ON CALL

Fall 2019

Giving Back to Those in Need

Dr. Michael Baratz and Carina Doyle share their experience helping patients in Panama

Beth Israel Deaconess Hospital Milton

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A Letter to Our Community

Dear Neighbor,

As a leading regional hospital, one of Beth Israel Deaconess Hospital–Milton’s fundamental commitments is to address our community’s unmet health care needs.

To help improve access to high-quality, local health care in Quincy, I am delighted to share that Beth Israel Deaconess Medical Center will open a new outpatient medical facility in the city next spring.

As you will read about in this newsletter, the new center will offer primary care physicians, an urgent care center, specialty care, diagnostic imaging and medical laboratory services onsite.

The urgent care center component is particularly exciting. It will be staffed by board-certified emergency medicine physicians from Beth Israel Deaconess Medical Center. These specialists are also members of Harvard Medical Faculty Physicians at Beth Israel Deaconess Medical Center, and will offer your family unparalleled clinical expertise. You can read more about this exciting project on page four.

BID–Milton continues to add new advanced services to meet our community’s needs. A low-dose CT scanning program which can detect lung cancers much earlier, when treatment is more likely to be successful, is now available at the hospital. Our nationally accredited Weight Loss Surgery Program is now providing robotic-assisted gastric bypass surgery. This is just the latest addition to our growing robotic surgery program, the region’s largest.

In closing, I would like to publicly thank all of our physicians and staff who are making a difference for our patients and families and this region. BID–Milton is truly fortunate to have a team of caring, committed professionals. They continue to provide extraordinary, personalized care despite what can often be the impersonal feel of modern healthcare. This is truly exceptional and worthy of recognition.

Sincerely,

Richard Fernandez
President

Giving Back to Those in Need

Michael Baratz, MD, remembers Benilda well. She was a 70 year old Panamanian woman whose joints were ravaged by rheumatoid arthritis. She had not walked in a year due to the irreversible damage the chronic condition had caused. She faced a bleak future.

Dr. Baratz met Benilda for the first time last May at the Hospital Santo Tomas in Panama City during a volunteer medical mission run by Operation Walk Carolinas.

“She had two really bad knees and hips and had pain everywhere. Her son literally needed to carry her from the wheelchair to the exam table,” recalled Dr. Baratz, an orthopedic surgeon on staff at Beth Israel Deaconess Hospital–Milton (BID–Milton). “It was hard to know where to begin. We couldn’t do both knees and hips at once, so we elected to replace her left hip because we felt that would give her the best chance to walk again.

“We performed the hip replacement operation, and the next day she was walking for the first time in a year. She had tears in her eyes, and her family was ecstatic. It was a touching moment to see someone basically carried into the hospital walk out.”

Dr. Baratz, who was accompanied to Panama City by physician assistant Carina Doyle, PA, are just two of many BID–Milton medical professionals who have made trips overseas to provide care to patients in Third World countries.

It is an experience that inevitably makes them realize health care that is taken for granted here, is rare in many other countries.

Even though Panama is a relatively advanced Latin American country, there are few specialist physicians and even fewer who perform joint replacement surgery. In addition, the country’s health insurance system covers the bare minimum for most citizens. The implants used in the surgery are also prohibitively expensive, making access to joint replacement surgery even more difficult.

Many Panamanians who need joint replacement surgery can’t receive it and are bound to a lifetime of pain, disability and wheelchairs or walkers.

Right: Physician Assistant Carina Doyle and Dr. Michael Baratz
"I found it very eye-opening to see how limited some facilities in Panama are in terms of access to health care and medical supplies compared to here in the United States," said Carina. "It was a very humbling experience."

Raised to Give

The Panama trip was Dr. Baratz’s fifth mission and third medical mission overseas. "Growing up, my parents always encouraged me to do philanthropic things. When I was 12 years old they used to take me to volunteer in soup kitchens. It opened my eyes so much," remembered Dr. Baratz. "By the time I was in my medical training I had already gone on non-medical missions to Ecuador and Bolivia. I recall thinking: 'Wow, a doctor could really make a huge impact on people's lives in some of these countries.'"

