

Good Feelings

Orthopedic Surgery At Milford Regional

The
dramatic
difference
it made in the lives
of three people!

What to
look for
when selecting
your surgeon
and hospital
Page 3

Learn more
about
arthroscopic, knee
and hip replacement
surgeries at one of
three lectures
Back page

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

Page 12

Recognizing the need for high quality orthopedic surgeons with expertise in arthroscopic and joint replacement surgery, Milford Regional began to expand its orthopedic department close to ten years ago. At the same time, we developed plans for our largest building project to date... a 45,000 square foot expansion that included a new Surgery Center with eight, state-of-the-art surgical suites. Two of the operating rooms, in particular, were created specifically for orthopedic surgery with input from our surgeons. The design and technologies built into these surgical suites were so advanced, visitors from as far away as Israel came to tour the Surgery Center upon its completion.



Edward J. Kelly, President

However, it is the community's response — your response — that has always mattered most to us. After all, we are here to serve you. That is why we have been so pleased, over the years, with the largely positive feedback received from you concerning our orthopedic program. For those of you who have accessed our orthopedic services, I hope the patient stories inside this edition of *Good Feelings* are a reflection of your experience here. And for the rest of you, I hope the articles provide assurance of the excellence in orthopedic care you would receive at Milford Regional.

As always, your thoughts and comments are welcomed. Whether it's by phone, through mail or our Web site at milfordregional.org, we look forward to hearing from you.

In the meantime, I wish you and your loved ones the very best of health. ■

Edward J. Kelly, President
Milford Regional
Medical Center



Good Feelings is published as a community service

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Contents

Good News

From Orthopedic Surgery Patients

- 6 **It's Great Being Back!**
Marilyn Williams' life was put on hold until she had knee replacement surgery. She shares her great joy in reclaiming activities that had become just a memory.
- 8 **A Life Changer**
Joseph Wilson, MD, feared that his excruciating hip pain might put an end to his long career as a surgeon. It was also putting a damper on activities for his up-and-coming wedding. Find out how hip replacement surgery changed his life.
- 10 **Back In the Ball Game**
Robert McLaughlin found himself on the sidelines of life because of knee pain. An admitted skeptic, he tells how he became a believer in arthroscopic surgery and the amazing results.

Good Surgeons; Good Care The Who, What, Where and Why

- 3 **So, You Need Orthopedic Surgery... Now What?**
First, find a good surgeon! Milford Regional has recruited some of the best. Read more about them here.
- 4 **Where Will You Have Your Orthopedic Surgery?**
Milford Regional has invested millions of dollars to provide one of the most advanced Surgery Centers around and developed a skilled team of medical professionals to ensure the highest quality orthopedic services available. Learn why Milford Regional is the right choice when it comes to orthopedic surgery.

Wishing You Well Community Education Programs

- 12 **Wellness; Cancer; Prevention**
- 13 **Senior; Heart; Nutrition**
- 14 **Diabetes; Certification; Events**
- 15 **Support Groups; Childbirth**
- 16 **Lectures; Presentation**
Knee Replacement
Arthroscopic Joint Surgery
Hip Replacement
What Does That Lump In Your Breast Mean?



This issue's cover: Robert McLaughlin runs the staircase at Patriot's Place in Foxboro for exercise — a feat that would have been nearly impossible before his arthroscopic knee surgery.



So, you need orthopedic surgery... *Now What???*

There are two very important decisions to make when you need surgery; who will perform the surgery and where will you have it done. Milford Regional has taken considerable measures on both fronts to ensure access to surgeons of the highest caliber in a safety focused, state-of-the-art environment.

In this edition of *Good Feelings*, we want to familiarize you with our orthopedic surgeons and the Medical Center's progressive approach to patient safety and comfort during your stay with us.

Since Milford Regional opened its state-of-the-art Surgery Center in 2004, the orthopedic department has been expanding to meet demand. The advanced surgical suites designed specifically for orthopedic surgeries (see article on page 4), along with a seasoned staff of medical professionals, have been the drawing card for a growing list of highly regarded orthopedic surgeons.

When it comes to selecting an orthopedic surgeon, experience and training are key. Our orthopedic surgeons have received training, held fellowships and practiced at such prestigious hospitals as Massachusetts General, Tufts New England Medical Center, Beth Israel Deaconess Hospital, Saint Elizabeth's Hospital, UMass Memorial and New York Presbyterian Hospital. Several have cared for such notable teams as the New York Jets, New York Islanders, LA Dodgers and LA Lakers. For most of them, surgeries that already number in the hundreds annually continue to grow due to word of mouth. They pride themselves in offering the most up-to-date surgical procedures in arthroscopic and joint replacement.

