

# Good Feelings

## Meet the Best in Specialty Care

Get to know our highly regarded specialists through their own words and those of their patients!



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## 2020 – Our Vision is Clear

It's the beginning of a new year, a new decade and plenty of new beginnings at Milford Regional. It's hard to believe that we are now in the year 2020, but in a way, it seems appropriate because our vision is 20/20 for the future; it could not be clearer. Our partnerships with renowned academic medical centers – UMass Memorial, Brigham and Women's, Dana-Farber and Boston Children's – continue to grow as our own independent Milford Regional healthcare system strengthens in size and stature.



Edward J. Kelly, President & CEO

Over the past year, our Board of Trustees displayed its commitment to safe, high-quality care by approving an investment that bolstered our quality department. The team was enhanced and reimagined under the guidance of a stand-out expert in quality, Bert Thurlo-Walsh, MM, RN, CPHQ, who has targeted four key tenets of quality where it matters most – leadership, culture of safety, robust process improvement and exceptional experience. The quality team's work has been nothing short of phenomenal. Thanks to everyone's intense focus on quality at Milford Regional, we recently received an A for the National Health Safety Award from the Leapfrog Group for *the third time in a row!*

Looking back at FY2019, I am also pleased at the results of our efforts to add new specialists to our medical staff. We have brought on a powerhouse of expertise and skill with specialists in a number of areas including infectious disease, breast surgery and otolaryngology (ear, nose and throat). Patients are already benefitting from the prestigious education, training and medical experience these respected physicians bring to our region.

In this issue, you will become more familiar with several of our specialists who we consider to be game changers in their areas of expertise. We'd like to take this opportunity for you to get to know them better through patient stories and Q&As because a feeling of familiarity always helps if you should ever need to seek out their services.

There is so much to look forward to in this coming year at Milford Regional. We promise to keep you updated on future advances and enhancements as they unfold. I encourage you to share your thoughts with us. Simply go to our website at [milfordregional.org](http://milfordregional.org) and click on *Contact Us*. We appreciate and value your feedback.

Wishing You Good Health,

Ed Kelly, President and CEO  
Milford Regional Medical Center

## Nationally Recognized

# Trifecta in Patient Safety

Milford Regional hit the trifecta in patient safety when the Medical Center was awarded an A in The Leapfrog Group's fall 2019 Leapfrog Hospital Safety Grade ratings. This is the *third* consecutive A Milford Regional has received in this national distinction that recognizes the Medical Center's achievements protecting patients from harm and providing safer health care.

The Leapfrog Group is an independent national watchdog organization driven by employers and other purchasers of health care committed to improving health care quality and safety. The Safety Grade assigns an A, B, C, D or F grade to all general hospitals across the country based on their performance in preventing medical errors, injuries, accidents, infections and other harms to patients in their care.

"Patient safety is a top priority for everyone who works at Milford Regional," says Edward J. Kelly, president & CEO of Milford Regional Medical Center. "Receiving an A grade for hospital safety from The Leapfrog Group for the third time in a row is a real testament to the diligence and hard work of our physicians, nurses and staff in their daily efforts to provide patients with care that is both high quality and safety focused. They are to be commended for their commitment to safety that continues to bring us this national recognition."

"A hospitals show us their leadership is protecting patients from preventable medical harm and error," said Leah Binder, president and CEO of The Leapfrog Group. "It takes genuine commitment at every level – from clinicians to administrators to the board of directors – and we congratulate the teams who have worked so hard to earn this A."

Developed under the guidance of a national Expert Panel, the Leapfrog Hospital Safety Grade uses 28 measures of publicly available hospital safety data to assign grades to more than 2,600 U.S. acute-care hospitals twice per year. The Hospital Safety Grade's methodology is peer reviewed and fully transparent, and the results are free to the public.

To see the Medical Center's full grade details, learn how employers can help and access patient tips for staying safe in the hospital, visit [hospitalsafetygrade.org](http://hospitalsafetygrade.org).



# The Breast Center at Milford Regional

## Meet The Team!

**W**ord is out about the exceptional breast surgeon who came on board at Milford Regional last December. As Medical Director of The Breast Center, Diana Caragacianu, MD, FACS, has spent the past year developing her team and building a strong partnership with the oncologists and radiation oncologists across the street at Dana-Farber/Brigham and Women's Cancer Center at Milford Regional.

Patients are benefitting from her trailblazing passion to provide cutting-edge technologies, the most up-to-date medical treatments and the very latest in surgical procedures (read article on pages 3-4). She has emblazoned a pathway of care for all women that embodies the Medical Center's mission to treat every patient with dignity, compassion and respect. With the team Dr. Caragacianu has assembled, women can feel confident they will receive the very best in precision medicine that is comprehensive, supportive and individualized.

Key Breast Center team members who work closely alongside Dr. Caragacianu to ensure each and every patient is provided a strong, compassionate continuum of care are:

**Patient Navigator/Physician Assistant Tracy Kuck, MS, PA-C**

Tracy assists Dr. Caragacianu in surgery and serves as a continuous liaison between patients and all of the Breast Center services. She is also the point of contact for all of the providers and navigates each patient through their entire experience at the Breast Center. She helps coordinate care with the patient's medical doctors, surgeon, our multidisciplinary Breast Care Team, and medical and radiation oncologists from Dana-Farber/Brigham and Women's Cancer Center at Milford

Regional. Tracy understands the intricacies of breast cancer care and values her role supporting and guiding patients through an emotional and stressful time.

**Nurse Practitioner Monique S. Burchard, MSN, FNP-BC**

Monique is a family nurse practitioner and runs the High Risk Program at The Breast Center. Monique is passionate about women's health and education and wants patients to feel comfortable coming to her with any type of breast concern. She treats patients with elevated risk of developing breast cancer and benign breast disease, and follows breast cancer patients in the months after surgery. With a focus on prevention and early detection, Monique can facilitate enhanced screening, diagnostic testing and genetic testing, and institute risk reduction strategies individualized for each patient. As a member of the multidisciplinary Milford Regional Breast Care Team of experts, Monique will ensure that each patient receives evidence-based care delivered in a respectful and compassionate manner.

The Breast Center team at Milford Regional is available to address your questions and/or concerns. They can be reached by calling (508) 482-5439. ■



Diana Caragacianu, MD, FACS



Patient Navigator/PA Tracy Kuck, MS, PA-C



Nurse Practitioner Monique S. Burchard, MSN, FNP-BC

# Oncoplastic Breast Surgery

## Knowing Your Options

**I**t had been two years since 67-year-old Laura DeYoung of Northbridge had gone for a mammogram. So alarm bells went off when her primary care physician Reynold Dahl, MD, felt a lump in her breast during a physical exam. She was immediately sent for a mammogram and ultrasound, which were followed by a biopsy.