While in Panama City, Dr. Baratz and Carina were part of five surgical teams that performed 60 joint replacements over four days. Each one made a profound difference in the lives of patients, like Benilda, and their families.

In the future, Dr. Baratz plans to continue doing surgical missions on an annual basis.

Six months later, Carina is still moved by the experience. "The patients were incredibly grateful for the care we provided and would bring in their whole families to meet us... The hugs and smiles patients gave us when they stood up after surgery and walked for the first time without pain was something I will never forget."

Added Dr. Baratz: “These medical missions overseas make me feel that what I do is meaningful to so many people in great need. I am fortunate to have a skill that can make their lives better.”

If you would like to learn more about Operation Walk Carolinas’ medical missions overseas, go to www.opwalkcarolinias.org.
Beth Israel Lahey Health to Open Quincy Outpatient Medical Facility

Residents of Quincy and those who work in the City will soon have a new outpatient medical facility offering urgent care, specialty care as well as Beth Israel Lahey Health primary care physicians in a convenient location.

In August, Beth Israel Lahey Health received final City approval to begin work on a new outpatient center at 152 Parkingway, next to the existing Party City. The modern medical facility is expected to open in late spring, 2020. In addition to urgent, specialty and primary care, the center will have diagnostic imaging and medical laboratory services.

Specialty care in the new center will be provided by Beth Israel Deaconess Hospital-Milton (BID-Milton) and Beth Israel Deaconess Medical Center specialists. BID-Milton became a community hospital member of Beth Israel Lahey Health in the spring.

"Beth Israel Lahey Health was founded based on a commitment to expand access to comprehensive care in the community," said Kevin Tabb, MD, president and CEO of Beth Israel Lahey Health. "In Quincy, we are bringing together clinicians with a broad range of specialties to serve the community in new and better ways."

Current plans call for the urgent care center to be staffed by board-certified emergency medicine specialist physicians. These specialists are not only on the Beth Israel Deaconess Medical Center staff but are also Harvard Medical School faculty.

A wide variety of common illnesses and injuries can be treated in an urgent care setting instead of a hospital’s emergency room, including ear and urinary tract infections, common colds, the flu, sprains or strains of the ankle, knee or shoulder, broken fingers and fractures as well as cuts and deep bruises.

Patients needing the services of a full emergency room can be seamlessly transferred to Beth Israel Deaconess Hospital-Milton or Beth Israel Deaconess Medical Center where their medical information will be readily available to the treatment team thanks to an integrated medical record system.

A new Beth Israel Lahey Health primary care practice in the center will provide general medical care to children, adolescents and adults.

"In recent years, more and more Quincy residents have chosen Beth Israel Deaconess Hospital-Milton for their health care needs, and we’re excited to partner with our Beth Israel Lahey Health colleagues to further expand access to great care in Quincy," explained Rich Fernandez, president of BID-Milton. "In the coming months, we look forward to continuing to work closely with Quincy officials to bring new health care services to the community."
Weight Loss Surgery Program Now Offers Robotic Gastric Bypass Surgery

Are you significantly overweight and found that diet and exercise did not keep the weight off for very long? You are not alone. Studies have shown that 95% of individuals who try diet and exercise will eventually regain the weight.

Beth Israel Deaconess Hospital-Milton’s Weight Loss Surgery Center of Excellence may have the answer. The center is now providing minimally invasive, robot-assisted gastric bypass surgery as an option for individuals who are classified as obese and who found that diet and exercise did not work long term.

Gastric bypass surgery is considered the “gold standard” or favored option for weight loss surgery due to the total weight loss patients can experience and its potential to reduce or even eliminate the need for diabetes medication.

“The recent addition of robotic-assisted gastric bypass procedures offers patients an exciting new minimally invasive option locally,” explained Souheil Adra, MD, medical director of weight loss surgery and director of Harvard Medical Faculty Physicians Surgery at the hospital. “Our patients have done very well post-operatively and lost significant weight.”