By any measure, Milford Regional's orthopedic surgeons have proven themselves to be experts in their field. Primary care physicians trust their family members to them; patients travel from other states to have them perform their surgery; and our own surgeons look to them when it comes to their personal orthopedic surgical needs.

So, who will perform your orthopedic surgery? The following orthopedic surgeons perform their surgeries at Milford Regional:

Mulroy Orthopaedic Surgery & Sports Medicine

321 Fortune Blvd.
Milford, MA
(508) 478-7135

Richard D. Mulroy, Jr., MD, FACS
John M. Mulroy, MD
Susan E. Barrett, MD, MPH
Michael A. Vazquez, MD

UMass Memorial Orthopedics at Milford

91 Water Street
Milford, MA
(508) 458-4300

Amy E. Abbot, MD
David P. Magit, MD

Ahad Dilmaghani, MD
200 Main Street
Milford, MA
(508) 478-4971 ■



Amy E. Abbot, MD



Susan E. Barrett, MD, MPH



Ahad Dilmaghani, MD



Michael A. Vazquez, MD



John M. Mulroy, MD



Richard D. Mulroy, Jr., MD, FACS



David P. Magit, MD

Where will you have your Orthopedic Surgery?

Contrary to popular belief, bigger isn't always better. When it comes to orthopedic surgery, Milford Regional has taken extraordinary steps to ensure an environment that elevates surgical care and promotes patient safety and comfort.

Patient Safety

It's the guiding principle behind everything we do at Milford Regional. For staff both on and behind the scene, patient safety is "job one." And when it comes to orthopedic surgery, nothing is more important...

"During pre-admission testing, every aspect of a patient's health is discussed and taken into account," explains Kathy Busch, RN, CNOR, operating room education coordinator. "We want a well-rounded picture of the patient."

And though it might seem repetitious to some, safety precautions also include double and triple checking pertinent patient information off a check list throughout their stay. "We ask the patient to give their name and date of birth and make sure it corresponds with the hospital bracelet on their wrist," Kathy states. "We ask who their surgeon is and what procedure they are having done. We make sure all their paper work matches."

The patient is also asked which limb is being operated on and staff, once again, compares their response to the surgical consent form. The surgeon marks the patient's limb before proceeding to the surgical suite. And that's not the end of it...

Once inside the operating (OR) room, the OR nurse goes through the check list again and before the first incision is made, a "time out" is taken to confirm the patient information for a final time.

Following surgery, patient safety and comfort are still a top priority when a patient is transferred to the medical/surgical floor. It is protocol for nurses from both departments to have a one-on-one review of the patient's medical report and discuss any other patient concerns to ensure safe, seamless care.

"We have a very seasoned staff," Kathy affirms. "Everyone works well together and knows what it takes to make sure the patient is safe."

Physician Assistants in Orthopedics

Orthopedic patients at Milford Regional also benefit from the experience and attention of certified physician assistants (PA-C) in orthopedics. These highly trained medical professionals provide assistance exclusively to our orthopedic surgeons and their patients while here at Milford Regional. Chuck Dufromont, who has been a PA-C for close to twenty years and assisted in over 1,000 total joint replacements, says their skills "amplify the surgeon's abilities." And because the PA-C's focus is entirely on managing the care of orthopedic patients from admission to discharge, their accessibility fosters a level of comfort that makes patients less apprehensive about sharing their thoughts and concerns. "We work closely with the surgeons and hospital staff to enhance and expedite care," Chuck explains. "Our goal is to make the patient experience a good one."

Pain Management

You will not find a more experienced team and progressive approach to pain management during orthopedic surgery than at Milford Regional. Our anesthesiology team are all board certified specialists available to provide around-the-clock care. Though these team members with decades of pain management experience could easily rest on their laurels, they have gone above and beyond to remain on the cutting edge. Orthopedic patients are now benefiting from a breakthrough approach to pain management which involves the use of different pain killing medications to target different pain pathways to the brain. This new approach helps prevent or reduce the pain a patient feels by blocking some of these pathways. Because the use of narcotics is lessened with this pain modality, the side effects associated with it, including nausea, vomiting, drowsiness and a prolonged recovery, are minimized.

Due to the efforts of anesthesiologists Gregory B. Begin, MD, and You Wei Lin, MD, Milford Regional has also been ahead of the curve in offering ultrasound-guided nerve blocks, which provide significant pain relief to orthopedic patients before, during and after surgery. Rather than using surface anatomy as a guide to inject local anesthetic to numb the surgical area, ultrasound is far more precise and effective. While many community hospitals nationwide do not yet offer this advanced procedure, close to 1,000 ultrasound-guided nerve blocks have already been performed at Milford Regional. The benefits of a nerve block are two-fold. Patients experience a dramatic reduction in pain following surgery because of its long-lasting effect (anywhere from 12-18 hours) *without* the use of narcotics and all of their aforementioned side effects.

