

Your Guide to Healthy Living

Baystate Health

Winter 2011

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MEET DR. THAMPI AMPADI

Dr. Thampi K. Ampadi, a specialist in general and laparoscopic surgery, recently joined Baystate Medical Practices – Greenfield Surgery. He earned his medical degree from Medical College in Thiruvananthapuram, India, and completed his residency at Baystate Medical Center/Tufts University School of Medicine. He completed a fellowship in bariatric and laparoscopic surgery at East Carolina University in North Carolina. Dr. Ampadi has a special interest in surgical endoscopy, gastrointestinal surgery, and bariatric surgery. He is currently accepting new patients with a physician referral.

FOR MORE INFORMATION or to schedule an appointment, please call 413-773-2626.

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GET THIS!

RESPIRATORY SYNCYTIAL VIRUS (RSV) season is here. Learn how to protect your children and family members from this serious respiratory illness. Review Baystate Children's Hospital's online brochure in English or Spanish at baystatehealth.org/bch.

practice
makes

PERFECT



The 28-year-old woman's labor and delivery proceeds normally. At 3:35 pm, she delivers an 8-pound, 4-ounce baby boy. Moments later, she suffers a postpartum hemorrhage, bleeding profusely onto the bed. Her blood pressure drops, and she is not speaking clearly. Her husband is frantic. An alert goes out and a team of nurses and doctors rushes in. A call from the labor and delivery room is made to the unit clerk to order blood, but there is no clerk at the desk. The tension builds.

A real-life scenario? Perhaps, but at Baystate Medical Center, this scene was part of an *in situ* labor and delivery simulation aimed at improving teamwork, communication, and crisis management skills for the nearly 235 health care professionals who make up the labor and delivery staff.

"Our main goals are communication and team performance," says Dr. Andrew Healy, the Baystate Maternal-Fetal Medicine specialist who oversees the simulations. "You can have exceptional individuals, but in the team environment, you sometimes see suboptimal performance due to poor communication."

The simulations, which are videotaped, are called *in situ* because they're conducted in the actual labor and delivery environment rather than a simulation lab.

As the scenario begins, the night nurse transfers the care of the patient (an actor) to the day nurse.

Then an event occurs, and the labor and delivery team performs its various routines, minus any intrusive procedures like pelvic exams or needle sticks, to handle the emergency. The actor/patient is given instructions, such as "pass out," to move the scenario in a certain direction.

After the simulation, there is a debriefing with the team as they watch the videotape. Each team member is asked to comment on what they did well and what could be improved upon. "People are amazed at what they thought happened and what actually happened," says Healy.

"As health care continues to improve, obstetric emergencies occur less often," says Healy. "As a result, team members may have less experience in managing them."

"Emergencies do occur in obstetrics," says Molly Gray, RN, director, Women's and Children's Services. "Fortunately, they are rare, but when something does go wrong, it can go very wrong quickly."

"By practicing certain situations," says Dr. Glenn Markenson, chief of Maternal-Fetal Medicine, who developed the simulation program, "our staff feels under control during emergencies: we've done it before, we can do it again. It's like football, where you run a play over and over again in practice so it becomes second nature during a game."

Looking for a certified nurse-midwife or obstetrician? Visit baystatemedicalpractices.org.

New Bistro Dining at Baystate Medical Center



Atwaters, Baystate Medical Center's new bistro style café, is open for patients, visitors, and employees, serving flavorful, fresh food for breakfast, lunch, dinner, and in-between.

Atwaters, named in honor of the Atwater Terrace neighborhood located across from Baystate Medical Center, is centrally located near the Daly entrance and will be accessible from the new building.

"With a focus on fresh ingredients, many of which come from our local farms, Atwater's strives to bring our visitors, employees, and patients a relaxed and refreshing dining experience," comments Nancy Robinson, director, Patient Relations and Guest Services.

In its warm and welcoming atmosphere, Atwaters offers hearty, healthy, homemade soups, sandwiches, salads, fresh baked breads and pastries, along with an array of beverages, including Starbucks® coffee/express, and fresh fruit smoothies. Free WiFi access is available in the bistro as it is throughout the medical center.

ATWATERS IS OPEN SEVEN DAYS A WEEK FOR BREAKFAST, LUNCH, AND DINNER.

Quabbin Pediatrics Helps Children Stay Fit

Many families today suspect or are informed that their child's weight is at an unhealthy range, and don't know where to start.

To address this health issue, the physicians at Baystate Medical Practices – Quabbin Pediatrics, Drs. Kirti Nagpal, Jeannette Tokarz, and Scott Siege, developed a program with fun and effective strategies to help children stay fit.