Once the results came in, Dr. Dahl asked her to visit his office where he delivered the news in person. "It hit me like a hammer," she recalls. "That was the hardest part. Just to hear those words... 'breast cancer.' I froze in the chair. You never think it's going to happen to you, but boy, I got hit with it."

Dr. Dahl referred Laura to Breast Surgeon Diana Caragacianu, MD, who is the medical director of The Breast Center at Milford Regional and assistant professor in the Department of Surgery at the University of Massachusetts Medical School.

Laura had mixed emotions following her diagnosis. She was still grieving the loss of her beloved husband after 42 years of marriage. Although she had an encouraging prognosis, Laura hated the idea of surgery disfiguring her breast and tainting the fond memories of her husband's teasing compliments over the decades.

To her relief, Dr. Caragacianu gave her an option that many women don't know about and that few hospitals offer – oncoplastic surgery, a procedure performed at the time of a lumpectomy to sculpt and restore the normal appearance of the treated breast. With oncoplasty, the focus is on conserving the breast in the setting of a larger tumor, allowing the complete removal of a tumor while minimizing and preventing disfiguring defects. This coordinated approach, which involves the breast surgeon and plastic surgeon, provides the benefit of everything being done in one surgery. Dr. Caragacianu brought her expertise with this procedure to Milford Regional a year ago after assuming the role as director of the Breast Center.

"I remove the breast tumor, which creates a defect," explains Dr. Caragacianu. "The plastic surgeon rearranges the remaining breast tissue to fill the defect, resulting in a normal appearing, lifted breast. We then do a reduction and lift on the other breast to achieve symmetry. It is distinctly helpful for patients with a big tumor. In the absence of practicing oncoplastic surgery and understanding which patients are candidates for this procedure, patients with a larger tumor may be given mastectomy as the only option or may be left with a very large unpleasant and cosmetically disfiguring defect in the breast. It allows more patients to choose breast conservation vs. mastectomy, prevents fluid accumulation, and results in a great cosmetic outcome."

Laura underwent the oncoplastic procedure on Oct. 10 with Dr. Caragacianu performing the lumpectomy and sentinel node biopsy, and Dr. Mustafa Akyurek, MD, PhD, of UMass Memorial Medical Group Cosmetic Surgery Center, doing the reconstruction. The two surgeons team up on all the oncoplastic procedures done at Milford Regional.

"Dr. Caragacianu explained my options right to the tee," notes Laura. "It's amazing how the surgery turned out. I am so glad I made the decision I did. I wanted my breasts to look perfect and they are! I really didn't know if I could handle going back to do the reconstruction at another time."

According to Dr. Caragacianu, Laura's Stage 2 tumor was 2.4 centimeters and required removing about 8 centimeters of surrounding tissue, which would have resulted in a large indentation without oncoplasty. "When we decide if a patient is a candidate for breast conservation, the size of the tumor relative to the size of the breast is very important" she explains.

After the devastation of losing her husband and a breast cancer diagnosis, Laura is grateful for Dr. Caragacianu who helped make her feel whole again.

"Additionally, certain locations of the tumor results in worse defects than others, even in patients with small tumors," said Dr. Caragacianu. "Therefore, location of the tumor is also a very important detail I consider when counseling the patient on the option for oncoplastic surgery. Laura would've had a very sucked-in defect close to the chest wall in the upper inner part of her breast. There was no residual breast tissue in this location to mask the defect, and the remainder of her breast tissue was hanging in the lower part of her breast. The innovative approach of oncoplasty allows the breast surgeon to remove larger tumors with good margins, decreasing the risk of recurrence, and at the same time, work with exceptional plastic surgeons to not only normalize the breast back to its pre-surgery contour, but oftentimes achieving an even better aesthetic cosmetic outcome. Psychologically, breast cancer patients tend to do better when their breasts are as close to normal as possible after surgery. Most patients are less bothered by a scar than by a hole in their breast. Also, when the patient is symmetric, the posture is better, which helps in the recovery."

Most women are familiar with a mastectomy and a standard lumpectomy, but oncoplasty is a less-known option. Dr. Caragacianu explains that oncoplasty started in Europe in the 1990s and high volumes of these procedures have been performed there since then. It started gaining popularity in United States only over the last 10 years and many places across U.S. are still slow to adopt these advances as options for patients. Dr. Caragacianu received training in oncoplastic surgery from Dr. Krishna Clough in Paris and Dr. Yves Jean Petit and the late Dr. Umberto Veronesi of the European Institute of Oncology in Milan.

"One reason for the slow adoption could be due to a breast surgeon's lack of familiarity or comfort level with this procedure," Dr. Caragacianu says.

"Another reason is coordinating surgical time and care with the plastic surgeon. To offer oncoplasty, it is necessary to work in a multidisciplinary fashion with an excellent plastic surgery team dedicated to reconstruction and easily available for cancer patients. We are very fortunate to have access to an amazing plastic surgery team led by Dr. Mustafa Akyurek, whose focus is excellent outcomes in reconstruction and aesthetics. Another aspect of oncoplasty is patient education. Patients' concerns surrounding reconstruction in general and oncoplasty in specific may be misperceptions about a longer recovery and tumor recurrence or surveillance."

One popular myth is that a cancer recurrence wouldn't be as easily detected after reconstruction; however, Dr. Caragacianu stresses that reconstruction does *not* impact the chance of the tumor coming back or the ability to discover it. "It is all about how the physician educates the patient," she explains. "Once you educate the patient that in most cases, oncoplastic reconstruction is safe, has no impact on the cancer recurrence or detection and that the recovery is quick, most patients who are oncoplasty candidates choose this option. The ideal candidates for oncoplasty are those patients whose tumor size and location would result in a large defect after a breast conservation/lumpectomy procedure. To avoid a mutilating large defect, these patients are often counseled to undergo mastectomy. However, oncoplasty is an option that may save a patient from a mastectomy procedure if she desires breast conservation."

Dr. Caragacianu continues, "Once I determine that the patient is a candidate for breast conservation and oncoplasty, taking into

account tumor size, ratio to breast size, location and planned radiation therapy, the patient's case is presented at a Milford Regional and Dana-Farber/Brigham and Women's multidisciplinary conference held at The Cancer Center on campus. The patient is then sent to see the plastic surgeon, Dr. Akyurek, before surgery is scheduled."

