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## Use “5-2-1” to Help Your Children Be Healthier

Try this simple method of encouraging healthy habits!

- 5** - 5 servings of fruits and vegetables every day
- 2** - No more than 2 hours a day of "screen time" (TV and computer)
- 1** - 1 hour or more of exercise every day

## Healthy Choices For Healthy Kids

### Are you worried that your child might be gaining too much weight?

“With the stresses of everyday life and busy work and family schedules, it can be hard for parents to make sure their kids are eating nutritious food and getting enough exercise,” says Anita Feins, MD, chief of pediatrics at the Harvard Vanguard Kenmore practice.

Since 1980, obesity has more than doubled among children ages 2 to 5 and more than tripled among older kids. Obesity increases a child’s risk for diabetes, heart disease, stroke and many other serious health problems. But Feins notes it’s easier to help kids get started on the journey to a healthier body than one might think.

Start by thinking creatively about how to make some comfortable, healthier choices, says Feins. “If a child is in the habit of drinking 6 cups of juice or soda a day - very high in calories - they might consider switching to water. Making ice cubes out of juice - or adding sliced oranges and lemons or fresh mint are some tips to make water a little more interesting.”

Families can also limit foods that are high in calories but low in nutrition, such as chips and doughnuts. “We encourage families to read labels and add more fruits, vegetables and whole grains to their meals,” says Sue Warner, a pediatric nurse practitioner who also works at the Kenmore practice. “It is not about going on a diet, but about changing lifelong patterns.”

Promoting healthy habits for children also has an important research focus at Harvard Vanguard: ten Harvard Vanguard practices are collaborating with Harvard Medical School in a study about preventing obesity called “High Five for Kids,” funded by the National Institutes of Health. “As part of the study, specially trained nurse practitioners are working with parents to improve the nutrition and activity habits of their young children,” says Carole Allen, MD, director of pediatrics for Harvard Vanguard.

Harvard Vanguard pediatricians stress that every family can make important health choices. “It is also important to look at how much physical activity kids are having every day,” says Feins. Parents can encourage healthy choices by limiting TV and computer “screen time” and by making sure their children get at least one hour of physical activity a day. “Try jumping rope, dancing, biking, doing yoga, or taking a brisk family walk after dinner,” she says. “If the whole family participates, so much the better for everyone!”

■ For more information about Harvard Vanguard Pediatrics, visit <http://www.harvardvanguard.org/pediatrics>

# New Look

## Same Name and Same Great Services

You're going to be seeing more of our new logo in the coming months. Harvard Vanguard is now part of Atrius Health, an alliance of five community-based medical groups that includes Harvard Vanguard as the largest affiliate. The groups in Atrius Health work together to make it easier for our patients to be healthy. Harvard Vanguard will continue to have the same name. However, to celebrate our affiliation with Atrius Health ([www.atriushealth.org](http://www.atriushealth.org)), we are changing our logo as shown below:



### As part of the Atrius Health alliance, Harvard Vanguard will continue to provide:

- Top quality preventive care for people who are healthy or with chronic conditions
- Convenient on-site service, extended hours, 24-hour medical advice
- Network of outstanding specialists in more than 35 fields, with top hospital affiliations
- State-of-the-art systems, including an electronic medical record to ensure seamless, coordinated care, referrals and access to test results across sites and specialties



## More Than a Smile

### Neglected Teeth and Gums Pose Serious Health Risks

If you ignore your teeth and gums, you could be damaging more than your smile. Recent research has revealed significant relationships between poor oral hygiene and serious diseases such as stroke and diabetes. These discoveries are resulting in collaborations between dental and medical professionals that are helping to prevent disease for patients who are at risk. Such a collaboration is easy at Harvard Vanguard, which includes a complete dental practice as one of its specialties.

If you still need more motivation to visit the Harvard Vanguard Dental Practice, consider the following:

- Treatment of gum diseases helps to control diabetes.
- Bacteria around the teeth can cause inflammation in the arteries and greater risk of heart attack and stroke. Brushing, flossing and regular cleanings by your dentist reduce both the bacteria and the risk.
- Early treatment of gum disease in pregnant women helps to reduce the risk of premature birth.

