



# ABOUT YOUR Health

## TRANSIENT ISCHEMIC ATTACK: DON'T IGNORE THE WARNING



**S**uddenly, you feel extremely dizzy. Your vision gets blurry and your head hurts unbearably. Gradually, you feel better. Your vision clears. The dizziness stops. You shake off the incident and get on with your day. Maybe you just need some breakfast.

Or maybe you've just had a transient ischemic attack, or TIA. This means that the blood supply to part of your brain was briefly interrupted. Your risk of suffering a disabling—or deadly—full-blown stroke within the next 90 days may be as much as 50 times greater than it was yesterday.

The warning signs for both stroke and TIA are the same. These include:

- Sudden dizziness, trouble walking, or loss of balance or coordination
- Sudden numbness or weakness of the face, arm, or leg, especially on just one side of the body
- Sudden dimness or loss of vision in one or both eyes
- Difficulty in speaking or understanding speech
- Sudden, severe headache for no obvious reason

Unlike stroke, TIA symptoms usually last only a few minutes on average. To diagnose TIA, doctors may use blood tests, electrocardiograms, CT scans, or other imaging techniques. If TIA is confirmed, your doctor may prescribe medication to reduce your risk for stroke. Cholesterol-lowering drugs known as statins also may reduce stroke risk. ■

**The Massachusetts Department of Public Health has designated Lawrence General as a Primary Stroke Service, providing emergency intervention when someone is suffering a stroke. Seeking emergency care FAST when symptoms appear can help reduce permanent brain damage. Call 911 or your local emergency number.**

## Anesthesia Team Ensures High-Quality Services for Patients

Anesthetix, a nationally recognized provider of comprehensive anesthesia services now manages Lawrence General Anesthesia services. Anesthetix serves hospitals and surgery centers throughout the United States.

Anesthetix assembled a skilled team of anesthesiologists and certified registered nurse anesthetists to provide the highest quality patient experience.

A national search led to the selection of Anesthetix. The principals in the company, President and CEO Steven Gottlieb, M.D., and Chief Operating Officer Tushar Rumani, M.D., along with Medical Director Sonya Pease, M.D., have been on site and closely involved in the planning for transition to the new service.

"Anesthetix's hands-on leadership and impressive credentials give us complete confidence that we have built a top-notch team for the future of anesthesia at Lawrence General," says Norman Stein, M.D., the Hospital's vice president of Clinical Affairs.

Learn more about Anesthetix's leadership and impressive credentials online at [www.anesthetix.com](http://www.anesthetix.com).

## inside this issue:

- 2 Heart Attack Symptoms Can Be Subtle
- 7 Breast-Feeding Best Bet Against Baby Allergies
- 8 Everyday Activities that Improve Memory

Look inside for a special birthing section!



# HEART ATTACK SYMPTOMS CAN BE SUBTLE

## QUICK TIP

Call for Help!  
Call 911 or

your local emergency number within five minutes if you have one or more symptoms of a heart attack. Don't drive yourself or have someone drive you to the hospital. Medical personnel can begin lifesaving treatment on the way to the hospital and make sure you get proper care when you arrive. Thanks to Lawrence General's Joint Emergency Angioplasty Program with Caritas Holy Family Hospital, lifesaving treatment to clear blocked arteries is available closer to home when seconds count.

A man clutches his chest and doubles over. Heart attack, you say. But what about the woman who's been feeling unusually tired and is experiencing nausea and back pain? She, too, could be having a heart attack.

People often miss signs of heart attack and wait to get care, studies show. Delay can be costly. Acting fast to get treatment within an hour of first symptoms can save lives and limit heart damage.

### Why the Confusion?

Heart attack symptoms vary. Even people who have had a heart attack may experience different symptoms during another one. Plus, men's and women's symptoms may differ.

Chest discomfort or pain is the most common symptom of a heart attack in both men and women. The sensation may range from

pressure or fullness to squeezing, crushing pain. It may be constant or come and go.

### Symptoms May Be Vague

While chest pain is common, both men and women may experience other symptoms. Women, particularly, are more likely to experience subtle signs such as:

- Upper-body discomfort in the arms, back, neck, jaw, or stomach
- Nausea, light-headedness, fainting, or cold sweat
- Abnormal fatigue or difficulty sleeping
- Breathing problems
- Anxiety

Sometimes symptoms occur suddenly, but they also may develop slowly over hours, days, or weeks. The more symptoms you have, the more likely it is that you're having a heart attack. ■

### did you know?

**Age—ages 45 and older for men and ages 55 and older for women—raises heart attack risk. Other factors include smoking, having a personal or family history of heart disease, diabetes, high blood pressure or cholesterol, and being overweight.**

## YOUR BABY'S FIRST STEP **BEGINS WITH US**

The prospect of giving birth and raising a child can seem overwhelming. But choosing the right medical professional will make you feel secure and comfortable. You can trust him or her to give you thorough, skilled prenatal and gynecologic care. Our extensive network of compassionate doctors ensures that you can find this special relationship close to home. Because pre-natal care involves regular visits, a convenient location is important. So use this directory to find a qualified provider near you.