The Stay Fit Program is customized to help children and families

learn to make healthy food choices leading to weight loss when necessary.

"The goal is to reduce the rate of weight gain while allowing for the normal growth and development of a child," says Nagpal.

Children who enroll in **The Stay Fit Program** receive a binder that contains helpful information for the child and their family. They also get a journal to keep a log of their food intake and physical activity, and a dishwasher-safe Portion Plate that has colorful images that

show appropriate food portion sizes.

"Learning and understanding portion control is not about putting children on a diet, but is about teaching children how to lead a healthy lifestyle," says Nagpal.

"The program is part of our effort to keep up with the latest developments in health to reflect the federal government's new food group symbol, MyPlate, which will replace MyPyramid. We are having great success

with the program as we teach children at a young age to take responsibility for their health."

FOR MORE INFORMATION, call BMP–Quabbin Pediatrics at 413-967-2040.



Dr. Kirti Nagpal

GET THIS!



If you or a family member will be having **chemotherapy at the D'Amour Center for Cancer Care**, you can take a virtual tour, which includes pictures and information, at baystatehealth.org/cancer.

Baystate  **Health**

OUR CHARITABLE MISSION IS TO IMPROVE THE HEALTH OF THE PEOPLE IN OUR COMMUNITIES EVERY DAY, WITH QUALITY AND COMPASSION.

A NEW SYNERGY AT BAYSTATE'S COMMUNITY HOSPITALS



Chuck Gijanto

Baystate Health meets the health care needs of people throughout western Massachusetts with a range of medical practices and services located throughout the region, as well as three hospitals: Baystate Medical Center in Springfield, the region's only tertiary care level facility; and two acute-care community hospitals, Baystate Franklin Medical Center in Greenfield, and Baystate Mary Lane Hospital in Ware. Each plays a vital role in helping Baystate achieve its charitable mission to improve the health of the people in our communities every day, with quality and compassion.

With the announcement of the retirement of Joan Sullivan, president of Baystate Mary Lane Hospital, Baystate Health leaders did not have to look far for a new leader. Chuck Gijanto was appointed president of Baystate Mary Lane Hospital and the Eastern Region of Baystate Health, in addition to his current responsibilities as president of

Baystate Franklin Medical Center and the Northern Region of Baystate Health.

"In making the decision, we took into account our goal to ensure financial viability, and explored the potential to create synergy, collaboration, and efficiency between our two community hospitals," says Greg Harb, executive vice president of Baystate Health. "Chuck is known for his strategic orientation and being in tune with the needs of patients, employees, and the community."

Gijanto joined Baystate Health almost four years ago as president of Baystate Franklin Medical Center, with expanded responsibilities in 2010 that include oversight of the entire Northern Region.

"I am excited about this new opportunity," says Gijanto. "We are blessed to have very strong management teams and dedicated, expert physicians and staff at both of our community hospitals. Overseeing both regions will allow me to tap into the best of our organizations to serve our patients and their families."

Both community hospitals offer a wide spectrum of services, including 24-hour emergency care, intensive care, inpatient and outpatient surgical care, orthopedics, and cancer services through the Baystate Regional Cancer Program.

FOR MORE INFORMATION about any of the Baystate Health hospitals, practices, services, visit baystatehealth.org.

CELEBRATING 50 YEARS

Training the Region's Ob/Gyns

Baystate Medical Center, which serves as the Western Campus of Tufts University School of Medicine in Boston, has played a major role over the decades educating physicians and nurses.

This year, the hospital's Department of Obstetrics and Gynecology celebrates the **50th anniversary of its residency program**. When the program began in 1961, it was more like a three-year apprenticeship. In 1974, when Baystate hired the department's first full-time chairperson, Lawrence Lundy, MD, the residency program became more structured and recruited specialty-trained experts from around the country.



Since its inception, Baystate has graduated over 200 ob/gyn residents who have gone on to practice around the country. The majority of obstetrician/gynecologists practicing in western Massachusetts, from the Berkshires through Sturbridge, are graduates of Baystate's now four-year residency program.

Baystate Health Now Offers **ONLINE BILL PAY!**



For your convenience, you can now pay your bills online for Baystate Medical Center, Baystate Franklin Medical Center, Baystate Mary Lane Hospital, and Baystate Reference Laboratories.

Visit baystatehealth.org/billpay to quickly, securely, and conveniently pay your hospital and laboratory bills. Enrollment is fast and easy. Just have your most recent bill handy to get started. Enrolled users enjoy the benefits of secure access to check account status and payment history, and the option to discontinue paper statements. You can also pay your bill online without enrolling using Pay Now, or schedule future payments with Auto-Pay.