With convenient locations and a full range of dental services for adults and children, the Harvard Vanguard Dental Practice is making it easy for you to reap the health benefits of excellent oral hygiene. If you have health issues related to dental care, your Harvard Vanguard dentist can work with your primary care team to make sure that you get the services you need to stay healthy.

■ For more information about Harvard Vanguard dental services and locations, please visit our website:

<http://www.harvardvanguard.org/dental>

# Fertility Services at Harvard Vanguard

Supportive, helpful, attentive, nurturing, available - and above all, effective. These are words women use regularly to describe the fertility doctors, nurses and staff at the Harvard Vanguard Center for Fertility & Reproductive Health. "Being treated for infertility is an emotional roller coaster - with some very scary moments as well," says Susan Burke-Lewis, 43, who recently delivered her first child, conceived through in vitro fertilization (IVF).

**"We love the staff at Harvard Vanguard, who were honest yet optimistic, even given my age. Their attitude was, 'We are going to do everything possible to help this couple have a baby.' And whenever we needed answers, explanations or emotional support, they were with us every step of the way."**

As she spoke these words, Susan and her partner, Karin Burke-Lewis, were cuddling their newborn son, Zeke, just three days old.

Offering the full range of fertility services with attention to individual clinical and emotional needs is a hallmark of the Harvard Vanguard fertility team, says Charles Obasiolu, MD, who is chief of the department, which was founded in 1988. "In addition to ovulation induction with fertility medications, intrauterine insemination using partner and donor sperm, and the most sophisticated assisted reproductive technologies (IVF), we also treat endometriosis, uterine fibroids, ovarian cysts and other problems that interfere with a woman's ability to get pregnant and maintain a pregnancy" he says. "And laparoscopic, minimally invasive surgery means we can often correct these problems with smaller incisions, decreased pain and faster recovery for our patients."



Patients of Harvard Vanguard's fertility specialists see their physicians for routine visits and monitoring at the four locations of the Harvard Vanguard Center for Fertility and Reproductive Health (Kenmore, Burlington, Quincy and Wellesley). IVF treatment, egg retrievals and embryo transfers are performed at Reproductive Science Center's world-renowned facility and embryology lab in Lexington.

Together, the three Harvard Vanguard fertility specialists - including Dr. Obasiolu as well as Dr. Grace Lee and Dr. Mahmood Niaraki have nearly sixty years experience in the field. "There is no greater satisfaction than helping a couple have the baby they dreamed of," says Obasiolu. "Each of us chose this specialty as a way to make a difference in the lives of our patients."

- For more information about the Center for Fertility & Reproductive Health, call the location nearest you:  
**Burlington** (781-221-2940) **Kenmore** (617-421-2987)  
**Quincy** (617-774-0945) **Wellesley** (781-431-5245)



# Keeping You In the Game:

**Don't be sidelined by injury**



Whether you bat for the Red Sox or jog around the block, it's your worst nightmare. You're feeling great, until your knee twists, your back wrenches, and before you know it, you're on the couch. Too many athletes, professional or amateur, are stopped in their tracks as a result of acute or chronic injuries that may have been prevented.

The Harvard Vanguard Sports Medicine team of physicians, physician assistants and physical therapists offers smart, easy and effective injury prevention routines that will keep these athletic woes at bay. So step out on the track or hit the gym feeling confident.

## Injury Prevention Tips:

- **Warm up before every workout:** An easy jog or brisk walk will get those muscles and joints ready to work. Back pain? Try pelvic tilts and abdominal strengthening exercises.
- **Stretch:** Don't leave out any of your muscle groups and don't rush this important step.
- **Wear the right shoes:** Believe it or not, accessories are important in sports. The correct shoe support can ease foot problems that might cause injury.
- **Cool down and stretch after your workout:** Think about what you've accomplished and about tomorrow's goals.