# 40 GREAT REASONS TO DELIVER CLOSE TO HOME

## Andover Obstetrics and Gynecology

1. Thomas Davidson, M.D.
2. Sarah Finch, D.O.
3. Andrea Polonsky, M.D.
4. Edwin Radke, M.D.
5. Elise Saks, M.D.  
140 Haverhill Street  
Andover, MA 01810  
Tel. 978-475-2731

6. William Edwards, M.D.
7. Ruth Keen, C.N.M.  
45 Stiles Road  
Salem, NH 03079  
Tel. 603-898-4269
8. Michael Grossman, M.D.  
565 Turnpike Street, Suite 74  
No. Andover, MA 01845  
Tel. 978-682-2121
9. Michel Lirette, M.D.  
203 Turnpike Street, Suite 115  
North Andover, MA 01845  
Tel. 978-681-4505

## Methuen Obstetrics and Gynecology

10. Michele Johnson, M.D.  
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Tel. 978-685-9440

11. Eric Miller, M.D.  
103 Stiles Road  
Salem, NH 03079  
Tel. 603-870-9150
12. Javed Siddiqi, M.D.  
411 Merrimack Street  
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## Greater Lawrence Family Health Center *Family Medicine Physicians Who Deliver*

13. Carolyn Augart, M.D.
14. Philip Bolduc, M.D.
15. Marcelo Campos, M.D.
16. Sara Diaz, M.D.
17. Scott Early, M.D.
18. Eloise Edgings-Pryce, M.D.
19. Paul Esielionis, M.D.
20. Jeffrey Geller, M.D.
21. Caren Jacobson, M.D.
22. Julie Johnston, M.D.
23. Zandra Kelley, M.D.
24. Shirin Madjzoub Celebi, M.D.
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26. Robert McKersie, M.D.
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31. Ylfa Perry, M.D.

32. Claudeleedy Pierre, M.D.
33. Laxmi Ramesh, M.D.
34. Abigail Rattin, M.D.
35. Katherine Rosenfield, M.D.
36. Nirmala Sambangi, M.D.
37. Andrew Smith, M.D.
38. Robyn Stewart, D.O.
39. Jean Tabit, D.O.
40. Anthony Valdin, M.D.

## Greater Lawrence Family Health Center Sites

34 Haverhill Street  
Lawrence, MA 01842  
Tel. 978-686-0090

150 Park Street  
Lawrence, MA 01841  
Tel. 978-685-1770

73D Winthrop Avenue  
Lawrence, MA 01843  
Tel. 978-686-3017

700 Essex Street  
Lawrence, MA  
Tel. 978-689-2400





## CHOOSING THE RIGHT DOCTOR TO DELIVER

If you're choosing a primary care doctor—a physician who'll see you through everything from allergies to Pap smears—you have plenty of options. A general practitioner, a family practitioner, or an internist can take care of your general health needs.

Primary care physicians can also choose to obtain the extra training and experience to deliver babies. Many specialists in family medicine on the staff of Greater Lawrence family Health Center have OB privileges to deliver at Lawrence General. Or, you may opt for an obstetrician/gynecologist (OB/GYN).

### What Does an OB/GYN Know?

A four-year residency prepares an OB/GYN to see women through pregnancy, birth, and menopause. An OB/GYN also can perform surgery on the reproductive organs. She's schooled in preventive health care, such as cancer screenings, exercise counseling, and immunizations.

After residency, an OB/GYN may become certified. Board certification requires passing a rigorous written and oral test. You can assume that a board certified OB/GYN has the skills, knowledge, and experience to treat many different conditions.

### Narrowing Your Choices

A good place to start when choosing an OB/

GYN is to find out what your family, friends, and coworkers like about the doctors they see. If you're expecting a baby, ask whether the doctor shares your birth philosophy.

You also can call the offices of two or three doctors who interest you. The staff can tell you about the doctor's education, training, and board certification, as well as provide information about insurance plans, lab procedures, and hospital affiliations.