Despite its name, robotic surgery is not performed by a robot. Rather the surgeon sits at a console in the operating room and controls a multi-arm surgical robot next to the operating table. The system allows the surgeon to control all the movements of the surgical instruments with unrivaled precision aided by three-dimensional vision.

“The robotic instruments are able to move in a way a human’s wrists and hands cannot,” said Dr. Adra. “This enables far greater dexterity and fine movements to operate in difficult to reach areas. The camera also provides up to ten times magnification.”

Numerous medical studies have also shown that robotic surgery disrupts the body’s internal tissue, muscles and organs less, resulting in decreased pain and blood loss as well as a speedier recovery. Most weight loss surgery patients go home from the hospital the next day and are able to return to normal activities in just a few weeks.

“I struggled with my weight most of my life. It was like a yo-yo; I would lose it, but it would always return,” said Michelle, who recently underwent robotic gastric bypass at BID-Milton. “I had the surgery robotically and went home the next day. So far, I have lost almost 70 pounds since I started the program in Milton.”

Added Dr. Adra: “Beth Israel Deaconess Hospital-Milton’s program is affiliated with Beth Israel Deaconess Medical Center, nationally accredited at the highest level and staffed by experienced and caring professionals. There really is no reason to go anywhere else.”

Learn more at www.bidmilton.org/weightloss

Watch a Weight Loss Surgery Info Session From the Comfort of Your Home

To make it as easy as possible to learn more about weight loss surgery from the experts, Beth Israel Deaconess Hospital-Milton is now offering a full information session online. This is in addition to the in-person information sessions held monthly at the hospital.

The online session features weight loss surgery physicians and staff talking about the health risks from obesity, the different types of surgery, the pre-operative process, post-surgery care and the importance of ongoing support.

Watching a full seminar online or attending an in-person information session is required for enrolling in the Weight Loss Surgery Program. To watch the online information session or to register for an upcoming in-person session, go to www.bidmilton.org/weightlossnow
Make a Date for Healthier Living

All programs are held at Beth Israel Deaconess Hospital-Milton. Participants must register in advance unless otherwise noted. To register, call 617-696-8810.

Weight Loss Surgery Support Group
Join BID–Milton’s weight loss surgery team at this monthly support group for weight loss surgery patients and those considering surgery. The group will cover topics such as pre- to post-operative care, how to maintain weight loss and how to adapt to body type changes after surgery. **DATE:** Meets the second Thursday of each month **TIME:** 6 PM **PLACE:** Nangeroni Education Center **COST:** FREE, pre-registration required. Call 617-313-1440.

Overeaters Anonymous
Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. **DATE:** Meets every Wednesday **TIME:** 7 PM **PLACE:** Conference Room A **COST:** FREE, NO registration required.

CPR for the Healthcare Professional or Layperson
Learn emergency procedures for cardiopulmonary resuscitation (CPR) and response to choking. Course is completed in one, three-hour session. (Re)certification by the American Heart Association upon successful completion. **DATE:** Healthcare Professional Course held on the second Tuesday of each month; Layperson Course held on the fourth Tuesday of each month. **TIME:** 5-8 PM **PLACE:** BID-Milton (conference room varies) **COST:** $50, pre-registration required. Call 617-696-8810 to register.

Milton Highlanders Alchoholic Anonymous
If you have an alcohol problem, AA may offer the support you need. **DATE:** Meets every Friday **TIME:** 7 PM **PLACE:** Nangeroni Education Center **COST:** FREE, NO registration required.

Nicotine Anonymous
Looking to quit smoking? This 12 step based program for people who want to quit smoking or stay tobacco free may offer the help you need. **DATE:** Meets every Monday **TIME:** 5:30 PM **PLACE:** OR Conference Room **COST:** FREE, NO registration required.