Even when you do everything right, injuries can happen. No need to be discouraged; your Harvard Vanguard Sports Medicine team is ready to help. The dedicated specialists of Harvard Vanguard's Sports Medicine department will be with you every step of the way. Using state-of-the-art surgical techniques, non-surgical interventions and personalized rehabilitation programs, our orthopedic team will get you back on your feet.

■ To see a sports medicine specialist, contact the site nearest you:

**Braintree** (781-849-2285)  
**Kenmore** (617-421-8812)  
**Post Office Square** (617-654-7170)  
**Somerville** (617-629-6220)  
**Wellesley** (781-431-5255)  
**West Roxbury** (617-541-6350)

# Harvard Vanguard Scores High on Quality

Harvard Vanguard - together with the other four affiliate medical groups which comprise Atrius Health - once again scored at or above the 90th national percentile (four stars) in 14 of 17 publicly reported measures of health care quality, and highest in the state for 8 measures. The 2007 ratings were released by Massachusetts Health Quality Partners (MHQP), an independent, non-profit organization that collects and publicly reports patient experiences and clinical performance data for physicians.

The overall highest rating was in colorectal cancer screening, followed closely by breast cancer screening, cervical cancer screening, and well-visits for young children and adolescents.

The MHQP report covers preventive care - including cancer screenings and immunizations; care for chronic diseases - especially diabetes and asthma; and treatment of acute problems - such as upper respiratory tract infections.

**“We are very proud that Harvard Vanguard is helping to set the standard for high quality care in Massachusetts and around the nation,” said Dr. Jeffrey Levin-Scherz, Chief Medical Officer for both Harvard Vanguard and Atrius Health.**

■ For more information about MHQP and its ratings, visit [www.MHQP.org](http://www.MHQP.org)



Michele Martin is a patient who took advantage of this personalized system of care: “It was important for me to have a vaginal birth, without medication and not in an operating room, even though I was delivering twins,” she says. “My midwife collaborated with the obstetrician and hospital staff to give us exactly the birth experience we wanted while ensuring the safety of the babies. She helped me regain control of the whole process.”

“Serene” was the word another patient used to describe her midwife-attended birth experience. “Even at the height of my contractions, my midwife’s calm, encouraging voice and suggestions helped my body do what it was supposed to do,” says Michelle Dominico-Frye. “My midwife helped me give birth in the way that was best for me.”

## Delivering More Than Babies:

### Harvard Vanguard Nurse-Midwives

The tradition of women caring for women has a proud history in this country. Frontier nurse-midwives delivered babies and taught breast-feeding and newborn care to first-time mothers. Harvard Vanguard certified nurse-midwives do all this and much more, providing individualized gynecological and obstetrical care for women throughout their lives. The nurse-midwives also work closely with obstetricians to offer women and their families the skills and expertise of both providers for their prenatal care and delivery - a unique feature of the midwifery program at Harvard Vanguard.

“Normal labor and birth are the focus of our energy and attention, but the full resources of the hospital - including an obstetrician always on-call - are available if needed at any point during the labor,” says Bidy Fein, Certified Nurse Midwife, and director of the Harvard Vanguard Midwifery Service.

**“ We collaborate with each woman to help her achieve the kind of birth experience that respects her unique preferences and personal needs, including helping her plan for medication and pain relief during delivery, or how to minimize interventions, if she desires.”**

**Since 1990, Harvard Vanguard nurse-midwives have collaborated with obstetricians in the delivery of more than 15,000 babies. Nurse-midwives attend births at Brigham & Women's Hospital, Newton-Wellesley Hospital and Lowell General Hospital.**

**Harvard Vanguard nurse-midwives practice at eight Harvard Vanguard locations including Chelmsford, Dedham, Kenmore, Norwood, Post Office Square, Quincy, Wellesley and West Roxbury.**

■ For more information about our nurse midwifery services, visit our website at <http://www.harvardvanguard.org/obgyn/NurseMidwifery.asp>

## Providing a Full Spectrum of Care

As part of our mission to help make it easier for you to be healthy, we provide comprehensive primary care for adults and children at most of our locations, as well as specialists in more than 35 fields.