The forward thinking approach of our anesthesiologists on pain management has put us on par with larger healthcare facilities. "We are doing everything we can to provide our patients with state-of-the art pain management techniques," states Dr. Begin.

Infection Prevention

When it comes to orthopedic surgery, it's what you don't see that can hurt you... Fortunately, Milford Regional has gone the extra mile to provide a safe, sterile operating environment for orthopedic patients. Working diligently behind the scenes in central services are personnel whose sole purpose is to make sure that all surgical instruments are sterile. Not only do they put every surgical tool through a washer/disinfectant unit, they painstakingly inspect each one afterwards to ensure its cleanliness. Then, sets are assembled in heavy, water resistant paper with light blue sterilization tape and placed into steam sterilizing units. When black lines appear on the sterilization tape, the set is officially sterile. Recognizing the critical role

sterilization plays in preventing infection, Milford Regional recently invested half a million dollars to upgrade the washer/disinfectors and sterilizers.

Infection prevention was also top of mind when the Medical Center built eight, new, state-of-the-art surgical suites in 2004. Two of the operating rooms designated for orthopedic surgeries are equipped with laminar flow ventilation — a \$200,000 investment which provides an added layer of protection against infections by reducing the number of infective organisms present in the air. During joint replacement surgery, key operating staff also wear special body exhaust suits to maintain an ultraclean environment.

What has been the outcome of these extraordinary efforts? According to the most current MA's Dept. of Public Health report on *Healthcare Associated Infection in Massachusetts Acute Care Hospitals* from July 1, 2008 to June 30, 2009, Milford Regional had zero infections for both hip and knee surgery during that time.

Completing the Continuum of Care

For a full and complete recovery following orthopedic surgery, physical and occupational therapy are critically important; progressive exercise is key. That is why Milford Regional's physical therapists provide care seven days a week. According

to Kathy Brennan, PT, inpatient physical therapy supervisor, Milford Regional is one of the few facilities in the area to do so. "You'll receive the same level of physical therapy care over the weekend here as you get during the week," she points out. Her staff evaluates all orthopedic inpatients right away and begins to work with them as quickly as possible on restoring range of motion, strength and functional mobility. For knee or hip replacement patients, Milford Regional also offers an educational program *ahead of time* to prepare you for the surgery and post-operative care.

In addition, the majority of orthopedic patients see Milford Regional's occupational therapists for treatment on regaining every day skills and an evaluation of their equipment needs once home. They work closely with our case managers who arrange retrieval of the equipment and coordinate all aspects of the patient's discharge. At home, physical and occupational therapy continues for most Milford Regional orthopedic patients through Milford Regional's home health department, VNA and Hospice of Greater Milford.

"It's a multi-disciplinary approach that most patients appreciate," Kathy states. "We take care of them from start to finish."

So, where will you have your orthopedic surgery? We're ready for you at Milford Regional. ■

Our multi-disciplinary team approach provides seamless orthopedic care. Front row (pictured left to right): Kathy Busch, RN, CNOR (OR ed coordinator); Maria Auerr (case manager). Second row: Diane Casey, OT (VNA occupational therapist); Kathy Slattery, PT (inpatient physical therapist); Danielle Rotella (central service tech); Katie Pavento, OT (inpatient occupational therapist). Back row: Lisa Campbell, PT (VNA physical therapist); Linda Gossland, RN (registered nurse, med/surg floor); Gregory Begin, MD, (anesthesiologist); and Chuck Dufromont, PA-C (physician assistant - orthopedics).



Knee replacement surgery

It's Great Being Back!



Following knee replacement surgery, Marilyn Williams reclaims her full and active life.

For Marilyn Williams, of Franklin, persistent and oftentimes overwhelming knee pain made even the simple task of walking her newly adopted greyhound, Reese, nearly impossible. The 56-year-old realtor said the pain eventually started to affect all areas of her life, including her hobbies and work.

It was difficult for her to show properties that involved stairs. She couldn't perform basic chores. "I was at the point where I wasn't able to enjoy my life," she recalls. "I couldn't even get to the mailbox without hobbling."

Muscle relaxers and physical therapy prescribed by her doctor provided only temporary relief. Once arthroscopic surgery revealed that she had very little cartilage cushioning her knee joint, she was told that knee replacement surgery was likely the only solution to relieve her pain.

Richard D. Mulroy, Jr., MD, FACS, of Mulroy Orthopaedic Surgery & Sports Medicine in Milford and chief of orthopedics at Milford Regional, says Marilyn is one of many patients he treats whose knee pain has gone beyond the threshold of tolerance. As a joint replacement specialist, he performs nearly 250 of these surgeries each year at Milford Regional. "A good candidate for the procedure is a patient whose pain, deformity, or disability limits his or her normal activities," Dr. Mulroy explains. "A patient who has difficulty getting dressed, climbing stairs, going shopping, walking, or kneeling should consider having a knee replacement."