Dr. Caragacianu notes that the best candidates have bigger and droopier breasts and a large tumor. Women with very small breasts aren't ideal candidates for oncoplasty since they don't have enough tissue to mobilize and rearrange to fill the defect. However, there are other advances in autologous flaps that combine tissue rearrangement with a patient's own tissue from other places on her body, or with liposuction and fat grafting.

In some cases, Dr. Caragacianu points out that a woman will need a mastectomy – this includes patients whose tumors overtake the entire breast and have no option for or no significant response to systemic therapy; some patients with multiple tumors in the same breast (although there are now those who may be able to take advantage of breast conservation); and women with inflammatory breast cancer. She emphasizes that even mastectomy patients have reconstructive options. Sometimes reconstruction is done before radiation and sometimes afterwards, depending on the procedure and what's recommended for that patient's particular circumstances. "We offer nipple saving mastectomy and reconstruction with implants or the patient's own body tissue, which is called flap reconstruction," she notes. "We

take into account what is the best operation for the cancer they have, the multimodal treatment they need and their overall health, and always give the patients choices. One of the most important aspects of our approach to optimizing the patient's treatment and surgical

options is that management and decisions are made by our multidisciplinary team: the surgeon, medical oncologist, radiation oncologist and plastic surgeon."

Dr. Caragacianu explains that oncoplastic surgery takes about 2.5 to 3 hours and patients go home the same day. "We have many options that have great oncologic and cosmetic outcomes so that the patient doesn't walk away having her cancer cured, but being disfigured," she assures.

After her surgery, Laura was determined to attend her cousin's wedding in Maine the following week. She traveled with family members and had "the time of her life" before undergoing radiation as the next part of her treatment plan. Now that the ordeal is behind her, Laura enjoys the hours spent with her sons and grandchildren.

"I really am grateful that everything was done all in one shot and I didn't have to go back for another surgery," Laura says. "I have lots of nurses in my family, and they are so impressed with the outcome. If any woman had to go through this, I would recommend Dr. Caragacianu immediately, and I think it's a good thing to have it done all at once. It's what was best for me. I wanted to be put together the right way, and they did a wonderful job. I'm so fortunate. I love my surgeons and the reconstruction."

To make an appointment with Diana Caragacianu, MD, call The Breast Center at (508) 482-5439. ■

*"Dr. Caragacianu explained my options right to the tee. It's amazing how the surgery turned out. I am so glad I made the decision I did...I really didn't know if I could handle going back to do the reconstruction at another time."*

– Laura DeYoung  
Oncoplastic Surgery Patient

## In His Own Words

### Symeon Zannikos, MD

#### What drew you to spine surgery?

Spine pathology tends to be particularly painful and disabling to individuals. Spine surgery affords me the opportunity to make a significant impact in improving pain and quality of life. The complex mechanics and structure of the spine presents a welcome challenge that motivates constant improvement in surgical technique and innovation. Recent advances in minimally invasive surgery have facilitated much quicker recovery and return to activities, and allow a surgeon to better treat spinal disorders while minimizing surgical trauma and recovery. The ability to perform less invasive surgeries to address pathology, which is often very disabling to patients, is very rewarding for physicians and patients alike, and makes spine surgery a desirable field to specialize in.



#### What is your approach to patient care?

I treat every patient as an individual with diverse needs and expectations for treatment. Deciding whether surgery or non-surgical care is appropriate for a patient is a critical choice that can be made only after a thorough discussion regarding a patient's expectations for the treatment and their idea of quality of life. Customizing treatment plans to the individual social, physical and emotional needs of my patients maximizes the benefits of surgery and eases recovery. Appropriately explaining the technique, recovery, and even the preparation for surgery eases any anxiety surrounding surgery, and prepares the individual for the road ahead.

#### What do you feel is your greatest strength as a physician?

Making a patient feel at ease and confident with the treatment plan and facilitating recovery over time with availability and good communication is my greatest strength. I offer empathetic care and understanding for the social, physical and emotional needs of my patients to better meet their goals for treatment.

#### What give you the most satisfaction in your job?

Giving the patient the opportunity to live life to the fullest without pain. There is nothing more satisfying than seeing my patients return to an active lifestyle and back to enjoying life. ■

## Spine Surgery

# Back to 100 Percent

**S**arah Schotanus Raymond will never forget the week of July 4, 2017. While most people were preparing for cookouts and fireworks, she was suffering from intense pain that started in her neck and shot down her arm, forcing her to lie on her hardwood floor.

"That was the only way I could get comfort," recalls Sarah, 41, of Whitinsville, who at the time worked as a pediatric nurse. "The weekend before the Fourth, it felt like a kink in my shoulder, and every day it got a little worse. I was having pain in my lower left arm and numbness and tingling in my pointer and middle fingers. By July 3rd, the pain was so debilitating that I couldn't do anything. It got so bad that I was out of work that summer. Holding babies for vaccines would make my arm lock up from my elbow to my hand. I couldn't drive for long as it would take my breath away."

After seeing a physician for consultation, Sarah had an MRI and electromyography (EMG), a diagnostic procedure that evaluates the health condition of muscles and the nerve cells that control them. Unfortunately, the recommended treatments – physical therapy, cortisone injections, epidurals and oral medications – failed to help. "Not even the heat packs I lived on helped," says Sarah, who was working and raising two children now ages 15 and 12. "I put the heat packs on multiple times a night and was taking ibuprofen several times per day. There was a constant pain right at the base of my head."

When it became clear that Sarah would need surgery, she was referred to Symeon Zannikos, MD, a spine surgeon at Orthopedics New England in Hopkinton.

Dr. Zannikos explains that the cervical spine is made up of seven bones, called cervical vertebrae, stacked on top of each other and forming the neck area. The cervical discs are the cushions that lie between the vertebrae; they act as shock absorbers and allow the neck to move freely. Sarah had coped with chronic neck pain on and off for 20 years, seeing a chiropractor when necessary, but never experiencing a violent flare-up until that fateful week. Dr. Zannikos notes that a sudden escalation of symptoms isn't unusual for those with cervical disc problems.

"Degenerative issues tend to wax and wane and flare up," he states. "Some people find that every time it flares up, it is a little worse. A lot of people with degenerative issues wake up one day and know when it's time to get treatment. For Sarah, it was disc herniation that was pressing on the nerve which made it inflamed. A herniation is when a piece of the disc has come loose from the remainder of the disc, like the jelly leaking out of a jelly doughnut. She had five to six herniations at two levels in her neck. A lot of people tolerate the neck or back pain they've been dealing with, but having nerve pain shooting down the arm or leg is usually what pushes them over the edge. There can also be numbness and weakness."