For more information or to enroll, visit baystatehealth.org/billpay. Please contact Patient Billing Services at 413-794-9999 for questions regarding a hospital bill (toll free at 877-461-1931). For Baystate Reference Laboratories, please call 413-794-1303 (toll free at 800-889-9908).

GET THIS!

SAVE 25% off any single cash item purchased between January 1 and January 31, 2012 at the Baystate Home Infusion & Respiratory Services stores in Greenfield, Ware, or Springfield. Celebrating five years serving the greater Greenfield community!

SHOW THIS PAGE TO GET YOUR DISCOUNT.

Cannot be combined with any other offers. For locations: 1-800-497-7114 or baystatehealth.org/bhirs





Were it not for a pain in his shoulder, Bill Martin's outcome might have been very different. That pain—from a pulled muscle—led to a diagnosis of lung cancer and quite possibly saved his life.

In June of 2010, Martin, a 64-year-old salesman from West Springfield, went to his primary care physician for a routine physical. Everything checked out fine, except for a nagging pain beneath his right shoulder blade.

A CT scan was negative, and his doctor corroborated Martin's belief that he had pulled a muscle. A follow-up CT scan, however, showed a small spot on Martin's lung on the opposite side of his painful muscle pull. Told it was likely pneumonia and put on an antibiotic, Martin was advised to follow-up with his doctor.

Six months later, Martin returned to his doctor and was asked if he ever followed up on the previous CT findings. When he said

he hadn't, his doctor ordered another scan, which again showed the spot on his lung.

A biopsy confirmed what the spot was: cancer. Martin was one of the lucky ones; Dr. Rose Ganim, a thoracic surgeon at Baystate Medical Center, successfully removed the tumor from his lung. His cancer was caught early enough that treatment wiped out the disease in his body before it could spread and cause lethal damage. Most aren't that fortunate.

KNOW THE SIGNS

Lung cancer kills nearly 159,000 Americans each year, according to the Centers for Disease Control and Prevention. In fact, more people die of lung cancer than breast, colon, and prostate cancer combined. The overall survival rate for lung cancer—15.5%—is the same as it was 40 years ago, perhaps because the early signs of the disease mimic the symptoms of other illnesses and may be missed—or ignored—by patients and physicians. (By comparison, breast cancer survival has increased to 89% and prostate cancer to 99%.)

"The most important thing to remember," says Dr. Gary Hochheiser, chief of Thoracic Surgery at Baystate Medical Center, "is that there really are no early signs of lung cancer."

Oftentimes, early-stage tumors in the lung do not cause any symptoms as they grow. That said, people need to know their risk of getting lung cancer. Those with a significant history of smoking are at high risk of developing the disease. Hochheiser says cough is the number one presenting

PAYING ATTENTION TO EARLY SIGNS CAN CATCH CANCER BEFORE IT ADVANCES

By Scott P. Edwards



Bill Martin

symptom for lung cancer and those with a persistent cough need to be evaluated.

“The common cold is pretty ordinary,” he says, “so a lot of people ignore symptoms such as a cough. They’re busy and the cough is not bothering them, so they let it go.”

Most coughs don’t cause a problem until lung cancer is at an advanced stage and other symptoms, like pain in the chest, back or shoulder, crop up. Other possible symptoms of lung cancer include repeated infections, such as bronchitis or pneumonia, and a general decline in overall

health, including fatigue, loss of appetite, and seemingly unrelated symptoms like knee pain.

REFLUX RISK FACTOR

As the head of Thoracic Surgery at Baystate, Hochheiser also treats patients with esophageal cancer, which, like lung cancer, has few early warning signs.

Esophageal cancer is less common than lung cancer, with about 17,000 new cases and 15,000 deaths annually, but there is a big demographic—middle- and upper-class men—who are most at risk, which makes

pinpointing susceptible individuals much easier to identify.

The most common risk for esophageal cancer is reflux (a condition in which the esophagus, or food pipe, becomes irritated because of acid backing up from the stomach) that doesn’t go away, even if it is controlled with medication. Hochheiser says reflux can damage the lining of the esophagus and cause errors in a person’s DNA in a way that leads to cancer.

Patients with bad reflux should have an endoscopy to determine if they’re in the precancerous stage of disease. Another symptom of esophageal cancer is dysphagia, or difficulty swallowing, which starts off mild, but worsens as the esophageal opening narrows. This can cause patients to feel like food is stuck in their throat when they eat and lead to diet changes and unintended weight loss.

IGNORE AT YOUR PERIL

Hochheiser says that the bottom line with these two diseases is not writing off signs and symptoms that might

indicate early stages of disease.

“If you’re a smoker and have a family history of cancer and symptoms like a cough, get it checked out. If you have significant reflux, don’t ignore it and see your doctor,” he says.