Are You Considering Weight Loss Surgery?
Come to a free information session to learn about surgical options for weight loss. Hear about health risk factors that may determine your eligibility for surgery, how to prepare, and how essential follow-up care enhances the success of your surgery. **DATE:** Meets the first Tuesday and third Thursday of each month **TIME:** Tuesday, 12:30 PM; Thursday, 6 PM **PLACE:** Nangeroni Education Center **COST:** FREE, pre-registration required. Call 617-313-1440.

ADHD Parents Support Group – CHADD (Children and Adults with Attention Deficit Hyperactivity Disorder)
This support group is for parents of children, teens, and young adults with ADHD. The goal is to create a safe, helpful, non-judgmental, supportive place for parents to come where they can learn from experts and from each other. This chapter and its meeting are run by Matt Reid, ACC, AACC. Matt is a certified life coach and certified ADHD coach. **DATE:** Meets the first Thursday of each month (excluding holidays) **TIME:** 7 PM **PLACE:** Conference Room A **COST:** FREE, NO registration required.

Adults with ADHD Support Group
This support group is for adults living with attention deficit hyperactivity disorder. Run by Matt Reid, ACC, AACC. Matt is a certified life coach and certified ADHD coach. **DATE:** Meets the third Wednesday of every month **TIME:** 7 PM **PLACE:** BID-Milton (conference room varies) **COST:** FREE, NO registration required.

New Moms Support Group
Are you a new mom? Meet other new moms and have a place to share the joys and challenges of motherhood and ask questions. This group is free of charge and is open to all first time moms and babies under the age of one. **DATE:** Meets every Friday **TIME:** 1-2:30 PM **PLACE:** Nangeroni Education Center **COST:** FREE, pre-registration required. Call 617-667-2229.
Hampered by a Hernia?
About 5 million people in the United States develop hernias every year. However, only 14% of those affected seek treatment. Leaving a hernia untreated can lead to more pain or complications. Join surgeons Rahul Gupta, MD, Saun Neil Adra, MD, and Morgan Bresnick, MD, for a discussion on the different types of hernias, causes and minimally invasive treatment options, including robotic surgery repair. **DATE:** Monday, October 28 **TIME:** 6:30 PM **PLACE:** Nangeneri Education Center **COST:** FREE, pre-registration required, call 617-696-8810.

Is Your Joint Pain Slowing You Down?
Hip and knee pain as we age can seriously limit our physical activity. If pain is preventing you from keeping fit and active, it may be time to consider joint replacement surgery. Join orthopedic surgeon Michael Berry, MD, for a discussion of joint pain, its treatments, and clinical and surgical advancements that can get you back on your feet faster than ever. **DATE:** Wednesday, October 30 **TIME:** 6:30 PM **PLACE:** Nangeneri Education Center **COST:** FREE, pre-registration required. Call 617-696-8810.

AARP Driver Safety Program
Sponsored by the American Association of Retired Persons (AARP) and hosted at BID-Milton, this program is a comprehensive “refresher” driving course developed for drivers aged 50 and over. **DATE:** Tuesday, October 29 **TIME:** 9:30 AM – 3 PM, with a break for lunch **PLACE:** Conference Room **COST:** $20 per person or $15 for AARP members; checks payable to AARP. You MUST have your AARP number with you to receive the discount. Pre-registration required, call 617-696-8810.

Safe Sitter
Safe Sitter is a one-day course for young people ages 11-13, before they begin actively baby sitting. Safe Sitter uses discussion, practice and role-playing to teach participants more about how to handle emergencies, safety precautions, care for an infant or child and when to call for emergency help. **DATE:** Saturday, November 2 **TIME:** 9 AM – 3 PM **PLACE:** Nangeneri Education Center **COST:** $50, pre-registration required. Space is limited! Call 617-696-8810 to register.