According to Dr. Mulroy, most of his patients have completely worn out their knee joint, which means they have very little shock absorber (i.e., articular cartilage) between the thigh and shin bones. This lack of cartilage causes inflammation around the knee joint, which in turn, causes pain. During knee replacement surgery, Dr. Mulroy reshapes the end of each bone and places a new smooth coating in between to restore mobility and functionality.

Marilyn first heard about Dr. Mulroy by word of mouth through her doctor. His credentials and professional training also made him stand out in her mind. Dr. Mulroy's fellowship training under William H. Harris, MD, a world renowned hip surgeon at Mass General Hospital in Boston, prepared him for the top-rate care he provides to his patients. "It was an opportunity to work with the best surgeon in the world," he points out, "and to operate and develop skills related to the most challenging cases." Dr. Mulroy also worked in the research lab designing joint replacements and procedures that surgeons continue to use today.

Marilyn immediately felt comfortable with Dr. Mulroy when she met him for an initial consultation. "I decided when I met Dr. Mulroy that it was all going to be fine,"

she recalls. "I had that kind of confidence in him. He put me at ease and was very good about answering my questions."

Dr. Mulroy's patients — many of whom have traveled from as far away as Maine, Vermont, Cape Cod and Pennsylvania — benefit from a thorough discussion on their unique surgical options. He also takes the time to discuss risks and complications and explains how Milford Regional reduces those risks (see article on page 4).

Marilyn says she chose Milford Regional partially because she knew she wanted Dr. Mulroy to perform her surgery and partially because of the hospital's excellent reputation and proximity to her home. "I liked the idea of being local. It's very disruptive to be that far away from home," she says, adding that she also sought attentive care and didn't want to get lost in the shuffle of a larger hospital.

"I've gotten my life back... There's no reason to go even one mile further than Milford Regional. The talent is there. I can't say enough good things about the surgeon and the hospital."
 — Marilyn Williams
 Knee replacement patient

While in the hospital, Marilyn remembers the incredibly sympathetic and attentive care from the nursing staff who checked on her frequently to make sure she was comfortable and to give her pain medication when needed. "I thought the

pain management was really well done," she notes. "It was just a really pleasant experience the whole way through — from the minute you hit the front door."

The physical therapists visited her immediately after surgery to introduce themselves and came back the next day to start her exercises. The occupational therapists gave Marilyn a device to more easily lift her leg and help her get in and out of bed while in the hospital and for several weeks after going home. Two days after surgery, Marilyn was walking up and down the hallway using a walker. Once home, Milford Regional's physical therapists from the VNA and Hospice of Greater Milford met with her two to three times per week and gave her homework that included strength-building exercises. "They knew how much to push me," Marilyn recalls. "They got me through it."

Today, Marilyn says the sky's the limit in terms of what she can do. She's gradually getting back into yoga and gardening, and she walks a different route every day, tracking her steps with a pedometer. "I've gotten my life back. I can do what I want to do," she states with satisfaction. "There's no reason to go even one mile further than Milford Regional. The talent is there. I can't say enough good things about the surgeon and the hospital. It was all so easy. I had to do the work to recover, but everything else fell into place." ■

Hip replacement surgery

A Life Changer



Hip pain was the farthest thought from Joseph Wilson, MD's mind as he and his wife, Kim, twirled around the dance floor at their much-anticipated wedding reception. The 55-year-old otolaryngologist (ears, nose and throat surgeon) says being able to dance with Kim — and subsequently enjoy a two-week honeymoon in Bermuda — was something that would have otherwise been nearly impossible, had he not undergone hip replacement surgery just a few months prior.

Photo courtesy of The Henry Studio, Holliston, MA

Four weeks after the surgery that, according to Dr. Wilson, completely changed his life, he was even able to take ballroom dancing lessons. "I had to get ready for the wedding!" he states with a chuckle.

However, life for Dr. Wilson wasn't always a walk — or dance — in the park. Prior to the surgery, his hip pain was persistent and chronic. It even began to affect his work as a surgeon. "I thought I might not be able to continue," he recalls. "The pain was so bad that I needed to take pain medication, and as a physician, I felt I needed to get it taken care of so I could practice without any distractions."

A compression fracture in his hip bone was the final straw. He set up an appointment with Susan E. Barrett, MD, MPH, an orthopedic surgeon with the Mulroy Orthopaedic Surgery & Sports Medicine practice in Milford and a member of Milford Regional's medical staff. "I wanted to find somebody who had a reputation for doing a good job and for taking his or her time in the operating room. I wanted someone who cares about the patient," Dr. Wilson emphasizes. "I had a lot of respect for Dr. Barrett, and I knew she was good."