Bill Martin, for one, concurs. “It wasn’t the cancer that caused my shoulder pain, but that’s what got me to the doctor,” he says. “Anytime you have something out of the ordinary, get it checked. I could have pooh-pooed the pain and they never would have found the cancer until it had advanced. It saved my life.”

For more information, contact Baystate Thoracic Surgery at 413-794-8050 or visit baystatehealth.org/thoracic.

WATCH THIS! Dr. Gary Hochheiser discusses esophageal and lung cancer at baystatehealth.org/thoracic.



Baystate thoracic surgeons Drs. Rose Ganim, Jeanne Lukanich, Gary Hochheiser, and Jacqueline Lee

POSSIBLE Symptoms of Lung Cancer

Because there are no obvious symptoms of early stage lung cancer, people need to know their risk factors. Those with a significant history of smoking are at high risk of developing the disease. Reflux, also known as GERD, is a risk factor for developing cancer in the esophagus (throat). Symptoms may include:

- Persistent cough
- Repeated infections, such as bronchitis or pneumonia
- General decline in overall health (fatigue, loss of appetite, and seemingly unrelated symptoms like knee pain)
- Pain in chest, back, or shoulder



Bariatric/Metabolic Surgery

ONE MORE TOOL TO HELP WITH WEIGHT LOSS

By Amy Swisher

Obesity leads to multiple medical problems: diabetes, hypertension, heart disease, sleep apnea, depression, cancer, and others. Most people who have a BMI (body mass index) of 35 or higher, or who are 100 pounds or more overweight, have tried many times to take the weight off, only to watch it creep right back on.

Diet and exercise are the standard starting points for people who wish to lose weight. This approach can be complemented by support groups, counseling, hypnosis, and meditation. For some who have already tried every route they can think of, or who just can't stay on a diet long enough to make significant progress, there are other alternatives. Surgery has proven to have long term weight loss benefits.

Drs. Satish Muthavarapu and Thampi Ampadi, of Baystate Medical Practices - Greenfield Surgery, are general surgeons with fellowship training in bariatric surgery and are on staff at Baystate Franklin Medical Center. They currently offer laparoscopic adjustable gastric banding (Lap Band) and sleeve gastrectomy—minimally invasive procedures that reduce the size of the stomach.

The surgery generally requires an overnight stay in the hospital. It works best for people who tend to eat large portions of food

at a sitting, versus those who snack on small amounts throughout the day. The preoperative evaluation, surgery, and follow-ups are covered by most insurance companies.

“This is a valuable tool, not a magic solution,” explains Muthavarapu.

“To be successful with the surgery, patients need to pay attention to the foods they are choosing. The greatest advantage is that they will feel full much more quickly with less food. For those who are used to eating large portions, this is a big shift, and it happens right away.”

Weight loss is significant for those who add exercise to their regimen. “I tell my patients to think of 3,500 calories as equivalent to one pound. If you eat just 500 calories less per day, or exercise enough to burn that much, you will lose one pound a week; if 1,000 calories less per day, two pounds a week.”

Muthavarapu and Ampadi are part of a multidisciplinary team offering support to patients before, during, and after their surgery. The team also includes a psychiatrist, nutritionist, bariatric nurse coordinator, and sports medicine specialist.

“Pulling all of these professionals together helps us surround our patients with the support they need to be successful,” says Muthavarapu. “However people choose to lose weight, the important thing is that they find the tools that work best for them. That's why we're here, to offer one more possible solution for successful weight reduction.”

To learn more about bariatric surgery in the Greenfield area, call Baystate Medical Practices – Greenfield Surgery at 413-773-2626. In the Springfield area, call Baystate General Surgery at 413-794-7020.

Millions of people struggle with their weight, and millions more have simply given up the battle. In fact, there are now 15 million Americans who are considered morbidly obese, based on a calculation of their body mass index.



BE PREPARED

To Make the Most of Your Health Care Appointments



DID YOU KNOW THAT THE AVERAGE AMOUNT OF TIME A PATIENT SPENDS WITH A HEALTH CARE PROVIDER DURING A STANDARD EXAM IS ABOUT 12 MINUTES?

Combined with the general anxiety some people feel when visiting their doctor, this can put a lot of pressure on both patients and the providers who are trying to meet all of their health care needs.

“As primary care physicians, we are the go-to people for our patients, and will become even more so as health care reform continues to evolve,” says Dr. Muhammad Gul, medical director, Baystate Medical Practices – Quabbin Adult Medicine.

He continues, “Finding a primary care provider that you feel comfortable talking to is the first step in good communication. It is also a way to ensure your good health. Your primary care doctor gets to know you and what your health is normally like. He or she can help you make medical decisions that suit

your values and daily habits and can also connect you to other medical specialists if and when you need them.”