Allergy  
Bariatric Surgery  
Behavioral Health  
Cardiology  
Cosmetic Dermatology  
& Facial Plastic Surgery  
Dental Services  
Dermatology  
Ear, Nose and Throat  
Endocrinology  
Fertility & Reproductive Health  
Gastroenterology  
Genetics  
Hand Surgery  
Hand Therapy  
Hematology/Oncology  
Infectious Disease  
Internal Medicine  
Maternal Fetal Medicine  
Menopause Consultation Services  
Nephrology  
Neurology  
Nurse-Midwifery  
Obstetrics/Gynecology  
Ophthalmology  
Optometry  
Oral & Maxillofacial Surgery  
Orthopedics & Sports Medicine  
Palliative Care  
Pediatrics  
Pediatric Cardiology  
Pediatric Physical Therapy  
Physical Therapy  
Podiatry  
Radiation Oncology  
Rheumatology  
Speech Pathology  
Surgery  
Urogynecology  
Urology



## Having Problems That are Difficult to Talk About?

### Help for Stress Incontinence

Sneezing, exercise, heavy lifting, and even dancing can cause embarrassing problems for about one-third of adult women. If you are experiencing stress incontinence - leaking urine - during these kinds of activities, you are not alone, says George Flesh, MD, director of the Urogynecology and Pelvic Reconstructive Surgery Service at Harvard Vanguard: “Even though women find these kinds of problems difficult to talk about, if they look around at their friends, at least one in four has some form of urinary incontinence.”

For the past 8 years, Flesh and his colleagues at Harvard Vanguard have been leaders in treating stress incontinence with “tension free vaginal tape,” (TVT), a polypropylene mesh ribbon which is used as an internal sling support to prevent leakage. “This can be done as an outpatient under local or general anesthesia,” says Flesh. “Most patients feel quite well within a few days and are back at work within a week.”

Flesh was the first to perform the TVT procedure at the Brigham & Women’s Hospital and has since used it to help more than 1100 women. “The biggest complaint that I hear from my patients is, ‘How come no one told me about this procedure before?’” he notes.

In addition to the TVT procedure, Harvard Vanguard also treats other forms of urinary incontinence with medication, bladder retraining, surgery, physical therapy, and vaginal devices. The service also repairs pelvic organ prolapse with minimally invasive surgical techniques.

Says Flesh, “Incontinence and pelvic organ prolapse limit women’s ability to function the way they want to in their lives. But the good news is these are very treatable conditions and we can help women overcome these limits.”

■ For more information about Urogynecology services, contact the location nearest you:

[Braintree \(617-774-0940\)](#)

[Burlington \(781-221-2940\)](#)

[Quincy \(617-774-0940\)](#)

[Wellesley \(781-431-5429\)](#)

[West Roxbury \(617-541-6646\)](#)

# Health and Wellness Programs

Harvard Vanguard offers a wide variety of health and wellness classes and support programs at many of our practice sites to help make it easier for you to be healthy. Courses cover health and fitness, pregnancy and childbirth, CPR and first aid, and also include special programs for children and teens and people with certain clinical conditions.

For a more extensive listing of available classes with descriptions and locations, or to register, please call Health Education at 1-877-439-5465 or click on the “Health Information” tab at [www.harvardvanguard.org](http://www.harvardvanguard.org), and then click on “Class Listings.”

## Pregnancy & Childbirth

### **Hypnobirthing™**

Self-hypnosis techniques to help prepare couples for labor and delivery.

### **Natural Childbirth Class**

For expectant parents who are interested in preparing for an unmedicated childbirth.

### **Prenatal Yoga**

Improve your posture and alleviate some of the discomforts of pregnancy with Hatha yoga, a combination of breathing, concentration, meditation and relaxation techniques.

### **Prepared Childbirth Class**

For first time parents-to-be, learn how to prepare for labor, delivery and postpartum. Patterned breathing and relaxation activities are included. Weekend classes and refresher classes available.

### **Breastfeeding**

For pregnant women and their partners: learn all you need to know to get breastfeeding off to a good start, what to do for common problems that may arise, pumping, weaning, returning to work and sexuality while breastfeeding.