Dr. Zannikos relates that herniated discs are the most common ailment he treats and that in about 95 percent of cases, the symptoms will resolve without surgery within six to 12 weeks. The standard initial treatment involves physical therapy, medications and spinal injection procedures. "Over time, the disc gets smaller and the body absorbs it so that the nerve gets less inflamed," Dr. Zannikos explains. "Unless it's a really pressing issue, or someone like Sarah who has tried different things, I'd say wait it out and use injections and medication to deal with the pain. My job is to educate people about what their options are."

At Sarah's appointment, Dr. Zannikos outlined the pros and cons of two options: disc replacement and spinal fusion. "I thought he was great,

very professional with a great bedside manner," says Sarah. "I really had confidence in his decision-making. He thought I was a good candidate for the disc replacement so that's what I went for, and I'm so glad I did."

Dr. Zannikos explains that disc replacement surgery – in which the damaged or degenerated cervical disc is removed and replaced with an artificial disc device – typically allows more movement and creates less stress on the remaining vertebrae. Alternatively, spinal fusion permanently connects two or more vertebrae in the spine, eliminating motion between them. The surgeon places bone or a bonelike material within the space between vertebrae, and then metal plates, screws and rods may be used to hold the vertebrae together.

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***"There's no pain anymore...I've recommended Dr. Zannikos to a few people who have had bad back issues. He's a wonderful doctor, and I was so happy I went to Milford Regional. It's great to have a community hospital and not have to travel. I just feel 100 percent better."***

*– Patient Sarah Schotanus Raymond  
Following disc replacement surgery*

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"The pro of disc replacement is that you're less likely to need another surgery in the future, especially if you're doing more than one level," says Dr. Zannikos. "Some studies show a faster return to work. A good candidate is someone with arm pain, mainly disc-related issues and little arthritis. A candidate for a fusion would have a lot of wear and tear, bone spurs in the neck, or need more than two levels done."

Cervical disc replacement surgery is only FDA approved for up to two discs – which is what Sarah had replaced – and takes about 45 minutes to an hour per level, relates Dr. Zannikos. The surgeon makes a small incision in the front of the neck, usually less than one inch.

"The neck has a natural pathway to the spine in the front," he notes. "We excise the disc, and the replacement is a small prosthesis of medical plastic that slides and moves and restores the normal movement of the disc. For most neck surgery, the recovery isn't very long as we minimize how much muscle and soft tissue is cut. The arm pain for the majority of people goes away immediately. When they wake up, most if not all of it is gone. They may get a few zings as it heals and their neck might be a little stiff for a while, but they don't have the nerve pain they came in with, which is a significant improvement."

Sarah had the disc replacement surgery at Milford Regional on January 23, 2019. Because her surgery was later in the day, she was admitted overnight. According to Dr. Zannikos, most patients return to normal activities by six weeks. Sarah started orientation at a new job three weeks after the procedure. "I just have the tiniest little scar on my neck," she says. "There wasn't much pain from the surgery, and the nerve symptoms stopped immediately. It was a huge relief."

Sarah says her quality of life is much improved. She can even do fitness challenges, yoga and high-intensity interval training, a big change from when she couldn't manage any exercise.

"There's no pain anymore," she marvels. "I can actually function and use my arm. I can walk my three dogs and not have to worry about them taking off, and go hiking with them and the kids. I've recommended Dr. Zannikos to a few people who have had bad back issues. He's a wonderful doctor and I was so happy I went to Milford Regional. It's great to have a community hospital and not have to travel. I just feel 100 percent better."

*To schedule an appointment with Dr. Zannikos, call (508) 458-6050. ■*

**Hear about the latest  
advancements in spine surgery from Dr. Zannikos.**

*Details on back page.*



Thanks to Dr. Zannikos, Sarah's excruciating back pain is a thing of the past and she couldn't be happier.

# Physician Spotlight *Getting To*

## *Christopher Barañano, MD, FAAP, FACS*

Milford Regional is pleased to introduce Otolaryngologist Christopher Barañano, MD, FAAP, FACS, to the communities we serve. Board certified in Otolaryngology/Head and Neck Surgery, Dr. Barañano earned his medical degree and completed his residency at UAB Hospital in Alabama and furthered his training with a pediatric otolaryngology fellowship at the University of Iowa. He was honored with the Harvard Vanguard Medical Associates Meritorious Service Award. In addition, he is a Fellow of the American College of Surgeons and American Association of Pediatrics, as well as a diplomat of the American Academy of Otolaryngology/Head and Neck Surgery, where he received the Foundation Honor Award and Legislative Advocacy Award for leadership of the surgical sub-specialty at the national level. Dr. Barañano is part of the Milford Ear, Nose & Throat Surgery team located at 308 Main Street in Milford.

**Q: What made you decide to become an ear, nose and throat specialist?**

A: Doing the best with my mind, heart and hands, I chose otolaryngology to cure ailments of the ear, nose and throat and related structures of the head and neck so that an individual can call out to a friend from across a loud room; breathe in the smell of the grass in a field; swallow a steak just grilled to perfection; or hear the words a family member says during an important moment in their life. The desire to help others to “live life well” is at the heart of my professional motivation.

**Q: You specialize in pediatric ENT care. What are some common ailments you see in children?**

A: Some of the more common problems addressed in pediatric ENT care include evaluating children’s hearing and helping determine the breathing and swallowing of newborns, as well as watching for chronic conditions of toddlers and teens that can limit their sleep or hold them back in school. Evaluating allergies and cough, removing rare tumors or moving quickly to rule out cancers are some of the treatments on which I focus my practice.

**Q: What makes caring for children so special?**

A: I recognize the amount of trust involved with caring for another person’s sick child. The challenge of this task is unique and complex. The satisfaction of curing sick children is unparalleled. I have always valued my profession for the sense of duty it entails, especially as it applies to the youngest patients.

**Q: Are there any new or promising advances ahead in the field of ENT?**

A: The field of ENT has experienced surgical advances with new video technologies that have not only minimized the need for large incisions to address issues buried deep in a small child’s throat, but also allowed for tailored therapy to match the severity of a particular ailment. These advances mean that children with problematic but not severe conditions can still reach their highest potential with options that go beyond all-or-nothing surgeries. The utilization of genetic testing is also transforming the evaluation of hearing and speech concerns, and allergy and immunology testing can provide more accurate guidance or earlier discovery of children needing extra care. It’s crucial that specialists maintain a trust and dependability to guide and assist families through the choices they make when their child becomes sick or struggles with an illness.

**Q: What do you believe is your strength as an ENT specialist?**

A: I want my patients to know that I am committed to the safest combination of investigation, medicine and surgery to give them the most effective care for their symptoms or illness. I go to work in the morning always looking for ways to help others pursue the opportunities that life has for them and their families.