To get the most out of your primary care visits, Gul and his colleagues recommend you:

- Bring a list of all the medications you are currently taking, including vitamins, herbs, and over-the-counter medications. Be sure to note how much you take and how often.
- Write up a list of your medical concerns and prioritize them in order of importance. Avoid waiting until the end of the appointment to mention a new symptom or problem. This will help you avoid return visits.
- Be specific when you describe symptoms. For example, if you are experiencing pain, is it sharp or dull? Is it constant or does it come and go? When did it start? Where is it located?
- If you need prescriptions refilled, bring these to the attention of

your provider during the office visit to reduce the need for call-backs.

- If you are anxious about the visit, bring a friend or family member to take notes and/or help you remember what you most wanted to ask the doctor.
- Be honest. One of your main responsibilities is to communicate openly with your health care provider. Be straightforward and honestly answer all questions. Don't just give the answer you think your doctor wants to hear. The doctor is not there to judge you, and patients who don't tell the truth about lifestyle issues like smoking, drinking, drug use, diet, or sexual activity are only hurting themselves.

“People have different medical questions and concerns at different ages, but what they need across their lifetime is a good primary care doctor who cares about them as a whole person,” says Gul. “We are your partners in health.”

For a free referral to a primary care provider on staff at a Baystate Health hospital, call Baystate Health Link at 1-800-377-4325.



Dr. Muhammad Gul

Dreaming of a GOOD night's sleep?

By Sue Spiry



"MY MOTHER ALWAYS SAID, 'NOTHING WILL HELP YOU FEEL BETTER THAN A GOOD NIGHT'S SLEEP.' I agree with that statement," says Robert Hayden, director of Neurosciences and the Baystate Regional Sleep Program.

"There are many reasons why sleeping can be difficult, but there is one simple truth—all of us, from young children to older adults, need sleep to live healthy, productive lives."

There are more than 85 sleep disorders that may keep you from getting a good night's sleep. Most cases remain undiagnosed and untreated, often because people don't realize that there are solutions available to them.

Fully accredited by the American Academy of Sleep Medicine, all three Baystate Health hospitals—Baystate Medical Center in Springfield, Baystate Franklin Medical Center in Greenfield, and Baystate Mary Lane Hospital in Ware—offer patients the latest technology for the testing and diagnosis of all types of sleep disorders.

"The types of sleep problems we evaluate include abnormalities of breathing during sleep such as obstructive and central sleep apnea, difficulty falling asleep or staying asleep, restless legs syndrome, periodic limb movement disorders, and snoring, among others. Many of these disorders can be quite disruptive to one's bed partner as well," says Hayden.

There's an abundance of medical research that highlights lack of sleep with a wide variety of medical conditions including heart disorders, stroke, diabetes, and environmental safety concerns such as drowsy driving. Industry concerns related to work-related errors and deficiencies in productivity highlight the increasing need for diagnosing sleep disorders promptly.

SLEEP STUDIES FOR CHILDREN

There has also been a steady rise in the number of children being evaluated for sleep disorders, and there is some evidence that childhood obesity may be at least partly responsible. Baystate Medical Center's Neurodiagnostics and Sleep Center offers the region's only pediatric sleep studies.

Dr. Anthony Jackson, chief of Pediatric Neurology and medical director of the Neurodiagnostic and Sleep Center, says, "Most children referred to our sleep center come for diagnosis of obstructive sleep apnea syndrome, which is most commonly caused by enlarged tonsils and adenoids, but may also be attributed to neuromuscular disorders (such as muscular dystrophy), craniofacial syndromes, and severe obesity."

Because children are not just little adults, it is important that they be evaluated by a pediatric neurologist, board-certified in sleep medicine and EEG, such as Jackson, who is experienced in diagnosing sleep disorders in the pediatric population. Baystate's Neurodiagnostics and Sleep Center also features a range of amenities specifically for pediatric patients, such as sleep chairs for parents.

Besides the medical reasons for sleep disturbances, there are numerous other reasons why a child may be experiencing poor sleep. These range from social and environ-

How do you know if you **HAVE A SLEEP PROBLEM?**

Answer these simple questions.

- Does your daytime sleepiness interfere with your routine?
- Are you constantly exhausted?
- Do you wake up tired in the morning?
- Does your partner complain about your snoring?
- Do you doze off at inappropriate times (at work, while driving)?
- Do you have difficulty sleeping three nights a week or more (falling asleep, waking frequently, or waking too early and not getting back to sleep)?
- Do you feel unpleasant, tingling feelings and the urge to move your legs when trying to sleep?