Mental Health First Aid Training
Just as CPR helps you assist an individual having a heart attack - even if you have no clinical training - Mental Health First Aid helps you assist someone experiencing a mental health-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. Mental Health First Aid teaches about recovery and resiliency - the belief that individuals experiencing these challenges can and do get better, and use their strengths to stay well. Taught by clinicians from Aspire Health Alliance. Classes occur over three weeks, for a total of eight hours. **DATE:** Tuesdays, October 29, November 5, 12 **TIME:** 6:30 PM **PLACE:** Nangeneri Education Center **COST:** FREE, pre-registration required, call 617-696-8810.

Could You Have Ulcerative Colitis?
Do you suffer from ongoing abdominal pain, cramping, or diarrhea? You could have a chronic inflammation of your bowels, known as ulcerative colitis. Gastroenterologist George Barrett, MD, will discuss the symptoms, causes and treatment options available to those suffering from colitis and ulcerative colitis. **DATE:** Wednesday, November 6 **TIME:** 6:30 PM **PLACE:** Nangeneri Education Center **COST:** FREE, pre-registration required. Call 617-696-8810.

Free Introduction to Tai Chi
Tai Chi is part of traditional Chinese medicine and practiced by millions in China as its national health exercise. Tai Chi is a mind-body exercise consisting of rhythmic patterns of movement that are coordinated with breathing to help you achieve a sense of inner calm. The concentration required for Tai Chi can help one to relax mentally and physically because it asks you to live in the present moment, thereby putting aside distressing thoughts. The goal is to enhance and balance the natural flow of energy (chi) throughout the whole body by learning how to relax your body and feel your energy. When you can feel your energy and move it, this promotes good health. Ron Marcotte, Wu Style Tai Chi Certified Instructor, will conduct this demonstration with active participation by attendees. This class is free and open to all. **DATE:** Tuesday, January 7 **TIME:** 7 PM **PLACE:** Nangeneri Education Center **COST:** FREE, pre-registration required. Call 617-696-8810.

Tai Chi for Health
Tai Chi is a gentle, flowing progression of intentional, connected movements practiced as a form. In this course, you will learn the first eight movements of the Wu Style short form of Tai Chi. Emphasis will be on the fundamental principles of chi gung (qigong) which inform Tai Chi, including relaxed and mindful movement, proper structural alignment and breath awareness. Tai Chi is suitable for people of all ages and in all stages of fitness. Recent medical research indicates that Tai Chi can improve many areas affecting health, including: balance, lower back, knee joint, musculoskeletal strength and flexibility, cardio-respiratory function, cognitive function, immune function, and emotional well-being. Ron Marcotte is a certified instructor in Wu Style Tai Chi and has more than 35 years experience teaching Tai Chi and chi gong (qigong). **DATE:** Tuesdays, January 14 – March 17 **TIME:** 7-8 PM **PLACE:** Nangeneri Education Center **COST:** $120 for 10-week session. Payment due first night of class. Pre-registration required. Call 617-696-8810 to register.

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**DON’T MISS THESE SPECIAL EVENTS**

**Blood Screening Fair**
**BLOOD CHEMISTRY PROFILE:** Blood is tested for glucose, calcium, protein and indicators of kidney and liver function. Fasting is not required. Results will be sent directly to participants. **TOTAL CHOLESTEROL:** Complete “lipid profile” tests blood for cholesterol, triglycerides, HDL and LDL (“good” and “bad” cholesterol). A 12-hour fasting, prohibiting all food or drinks except water, is required. Those on medication should consult their physician. **DATE:** Thursday, November 7 **TIME:** 7 - 9 AM **PLACE:** OR Conference Room **COST:** $25 for both tests. Pre-registration required. Call 617-696-8810 to register.

**Grocery Shop with a Dietitian**
Do you want to eat healthier? Come and learn how to shop healthier! A registered dietitian will guide you through the Fruit Center Marketplace and teach you how to shop and select healthy options for your diet. Learn how to read and understand nutrition labels, make healthier food choices and ask questions. All participants will receive a $20 gift card to the Fruit Center, reusable shopping bag and healthy recipes. **DATE:** Thursday, November 7 **TIME:** 9 AM **PLACE:** Fruit Center Marketplace, 10 Basset Street, Milton **COST:** FREE, Pre-registration AND confirmation required. Space is limited! Call 617-696-8810 to register.
MEASLES
What You Need to Know

While it may be fashionable for certain styles to make a comeback, one thing that should never make a comeback is measles. Unfortunately, measles is back with a vengeance. At the time this article went to print, the Centers for Disease Control (CDC) reported 1,215 individual cases of measles in 30 states through August 26th and the numbers continue to rise on a weekly basis. This is the largest measles outbreak in the United States since 1992, and since measles was declared eliminated in 2000.