As a surgeon himself, Dr. Wilson knew what he was looking for in a surgeon. In particular, Dr. Barrett's low complication rate made her stand out. Dr. Wilson also appreciated her willingness to explain the effectiveness of different types of hip prostheses. "As a physician, I sort of knew what was going on, but I'm not an expert in orthopedics. She was able to explain things thoroughly so we could make a decision together," he recalls with appreciation.

Dr. Barrett, who performs one to two joint replacements weekly at Milford Regional, enjoys helping patients who need hip replacements because she feels she can truly make a difference in their lives. Her fellowship in hip and knee arthroplasty at Massachusetts General Hospital prepared her for patients of varying ages and activity levels. "It prepared me for different situations as well as solutions," she points out. "It prepared me for anything that can happen in the operating room."

There was no doubt in Dr. Wilson's mind as to where he would undergo the surgery. "I chose Milford Regional because I know it's a great hospital," he states emphatically. "I work there, so I know the people... Milford Regional has a great reputation. It's small enough that you don't get lost in the shuffle." He also likes the fact that experienced surgeons — rather than residents in training — perform the majority of surgeries at the Medical Center.

During hip replacement surgery, Dr. Barrett makes a minimally invasive incision, removes the diseased hip joint and replaces it with an artificial joint (prosthesis) that best suits the patient. She feels fortunate to work at a Medical Center that gives her

the discretion to choose the best prosthesis based upon the patient's circumstances rather than cost. To ensure the new hip's longevity, Dr. Barrett takes special care to position it well and repairs the capsule of the hip joint after surgery to decrease the risk of dislocation.

From the moment Dr. Wilson was admitted to Milford Regional to the day he was discharged, staff members worked as part of a seamless team. He was impressed by the thoughtful and sensitive care he received. "They're caring, friendly and compassionate," he states. "Things went smoothly, and everything worked like clockwork."

In fact, he believes his patient experience at Milford Regional made him a better physician because it reminded him of the importance of sympathy and empathy. "It reinforced the need to put myself in the patients' shoes and take the time to listen," he notes.

When Dr. Wilson was discharged, he was given several supplies that made his life — and recovery — easier, including a walker and crutches. He was also given a tool to help him reach for items on the floor and pull up his own socks. During his recovery, home health nurses and physical therapists from Milford Regional's VNA and Hospice of Greater Milford visited him twice a week. Dr. Wilson appreciated the strength building exercises and their diligence in making sure he performed them correctly.

According to Dr. Barrett, most hip replacement patients can walk within a day, drive within one month and resume normal activity within three months following surgery. With minor exceptions, patients can expect limitless possibilities.

Six weeks after surgery, Dr. Wilson was back to work and is planning to ski next winter. Looking back, he knows that Dr. Barrett and Milford Regional were the right choices; ones that far exceeded his expectations. "I have progressed very well," he says with satisfaction. "I'm doing things I couldn't do before, and I feel great!" ■

“I chose Milford Regional (for surgery) because I know it's a great hospital. I work there, so I know the people... Milford Regional has a great reputation.”

— Joseph Wilson, MD

Hip replacement surgery patient and ears, nose and throat surgeon

Standing on his feet for long hours during surgery is no longer a problem for Joseph Wilson, MD.



Arthroscopic surgery

Back In the Ball Game



As a physical education teacher, Robert McLaughlin, 50, of Franklin, knows the importance of staying active. Yet his recurrent knee pain oftentimes impaired his mobility both on *and* off the playing field.

He struggled to pitch during student baseball games, move gym equipment and climb the stairs that led to his office above the school's field house. "I had to limp up the stairs grimacing," he recalls. The pain forced him to occasionally teach from the sidelines. Eventually, his knee pain became unbearable. "I was in excruciating pain and knew I couldn't handle it anymore," he recounts.

His primary care physician sent him for an MRI at Milford Regional that revealed a torn meniscus — a common knee injury often due to either sports-related trauma or degeneration of the meniscal tissue. Robert was referred to David Magit, MD, an orthopedic surgeon at Milford Regional who practices at UMass Memorial Orthopedics at Milford. Dr. Magit recommended that Robert undergo arthroscopic surgery — a minimally invasive procedure where an arthroscope (small fiber optic camera) is inserted into Robert's knee joint through a small incision to repair his torn meniscus. "We're able to access the joint through the arthroscope in cases that would otherwise need to be done with massive, open incisions," Dr. Magit explains.

The benefits of arthroscopic surgery include less pain and a quicker recovery time. Usually, the surgery does not require an overnight stay. "Oftentimes, the amount of pain the patient has after surgery from an open incision is completely obviated by the arthroscopic technique, which is an incredible advantage," Dr. Magit points out. In addition to the knee, Dr. Magit notes that arthroscopic surgery is also very effective in repairing defects, abnormalities and injuries of the shoulder and elbow.

