Award and the Breastfeeding Achievement Award, to being distinguished for quality care with the Amerinet Quality Achievement Award to recognition for our commitment to future healthcare professionals with the Academic Partners of the Year Award. All of these forms of recognition are extremely meaningful to the departments, staff, physicians, administrators and board at Milford Regional. Not only do they acknowledge our hard work, they affirm the high quality of care we provide to our patients.

As president of the Medical Center, I greatly appreciate the extraordinary efforts our physicians, nurses and staff take to exceed expectations. We are a community hospital; we are neighbors caring for neighbors. That is why the Readers Choice Awards are held in such high esteem at Milford Regional. Our neighbors, our community, our patients selected us as their #1 choice in healthcare. It doesn't get any better than that!

So, on behalf of everyone at Milford Regional, I want to thank you for your vote of confidence. We will do everything in our power to be deserving of your praise.



Edward J. Kelly, President



Edward J. Kelly, President  
Milford Regional Medical Center

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## Specialists in Urology at Milford Regional

Milford Regional has highly experienced specialists in urology that offer a wide range of leading-edge treatments and services. Several have affiliations with Brigham and Women's Hospital and UMass Memorial Healthcare. All are board certified.

### Urologists

**Mitchell Bamberger, MD, MBA, FACS**

**Sanjaya Kumar, MD, FACS**

**Eddie E. Michli, MD**

Tri-County Urology

115 Water Street

Milford, MA

(508) 482-5411

Web site: [tricontymedical.org](http://tricontymedical.org)

**Marc L. Nierman, MD**

Milford Urology, PC

54 Hopedale Street

Hopedale, MA

(508) 473-6333

Web site: [milfordurology.com](http://milfordurology.com)

### Urogynecologist

**Samuel Zylstra, MD, MPH, FACOG**

Blackstone Valley Obstetrics

& Gynecology

Milford Regional at

Whitinsville

18 Granite Street

Whitinsville, MA

(508) 234-6260

Web site: [tricontymedical.org](http://tricontymedical.org)

### Radiation Oncologist

**Peter F. Orio, III, DO**

Dana-Farber/Brigham and

Women's Cancer Center at

Milford Regional

20 Prospect Street

Milford, MA 01757

(508) 488-3800 ■

Sign up for our  
e Newsletter  
at [milfordregional.org](http://milfordregional.org)  
and get bimonthly  
health updates!

# Prostate Brachytherapy

## The Seeds of Healing

**W**hen 68-year-old John “Jack” Crawford of Whitinsville was told he had prostate cancer on December 10, 2010, the newly retired former state police officer used his investigative skills to better understand his diagnosis.

He read credible medical journals, talked with friends and researched the topic thoroughly. Armed with a page and a half of questions for his doctor, Jack made a conscious decision to become as informed as possible—a process with which he had been familiar during his 32 years working in law enforcement. Still, despite all of his best efforts to research treatment options, Jack admits that nothing could have prepared him for the initial diagnosis. “I didn’t expect it,” he says, solemnly.

Jack had always taken a proactive approach to his health and monitored his prostate-specific antigen (PSA) levels annually. He hadn’t had any symptoms and, therefore, didn’t think prostate cancer would ever become a reality. However, when his brother died from prostate cancer in 2000, he knew he needed to take his own health—and hereditary connection to the disease—even more seriously. To complicate matters, his brother-in-law also died from prostate cancer in 2004. “There was an awareness of the disease,” he recalls.

So, when Jack discovered his PSA level was elevated, he was quick to see Milford Regional urologist Mitchell Bamberger, MD, of Tri-Country Urology in Milford, for a more intensive exam and biopsy. When the diagnosis came back as prostate cancer, he wanted to know his options.

“Prostate cancer is the most common non-skin cancer among men, and some estimates suggest that one in six men will be diagnosed with prostate cancer in their lives,” says Peter F. Orio, DO, radiation oncologist at Dana-Farber/Brigham and Women’s Cancer Center and part of the medical staff at Milford Regional. “We are diagnosing many prostate cancers before they become clinically significant. As such, we have many highly effective treatment options to offer these patients.”

The good news was that Jack’s prostate cancer was in the early stages and considered low risk. This meant he had several options for treatment. His first option was to undergo a radical prostatectomy during which his prostate would be entirely removed. The second option was external beam radiation therapy which provides a highly conformal radiation dose to the prostate over several weeks. The third option was brachytherapy—a minimally invasive, outpatient procedure during which small radioactive seeds are implanted into and around the prostate to provide targeted radiation treatment.

“We can give a lot of radiation right to the tumor. We treat the entire prostate with a curative dose, but we’re also putting radiation seeds right up against the tumor itself,” explains

■ *Continued on Page 4*



Jack Crawford’s active life includes coaching track and field at Whitinsville Christian School. Pictured (left to right): Alex Rubin, Annaliese Vander Baan and Jack.

Dr. Orio, who performs prostate brachytherapy at Milford Regional. Brachytherapy is extremely effective for low-risk prostate cancers, and it can also be used in conjunction with external beam radiation for intermediate- or high-risk prostate cancers, he adds.

In order to make an informed decision about his treatment, Dr. Bamberger referred Jack to Dr. Orio to talk more in-depth about brachytherapy. When Jack first heard about brachytherapy, he admits he was skeptical. "I'd always heard, 'When in doubt, take it out,'" he says. "That makes sense, but as I started to do more research and get educated about the process, I started to realize that this may not be the right answer for me. Every patient is a little different, and they need to figure out what's best for their situation."