**To schedule an appointment with Dr. Chris Barañano, call (508) 478-0555. ■**



**Join Dr. Barañano as he discusses the prevention and treatment of pediatric ear infections.**

*Details on back page.*

# Know You

**Otolaryngologist: Specialist who deals with the anatomy, function and diseases of the ear, nose and throat.**

## Otolaryngologist Ameer Shah, MD

Milford Regional is pleased to introduce Otolaryngologist Ameer Shah, MD, to our community residents. Dr. Shah earned his medical degree from Tufts University School of Medicine, graduating with Honors, and then completed his residency training at Tufts Medical Center in the Department of Otolaryngology-Head and Neck Surgery. He has participated in numerous research projects and delivered presentations at Society and Grand Round meetings. Dr. Shah has also received many awards and recognitions throughout his training and is published in multiple journals and textbooks. He now teaches medical students and trains otolaryngology residents as Assistant Professor of Otolaryngology-Head & Neck Surgery at Tufts University School of Medicine. Board certified in Otolaryngology/Head and Neck Surgery, Dr. Shah is part of the Milford Ear, Nose & Throat Surgery team located at 308 Main Street in Milford.

**Q: What made you decide to become an ear, nose and throat specialist?**

A: I was always on the fence between medicine and surgery. I was fascinated with human physiology and pathology, but also loved the idea of being a surgeon, working with my hands to create tangible results for my patients. My father passed away from cancer, so the ability to be a cancer surgeon became a very important goal of mine; to give back what his doctors gave us. My mother is an eye doctor and I saw how much impact she had on her patients through surgeries that affect quality of life. ENT was the perfect balance of these two aspects.

**Q: What is your approach to caring for your patients?**

A: I treat all my patients like I would a family member. I want them to feel comfortable with my care and feel as though I am really listening to their problems. The best way for me to help a patient is by listening to their story. I take as much time as I need for every patient to ensure we have a plan to solve their problem.

**Q: Can you recall a certain case that not only helped the patient, but left an indelible mark on you?**

A: One of the first patients I took care of as a new attending came to see me for long-term issues with her ears. She had been seen by other doctors, but continued to have problems with her hearing. As part of the work up, we discovered she had a cancer hiding deep in her neck. This required multiple surgeries and treatment afterwards. Though it was an unexpected journey starting with a very simple ear complaint, the experience was memorable because it always reminds me how important comprehensive work ups are – medicine is very humbling.

**Q: What ailments do you care for in ENT that many people don't realize are included the field?**

A: Many people think ENTs just take care of sinus, ear and tonsil infections. One thing they don't realize is that we have one of the highest case mixes in any surgical field. We do a lot of complicated cancer surgeries in the head and neck along with the reconstructions. We have extensive training in facial plastic surgery, and are well equipped to take care of both cosmetic and reconstructive issues. We do voice/airway surgery and hearing surgery, along with sinus surgery, septoplasties, etc. We are one of the few fields in medicine that has significant training in both pediatric and adult ailments in our scope of practice. We also diagnose many medical conditions that may first present in the head and neck before elsewhere in the body.

**Q: What gives you the most satisfaction at the end of a work day?**

A: Whether it is a complicated cancer case or simply ear wax removal, whatever the severity, when patients feel better and taken care of after they see me – that brings me immense satisfaction.

**To schedule an appointment with Dr. Ameer Shah, call (508) 478-0555. ■**



# Physician Spotlight *Getting To*

## Otolaryngologist *Kimberly Russell, MD*

Milford Regional is pleased to introduce Otolaryngologist Kimberly Russell, MD, to our surrounding communities. Dr. Russell received her medical degree from Louisiana State University School of Medicine, and completed her residency in Otolaryngology, Head and Neck Surgery at Boston University Medical Center. She has both published and presented on otolaryngology topics at Society meetings. Dr. Russell has a special interest in laryngoscopy, which is an exam that provides a close-up view of your larynx (voice box) and throat. Board certified in Otolaryngology/Head and Neck Surgery, she is part of the Milford Ear, Nose & Throat Surgery team located at 308 Main Street in Milford.

**Q: What made you decide to become an ear, nose and throat specialist?**

A: Medical school exposes us to many of the specialty fields. I had the good fortune to experience the world of ear, nose and throat medicine during my third year. I finished the first day of my ENT rotation knowing that I belonged there, and my following time confirmed and strengthened that feeling. I especially enjoyed performing the broad range of treatments for the many ailments of ears, noses and throats. I also enjoy having the opportunity to treat patients of every age.

**Q: What are the most common ailments you see in your office?**

A: One of the most common ailments that has a significant impact on patients is ear wax impaction. Many times patients present with blocked ears. They've tried everything to clear them, including over-the-counter cleaners. With my microscope and other specialized equipment, I am able to clean even the most impacted ear wax and restore normal hearing. It is a great feeling to see the immediate relief people get from this procedure.

**Q: What do you believe is your strength as an ENT specialist?**

A: I strive to build a long-lasting and trusting relationship with my patients. I want them to feel comfortable coming to see me with their ENT concerns and do what I can to ensure they feel that way.

**Q: What have you learned from your patients?**

A: I've learned the importance of actively listening to what my patients say. They know their body and their symptoms and how they affect them. This helps guide the appropriate treatment which may not always be the same for every patient, even with similar problems.

**Q: What is the most rewarding part of your job?**

A: Seeing patients get better from whatever brought them in – from helping them hear their friends and family better by diagnosing their hearing loss and prescribing hearing aids to helping patients smell and breathe better through their nasal passages after treating sinus and nasal problems. I feel happy when I help my patients improve their quality of life.

**To make an appointment with Dr. Kimberly Russell, call (508) 478-0555. ■**



# Know You

*An obstetrician/gynecologist is a physician specialist who provides medical and surgical care to women and has particular expertise in pregnancy, childbirth and disorders of the reproductive system.*

## Obstetrician/Gynecologists Mary Kay Myers, MD, and Elaine Hulteng, MD

Women need look no farther than Obstetrician/Gynecologists Mary Kay Myers, MD, and Elaine Hulteng, MD, for the high-quality, compassionate care patients have come to expect from Milford Regional Physician Group. This strong duo empowers women with their health through their practice, Women's Health of Franklin, found on the third floor of the new Milford Regional in Franklin building located at 1280 West Central Street.

Drs. Myers and Hulteng have teamed up to ensure women receive comprehensive, state-of-the-art treatment and care in both their practice and, when need be, at Milford Regional Medical Center. These two respected specialists recognize that every patient is unique and needs to be cared for as such. Their practice is built on developing a strong rapport with their patients based upon respect and trust.