If you answer yes to even one of these questions, you may have a sleep disorder. Talk to your health care provider, who may refer you for a sleep study.

mental influences to a multitude of stressors children face today. Symptoms that arise from interrupted sleep in children and adolescents may include poor overall health, obesity, disruptive behaviors at school, excessive daytime sleepiness, and bed-wetting.

REGIONAL EXPERTS

The Baystate Regional Sleep Program, in partnership with Baystate Home Infusion & Respiratory Services, has helped thousands of patients across Western New England by identifying and treating sleep disorders through a coordinated system-wide approach.

“People who believe they have a sleep problem should speak with their primary care provider. Their primary care provider is in the best position to discuss all the alternatives available for diagnosis and treatment. If their primary care physician refers them to us, we can help them. If a patient’s sleep disorder requires the involvement of other medical specialists, the exceptional resources of our multidisciplinary team are well coordinated,” says Hayden.

The Baystate Regional Sleep Program’s team includes seven board-certified sleep specialists, physician assistants, nurse practitioners, highly experienced licensed respiratory therapists, and registered sleep technologists. Options include home sleep studies, as well as in-hospital sleep studies, which are offered at Baystate Medical Center, Baystate Franklin Medical Center, and Baystate Mary Lane Hospital.

FOR MORE INFORMATION, talk to your doctor or visit baystatehealth.org/sleep. A physician referral is required for a sleep study.

GET THIS!

11 TIPS for a Good Night’s Sleep can be found at baystatehealth.org/sleep.





Meet

Primary Care Provider Dr. Pol Pastrana

WHY DID YOU CHOOSE TO BECOME AN INTERNAL MEDICINE PHYSICIAN?

Becoming a doctor has been a life long dream for me. My goal in practice is to provide quality medical care that is appropriate, culturally-sensitive, and humanistic. Partnership in medicine, between me and my patients, is the basis for pursuing the goals of preserving health and maintaining independence.

WHY DID YOU CHOOSE TO JOIN BAYSTATE HEALTH?

I want to be part of an organization that believes in change for the future with a vision of providing quality medical care.

CAN YOU SHARE A LITTLE BIT ABOUT YOURSELF?

I love this area due to the changing of the

seasons. I enjoy the outdoor activities the area provides. My wife and I enjoy ballroom dancing, skiing, biking, and hiking. I also enjoy being so close to family. My in-laws live in this area. As a matter of fact, my mother-in-law, Margaret Pilon, has worked at Baystate Medical Center for over 50 years. She retired from BMC and is still working per diem. I also have a wonderful German shepherd I enjoy spending time with and training.

Dr. Pastrana is currently accepting new patients at Baystate Medical Practices – West Side Adult Medicine in West Springfield. For more information or to schedule an appointment, please call 413-794-9110.

WATCH THIS!

Dr. Pastrana and Dr. Conroy discuss their patient care philosophies at baystatemedicalpractices.org

WHY DID YOU CHOOSE TO SPECIALIZE IN PEDIATRIC ENDOCRINOLOGY?

I took a year off between college and medical school and worked for two pediatric endocrinologists. I put lab results in charts, helped with research, and spent time with the doctors discussing the patients. They were so enthusiastic about the field, I became enthused too! In medical school, I kept an open mind about my future and gave each specialty a fair chance, but I found myself coming back to pediatrics. In residency, I again gave each subspecialty a fair chance but always came back to endocrine. So, here I am!

WHAT DO YOU LIKE BEST ABOUT CARING FOR PATIENTS?

I enjoy the relationship between myself, my patients, and their families. Caring for some of our patients is a team effort, and I respect the input of the parents as much as they respect mine. I define success as fostering a good relationship with my patients so I can help them, not only as an endocrine physician, but as a doctor, woman, and friend.

CAN YOU SHARE A LITTLE BIT ABOUT YOURSELF?

Professionally, I am interested in obesity, its origins and treatment. Personally, I love to exercise, spend time with my family, and get together with friends. My husband Dan and I have three kids: a daughter, Amalia (age 2); and two boys, Nevin (age 4) and Rowan (5 months).

Dr. Conroy specializes in endocrinology, diabetes, and weight management in children. For more information or to schedule an appointment, please call Baystate Pediatric Endocrinology in Springfield at 413-794-0813.



Meet

Pediatric Endocrinologist Dr. Rushika Conroy



Opening in March!

Put Your **Heart** in the Right Place

The Davis Family Heart & Vascular Center at Baystate Medical Center

Baystate Medical Center's Heart & Vascular Center, opening in March, will carry the name of one of the region's most renowned and respected philanthropic families. **THE DAVIS FAMILY HEART & VASCULAR CENTER** is the first of the patient care areas to open in Baystate's new facility, currently in the final stages of construction.