When many people think of measles, the first thing that probably comes to mind is the spotty, red rash that spans from the top of the head down to the toes. However, symptoms can often resemble a cold. “Many people think they have a typical cold or the flu,” said Beth Israel Deaconess Hospital-Milton (BID-Milton) and Beth Israel Deaconess Medical Center Infectious Disease Specialist Babar Memon, MD. “Symptoms include runny nose, cough, red and watery eyes and high fever. People can also develop Koplik (tiny white spots) on the roof of the mouth. The red rash that is typical of measles starts 3-5 days after the initial onset of symptoms.”

Because of the time it takes for the symptoms to develop, an infected person can transmit the disease four days before and up to four days after the appearance of the rash. “Measles is extremely contagious,” cautioned Melissa Merwede, RN, MS, CIC, infection prevention manager at BID-Milton. “The virus is airborne and is primarily spread when an infected person coughs or sneezes. The virus can remain in the air for two hours. It can also live on surfaces, such as shopping carts or door knobs, for example. If other people breathe the contaminated air or touch the infected surface and then touch their eyes, noses, or mouths, they can become infected.”

According to the CDC, Measles is so contagious that if one person has it, up to 90% of the people who come close to that person who are not immune or vaccinated will also become infected.

There are severe complications that can result from the measles virus, including pneumonia or encephalitis (swelling of the brain) and dehydration that could lead to hospitalization or even death. For individuals who contract the measles, there is no medication or antibiotic to treat the virus. “People are advised to take ibuprofen or acetaminophen to control the fever and to drink plenty of fluids. It is also recommended that the person be quarantined for 21 days to curb the spread of infection,” advised Melissa.

The vast majority of the outbreaks of measles in the United States and across the world have occurred in individuals who were not vaccinated against the virus. Measles can be prevented with the MMR vaccine, which protects against measles, mumps and rubella. “In recent years, there has been misinformation about vaccines. The vaccine is safe and has long been established to be safe,” said Dr. Memon.

The MMR vaccine is given in two doses. The first dose can be administered in children at 12 months (6 months if the child is traveling abroad) and the second dose is given at four or five years old. “One dose of the vaccine provides 93% effectiveness against measles. Once the second dose is administered, the vaccine is 97% effective,” explained Melissa. “Failure to vaccinate poses a public health risk to those who can’t be vaccinated, especially children under the age of 5, women who are pregnant and people who are immune comprised.”

“If you’re not sure if you have been vaccinated against the measles, or only received one vaccine talk to your doctor,” recommended Dr. Memon. “Depending on circumstances, repeat vaccination or booster can be administered. The best way to prevent the spread of measles is to get vaccinated, and if you are experiencing measles symptoms, contact your doctor immediately.”
New Lung Cancer Screening Program now at BID-Milton

The statistics are sobering. Lung cancer is the number one cancer killer in America, taking 160,000 lives annually. It accounts for more deaths than colon, breast and prostate cancers combined.

However, there is good news. A new screening program, using computerized tomography (CT scanning), can detect lung cancer in its earliest stage (Stage 1), when treatments can result in a five-year survival rate of 90%.

To bring this exciting program to the local community, Beth Israel Deaconess Hospital-Milton (BID-Milton) has partnered with Beth Israel Deaconess Medical Center to provide Lung Health®, a low-dose computerized tomography (LDCT) screening program, to the Milton hospital to help identify early-stage lung cancers in individuals at risk.