"I am a believer in patient care being a conversation," Dr. Hulteng says. "I like to be transparent in my medical thought process and involve the patient in the path of their healthcare. I enjoy getting to know my patients and I think this makes me better at understanding where they are coming from and how I can work with them to provide the best care."

Dr. Myers agrees, noting that getting to know her patients and understanding their lifestyle allows her to offer better guidance with respect to preventative care, as well as gynecologic or obstetric issues. "When treating problems, I spend time discussing all reasonable options with my patients and do my best to be sure they understand the pros and cons of each," she explains. "This allows the patient to make informed decisions about her care."

Both specialists believe that empowering patients leads to the best possible care. They feel that patients who understand their medical issue and therapeutic options, including potential complications, ultimately make the best decisions and are happy with the outcome of their treatment.

Whether it be routine exams and pregnancy care or gynecological issues, women can feel confident in Drs. Myers and Hulteng, whose experience includes specialized training in performing minimally invasive, robotic surgery. They consider themselves a "strong duo," sharing a real passion for good patient care that has set the foundation for great teamwork in the office, as well as in the operating room. "We both provide a wide array of surgical

options for patients including robotic procedures and we work well together," says Dr. Myers. "This leads to a consistent approach to patient care that should benefit all of our patients, particularly when one of us is unavailable."

Dr. Hulteng is pleased that their complement as a team truly benefits their patients. "I know if I am out of the office, my patients will get the same level of compassionate care with Dr. Myers that I would want."

To schedule an appointment with Drs. Hulteng or Myers, call (774) 462-3910. ■

**Drs. Myers and Hulteng's practice is built on developing a strong rapport with their patients based upon respect and trust.**



Mary Kay Myers, MD, (left) and Elaine Hulteng, MD

## WELLNESS

All Wellness Programs are offered at one of the following locations:

- **Ruth Anne Bleakney Senior Center**  
60 North Bow Street, Milford
- **Milford Regional Medical Center**  
14 Prospect Street, Milford

*Please note: All programs are led by certified instructors. Also, in order that we may make our Wellness Programs comfortable for all participants, we ask that you refrain from wearing perfume to class.*

**NOTE: All classes are subject to cancellation if minimum registration requirements are not met 48 hours prior to the first class.**

Visit [milfordregional.org](http://milfordregional.org) for registration details. Check back in June for the summer class schedule.

### **NEW** Zumba® Plus Zumba® Toning

This fun, easy-to-follow format features effective cardio and muscle toning combinations with simple high and low intensity dance moves. The addition of lightweight maraca-like toning sticks will enhance your sense of rhythm and coordination. You will improve balance and flexibility, boost energy, burn calories and tone your body during each dance party-style class! Once the Latin and world rhythms take over, you'll see why Zumba® is called exercise in disguise.

**Mondays, 6 - 7 p.m.**

**\$85, April 6 - June 22 (no class April 20 or May 25)**

### Qi Gong and T'ai Chi Combo Class

Qi gong and t'ai chi are systems for fostering health and peace of mind by releasing and taking in fresh energy (called qi) through a sequence of slow moving, dance-like, martial arts postures. This connection provides a basis for a stress management program and a method for releasing daily tension. Please wear comfortable clothes and sturdy, comfortable shoes or sneakers.

**Mondays, 7 - 8 p.m.**

**\$85, April 6 - June 22 (no class April 20 or May 25)**

### Ease Into Fitness

Get back into fitness or start fresh with low impact, lite cardio, muscle sculpt and core. This workout is designed for those starting new, coming off an injury or just getting back to exercise! Get heart healthy, gain strength and core stability and feel confident during this fun and motivating beginners course! Bring light, hand-held weights, (1, 2 or 3 lbs.) and a mat or towel. Wear sneakers and comfortable clothes.

**Tuesdays, 6 - 7 p.m.**

**\$85, April 7 - June 9**

### **NEW** Basic Strength & Conditioning

Stay healthy, stay strong! Strength training will help you prevent injury, promote healthy bones, improve your posture and boost your overall physical and mental health! This class will teach you basic moves to strengthen and condition your muscles. Wear comfortable clothes and sneakers, and bring your own hand-held weights (1, 2, 3 or 5 lbs. or a weight you are comfortable using).

**Tuesdays, 7 - 8 p.m.**

**\$85, April 7 - June 9**

### Pilates 101

Learn the basics of Pilates to strengthen your core, improve balance and condition your upper and lower body. This class will incorporate flex bands, stability balls and light hand-held weights to get you toned and strong. Please wear loose, comfortable clothing and bring a mat and a towel.

**Wednesdays, 6 - 7 p.m.**

**\$85, April 8 - June 10**

### Kundalini Yoga

Kundalini yoga is a powerful combination of stretching, 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 negative thought patterns. Please bring a towel and a mat, and wear loose, comfortable clothing.

**Wednesdays, 7 - 8 p.m.**

**\$85, April 8 - June 10**

### Cardio, Core & Conditioning

Core, cardio and strength training combine to create the trifecta of health and fitness! This class is for any fitness level, and will challenge your stamina, build muscle and bone and strengthen your core. It's an all-in-one workout for everyone! Please bring hand-held weights, a mat and water.

**Thursdays, 6 - 7 p.m.**

**\$85, April 9 - June 11**

### Yoga for Beginners

This is a fundamental yoga class, with special focus on breathing for well-being, yoga postures for strengthening and flexibility, and meditation to help improve focus. Come and experience the benefits of yoga for both your mind and body.

**Thursdays, 7 - 8 p.m.**

**\$85, April 9 - June 11**

### Hand Reflexology Workshop

Reflexology is a natural, non-invasive integrative therapy that supports the body's ability to heal itself. In this self-help workshop, you will learn the basic finger techniques of reflexology and target specific reflex points that represent different areas of the body. With these basic skills you can work on yourself and others to help alleviate stress, reduce pain and restore balance to the body and mind. **Cost \$40.**

**Tuesday, April 14, 6:30 - 8:30 p.m.**

**Milford Regional Conference Room C  
Ground Floor, Main Building**



# Education

## SENIOR FOCUS

Milford Regional sponsors lunchtime presentations in partnership with the Milford senior center featuring physicians and other hospital staff speaking on health issues important to seniors. All luncheons are held at the Ruth Anne Bleakney Senior Center, 60 North Bow Street, Milford, from 12:30 - 2 p.m. The cost is \$5, due upon registration, but is fully refundable at the program. For a schedule of speakers and to register, call (508) 473-8334.