The center provides a new home for Baystate's award-winning Heart & Vascular Program. "We're a national leader in cardiovascular care, among the best in the country on response times, outcomes, and survival rates," says Dr. Aaron Kugelmass, chief, Cardiology, and medical director, Baystate Heart and Vascular Program.

All of the extensive heart and vascular care currently provided at a variety of locations within Baystate Medical Center will be brought together under one roof in this visionary new facility.

"Cross functional surgical suites will enable us to deliver a full range of therapies—from imaging to surgeries—in one place," says Dr. Mark Hirko, chief, Vascular Surgery. "And a new 20-room Cardiac Assessment Recovery & Evaluation (CARE) Unit will allow patients undergoing outpatient procedures to go from pre-op to discharge in the same room, with the same nursing team."

"This facility will make a tangible difference in the lives of our patients," says Dr. John Rousou, chief, Cardiac Surgery. "It will facilitate better communication among physicians, improve patient satisfaction by streamlining the care experience, and generally allow us to deliver better, more integrated care by capitalizing on our strengths and commonalities."

Kugelmass continues, "As trends continue toward minimally invasive approaches to cardiovascular problems, we will continue to identify new ways to bring our perspective, knowledge, and expertise together on behalf of our patients. The new Davis

Heart & Vascular Center will facilitate that collaboration, while supporting the kind of high-quality clinical and nursing care that characterizes stellar programs. At the end of the day what really matters is the impact we have on each individual life."

As the region's only provider of tertiary heart and vascular services, Baystate Medical Center's experts perform more than 80% of all cardiac surgeries in western Massachusetts. It is among the top three highest-volume medical centers in the entire state for coronary surgery and coronary angioplasty. And it offers the region's only full-service interventional cardiac catheterization laboratory, with the capability to help stop a heart attack while it's happening.

"We see treatment of cardiovascular disease as a symphony—with the different pieces of our 'orchestra' coming together to deliver a healing rhythm of exceptional care. Everything about the Davis Heart & Vascular Center, from the look and feel to the functionality, has been designed with that in mind," says Betty LaRue, RN, director, Heart & Vascular Program.

"I think people will be amazed," says John Davis, who, with his family, made the largest gift ever given to Baystate Health in support of the new center. "The facility is well thought out and planned to provide the latest technologies in a warm, patient-centered environment that will bring cardiovascular services together in a way we haven't seen before."

[LEARN MORE at baystatehealth.org/heart.](http://baystatehealth.org/heart)

*The center provides
a new home for
Baystate's award-
winning Heart &
Vascular Program.*



Dr. Aaron Kugelmass



Chef Lawrence Pelland

Delicious, Healthy Meals ON A BUDGET

Has it been painful to look at your grocery receipt lately? If so, you're not alone.

You want to make healthy meals that fit both your budget and your busy schedule. But despite your best intentions, you find yourself sitting at the local drive-thru ordering items off the dollar menu. Fast? Sure. Cheap? Probably. Healthy? Not likely. However, with a little planning and commitment, you can achieve all three of your goals.

Here, Chef Lawrence Pelland, operations manager for Food Services at Baystate Franklin Medical Center, offers some money saving tips that are also delicious and nutritious.

4 TIPS FROM CHEF PELLAND

1 Planning your meals weekly really helps save money. Monday night's leftover beef tips could easily turn into Thursday night's beef stew by adding celery, carrots, potatoes, and peas. Tuesday's grilled chicken and rice easily turns into a nice chicken rice soup served with a

grilled cheese for a yummy Friday night soup and sandwich combination.

2 Buy in bulk when possible. Many items, like ground beef and chicken, are less expensive when you buy a larger package. When you get home, break them down into individual meal portions and freeze. You can do this with meals as well. Separate portions and create different meals that can be frozen—saving not only money but time. Just remove from the freezer, heat up, serve, and eat.

3 Try substituting ingredients that cost more and are less healthy with cheaper, healthier options. For example, make tacos using ground turkey. It makes a tremendous difference in both the fat content and the price. Then use the leftover turkey taco meat to make a nice taco salad for lunch the next day.

4 Buy fresh, local produce in season when possible; you'll save money and support our local farmers who provide us with some of the freshest, best tasting products available.

Try this recipe!

TURKEY TACO SALAD (SERVES 4)

TACO MEAT:

Ground turkey meat	1 lb.
Olive oil	1 oz.
Taco seasoning	1 package
Pepper	To taste
Salt	To taste

SALAD:

Spring mix	8 oz.
Shredded carrots	4 oz.
Black olives, diced tomatoes, green onions, peppers: Your preference,	1/4 cup
Low fat sour cream	1 TBS per salad
Salsa	1 TBS per salad
Low fat shredded cheddar	1 TBS per salad
Parsley (chopped)	3 sprigs

METHOD:

Pour oil into frying pan, add ground turkey, and cook until no longer pink.