LDCT screening is performed with the hospital’s state-of-the-art CT scanner which uses x-rays to create a three-dimensional view of the lungs. The enhanced clarity makes it easier to identify early cancers. The scan uses low doses of radiation, takes approximately 10 minutes and is covered by most health insurances with a physician referral.

“Beth Israel Deaconess Medical Center was a pioneer in LDCT lung cancer screening,” said Lauren Taylor, BSN, RN, program director, who guides patients through the screening process and follow up. “Ninety-five percent of the results are negative, but for those who are identified as having lung cancer, this program can ensure treatment starts as promptly as possible.”

To be appropriate for the program, an individual must be 55 – 77 years old, have a 30 pack year or greater history of smoking and be a current or former smoker who has quit in the past 15 years.

After the screening, the results are reviewed and interpreted by chest radiology specialists at Beth Israel Deaconess Medical Center. If a nodule or mass is discovered, there may be additional diagnostic tests followed by the establishment of a recommended treatment plan by an interdisciplinary thoracic oncology conference at the medical center. The conference includes Mihir Parikh, MD, an interventional pulmonologist, and Richard Whyte, MD, a thoracic surgeon, who see their patients at BID-Milton’s Center for Specialty Care on a regular basis.

“LDCT lung cancer screening provides quick access to advanced cancer diagnosis and treatment. Any surgery, if required, can be performed at Beth Israel Deaconess Medical Center, and follow up treatments can be at the medical center’s comprehensive cancer centers downtown or in Needham,” explained Ms. Taylor.

Patients whose results come back negative can receive follow up LDCT screenings annually at BID-Milton to monitor their health.

“If you qualify, talk to your primary care physician about an LDCT screening,” stressed Heidi O’Connor, MD, a pulmonologist on staff at BID-Milton. “This is a great benefit to our community, and early screenings for lung cancer can literally save lives.”

For more information about LDCT lung cancer screening, call 617-667-5712. A physician referral is required.

Do you qualify?

To be eligible for a LDCT lung cancer screening, you must be:

- Age 55 – 77
- A current cigarette smoker or have quit within the last 15 years
- A 30 pack-year smoker (1 pack daily for 30 years; 2 packs daily for 15 years; 3 packs daily for 10 years, etc.)
- Free from any lung cancer symptoms, such as coughing up blood or sudden weight loss.
Behind the Scenes: The Central Sterilization Department

If you’ve ever had a medical procedure or surgery, you know that the skills of the surgeon, anesthesiologist and nurses are vital for a successful outcome. What you probably don’t know is that the instruments in use are equally as important.

It’s an area few get to see, but situated in the basement of Beth Israel Deaconess Hospital-Milton, Central Sterilization Technicians (CSTs) are tasked with the complex process of ensuring thousands and thousands of surgical instruments are ready for use each and every day.

As their title states, a Central Sterilization Tech is responsible for processing instruments which includes, cleaning, decontaminating, sterilizing, inspecting and assembling surgical instrumentation and equipment used in the operating room and other medical areas of the hospital. The department of eight employees starts their day at 6 a.m. to ensure that everything is ready and prepared for the next day’s surgical procedures.

"Although these techs may not have direct patient contact, their role is ‘instrumental’ to patient health and safety," said Jeanne Baravella, Central Sterile Processing Department manager. "They are the first line of defense in the hospital against infection and play a crucial role in infection prevention."

So what exactly happens to all those surgical instruments?

After each set of instrumentation is used, the set is sent to the Central Sterile Processing Department. The instruments are properly cleaned and decontaminated via manual and mechanical processes. "The cleaning process is not simple," said Jeanne. "Most of the surgical instruments are highly complex in design. The instrument manufacturers provide ‘information-for-use standards’ or IFUs, which identify necessary steps and requirements for proper disassembly, cleaning, re-assembly and sterilization. IFUs for one instrument can sometimes be 30 pages long. It’s important that these standards are followed exactly as written because it allows the instruments to maintain their functionality and integrity, which helps keep our patients safe."