## INCLEMENT WEATHER



Listen to radio stations WMRC 1490 AM/ My FM 101.3. You can also call the Medical Center at (508) 473-1190 to check the status of your course or program.

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

## CHILDBIRTH EDUCATION

Milford Regional offers a variety of childbirth education classes for the entire family. For a full schedule and to register, go to [milfordregional.org](http://milfordregional.org) or call (508) 422-2206.

### 3-Week Childbirth Education

This evening program covers physical and emotional changes during pregnancy, nutrition, signs and stages of labor, true and false labor, anesthesia choices, breathing techniques, information about birth by cesarean section and a tour of the Maternity Center.

Cost: \$150/couple

### Prepared Childbirth Education Program

The essential class for all expectant parents who wish to have a positive and empowering birth experience! Learn what to expect during the labor and delivery process in this one-day class. This class will provide you with the information you will need to be an active participant in your maternity care by making informed decisions for you and your baby. Better than any book, this class is taught by a dynamic, engaging, experienced and fun childbirth educator!

Cost: \$175/couple

### Breastfeeding Class

This one-night class is held to help expectant parents develop an understanding of the basic principles of breast feeding.

Cost: \$65/couple

### Baby & Me

For expecting parents who are unable to participate in one of our childbirth preparation programs, we offer this class to provide helpful information on caring for mom and baby following delivery.

Cost: \$45/couple

### Sibling Class

Being a big brother or sister is very exciting! This one-hour session for siblings 3-12 years old helps to familiarize them with The Maternity Center and to discuss their new and important role.

Cost: \$25/family

## PREVENTION

### Skin Cancer Screening

May is Skin Cancer Awareness Month. Skin cancer – the most common form of cancer – is an abnormal growth of cells that usually develops on areas exposed to the sun. Skin cancer is curable if detected and treated early. Call for an appointment as this screening fills quickly! **Free.**

Wednesday, May 20, 6:30 – 8:30 p.m.

Dana Farber/Brigham and Women's Cancer Center at Milford Regional (second floor)

Kuchnir Dermatology & Dermatologic Surgery

Call (508) 422-2206 to register.

### Freedom from Smoking

The American Lung Association's Freedom From Smoking® program is an 8-week small group session for tobacco users who are ready to quit led by a certified facilitator. The program features a step-by-step plan for quitting smoking and each session is designed to help smokers gain control over their behavior. Because no single quit smoking plan is right for all smokers, the program presents a variety of evidence-based techniques for individuals to combine into their own plan to quit smoking. Registration is required. To register, visit [milfordregional.org](http://milfordregional.org). For more information, call (508) 422-2206. **\$100**

Thursdays, April 9 – May 21, 7:30 p.m.

Conference Room C, Ground Floor, Main Building

For information about cancer and tips for prevention, contact the American Cancer Society at [cancer.org](http://cancer.org) or call 1-800-ACS-2345.



# CERTIFICATION

All programs meet in Milford Regional's Physicians Conference Center A, Ground Floor, Main Building unless otherwise noted.

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

## Heartsaver First Aid

This course covers first aid basics as well as medical, injury and environmental emergencies, including the first aid skills recommended by OSHA. The course includes a first aid manual which will be mailed to you approximately two weeks prior to the course. Upon successful completion, participants will receive a first aid course completion card. **Cost: \$70.**

**Tuesday, April 7, 6 - 9 p.m.**

## Heartsaver CPR AED

This course teaches adult, infant and child CPR and AED use, as well as how to relieve choking on adults, infants and children. It 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 manual is included in the course fee and will be mailed to you approximately two weeks prior to the course. A one-way valve mask is also included in the course fee and will be provided to you at the class. **Class Cost: \$95**

**Thursday, April 16 OR**

**Wednesday, June 17, 6 - 10 p.m.**

## Basic Life Support (BLS) CPR

This course is intended for participants who provide healthcare, or anyone who is required to take a healthcare provider-level course for employment. A course completion card is awarded to participants who successfully complete the course, including the written examination and skills demonstration. The course cost includes a manual and one-way valve mask. The manual will be mailed to you approximately two weeks prior to the course, and the mask will be provided at the class. **Cost: \$100.**

**Wednesday, April 22 OR**

**Tuesday, June 23, 5:30 - 10 p.m**

## Basic Life Support (BLS) CPR for Those Previously Trained

This class is for the person who holds a current BLS Provider card. You will need to bring the current manual (with the numbers 15-1010 printed on the back cover in the bottom right corner) and a one-way valve mask to class. If you need to purchase a mask when you register, it will be given to you at the class. The manual, if purchased, will be mailed to you approximately two weeks prior to the course. A course completion card is awarded.

**Cost \$60; Manual: \$15; Mask: \$10.**

**Wednesday, April 29 OR**

**Tuesday, June, 30 6 - 10 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. This is not a certification course; 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 \$50.**

**Tuesday, May 26, 6 - 9 p.m.**

# EATING LIGHT – EATING RIGHT

The following programs meet in Milford Regional's Physician Conference Center B, Ground Floor, Main Building.

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

## The Facts About Fasting

While it is important to have a healthy diet, fasting may be a tool to help you lose weight and manage your health. Our dietitians will discuss the different fasting methods, the benefits of fasting and how it may help certain health conditions.. **Free.**

**Tuesday, April 7, 6 p.m.**

## Fighting Dementia Through Nutrition

Studies have shown that some foods, such as fish, berries and chocolate, can boost your memory, while others, such as processed meats, dairy and sugars, can lead to impaired cognitive function. Our nutritionist will discuss the important role nutrition plays in fighting dementia, as well as which foods to choose and which to avoid to help you maintain your memory as you age. **Free.**

**Monday, May 11, 6 p.m.**

## Don't miss our lectures!

See the back page for details.