During his initial consultation to discuss brachytherapy, Jack was particularly impressed with Dr. Orio's credentials and the time he spent answering all of his questions. "I could not believe I had a doctor of this caliber ten miles from my house," he exclaims in awe.

Paula, Jack's wife, agrees, adding that Dr. Orio's overall demeanor was comforting. "He met all of the criteria, and he had a nice manner to him. That is not essential, but it certainly does a lot to put you at ease," she recalls.

Dr. Orio explained that for patients with low-risk prostate cancer, brachytherapy is as effective as external beam radiation therapy or even radical prostatectomy. It also has a faster

recovery time than surgery and doesn't require the repetitive trips needed for external beam radiation therapy. However, several factors must be taken into account to determine whether a patient is a good candidate for the procedure, including the size of the prostate, symptoms, whether the disease is confined to the prostate, the percentage of positive biopsies, and the Gleason score which denotes the aggressiveness of the cancer. Brachytherapy is ideal for those with a relatively normal size prostate whose cancer is considered low to intermediate risk and is organ-confined, says Dr. Orio. Jack met all of these criteria.

The minimally invasive nature of brachytherapy, as well as its high success rate, appealed to Jack. "If you're going to end up with the same result, then why go through all of the radical procedure in terms of removal? It could lead to scarring of the urethra and a longer recovery time," he concluded. "I felt totally confident after talking with Dr. Orio that he had targeted the area and the prostate was accessible."

Although Jack considered going into Boston for his procedure, he ultimately chose Milford Regional because of his confidence in Dr. Orio and the medical center's close proximity to home. He had also accessed Milford Regional's services several times before and had always been pleased with the care he received. "It's a very well-respected hospital in this area, and the staff couldn't have been more helpful," he recalls.

During the procedure, Dr. Orio worked in conjunction with two physicists and the patient's treating urologist. Together,



Planning for placement of the prostate cancer radioactive seeds during the procedure ensures the most effective treatment and sets Milford Regional apart from other hospitals that devise their plans well in advance of surgery.

***"Prostate Cancer is the most common cancer among men, and some es***



Each radioactive seed is the size of a grain of rice.

different phases of its cell cycle. By constantly bathing the cancer cells in low-dose radiation, you get them when they're most vulnerable—when the cancer cells are most likely trying to divide and move into different portions of the cell cycle. Radiation is waiting to kill the cancer cells."

Brachytherapy's high precision, targeted approach means

radiation is kept a safe distance away from the urethra, which minimizes urinary complications. Radiation doses to the rectum and bladder are also kept to a minimum.

Jack spent approximately six hours in the hospital, which included registration, surgery and recovery from general anesthesia. Aside from some minor tenderness in his perineum as well as some slight burning during urination the day after surgery, Jack says he recovered easily. Dr. Orio prescribes several medications to minimize these side effects, and most patients resume normal activities within a couple of days. Patients undergo a PSA test, CT scan and MRI one month after the procedure and continue to have their PSA levels monitored as well as undergo prostate exams thereafter.

Today, Jack continues to think positively and says he feels great. The former Boston marathoner stays active by running, golfing and volunteering as a track and field coach at Whitinsville Christian School. He attributes his success to the support of his family and the

stellar medical care he received at Milford Regional. "We're fortunate that we have a great medical community here. It was a very positive experience in a negative situation," he says resolutely.

In addition, Jack—at the advice of Dr. Bamberger—has advocated for other males in his family to monitor their PSA levels. He encourages others diagnosed with prostate cancer to not give up hope.

"This is a very treatable form of cancer, but you have to be proactive," he emphasizes. "Don't be afraid to go to the doctor. There are good options. Knowledge is power that will help you make the best decision for yourself." ■

they mapped Jack's prostate using advanced imaging technologies and input this information into a sophisticated treatment planning computer system. "The computer performs more than 500,000 different iterations of the plan to find the perfect needle-seed combination for Jack's prostate," Dr. Orio explains. He and his team then go one step further, refining the plan even more based upon the patient's specific needs.

The computation is performed during the actual procedure to ensure the most accurate and effective placement of the seeds. According to Dr. Orio, this real-time/intra-operative planning is what sets Milford Regional apart from other hospitals where the planning is done well in advance of the procedure. This delay may or may not reflect the most up-to-date depiction of the patient's prostate going into surgery.

Using 16-22 fine needles, Dr. Orio deposits approximately 70-100 brachytherapy seeds, each of which is the size of a grain of rice, through the perineum and into the prostate. He also places seeds around the capsule that surrounds the prostate to stop any cancer that is trying to migrate beyond the prostate to other organs. No incisions are made. The seeds are linked together in the most effective pattern for treatment of the patient's prostate using a plastic material that dissolves over several months. This keeps the seeds locked in place and prevents them from migrating to other areas of the body. Finally, the seeds are placed exactly within the prostate with real time image guidance.

Generally, the seeds provide the highest doses of radiation within the first couple of months, but continue to bathe the cancer in radiation for approximately 10 months. "Biologically, we know that prostate cancer is a very slow-growing tumor," explains Dr. Orio. "Cancer is radio-sensitive in

***"By constantly bathing the cancer cells in low-dose radiation, you get them when they're most vulnerable..."***

— Peter Orio, DO, Radiation Oncologist  
Dana-Farber/Brigham and Women's Cancer Center at Milford Regional

## PHYSICIAN SPOTLIGHT



Peter F. Orio, III, DO

■ Radiation oncologist Peter F. Orio, DO, trained under the pioneers of prostate brachytherapy in Seattle and performed his first procedure in 2002. He is credited for developing the prostate brachytherapy program at Brooke Army Medical Center in San Antonio, Texas, and has provided training for this leading edge procedure throughout the country. As a member of the national brachytherapy society, Dr. Orio has taken a leadership role in giving presentations and facilitating research discussion.