### **Caring for Your Newborn**

This hands-on class for expectant parents focuses on the routine care of infants and managing common problems.

## Health & Fitness

### **Smoking Cessation**

Free Quitworks program to provide support for people who want to quit smoking.

### **Chair Yoga, Moving Simply**

For people of all ages or with physical challenges. Gain strength, flexibility, balance, and learn simple relaxation techniques.

### **Strong Women Stay Young**

Exercise program for women 40 and older to help improve strength, balance and well-being.

### **Strong Women, Strong Bones**

Exercise program for women 40 and older to help prevent or improve osteoporosis.

## CPR & First Aid

### **Adult, Child, Infant CPR**

Learn how to perform CPR and choke save techniques on infants, children and adults. For participants 13 years and older.

### **Pediatric First Aid**

Recommended for new parents and day care providers.

### **Pediatric-Infant CPR**

Learn how to perform CPR on infants and children ages 1 - 8. For adults.

## Children & Teens

### **Home Alone**

For children who are home alone for short periods of time - includes telephone answering, door answering, accident and fire prevention and first aid techniques.

### **Basic Babysitter Training**

For 11 to 15 year olds, includes first aid, choke saving, fire prevention and safety.

## Clinical Programs

### **Adult Asthma Education**

Everything you need to know to improve control of your asthma, including identifying triggers, proper use of a peak flow meter and inhaler, medication and treatments, and ways to prevent episodes.

### **COPD Education**

For people diagnosed with Chronic Obstructive Pulmonary Disease (COPD) this session presents an overview of the illness, medications, spirometry, nutrition and exercise techniques.

### **Diabetes Education**

This class for people with diabetes, and supportive others covers physiology, medical care, oral medication and insulin, blood sugar monitoring, hypo- and hyperglycemia, diet, exercise, eye and foot care, sick day care and laboratory result interpretation.



# World-Class Cancer Care Close to Home

For Atrius Health patients living or working on the South Shore, it just got easier to take advantage of the most sophisticated cancer care available in the region. The Commonwealth Atrius Cancer Center - a collaboration between Commonwealth Hematology-Oncology (CHO) and Atrius Health - had its grand opening in May 2007.

The new center, located in Weymouth, brings together two pioneering organizations in New England health care, and this combination offers patients powerful non-surgical treatments for cancer that are fully integrated with their primary care. "This cancer center makes it easier for South Shore patients to have access to advanced treatments and technologies - including medical oncology, radiation oncology, imaging, and other allied health services - under one roof, without having to travel far from their support network and families," says Debra A. Geihlsler, President and CEO of Atrius Health and Harvard Vanguard Medical Associates. The center's radiation oncology suite, operated by Harvard Vanguard Medical Associates, offers the area's most advanced radiation therapy.

CHO is New England's largest private practice cancer care network, recognized as a national model for community-based cancer care. Atrius Health is an alliance of five community-based medical groups, including Harvard Vanguard.



**Pictured above (l to r): Dr. Jeff Levin-Scherz, chief medical officer, Dr. Gene Lindsey, chairman of the board, Debra Geihlsler, president and CEO, all of Atrius Health; Dr. Walt Kagan, president of Commonwealth Hematology-Oncology, Dr. Claire Fung, director of radiation oncology at Commonwealth Atrius Cancer Center, a patient of the new cancer center, and Dr. Michael Anderson of Commonwealth Hematology-Oncology.**

**Visit us at [www.harvardvanguard.org](http://www.harvardvanguard.org) for more information.**

**Harvard Vanguard accepts most health insurance plans:**



MASSACHUSETTS

Blue Cross Blue Shield of Massachusetts is an Independent Licensee of the Blue Cross and Blue Shield Association

TUFTS  Health Plan



Neighborhood Health Plan  
*Getting better together.*



TUFTS  Health Plan  
*No one does more to keep you healthy.*

**To confirm if your health insurance plan is accepted by Harvard Vanguard, please call us at 1-800-249-1767 or visit [www.harvardvanguard.org](http://www.harvardvanguard.org)**