Add taco seasoning to meat, mix well.

Add salt & pepper, and then cook for 2-3 minutes.

Add the carrots and other vegetables to the salad mix, top with taco meat, sour cream, salsa, and cheese.

Garnish with some fresh chopped parsley, and enjoy!



Health HAPPENINGS



BRUEGGER'S BAKERY BOTTOMLESS MUG CAMPAIGN

Purchase your Bottomless Mug thru January 31, 2012 at the Amherst and Northampton locations. A portion of the Bottomless Mug proceeds benefits Baystate Children's Hospital. Learn more at: Brueggers.com/bottomless-mug or [Facebook.com/baystatechildrenshospital](https://www.facebook.com/baystatechildrenshospital)

14th Annual

BAYSTATE HEALTH SENIOR CLASS GALA HOLIDAY BALL

Featuring the physicians of the Baystate Heart & Vascular Program, and the music of Dan Kane and Singers

Friday, January 6, Social Hour: 5-6 pm

Dinner & Dancing: 6-10:30 pm

Chez Josef, 176 Shoemaker Lane, Agawam

Cost: \$38 per person

To register: baystatehealth.org/seniorclass for registration form or call 413-794-5200

APHASIA CONVERSATION GROUP

This group may be helpful if you or a family member have difficulty communicating following a stroke, head injury, or other neurological problem.

Meets the 2nd Wednesday of the month, 1:30-3 pm

First meeting: Wednesday, January 11

Baystate Mary Lane Hospital

Speech/Rehabilitation Department

85 South Street, Ware

For information or to register: 413-967-2180. *FREE!*

11th Annual

94.7 WMAS RADIOTHON FOR BAYSTATE CHILDREN'S HOSPITAL

Thursday, February 16, 6 am-7 pm

Friday, February 17, 6 am-7 pm

Saturday, February 18, 8 am-4 pm

Pledge your support! Learn more at baystatehealth.org/radiathon or [Facebook.com/baystatechildrenshospital](https://www.facebook.com/baystatechildrenshospital)

12th Annual

KATELYNN'S RIDE

Registration Begins: Thursday, March 1

Registration Fee: \$50

Choose from scenic 10, 25, 50 or 100-mile routes to benefit the Children's Cancer Hope Fund. Learn more at Kride.org or find us on Facebook – search "Katelynn's Ride"

FREE BLOOD PRESSURE SCREENING

Every Thursday, 9 am-12:30 pm
Baystate Franklin Medical Center
164 High Street, Greenfield
No registration required

CHOLESTEROL SCREENING PROGRAM

First and second Wednesday of every month,
7:30-9:55 am
Cardiac Rehabilitation & Wellness
3300 Main Street, Springfield
Registration required: 413-794-2255. Fee \$10

15th Annual

RAYS OF HOPE SURVIVORS' DAY

Saturday, March 31

8:30 am- 2 pm

Mass Mutual Center, Springfield
\$25 registration fee.

For information or to register:
baystatehealth.org/raysofhope
or 413-794-9556



FREE HEARING SCREENINGS

Baystate Rehabilitation Care
360 Birnie Avenue, Springfield
Appointments: 413-794-2222
Baystate Rehabilitation Care
48 Sanderson Street, Greenfield
Appointments: 413-773-2227

PARENT EDUCATION

Baystate Health offers the region's most comprehensive selection of childbirth and parent education classes. For a complete list, visit baystatehealth.org/parented. For more information, specific dates and locations, or to register, call 1-800-377-4325.





Know how to find **the right surgeon?**

Facing surgery is difficult enough, without the worry about how to find the best surgeon.

We're pioneers in performing surgery without incisions, which is a new advancement in minimally invasive surgery. We have surgeons who dedicate their practice exclusively to breast surgery. We do breakthrough work in thoracic surgery and cardiac surgery, as well as in many other areas, including vascular, orthopedic, colorectal, spine, liver, gynecologic, pancreatic, and pediatric surgery.

So, when you need surgery, know your options. Ask for a Baystate surgeon. For a complete list of surgeons call 800-377-HEALTH (4325).

Welcoming patients at Baystate Medical Center in Springfield, Baystate Franklin Medical Center in Greenfield, and Baystate Mary Lane Hospital in Ware.

Baystate  **Health**

BAYSTATE MEDICAL CENTER | BAYSTATE MARY LANE HOSPITAL | BAYSTATE FRANKLIN MEDICAL CENTER

baystatehealth.org/surgery