A Brigham and Women's physician, Dr. Orio performs radiation therapy treatment at Dana-Farber/Brigham and Women's Cancer Center at Milford Regional and prostate brachytherapy at Milford Regional's Surgery Center. He can be reached by calling (508) 488-3800.

Join Dr. Orio, along with urologists Drs. Bamberger and Michli, for a free evening presentation on prostate cancer and the latest surgical options available. Registration information on page 16.

***estimates suggest that one in six men will be diagnosed in their lives."***

## Bladder Cancer

# Calming the Waves

Since her cancer diagnosis, Margo Stonionis has a newfound love for her family and will be forever grateful to Dr. Kumar, whom she believes saved her life.

**M**argo Stonionis, 67, recalls the appointment during which she was told she had bladder cancer. It was Christmas Eve 2003—a busy day leading up to an even busier holiday. Sanjaya Kumar, MD, urologist at Milford Regional, walked into the exam room where Margo waited alone. He put his head down and sat next to Margo on the exam table when delivering the news. “I think it was harder on him than it was on me,” she recalls with emotion. “I said, ‘It’s cancer, isn’t it?’ He said, ‘I’m so sorry, Mrs. Stonionis.’”

Margo, of Millbury, says she initially felt numb. She'd had no visible signs or symptoms and no family history of bladder cancer. Then, she began to ask the questions that any patient stunned with a serious diagnosis would wonder: What would be the next step? Will the process be painful? Would she feel sick?

Margo says Dr. Kumar assured her that he could help her by targeting, removing and closely monitoring her cancer. More than eight years later, Margo, now retired, is happy to report that she is cancer free. She says being diagnosed with cancer was an eye-opening experience. "When you have cancer, you're never the same again," she remarks. "You don't take anything for granted. It's as if you fall in love all over again with your family and your friends and the blue skies, the pretty trees, the air and even a wonderful drink of water."

For Margo, the world changed in 2002 when her gynecologist discovered something suspicious during a routine annual exam. Her doctor quickly referred her to Dr. Kumar for follow-up. According to Dr. Kumar, gynecologists and primary care physicians are frequently the ones who initially spot an abnormal test and refer patients for further evaluation. The most common symptom of bladder cancer is painless blood in the urine. Patients who smoke or who are exposed to certain chemicals at work are at a higher risk for developing bladder cancer. "Smoking puts you at higher risk, Dr. Kumar explains. "It's directly proportionate to the amount you smoke, the duration of your smoking and how much you inhale. Of all of the bladder cancer patients we see, 60-70 percent are smokers."

Dr. Kumar's evaluation of Margo included a cystoscopy which provides a visual inspection of the bladder through a flexible, lighted scope. In Margo's case, this procedure—performed in Dr. Kumar's office—helped him identify two suspicious tumors on the lining of her bladder. "It was an invasive procedure, but I didn't find it painful," Margo recalls. "Dr. Kumar puts you at ease and makes you feel very comfortable. He explains everything he's doing."

In order to remove and biopsy both tumors, Margo underwent an outpatient procedure at Milford Regional's Surgery Center. Under general anesthesia, Dr. Kumar used a resectoscope to transfer an electrical current and cut the tumor away from the bladder. When Margo's biopsy results indicated the tumors were benign, Margo says she was relieved yet skeptical. "Something in my head said, 'Gee, I hope this is the end of it.' Little did I know it would come back again," she says.

Between 2002 and 2007, Margo's tumors did come back multiple times—first as pre-cancer and then as cancer in 2003 and

again in 2007. Dr. Kumar identified the tumors each time during routine cystoscopies and removed them in day surgery. The good news was that Margo's cancer was considered early stage and superficial, meaning it was confined to the lining of the bladder. This type of cancer, which can be effectively treated with surgery, accounts for nearly 70 percent of all cases of bladder cancer, Dr. Kumar explains. The remaining 30 percent tend to be more invasive and require surgical removal of the bladder.

According to Dr. Kumar, it's important to make the distinction between superficial cancers and those that are more invasive. "When everyone hears the word cancer, they go into shock," Dr. Kumar explains. "In Margo's case, it was superficial, so it was totally curable. If we stay on top of it, people can live a totally normal lifespan."

Dr. Kumar closely monitors patients with a history of bladder cancer to ensure early detection in the event the cancer recurs. It's not uncommon for patients with bladder cancer to experience recurring tumors, he says. Most tumors recur within the first two years, which is why patients undergo a cystoscopy every three to four months after surgery during that timeframe. Dr. Kumar also monitors patients' urine for cancer cells and orders molecular testing on the urine in select cases. Because Margo's

tumors recurred multiple times, she also received BCG immunotherapy once per week for six weeks in addition to surgery. This therapy, which incites an individual's own immunity to fight cancer cells in the lining of the bladder, is also effective for patients with large tumors.

Margo says she couldn't be happier with her decision to undergo surgery at Milford Regional. She chose the hospital because it was close to home and her support network. She says everyone from the parking attendants to the nurses and other staff members in the Surgery Center were friendly and accommodating. "The nurses really put me at ease. They were very genuine people who really wanted to make sure I was comfortable and had everything I needed," she recalls. "I remember being starved after surgery, and they handed me a sandwich in no time!"