Methods used to clean and disinfect the instruments include thermal and chemical processes, high heat and steam (up to 274 degrees F) and hydrogen peroxide for heat-sensitive items like cameras and robotic instrumentation. After cleaning and inspection, instruments are assembled into specially designed trays and packaged for sterilization.

On any given day the Central Sterilization Department processes 2,000-3,000 surgical pieces, depending on surgical volume and the complexity of the surgeries. "The Federal Drug Administration has approved thousands of new surgical devices over the past 15-20 years which are very complex in design, and most are extremely challenging to properly clean and sterilize," explained Jeanne. "Our CSTs constantly have to learn and keep up with new standards and proper cleaning and disinfecting procedures."

"Every day, patients come to BID-Milton for life-changing surgeries," said Jeanne. "And the Central Sterilization Department takes great pride in knowing that the important and difficult work they do will ensure safety for every patient each time they choose our surgeons and our Surgical Services Department."
Community Happenings

Remembering Team Member Dan Breen

Last September marked the 4th and final Daniel J. Breen Memorial 5k Red Shoe Run/Walk. This annual event celebrated the legacy of Dan Breen, a Scituate native, BID-Milton Emergency Department team member and beloved friend to many.

Dan’s family and the event committee are proud and excited to share that total event support, participation and sponsorship helped the group surpass its goal by raising over $54,000 for the Dan Breen Memorial Fund at Beth Israel Deaconess Hospital – Milton. The fund has now reached endowed status and will be used in years to come for emergency management training and equipment for the Emergency Department. “We are so humbled and eternally grateful to all of our participants, sponsors and volunteers for embracing our mission and the stories you have shared that purely encompass the beautiful legacy Dan has left us,” said Dan’s family.

If you wish to contribute to the Dan Breen Memorial Fund, visit www.bidmilton.org/give or a check may be mailed to the Office of Philanthropy, 199 Reedsdale Road in Milton, MA 02186.

This year’s Board of Overseers Annual Meeting took place on April 9th at Granite Links. BID-Milton Overseers act as ambassadors who advance the hospital’s goals and provide leadership, philanthropic support, expertise and insight. Pictured (L to R) are Theresa Gaffney Gilmore and Alisa O’Neil with BID-Milton President Rich Fernandez.

On June 4th, Board of Overseers member Jimmy Liang hosted a gathering at his Quincy restaurant, Fuji at WoC. Pictured here (L to R) with hospital president Rich Fernandez is host Jimmy Liang, Mayor Thomas Koch, Mary Jo Bragna (Board of Overseers) and Tim Cahill (Quincy Chamber of Commerce).

On June 19th, the hospital’s closest friends and leadership supporters gathered at the home of Board of Overseers member Joe Grogan and his wife, Diane. This fourth annual reception celebrated the hospital’s supporters who are helping to advance the vision of our community hospital. Pictured here enjoying the party are (L to R) Kelly Laurence, Brendan Glynn and Anacristina Kenney.

You Can Make Extraordinary Care Possible

Please make a gift to your community hospital today.

Visit: www.bidmilton.org/give

Call: David Hyman at 617-313-1194

Mail: The Office of Philanthropy
199 Reedsdale Road
Milton, MA 02186

Over 400 guests attended the annual BID-Milton Spring Gala on May 4th. Nearly $300,000 was raised to support the hospital’s programs to improve mental health care and combat the opioid epidemic in our community.

Left: Galas co-chairs Kathy Huntington, Dr. Nina Shervin and Carol Fallon
Right: Following the program, guests enjoyed dancing the night away.
Primary Care Providers

WELCOMING NEW PATIENTS

Whether you’re 8 or 80, good health starts with your primary care physician. Beth Israel Deaconess HealthCare and Beth Israel Deaconess Hospital-Milton recently added four new primary care physicians to their medical staffs. These physicians are conveniently located in the greater Milton area and are now scheduling new patient appointments for your healthcare needs.

Jared Andre, MD
Internal Medicine
100 Highland Street, Suite 223
Milton, MA
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