### Questions for a Potential Doctor

Before visiting a doctor, gather all your prescriptions and write down any questions you may have. Here are a few to get you started:

- What kind of preventive health care do you recommend?
- Who cares for your patients when you're on vacation?
- How would you care for someone with my health issues? ■

### Fact

**In a survey in the journal *Academic Medicine*, women expressed what mattered most to them in choosing an obstetrician. They wanted, for example, a doctor who listened, explained things thoroughly, and was an expert in their particular problems.**

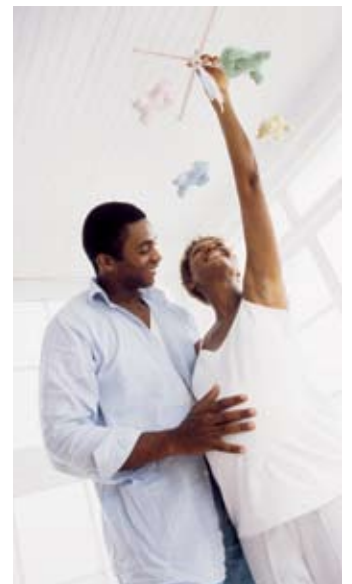
## Pregnant? Steer Clear of These Workouts

Experts recommend avoiding the following activities during pregnancy:

- Jerky, bouncy, or high-impact movements
- Downhill skiing, horseback riding, water skiing, and other activities that increase the risk of falling
- Contact sports such as basketball, soccer, and kickboxing
- Scuba diving
- Exercising at high altitudes or in hot, humid weather
- Doing exercises on your back after the first trimester

Stop your activity and promptly call your doctor if you experience any of these signs:

- Dizziness
- Chest pain
- Blood or fluid coming from your vagina
- Sudden or severe abdominal pain
- Headache
- Contractions



## REGISTER FOR OUR PARENT REVIEW E-MAGAZINE

Now, as an expecting and new parent at our hospital, you have a trusted resource to guide you through pregnancy, labor and delivery, and the first year of your baby's life: our weekly parenting e-mail.

This FREE service includes:

- Your baby's developmental milestones, week by week
- Answers to real questions asked by real parents like you
- Research findings that impact your child's development
- Weekly support, tips, and advice from us
- Information about our program and services
- Great resources to better support you

Most importantly, it allows us to develop a richer, more supportive relationship with our patients—you!

When you register for our weekly parenting e-mail, you'll receive information tailored to your week of pregnancy and then the age of your newborn.

Register online at [www.lawrencegeneral.org](http://www.lawrencegeneral.org). Click on "Birthing Center," then "Parent Review."

## MATERNAL FETAL MEDICINE PROGRAM

A pregnancy may be considered high risk when a woman is over 35 or carrying more than one baby. Genetic factors, or maternal health conditions such as diabetes or high blood pressure, can also require specialized prenatal care.

Lawrence General Hospital offers The Maternal Fetal Program in collaboration with New England Medical Center for just such circumstances.

A physician specializing in high risk pregnancy—a perinatologist—directs the program. Special checkups and tests such as amniocentesis and Level II ultrasound can be done at Lawrence General. Genetic counseling is also available on site.

### MATERNAL FETAL MEDICINE SPECIALISTS

*Affiliated with Tufts Medical Center*

Michael House, M.D.

Steven Ralston, M.D.

Adam Urato, M.D.

## SIGN UP FOR A CHILDBIRTH CLASS

Never diapered a baby before? Not sure how to handle a slippery infant? Well surprise—you are hardly alone! We encourage you and your partner to join our Childbirth Classes, so you know what to expect during labor and delivery, and can look forward to the experience of parenting with confidence. Your instructor is a certified childbirth educator. Classes are informal and offered both in-person at the Hospital, or on CD for your convenience at home.

To register for a class simply call **978-683-4000, extension 2015**.

### PREPARED CHILDBIRTH CLASS

This five-week course will help you and your partner actively participate in labor and delivery.

### BREAST-FEEDING CLASS

In three hours, you'll get all the information you need to decide if breast-feeding is for you.

### INFANT CPR ANYTIME KIT

The kit contains an infant mannequin and materials for a self-directed class the whole family can take.

### CHILDBIRTH REFRESHER

If it's been a while since your last baby, this

course will help you update your knowledge.

### CLASSES IN A BASKET

This take-home kit of DVDs and materials allows you to learn about childbirth at your own pace.

### SIBLING CLASS

This class for big brothers and big sisters ages 3 to 7 will help them look forward to the new arrival.

### EXPECTANT GRANDPARENT CLASS

This fun class offers suggestions on how excited grandparents can be helpful when the baby comes.



## BREAST-FEEDING BEST BET AGAINST BABY ALLERGIES

Families with histories of allergies might consider breast-feeding their babies. It could delay or prevent asthma, food allergies, or the skin condition eczema.

That's an updated guideline from the American Academy of Pediatrics (AAP). The group revised its suggestions after a review of studies on diet, allergies, and infants. The review confirmed that at least four months' of breast-feeding will protect high-risk babies from wheezing and a cow's milk allergy. Hypoallergenic formulas without cow's milk can work as a substitute for breast milk.