Today, Margo follows up with Dr. Kumar every six months to undergo a cystoscopy. She looks back on the entire experience with a newfound gratefulness for the love and support of her family with whom she spends much of her free time relaxing and boating at their second home in Falmouth. Reflecting back, Margo says she wouldn't change a thing, noting the excellent medical care she received at Milford Regional and the compassion and skill of Dr. Kumar. "I really do feel like he saved my life," she concludes. ■

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*"If we stay on top of it (bladder cancer), people can live a totally normal lifespan."*

— Sanjaya Kumar, MD  
Urologist

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Sanjaya Kumar, MD

## PHYSICIAN SPOTLIGHT

■ Sanjaya Kumar, MD, is a highly respected urologist in the Boston and central Massachusetts area. With 25 years experience, he performs surgery at Milford Regional and Brigham and Women's Hospital, where he is associated with the latest kidney transplant treatments. Dr. Kumar cares for patients at Tri-County Urology in Milford, along with urologists Mitchell Bamberger, MD, and Eddie Michli, MD. The group performs simple urological procedures in the office, more complex procedures at Milford Regional and Brigham and Woman's Hospital, and offers leading-edge robotic assisted procedures as well. You can reach the Tri-County Urology group at (508) 482-5411.

## Incontinence

# Taking Back Control



**J**udith Cook, 64, says her life used to literally revolve around hourly trips to the bathroom. The Franklin resident knew the location of every bathroom in every store, and she avoided drinking fluids when she was out running errands.

When she marched in the Memorial Day parade last year with her seven-year-old granddaughter's Daisy Girl Scout troop, she avoided drinking water for hydration out of fear that she'd need a bathroom before the two-hour parade ended. "It affected everything I did," Judith recalls.

Judith Cook can now enjoy shopping at her leisure... something she couldn't do just a few months ago.

She attempted to dismiss her symptoms as part of the normal aging process; however, it got so bad, Judith couldn't even make it through the night without getting up multiple times to go to the bathroom. "I thought I just had to cope with it," she says. "It's embarrassing as an adult, and it's so inconvenient."

Judith tried medication prescribed by her primary care physician to address the problem, but it wasn't effective and it made her eyes and mouth very dry. Finally, a friend suggested she meet with Samuel Zylstra, MD, MPH, FACOG, an obstetrician/gynecologist (OB/GYN) at Milford Regional who specializes in urogynecology, including conditions such as stress incontinence (leaking urine when coughing, sneezing or laughing); overactive bladder disorder (increased frequency in urination or increased pressure to urinate); and prolapse (when pelvic structures, such as the bladder or rectum, bulge or protrude into the vaginal wall).

Heeding her friend's advice, Judith met with Dr. Zylstra and openly discussed her symptoms during the initial consultation. She felt completely at ease with him. "He has this calm, practical and relaxed demeanor that instills confidence," she says.

Dr. Zylstra talked in-depth with Judith about her symptoms and sent her home with two forms to complete before the next appointment—a uro-diary to record urine output and her frequency/urgency to urinate, as well as a quality of life assessment form to gauge the severity of her problem.

The uro-diary was an eye-opening experience. "I was really surprised to see on paper how often I went," she recalls.

During her second appointment, Dr. Zylstra reviewed the forms and also performed a test to determine how much fluid Judith's bladder could hold. An overactive bladder and/or bladder affected by stress incontinence holds far less fluid than the average bladder. Not surprisingly, Judith's bladder was able to hold very little fluid. "He told me every step of the way what he was doing and what I was going to feel," Judith recalls. She was also impressed with the care and compassion shown by Brenda Zylstra, MSN, WHNP, MPH, a women's health nurse practitioner (and Dr. Zylstra's wife), who assisted with the procedure.

Through a urodynamic evaluation which includes a pelvic exam, Dr. Zylstra determined Judith had a rectal prolapse where her rectum was bulging into the back compartment of her vaginal wall. The exam also revealed that the muscles

around her bladder neck (the area in which the urethra enters into the bladder) were very weak—another sign that Judith likely had stress incontinence, as well as a bit of overactive bladder disorder.

Though Brenda educated her on pelvic muscle exercises to alleviate her incontinence and overactive bladder, Judith knew that surgery was the only way to really resolve her issues. She chose Milford Regional to have her surgery because of its close proximity to her home and Dr. Zylstra's affiliation with the hospital.

During surgery, Dr. Zylstra corrected Judith's prolapse by returning the organs affected back to their correct position and strengthening structures around the area with a pliable mesh material. He also corrected Judith's stress incontinence by inserting a polypropylene sling to stabilize and support the bladder neck. Both procedures were completed in less than an hour. "It was so much easier than I thought it was going to be,"

Judith recalls. "The pain was so insignificant."

Judith also gives high praise to Milford Regional's nursing staff for their attentiveness during her overnight stay. "The nursing care was beyond compassionate," she says emphatically. "They were comforting and really on the ball."

Within a few days, Judith was back to her normal activities, though she was advised not to lift anything heavy or strain herself for seven to 10 days. Her prescription for pain medication went unfilled because she didn't need it. Looking back on the experience, Judith regrets not acting sooner. "I wish I had done this when I first noticed it was becoming an issue," she says. "I regret that I didn't address it earlier."