# 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 and its effect on their lives through education and support. For more information or to register, call Mary Beth Proulx, RN, at (508) 488-3725. **Free.**

**Second 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 group is for those who have a loved one or friend with cancer. This program will provide practical information to support you in your role as caregiver, as well as offer an opportunity to meet and gain support from other coping with similar issues. For more information or to register, call Marie Morgan, LICSW, at (508) 488-3717. **Free.**

**Second Tuesday of each month, 4:30 - 5:30 p.m.**  
Second Floor Conference Room, Dana-Farber/Brigham and Women's Cancer Center at Milford Regional

### Coping with Cancer

A group for men and women living with cancer to discuss ways to cope with fear and anxiety, and share hope and meaning with others facing similar challenges. Registration is not required. Family members are welcome. For information, call Mellissa Rearick, LICSW, at (508) 488-3783. **Free.**

**Second Tuesday of each month, 2 - 3 p.m.**  
Second Floor Conference Room, Dana-Farber/Brigham and Women's Cancer Center at Milford Regional

## Esophageal Support Group

Patients with esophageal cancer are invited to join in a discussion of common challenges during treatment and survivorship. Family members are welcome. For more information and to register, call Marie Morgan at (508) 488-3717. **Free.**

**Third Tuesday of each month, 2 to 3 p.m.**  
Milford Regional's Physician Conference Center B, Ground Floor, Main Building

## 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 certified lactation specialist is available to answer questions and address concerns. Pregnant women are welcome to attend. For more information, call (508) 422-2206. **Free.**

**First and third Thursday of each month, 10 - 11 a.m.**  
Milford Regional Maternity Education Room  
Second Floor, Main Building

### Mother Talk

For new mothers with infants 0-8 months. Registration is not required. For more information, call the childbirth education department at (508) 422-2206. **Free.**

**Second Thursday of each month, 10 - 11:30 a.m.**  
Milford Regional Maternity Education Room  
Second Floor, Main Building

## Stroke Survivors Support Group

For stroke survivors and their family members and friends. For more information, call (508) 422-2552. **Free.**  
**Second Wednesday of each month, 7:30 - 8:30 p.m.**  
Milford Regional Medical Center Rehabilitation & Sports Medicine  
42 Cape Road, Milford

## Traumatic Brain Injury Support Group

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

**Third Thursday of each month, 7 - 8:30 p.m. (no meeting in July)**  
Women's Pavilion Conference Room  
Fourth Floor, Hill Health Center

## Multiple Sclerosis

For more information, e-mail milfordmsgroup@gmail.com or call (508) 488-9897. **Free.**

**Second Wednesday of each month, 4 - 5:30 p.m.**  
Milford Regional Cafeteria  
Ground Floor, Main Building

## Parkinson's Disease

For more information, contact Sue Morcone at (508) 320-4076 or smorcone@charter.net. **Free.**

**Second Tuesday of each month, 6 to 7:30 p.m.**  
Women's Pavilion Conference Room  
Fourth Floor, Hill Health Center

## Road to Recovery

A weekly support group for family and friends of those addicted to drugs and alcohol. The support group follows a 12-step program to help understand the issues around addiction. For more information call Katie Truitt at (774) 248-4526 or e-mail ktruitt3@gmail.com. **Free.**

**Wednesdays, 7 - 8:30 p.m.**  
Conference Room C, Ground Floor, Main Building

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

# DIABETES

The following program is free but registration is required as seating is limited. Please go to [milfordregional.org](http://milfordregional.org) or call (508) 422-2206 to register. The program meets in Milford Regional's Physicians Conference Center B, Ground Floor, Main Building.

## Diabetes and Your Eyes

Diabetic eye disease can cause blindness in adults if left untreated. Come hear from Optometrist Nirali Patel, OD, and learn how to care for your eyes and reduce your risk of eye complications from diabetes. **Free**

**Tuesday, June 2, 6 - 7:30 p.m.**

## Non Discrimination and Accessibility Practices Notice

Milford Regional Medical Center does not discriminate on the basis of race, color, national origin, sex, age or disability in its health programs and activities.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-508-422-2148.

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-508-422-2148.

# The Dementia Experience

Presented in conjunction with Cornerstone at Milford Assisted Living

Registration is required. To register, call (508) 422-2206.

A hands-on learning program that explores what it is like to live with Alzheimer's or symptoms of dementia. This presentation explains how isolation, nutrition, and medication error can lead to unnecessary complications while also providing an experience of what it would feel like to have dementia. In addition, participants will learn the signs of memory loss, how dementia affects daily life, and how to communicate with someone experiencing the symptoms of dementia. **Free.**

**Thursday, May 14 6 - 8 p.m.**

**Open to the public, ages 16+**

**Northbridge Senior Center, 20 Highland Street, Whitinsville**

## Good Feelings is published as a community service

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# CONNECT WITH US...

## Web Site

[milfordregional.org](http://milfordregional.org)

## Pinterest

Check out our boards at [pinterest.com/milfordregional](http://pinterest.com/milfordregional)

## Facebook and Twitter

Become a Milford Regional Facebook fan and follow us on Twitter at @milfordregional

## YouTube

Watch patient testimonials, physician lectures and Milford Regional videos



# Milford Regional

## Medical Center

14 Prospect St.  
Milford, MA 01757

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## LECTURE SERIES

Join us for our spring lectures featuring one of our orthopedic surgeons and an ear, nose and throat specialist.

### Advances in Cervical and Lumbar Spine Surgery

Pain in your cervical and lumbar spine – neck and lower back respectively – with referred pain in the arms or legs can be debilitating, but advancements in surgical treatments can provide relief. New technology offers treatments that are less invasive and with limited recovery time. Spine Surgeon Symeon Zannikos, MD, will discuss the latest advancements in spine surgery and other treatments designed to alleviate your discomfort and pain. **Free.**

Thursday, April 2, 7 p.m.

Presenter: Symeon Zannikos, MD  
*Orthopedics New England*

### Do You Hear What I Hear?

#### Treatment for Pediatric Ear Infections and Hearing Loss

Ear infections – called otitis media – are the most common reason parents bring their children to the doctor. Symptoms can range from a fever to a painful build-up of fluid in the ear. Frequent ear infections can impact your child's language development and may cause permanent hearing loss. Ear, Nose and Throat Specialist Chris Barañano, MD, FAAP, FACS, will discuss the prevention and treatment of frequent ear infections in children – from medications to surgical procedures such as tubes and adenoid removal. **Free.**

Wednesday, April 15, 7 p.m.

Presenter: Chris Barañano, MD, FAAP, FACS  
*Milford Ear, Nose & Throat Surgery*

*Milford Regional Physicians Conference Center,  
Ground Floor, Main Building*

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



## SPECIAL PRESENTATION

### In Their Shoes: Bullying, Sexting, Dating Violence and Your Teen

Teenagers have complex relationships, but as a parent or caregiver, how do you know these relationships are healthy for your child? Join Milford Regional and New Hope, Inc. for this important program designed to help you better understand your teen and the choices they face in their relationships – including real and virtual friendships and the risks of teen dating violence. The program will immerse participants in various real scenarios to help you gain insight about teen interactions with their dating partner, family, friends, teachers, counselors, police and others. **Free**

*Presented in conjunction with New Hope, Inc.*

**Tuesday, April 28**

**6:30 p.m.**

**Physicians Conference Center  
Milford Regional Medical Center**

**Registration is required. To register, call (508) 422-2206.**