Researchers couldn't confirm that avoiding problem foods, such as peanut butter, fish, and eggs, during pregnancy or while breast-feeding prevented aller-

gies. There also was no proof that waiting until after age 4 or 6 months to give babies certain foods was preventive. But the AAP still recommends delaying the introduction of solid foods until infants are at least 4 months of age. ■

**The state Department of Public Health and the Massachusetts Breastfeeding Coalition presented an achievement award to the staff of the Birthing Center for increasing the number of mothers breast-feeding at Lawrence General by 10 percent over the past six years. The organization's mission is education, advocacy, and collaboration to encourage breast-feeding. The Hospital's team of nurses and lactation consultants help new moms who make the choice to breast-feed get off to a good start.**

## FIBER LOWERS RISK FOR PREECLAMPSIA

Dietary fiber has been linked with a lower risk for heart disease, stroke, and diabetes, but it also may lower the risk for preeclampsia. Preeclampsia is a serious condition of pregnancy that, if left unchecked, can be deadly. It is characterized by high blood pressure. During early pregnancy, more than 1,500 women were asked about their diet. The pregnant women who consumed more than 21 grams of fiber daily were 72 percent less likely to go on to develop the condition than those who consumed fewer than 12 grams. Pregnant women should strive to consume at least 28 grams of fiber daily.

## HOW SAFE IS GYMNASTICS?

Among girls' sports, gymnastics is known to have a high injury rate. A recent study looked at gymnastics injuries among kids ages 6 through 17 who were treated in hospital emergency rooms. From 1990 through 2005 an estimated 26,600 injuries occurred each year. Girls sustained most of the injuries. But don't roll up the mat. The sport is no riskier than cheerleading, soccer, and basketball. To help keep your gymnast safe, find out if she has received safety training, including how to fall and land correctly.




## KEEP A FOOD DIARY FOR GREATER WEIGHT LOSS

Losing weight can be difficult. But there are tools that may help. Nearly 1,700 overweight or obese adults took part in a six-month weight-loss program. In weekly group sessions, the dieters were coached to maintain daily food and activity records, reduce portion sizes, and weigh themselves often. The average weight loss was about 13 pounds. But those who kept more food records per week had greater weight loss. Going to more group sessions and being more physically active also yielded better results.

ABOUT YOUR  
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## EVERYDAY ACTIVITIES THAT IMPROVE MEMORY

**You've probably heard that chess and crossword puzzles help keep your brain sharp. But not everyone has the extra time to spend on the day's Sudoku. Good news: You can improve your memory while doing useful tasks.**

**T**hese activities can help you remember things now and also fight future memory troubles. And they may already be a part of your daily routine.

- **Keep up-to-date.** Read the newspaper or listen to the radio. Talk with others about what you've learned. This helps seal in memories—and social interaction fights forgetfulness. As little as 10 minutes of chatting helps.
- **Make a note.** Write down important information such as appointments, contact information, and medication schedules. Make to-do lists and plan your days ahead of time. Keep related jots in the same visible place. Review them twice per day.
- **Do the math.** Count out change, or balance your checkbook by hand.
- **Ease stress.** Incorporate meditation or other relaxation techniques into your schedule.

Anxiety can cause memory lapses.

- **Turn off the tube.** At least one study suggests watching more TV increases risk for Alzheimer's disease. Pick up a book instead.
- **Work it out.** Physical activity helps your brain as well as your body. It increases blood flow to the brain and reduces risk factors for memory loss.

Watch out for serious memory problems. If you repeatedly ask the same questions, get lost in places you know well, or forget how to take care of yourself, see your doctor. ■

### QUICK TIP

Pile your plate with green, leafy vegetables. One study shows they may slow down age-related brain changes. Eating fish with omega-3 fatty acids, such as salmon and tuna, also may help.

## Support for Young Victims of Sexual Assault

More than 10 years ago, the Hospital became the first in Massachusetts to sponsor a sexual assault nurse examiner (SANE) program. Funded by the Department of Public Health, the program trains nurses to provide the special support victims need when they arrive in the Emergency Center. Care includes proper documentation and collection of evidence, increasing the possibility of a conviction should the victim wish to pursue legal action. Recently the state offered special pediatric training, and six of our 14 SANE nurses became certified to work with child victims. Our collaboration with the Essex County District Attorney's Office and agencies like the Greater Lawrence YWCA is a key factor in the program's success. In late 2008, Timothy Murray, lieutenant governor of the Commonwealth, visited with the pediatric SANE nurses and community collaborators to learn what makes our Pediatric SANE program a successful model for other areas to follow.