Judith no longer has to plan her schedule around the accessibility of a bathroom. She's proud to say that when she marched in this year's Memorial Day parade, she was able to drink two sodas and a bottle of water without thinking twice. And she is rediscovering what it's like to sleep through the night without interruption. "It's so nice," she says enthusiastically. "My whole life is just so much more comfortable." ■

*"I wish I had done this surgery when I first noticed it (incontinence) was becoming an issue. I regret that I didn't address it earlier."*

— Judith Cook  
Patient



## PHYSICIAN SPOTLIGHT

■ Obstetrician/gynecologist Samuel Zylstra, MD, is a fellowship-trained urogynecologist practicing for the past 20 years. He helped to establish the urogynecology and pelvic reconstructive surgery program at UMass Medical Center and spearheaded the program at Milford Regional. Dr. Zylstra performs approximately seven urogynecologic surgeries each week and is very pleased with the minimally invasive procedures' high rates of success. A Tri-County Medical Associate's physician, Dr. Zylstra can be reached at his practice, Blackstone Valley Obstetrics & Gynecology, in Whitinsville at (508) 234-6260.

Join Dr. Zylstra for a lecture on treatments for incontinence and prolapse. Registration information on page 16.

Samuel Zylstra, MD

## Nurse Navigator

# There for You

**"O**verwhelmed" and "fearful" were the words 53-year-old Deb Newman uses to describe how she felt when the radiologist at Milford Regional told her she needed a breast biopsy. "How am I going to deal with this?" she thought.

Fortunately, the Hopedale resident was referred to breast surgeon Renée Quarterman, MD, medical director of The Breast Center at Milford Regional. There, she received much more than an exam and surgery date, because The Breast Center provides an entirely unique, multi-disciplinary, holistic approach to breast health that includes continuing education, awareness of the Best Practice standards, twice-monthly interdisciplinary breast conferences, internal quality and outcome studies, clinical trials and surveillance. Plus, The Breast Center's team of experts includes specialists from Dana-Farber/Brigham and Women's Cancer Center at Milford Regional.

Deb knew she was in good hands. However, what she didn't realize was the critical role a new key player in The Breast Center would play moving forward. Enter Kimberly Maurer, RN...nurse navigator. "She is the constant liaison between the patient and all of the Breast Center services (imaging, biopsies, education, social support, exercise programs) and providers (physicians, other nurses, therapists)," explains Dr. Quarterman. "The navigator provides guidance and education, and ensures that all of our patients are aware of and can access the resources we have available to them."

Kimberly was perfectly suited to fill the role as nurse navigator. Not only did she bring 16 years of valuable nursing experience to the position, Dr. Quarterman states her greatest strength is her incredible compassion which provides tremendous support to patients and their families. "I am here for them throughout their journey," Kimberly explains.

When Deb arrived at the Women's Pavilion the day of her biopsy, Kimberly was there to meet her. She stayed with her throughout the entire experience. "She was so kind and supportive," Deb recalls. "She became a familiar face that day. It made an impression."

Before and after the surgery, Kimberly was there to provide comfort and reassurance. "When I was cold, she got me a warm blanket," Deb states. "Her emotional support was as equally important to me as the physical support of the nurses and staff."

Upon discharge, it was Kimberly who pushed Deb's wheelchair down to the main lobby, and Kimberly was there to give Deb a big hug when Dr. Quarterman gave her the good news that the biopsy came back negative. "I had an emotional connection with her," Deb explains. "She was there for me repeatedly. It was so helpful."

Today, Deb Newman is back living her full and active life. Still, she will always be grateful that during one of her darkest times, she had Kimberly, The Breast Center's nurse navigator, with her to provide reassurance and comfort. "We shared tears of fear and then tears of joy together," she reminisces. "It was nice having that familiar face." ■



Kimberly Maurer, RN (left) provides one-on-one support to Breast Center patients like Deb Newman.

## New Breast Center Programs and Partnerships

### ■ American Cancer Society

Reach to Recovery breast cancer patients mentoring program

Mentoring and support program for breast cancer patients' spouses/partners

### ■ Hockomock Area YMCA

LIVESTRONG strength/fitness program for cancer survivors

### ■ ViniYoga

Yoga program to improve strength/sense of well being for breast cancer patients

For more information on The Breast Center at Milford Regional, call (508) 422-2847.

# New Cardiac Pacemaker

## I'm the Lucky One

**W**hen Janet Sannicandro first found out that she needed a cardiac pacemaker, she was stunned. "I was in denial," says Janet.

"I'm only 51 years old. Why is this happening to me?"

The Milford resident had been experiencing bouts of dizziness and fainting spells. She felt dragged out and unusually tired. Upon further investigation by Dr. Marjorie Bacon, a cardiologist with Hopedale Cardiology in Upton, it became clear that Janet needed a pacemaker, which is a small device placed in the chest or abdomen to help control abnormal heart rhythms.

Janet admits that it was difficult to accept her need for a pacemaker at such a young age. However, she changed her outlook from unfortunate to "lucky" when she learned that she was a perfect candidate for a new pacemaker which allows patients to have magnetic resonance imaging (MRI) tests. At the time, Milford Regional was only the second hospital statewide to implant this revolutionary Revo pacing system by Medtronic, which received FDA approval for MRI use in 2011.

Prior to this breakthrough technology, patients who had a pacemaker could not undergo an MRI. The radiofrequency and static fields emitted by the powerful magnet could affect the pacing system's operation causing tissue damage, unintended cardiac stimulation and pacemaker malfunction. More than 200,000 patients annually in the United States have to forego an MRI scan because they have a pacemaker. The largest demographic impacted by this diagnostic limitation are those age 65 and older, who comprise 86 percent of those with a pacing system. This group is twice as likely to need an MRI due to increased musculoskeletal and neurological problems.