What appealed most to Robert about Dr. Magit was his communication style and confidence. "Dr. Magit is very concise and precise," he notes. "He makes you feel confident that he can take care of the problem."

Dr. Magit, who performs 20-30 arthroscopic surgeries per month at Milford Regional, completed a fellowship in sports medicine at the Kerlan-Jobe Orthopaedic Clinic in Los Angeles where he worked with world renowned surgeons, diagnosed and treated a wide variety of injuries and provided care for athletes on several professional sports teams. "I like to bring the care I provided to professional athletes in Los Angeles to a community hospital like Milford," says Dr. Magit, who above all else considers himself a patient advocate. "I take my role very seriously and want to make sure that every patient gets the same experience."

He especially enjoys the community atmosphere at Milford Regional and the opportunity the environment lends towards more personalized care. "It's extremely

gratifying to be able to spend more time with patients to make sure they understand their medical issue and potential options for treatment," he states. "The quality of the care that patients get at Milford is first rate."

In addition to Dr. Magit's expertise and ability to put him at ease, Robert was also drawn to the attentive care he knew he would receive at Milford Regional. On the day of his pre-admission testing, staff members drew blood, performed a baseline EKG, and provided him with instructions for how to properly use his crutches. "They do a really good job of preparing you not only for the surgery, but for after the surgery as well," he affirms.

Robert says his surgery couldn't have gone smoother. He was particularly impressed by all of the steps staff members took to ensure his safety (see article on page 4). They repeatedly asked for his name, date of birth and checked his identification bracelet to confirm his identity. "I was really impressed that they had these procedures in place. It gave me a sense of confidence," he says, thankfully. "I said my name right up until the time I went under anesthesia."

During the procedure, Robert was placed under general anesthesia and also received a regional nerve block to provide continued pain relief for 12-18 hours; a state-of-the-

art combination that Dr. Magit believes is an essential and highly effective pain management therapy for patients.

While in recovery, staff members catered to Robert's needs. "They asked me to rate my pain," he recalls gratefully, "and

then gave me a shot through the intravenous line. Two minutes later, they were asking me how I was feeling."

Following his same-day discharge, Robert used crutches for one day. By day three, he felt better than new. "I was initially skeptical of the short recovery, but it ended up being amazing!" he says enthusiastically.

Dr. Magit prepared a packet of information for Robert's physical therapist that included specific instructions to help build range of motion and strength. Robert continues to perform many of the exercises he learned and from time to time, he also runs the colossal staircase at Patriot's Place in Foxboro for exercise — a feat that would have been nearly impossible before his surgery.

Today, Robert lives pain-free and says he can more easily teach and keep up with his students. "I bound right up the stairs with the kids now," he says, laughing. He's also able to participate far more easily in class activities such as baseball games. "It's enjoyable to be able to pitch pain-free and be involved as well," he says with relief.

"My experience with Milford Regional has been fantastic. I would certainly recommend it. Milford Regional is a little jewel right here in the metro area." ■

"I was initially skeptical of the short recovery, but it ended up being amazing... My experience with Milford Regional has been fantastic!"

— Robert McLaughlin
Arthroscopic knee surgery patient

Wishing You Well Community Education Programs

How to Register

It's easy! You can register *and* pay either by mail or online! Just go to milfordregional.org. Click on "Classes and Lectures."



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.

Yang Style Short Form T'ai Chi

Led by a certified instructor, Yang Style Short Form 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 calm using the principles and movement of Yang Style Short Form T'ai Chi. You will be in a standing position during this program. Please wear loose, comfortable clothing. **Cost \$60.**
Mondays, Section I (Beginner) 5:45 - 6:45 p.m., OR
Mondays, Section II (Intermediate) 6:45 - 7:45 p.m.
September 20 through November 29 (no class October 11)
Milford Senior Center



Kundalini Yoga

Kundalini yoga is a powerful combination of stretching, exercise, chanting, breath work, 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.**
Wednesdays, 6:45 - 7:45 p.m. OR
8 - 9 p.m., September 22 through December 1 (no class November 24)
Milford Regional at Whitinsville (classes limited to 12) OR
Thursdays, 6:30 - 7:30 p.m. September 23 through December 9 (no classes November 4, 11 or 25)
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. Emphasis is placed on breath awareness, while maintaining a dynamic flow of movement around a stable spine. Pilates is designed to restore balance and improve control of your body both mentally and physically. The repertoire consists of exercises that promote elongated and toned muscles, while emphasizing the body's core through stabilization of the pelvis, ribcage, and shoulder girdle. Please wear loose, comfortable clothing. A towel or mat can be used if desired. **Cost \$75.**
Tuesdays, 6 - 7 p.m., September 21 through November 23 OR
Thursdays, 6 - 7 p.m., September 23 through December 2 (no class November 25)
Milford Regional at Whitinsville (classes limited to 12) OR
Wednesdays, 6 - 7 p.m., September 22 through December 1 (no class November 25)
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 22 through December 1 (no class November 25)
Milford Senior Center

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 small group session is led by a certified hypnotherapist and class size is limited. **Cost \$25.**
Tuesday, October 19 OR Tuesday, November 2, 7 p.m.
Milford Regional Conference Room C, Main Building.

