



### SPECIALTY SERVICES, *Continued*

■ **The Musculoskeletal Department** is located on the second floor of our building at 725 Concord Ave. and provides a range of services related to problems of the bones and joints.

■ **Chiropractic Services** focus on interactions of the spine and nervous system to adjust structures that may cause pain.

■ **Acupuncture** offers traditional Chinese techniques of needle therapy, herbal medicine, manual therapy, exercise and nutrition to alleviate symptoms and activate the body's normal healing capacities.

■ **Physical Therapy** offers supervised exercise, instruction for at-home exercise, and modalities like icing, heat and ultrasound to treat injuries related to muscles and joints.

We normally see patients in our offices from 8 am to 6 pm, Monday through Friday, with early evening appointments available on Mondays and Wednesdays. A physician is on-call for emergency problems 24 hours a day, seven days a week.

Free parking is available in the lot behind our building at 725 Concord Ave., and an MBTA bus stop is located at our front door.

Our staff includes clinicians who speak Arabic, Armenian, Italian, Russian, Spanish and Turkish. Translation for other languages, including sign language for the hearing-impaired, is available with advance notice.

We accept most major health plans, including:

- Blue Cross and Blue Shield of Massachusetts  
*(including Medex)*
- Harvard Pilgrim Health Care
- Tufts Health Plan
- Tufts Health Plan Medicare Preferred  
*(formerly Secure Horizons)*
- Medicare
- Many commercial insurance plans

### BELMONT MEDICAL ASSOCIATES

*A. Donald Shushan, MD: Medical Director*

*Gail Langley: Business Manager*

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*Cambridge, MA 02138*

*To make an appointment with any member  
of our staff, just call us at*

**617-864-8822**



**BELMONT**  
MEDICAL  
ASSOCIATES



**W**hen you choose the doctors of Belmont Medical Associates for your healthcare, you're choosing a trusted, top-quality staff of clinicians who have been serving the community for nearly 30 years.

**Our 10 internal medicine and family medicine physicians** are here to provide you with comprehensive primary care in a personalized, compassionate setting. Working side-by-side with them are specialists in **chiropractic, dermatology, gastroenterology, gynecology, ophthalmology, podiatry and physical therapy.** **Endocrinology** services are available from one of our internists certified in that subspecialty. Our training and backgrounds are strong and all physicians are board-certified or board-eligible.

**Our offices are arranged in three-doctor "pods"** to reinforce a warm, intimate environment. We're affiliated with Mount Auburn Hospital, a Harvard Medical School teaching hospital, for inpatient admissions and other hospital-based services, and with the Mount Auburn network of physicians for specialty consultations and referrals.

## PRIMARY CARE

**Our goal is to provide you with key, ongoing preventive medicine services** as well as with treatment when you do get sick. As internists, we're the first line of care, assessing overall health, providing initial treatment and working with specialists to diagnose and treat complex problems.

**If you need to consult with us for a "sick" visit,** appointments are typically available on a same-day basis. "Non-emergency sick visits" can be made within 48 hours. "Well-care" visits can be scheduled within several weeks. We emphasize routine visits to monitor your medical concerns, whether through regular physical examinations or scheduled follow-up visits for issues such as hypertension and arthritis.

**When health problems do occur,** we have access to extensive testing resources. Services within our practice include cardiac stress testing, vascular ultrasound imaging and bone density analysis using our minimal-radiation bone density scanner. We perform a wide range of blood and urine analysis in our on-site laboratory.



## SPECIALTY SERVICES

**A broad range of specialty services are available** as part of our practice at our offices on Concord Avenue:

■ **Dermatology** provides diagnosis and treatment of a broad spectrum of skin, hair and nail problems, from acne to melanoma, for adult and pediatric patients. On-site capabilities include biopsy and lesion removal.

■ **Cardiology** services are provided by specialists from Mount Auburn Hospital who see Belmont Medical Associates patients in our offices.

■ **Endocrinology** deals with the gamut of metabolism, gland and bone and mineral disorders, including diabetes, thyroid and pituitary issues.

■ **Gastroenterology** focuses on disorders of the digestive system, including esophageal reflux, inflammatory bowel disease and gallbladder and bile duct problems.

■ **Gynecology** services focus on the full range of women's health issues, from infertility counseling to gynecological cancer to menopause.

■ **Ophthalmology** deals with issues involving vision and the eyes, including vision testing and contact lens fitting, cataract, glaucoma and corneal problems and diseases of the retina and vitreous.

■ **Podiatry** deals with concerns of the feet, including diabetic and vascular complications, problems with bunions, hammertoes, bone and heel spurs, neuromas, and orthotic fitting.

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