Because MRI is considered the gold standard diagnostic tool for neurologists, oncologists and orthopedic surgeons, it is estimated that 50-75 percent of pacemaker patients will have a medical need for an MRI over the lifetime of their device. According to cardiologist William Shine, MD, who implanted Janet's Revo pacemaker, she was a good candidate because her chances of one day needing an MRI were higher due to her young age.

"Pacemakers are essential to the health and well being of many cardiac patients," states Dr. Shine. "With the

introduction of this new, cutting-edge technology in pacemakers, patients can now benefit from MRI's as well. This is a significant advancement in the overall care of our cardiac patients."

Janet was "totally impressed" by her care from the cardiologists' office to Milford Regional. "The staff was superb," she said emphatically. "The TLC I got was incredible and the follow up care was great."

She could feel her energy returning almost immediately following the pacemaker implant, and was back to work after a couple of weeks. In the end, Janet feels the timing was perfect. "I'm delighted to be one of the first to have this new pacemaker," she explains, "because I may very well need an MRI someday. I'm the lucky one." ■



Cardiologist William Shine, MD, displays Janet's revolutionary new pacemaker that will allow her to have MRI's in the future, if needed.

Get to know our cardiologists at [milfordregional.org](http://milfordregional.org). Click on *Find a Doctor*.



# 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 and help you cope with challenging medical issues.

## Stroke Therapy: An Update

Rehabilitation is a critical part of recovery for many stroke survivors and can help them re-learn skills that are lost when part of the brain is damaged. In this program, participants will learn about new therapies and how stroke therapy can help victims of stroke return to independent living. **Free.**

Monday, November 28, 7 p.m.

Presenter: William Tosches, MD, FAAN  
Milford Neurology  
Milford Regional Physicians Conference  
Center A, Main Building

To register, please go to our Web site at [milfordregional.org](http://milfordregional.org) or call (508) 422-2206.



## Did You Know...

This year, more than 100,000 U.S. women under age 65 will have a stroke. Stroke is not a geriatric disease. And it's not confined to elderly, overweight smokers who have high blood pressure or high cholesterol.

For more information, contact the American Stroke Association at [strokeassociation.org](http://strokeassociation.org) or at 1-888-4-STROKE

Register online at [milfordregional.org](http://milfordregional.org)



# 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 to make our Wellness programs comfortable for every participant, we ask that you refrain from wearing perfume to class.*

### 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 for those who would like to learn more about each discipline. **Cost \$60.**

**Mondays, 5:45 - 6:45 p.m.**  
**September 26 through December 5**  
(no class October 10)  
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 III (Advanced/Master Class)**  
**6:45 - 7:45 p.m.**  
**September 26 through December 5**  
(no class October 10)  
Milford Senior Center

### **New** at Milford Regional! **Zumba®**

Zumba® is a Latin-inspired dance fitness class that fuses Latin and international music and movements to create a dynamic workout that is fun and easy to do! Anyone can participate. The classes are designed for all levels and ages of participants, and for dancers and non-dancers alike. You don't have to be a dancer to enjoy Zumba®, you just have to have a great attitude and willingness to have fun. This ten-week course is taught by a certified instructor. Please wear comfortable clothing. **Cost \$75.**

**Tuesdays, September 27 through November 29, 6 - 7 p.m.**  
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, balance emotions and break up negative thought patterns. This 10-week course is taught by a certified Yoga instructor. Please bring a towel or mat and wear loose, comfortable clothing.

**Cost \$75.**

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

The above classes run **September 28 through December 7** (no class November 23)

*Milford Regional at Whitinsville (classes limited to 12) OR*  
**Thursdays, 6:30 - 7:30 p.m. September 29 through**  
**December 8** (no class November 24)  
*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. September 27 through November 29** OR  
**Thursdays, September 29 through December 8** (no class November 24)

*Milford Regional at Whitinsville (classes limited to 12) OR*  
**Wednesdays, 6 - 7 p.m. September 28 through**  
**December 7** (no class November 23)  
*Milford Senior Center*

### 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.**  
**September 28 through**  
**December 7**  
(no class November 23)  
*Milford Senior Center*



# CERTIFICATION

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

## **BLAST! Babysitting Course**

This two-part course was designed by the American Academy of Pediatrics and is intended for boys and girls 11 to 14 years old. Its content includes preparing children to interview for a babysitting job and the babysitting basics including feeding, burping a baby, spoon-feeding, crying and preparing for bed. The program also addresses behavioral problems and discipline, how to select safe and suitable games and activities, prevent accidents and perform first aid and CPR. 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 \$45.**

**Tuesday and Wednesday, September 20 and 21, 3:30 - 6 p.m. OR**

**Wednesday and Thursday, November 16 and 17, 3:30 - 6 p.m. OR**

**Monday and Tuesday, January 16 and 17, 3:30 - 6 p.m.**

## **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.**

**Tuesday, September 27 OR**

**Wednesday, December 14, 6 - 10 p.m.**

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

### **Heartsaver CPR AED**

This course is a classroom, video-based, instructor-led course that teaches adult, infant and child CPR and AED use, as well as how to relieve choking on adults, infants and children. This course teaches skills with AHA's research-proven Practice-While-Watching (PWW) technique, which allows instructors to observe the students, provide feedback and guide the students' learning of skills. This course is for anyone with limited or no medical training who needs a course completion card in CPR and AED use to meet job, regulatory or other requirements. The course fee includes the cost of the manual 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.**

**Wednesday, September 14 OR**

**Wednesday, November 9, OR**

**Monday, December 5, 6 - 10 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 will 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 the manual that will be mailed to participants approximately two weeks before the start of the class and a one-way valve mask that will be provided at the class. **Cost \$60.**

**Wednesday, January 4, 5:30 - 10 p.m.**



The American Heart Association has eliminated its Heartsaver CPR and Adult Heartsaver AED courses. Those courses have been replaced by Heartsaver CPR AED.