For more information to help you stop smoking, including quit-smoking tips and resources, go to trytostop.org.

Register online at milfordregional.org

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.; October 13, November 10, December 8 OR January 12
Dana-Farber/Brigham and Women's Cancer Center at Milford Regional

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

Upcoming Programs

To help you take control of your health, we are offering workshops this fall to discuss the latest news in cancer prevention and treatment and give you the opportunity to have your questions addressed by experts from Dana-Farber/Brigham and Women's Cancer Center. The workshops are free and open to all who are concerned about cancer. **To learn more, please visit dfbwc.org/milford or call (508) 488-3700.**

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



Milford Regional Medical Center

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. 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 milford.ma.us/laging.htm.

Senior Center Events

Senior Expo and Flu Shot Clinic
Tentatively scheduled for Friday, November 5

Monthly Breakfasts

Wednesdays, 9 a.m.; September 15, October 13, November 10 and December 8 (Poinsettia Breakfast and Play) **Cost \$3** (tickets must be purchased in advance at the Senior Center).

Living Well Luncheons

No More Sags! Upper Lid Rejuvenation for all Ages

Presented by MRMC Plastic Surgeon, Fadi Nukta, MD
Thursday, September 23, 12:30 - 2 p.m.

Ask the Physician

Presented by MRMC Breast Surgeon Renée Quarterman, MD
Thursday, October 21, 12:30 - 2 p.m.

Thanksgiving Celebration

Thursday, November 18, noon - 2 p.m.

Christmas Party

Thursday, December 16, 12:30 - 2 p.m.

New Year's Party

Thursday, December 30, 1 - 3 p.m.

The cost of each luncheon is \$5, due upon pre-registration, but is fully refundable at the luncheon.

All programs meet at the Milford Senior Center, located at 60 North Bow Street in Milford and registration is requested. Please call (508) 473-8334 to register.

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.



HEALTHY & FIT

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

Recipe Makeovers

You do not have to throw away all your old cookbooks. Join us at this informative program and learn how to adjust those favorite old recipes to help meet your nutrition goals. **Free.**
Thursday, October 7, 6 - 7:30 p.m.
Milford Regional Conference Room C, Main Building

What is Moderation?

Did you ever wonder what it means when nutrition guidelines tell you to "eat in moderation?" Come to this program and learn how to translate this into a tool to help you eat well. **Free.**
Thursday, October 21, 6 - 7:30 p.m.
Milford Regional Conference Room C, 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.

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 keep your heart healthy.

DASH Diet

The DASH (Dietary Approaches to Stop Hypertension) diet is based on the research studies and has been proven to lower blood pressure and reduce cholesterol. The DASH diet provides more than the traditional low salt or low sodium diets to help lower blood pressure. It is based on an eating plan proven to lower blood pressure and is rich in fruits and vegetables, and low- or non-fat dairy. If you are interested in learning about a diet to help lower blood pressure or assist with reducing cholesterol, you're invited to DASH in to this nutrition class! **Free.**

Wednesday, November 3, 6:30 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...

Whether or not you have a family history of cancer, diabetes, heart disease or stroke, what you eat – and how much you eat – can help reduce your risk of these diseases. As a matter of fact, if you are one of the many Americans who do not smoke, eating well – along with being active and maintaining a healthy weight – is your best defense against disease. For more information, contact the American Heart Association at Americanheart.org or at 1-800-AHA-USA1.

DIABETES

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

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, October 14, 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 the supermarket at 6:30 p.m.

Indoor, Low-Cost Exercise

Did you know that higher blood sugar levels are more common in the winter? If you tend to hibernate during the winter months, this program is for you. Learn how to get more active in the comfort of your own home. Try exercise equipment like bands, DVDs and pedometers to see what works for you. Learn how using a Wii system with children can help you control your blood sugar while having a good time. **Free.**

Tuesday, November 16, 7 p.m.

Milford Regional Conference Center A, Main Building

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 the opposite page.

SPECIAL EVENTS

Stress and Your Teen: A Conference for Parents of Teens and Pre-teens

For more information and to register, go to YourTeen.org or call (508) 422-2838.

Saturday, November 13, 8:30 a.m. - 3 p.m.