### **BLS for Healthcare Provider CPR Retraining**

This class is for the person who holds a current healthcare provider card. The program fee includes the cost of the latest course manual, *BLS for Healthcare Providers*. (New for 2011, with the updated American Heart Association guidelines.) Please bring your one-way valve mask to class. Additional masks can be purchased from the instructor for \$10 the night of the class. The manual will be mailed to participants approximately two weeks prior to the course. A successful completion card is awarded. **Cost \$50.**

**Wednesday, October 12 OR**

**Wednesday, December 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 adult and infant and child CPR. **Cost \$30.**

**Monday, November 7, 6 - 9 p.m.**

### **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."*

# 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 fall at the Milford Senior Center. For more information, go to the Senior Center's Web site at [milford.ma.us/aging.htm](http://milford.ma.us/aging.htm).

## **Living Well Luncheons**

Luncheons meet from 12:30 - 2 p.m. 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*

## **What You Need to Know About Stroke**

Presented by Jeffrey Hopkins, MD, Milford Regional emergency department  
**Thursday, September 22, 12:30 - 2 p.m.**

## **Going to the Emergency Room? Make Sure Your Medications Speak to Us!**

Presented by Milford Regional emergency department staff  
**Thursday, October 20, 12:30 - 2 p.m.**

## **Thanksgiving Celebration**

**Thursday, November 17, 12:30 - 2 p.m.**

## **Christmas Party**

**Thursday, December 15, 12:30 - 2 p.m.**

*Living Well is a program for adults 60 and older. If you would like to know the benefits of becoming a member, call (508) 422-2206.*

# 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](http://milfordregional.org) or call Childbirth Education at (508) 422-2756.



# HEALTHY & FIT

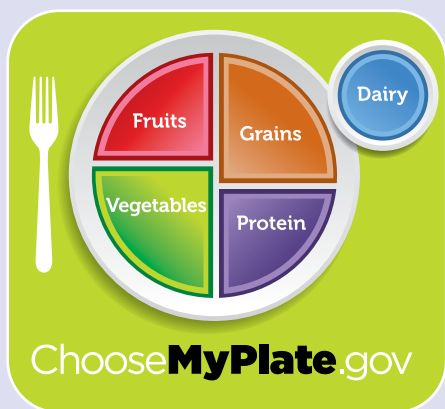
## Goodbye Pyramid...Hello Plate!

In June, 2011, as part of its revised guidelines for healthy eating, the US Department of Agriculture replaced the familiar food pyramid with a simple plate. The new *Dietary Guidelines for Americans* focuses on balancing calories with physical activity. It encourages Americans to make half your plate fruits and vegetables and at least half of your grains whole grains. Join our registered dietitians to learn about the new guidelines and how you can incorporate them into your daily eating habits and help meet your health goals for you and your family! **Free.**

**Wednesday, October 19, 6 - 7:30 p.m.**

*Milford Regional Conference Room C, Main Building*

To register for this and other programs, go to our Web site, [milfordregional.org](http://milfordregional.org) or call (508) 422-2206.



# DIABETES

The following three programs are free and registration is not necessary.

## What's New in Diabetes?

Come see and hear about new diabetes supplies, technology, research, medications and other advances that are coming in the future.

**Thursday, September 8, 6:30 - 8 p.m.**

*Physicians Conference Center B*

*First Floor, Main Building*

## Diabetes and Dining Out

Join registered dietitian and certified diabetes educator Charmaine Vincent-Haan as she discusses some pitfalls to avoid and shares tips to help you make the best choices while dining out.

**Thursday, October 13, 8, 6:30 - 8 p.m.**

*Physicians Conference Center B*

*First Floor, Main Building*

## Surviving the Holidays

Are you ready for the cold winter, holiday foods and parties – not to mention the stress of the season? Come to this discussion group and help yourself have the tools to survive the season.

**Thursday, November 10, 6:30 - 8 p.m.**

*Physicians Conference Center B*

*First Floor, Main Building*

Registration is required for the following program. Please go to our Web site, [milfordregional.org](http://milfordregional.org), or call (508) 422-2206.

## A1c Champion

An A1c Champion is someone who maintains an A1c less than seven percent and is trained to help others make good choices in their effort toward reaching blood sugar goals. Join us at this program to dispel myths and learn how to work toward overcoming your fears of diabetes and its management. Get practical information about successfully managing your diabetes from someone who "walks in your shoes." **Free.**

**Wednesday, October 5, 7 - 8:30 p.m.**

*Physicians Conference Center A*

*First Floor, Main Building*



# LIVING WITH CANCER

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

## 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, October 12 OR November 9**

**December 14, 6 - 8 p.m.**

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

## Fighting Cancer With a Fork: Separating Fact From Fiction

**Tuesday, November 15, 6 p.m.**

For more information and to register, please call Lisa Taylor, RD at (508) 488-3746.

## 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, October 27; November 3, 10 and 17, 4 - 6 p.m.**

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.

# 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.**

**Monday, October 3 OR Monday, November 7, 6:30 p.m.**

*Milford Regional Physicians Conference Room C*

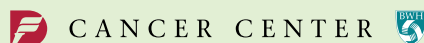
*First Floor, Main Building*

For more information about cancers and tips for prevention, contact the American Cancer Society at [cancer.org](http://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 [cdc.gov](http://cdc.gov).

DANA-FARBER/BRIGHAM AND WOMEN'S



at

Milford Regional Medical Center

# 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, it's 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*

### Caring for the Caregiver

This educational and supportive group is for those who are helping a loved one or friend cope with 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. For more information and to register, call Ann Sullivan, LICSW at (508) 488-3783.

**First Wednesday of each month, 6 - 7:30 p.m.**

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

### Coping with 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 please 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*

### Enteral Feeding Discussion Group

This group is for any patient who has a feeding tube as part of their plan of care. Participants can be anticipating this need, using it currently or transitioning to an oral diet. A variety of topics are discussed and education and support are shared. Caregivers are welcome to attend. For more information, contact Lisa Taylor, RD at (508) 488-3746 or Ann Sullivan, LICSW at (508) 488-3783.

**First and third Thursday of each month, 1:30 - 2:30 p.m.**

*First 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 women are welcome 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 - 3:00 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 also 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*

*First Floor, 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, please contact Judy between 9 a.m. and 7 p.m. at (508) 478-5981.

**First and 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) 422-2711.

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

*Women's Pavilion Conference Room*

*Fourth Floor, Hill Health Center*

## Eating Disorders

For parents and loved ones of teens and young adults who have 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 from 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 at 7 p.m.**

*Milford Regional Physicians Conference Center B*

*First Floor, 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*

*First Floor, Main Building*

Register online at  
[milfordregional.org](http://milfordregional.org)

## 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

is published as a  
community service

**Milford  
Regional**  
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Good Feelings is published twice yearly by Milford Regional, 14 Prospect St., Milford, MA 01757. Nonprofit postage paid. Issue date: Fall 2011. Material contained here is intended for informational purposes only. If you have medical concerns, consult a physician or other healthcare professional.

It's easier than ever to find out about upcoming programs and special services at Milford Regional Medical Center — find us on Facebook and follow us on Twitter!



# Milford Regional

Medical Center

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## SPECIAL EVENTS

### Advances in Treatment for Prostate Cancer: The Future is Now

Prostate cancer is the second most common type of cancer found in American men, behind skin cancer. This year, some 232,000 men will be told that they have the disease. Join us at this special event to learn more about the latest breakthrough treatments for prostate cancer from three experts in the field.

Milford Regional urologist Mitchell Bamberger, MD, MBA, FACS, will present an overview on prostate cancer and various treatment options. Brigham and Women's radiation oncologist Peter Orio, DO, known nationally for his expertise in prostate brachytherapy, will discuss this leading-edge procedure for treating prostate cancer patients;



and Milford Regional urologist Eddie Michli, MD, a specialist in robotic prostatectomy, will discuss how this state-of-the-art approach has revolutionized prostate cancer treatment.

**Tuesday, October 25, 7 p.m.**  
**Presenters: Mitchell Bamberger, MD, MBA, FACS, Tri-County Urology**  
**Eddie Michli, MD, Tri-County Urology**  
**Peter Orio, III, DO, Dana-Farber/Brigham and Women's Cancer Center at Milford Regional**

**Join us for these special evenings that will include raffles, giveaways and refreshments!**

### Take Back Control!

While most women are familiar with the problem of incontinence, they don't realize there are various forms of this condition and most have never heard of prolapse, which can go hand in hand with it. Join Milford Regional urogynecologist Samuel Zylstra, MD, as he discusses these two common conditions and the minimally invasive surgical procedures that can bring instant relief to an otherwise uncontrollable situation.

**Tuesday, November 15, 7 p.m.**  
**Presenter: Samuel Zylstra, MD, MPH, FACOG Blackstone Valley Obstetrics & Gynecology**

Both programs held at Milford Regional Physicians Conference Center, First Floor, Main Building

Registration is requested, as seating is limited. Go to our Web site at [milfordregional.org](http://milfordregional.org) or call (508) 422-2206.

## Breast Cancer Awareness Month Activities

### Healthy Cooking for Breast Cancer Survivors and Those at High Risk for Breast Cancer

Tuesday, October 11 OR Tuesday, October 25, 6:30 p.m.  
Whole Foods, Bellingham - registration is required.

*The following two programs will be held at the Hockomock YMCA, 45 Forge Hill Rd, Franklin*

### Breast Health – What Do You Know?

Tuesday, October 4, 9:30 - 10:30 a.m. Free.  
Presenter: Renée Quarterman, MD, Medical Director, The Breast Center at Milford Regional

### Meet the Breast Center's Nurse Navigator

Tuesday, October 18, 9:30 - 10:30 a.m. Free.  
Presenter: Kimberly Maurer, RN, Nurse Navigator, The Breast Center at Milford Regional

### Breast Cancer Survivors' Salon Night

Discounted hair/nail services by appointment only.  
Monday, October 10, 5:30 - 7:30 p.m.  
Mac Med Hair and Nail Salon, 123 East Main Street, Milford

### Breast Cancer from a Partner's Perspective

Tuesday, October 11; time and location to be announced.  
Presenter: Bob Ward, husband of an MRMC breast cancer survivor and Fox25 reporter/anchor. Couples are welcome. Light refreshments will be served. Registration is required. Free.



To register for the above programs or events (including Salon Night), call Kimberly Maurer at (508) 422-2142.

For a complete list of Breast Cancer Awareness Month events, go to our Web site at [milfordregional.org](http://milfordregional.org).