Blackstone Valley Technical High School, 65 Pleasant Street, Upton

Cost: \$25 per person or \$40 for two from the same family (includes lunch).

Tree of Life

In celebration of those who have survived cancer and to commemorate those who have battled the disease. **December 2010 – Watch for more details.**

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 \$50.**
Monday, Tuesday, and Thursday, November 15, 16 and 18, 3:30 - 6 p.m. OR
Tuesday, Wednesday and Thursday, January 18, 19 and 20, 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, October 19 OR

Monday, December 13; 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.**

Monday, November 1, 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 as a one-way valve mask that will be provided at the class. **Cost \$50.**
Monday, January 10, 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*. **Please add \$10 to your registration fee if you need a copy of the manual.** 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 (if purchased) will be mailed to participants approximately two weeks prior to the course. A successful completion card is awarded. **Cost \$40.**

Tuesday, October 26 OR

Wednesday, December 22; 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.**

Tuesday, November 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 \$45.

Tuesday, September 28 OR

Wednesday, December 1; 6 - 10 p.m.

Are You a Day Care 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.

American Heart Association®

Fighting Heart Disease and Stroke

"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."

SUPPORT GROUPS

Cancer Support Groups

Breast Cancer

This group is for women who would like to meet with others to explore ways to cope with their diagnosis, its effect on their lives and to support each other. For more information please call Ann Sullivan LICSW at (508) 488-3783.

First Wednesday of each month, 2 - 3 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, please 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 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.

Head and Neck

This group is for patients and families to facilitate coping with the changes in lifestyle, in work and in relationships this diagnosis and treatment causes. For more information please call Ann Sullivan LICSW at (508) 488-3783.

Third Wednesday of each month, 2 - 3 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 women are welcomed to attend. For more information, call (508) 422-2960.

First and third Thursday of each month, 10 - 11:30 a.m.

Milford Regional Physicians Conference Center A, 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, 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, please 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 Physicians Conference Center A, Main Building

Multiple Sclerosis

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

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

Milford Regional Physicians Conference Center A, Main Building

NEW!

Bereavement support group starting this fall.

For more information, call (508) 473-0862.

Ask for Sarah Hubbell.

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.



twitter

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

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LECTURE SERIES

This fall, our Lecture Series highlights some of the state-of-the-art orthopedic procedures performed at Milford Regional Medical Center. In addition to the guest presenters, our physical and occupational therapists will be at each lecture to answer questions about their role in the rehabilitation and recovery process.

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.

Knee Replacement

Knee replacement is a surgical procedure that can decrease pain and improve the quality of life for many patients. The procedure was first performed in 1968 and improvements in surgical materials and techniques since then have greatly increased its effectiveness. At this program, Dr. Mulroy will discuss the procedure and what you should know if you are thinking about having the surgery. **Free.**

Wednesday, September 29, 7 p.m.

Presenter: Richard D. Mulroy, Jr., MD, FACS
Mulroy Orthopaedic Surgery & Sports Medicine

Arthroscopic Joint Surgery

Arthroscopic surgery is a common orthopedic procedure that is used to diagnose and treat problems in joints. Although knee and shoulder conditions are the most common ailments treated arthroscopically, this type of surgery can also be performed on hips, ankles, elbows and wrists. Join us as Dr. Magit discusses the benefits of this minimally invasive procedure, as well as what to expect before and after the surgery. **Free.**

Wednesday, October 27, 7 p.m.

Presenter: David P. Magit, MD
UMass Memorial Orthopedics at Milford

Hip Replacement

Hip replacement is surgery to replace all or part of the hip with an artificial joint. The most common reason to have the procedure is to provide relief for severe arthritis pain that is limiting what a person is able to do. At this lecture, Dr. Barrett will discuss the surgery, including the benefits and risks and what to expect following the procedure. **Free.**

Monday, November 15, 7:30 p.m.

Presenter: Susan E. Barrett, MD, MPH
Mulroy Orthopaedic Surgery & Sports Medicine



Register online at milfordregional.org



SPECIAL PRESENTATION

What Does That Lump in Your Breast Mean?

Breast lumps can be either benign or malignant. In either case, breast care requires input from many specialties and may involve radiologists, pathologists, surgeons as well as medical and radiation oncologists. At the Breast Center at Milford Regional, these physicians meet routinely to coordinate each patient's individual care. At this panel discussion, a physician from each field will discuss the detection, evaluation and treatment of breast masses using actual cases to demonstrate the step-by-step decision making process used to diagnose and treat patients. A question and answer session will follow. **Free.**

Monday, October 4, 7 p.m.

Milford Regional Physicians Conference Center, Main Building

Registration is requested, as seating is limited.

To register, go to our Web site at milfordregional.org or call (508) 422-2206.

