

A Profile of Excellence

LAHEY HITCHCOCK
CLINIC

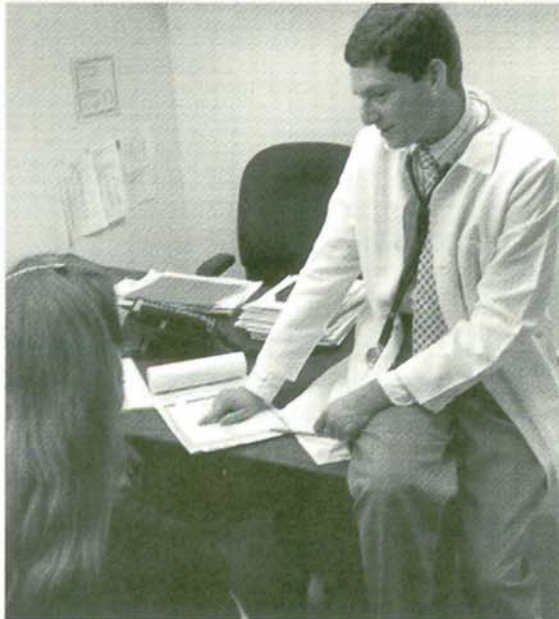
Massachusetts Region



Lahey Hitchcock Clinic in Massachusetts

In Massachusetts, Lahey Hitchcock Clinic is a comprehensive network, with more than 100 physicians providing primary care in 35 communities throughout eastern Massachusetts, backed by more than 300 specialists from nearly every area of medicine at Lahey Hitchcock Medical Center in Burlington and Lahey Hitchcock Northshore in Peabody.

This network of primary care and specialty resources ensures that patients have the best of both worlds – the convenience of access to general internists, family practitioners and pediatricians based throughout the region and the availability of complex specialty services, all tied to Lahey Hitchcock's renowned standard of medical skill, technical capability and compassionate care.



Lahey Hitchcock's Brain Tumor Clinic epitomizes the multispecialty nature of the Clinic's approach to care, drawing together practitioners in neurosurgery, neurology, medical oncology, radiation oncology and social service to bring diverse expertise to bear on a patient's diagnosis, treatment plan and prognosis.

Lahey Hitchcock Medical Center is one of only a few institutions in New England with capabilities for stereotactic radiosurgery, precision radiation therapy for deep-seated brain tumors and vascular malformations.

The regular, continuing services of primary care physicians are a cornerstone of Lahey Hitchcock Clinic's practice of medicine.

The Clinic's community-based physician groups provide a wide range of services – adult general internal care, pediatric and adolescent medicine and family practice medicine.

Lahey Hitchcock community practice physicians often rely on resources available in their communities, using local hospitals and other services, as appropriate.

For cases requiring complex specialty care, members have access to Lahey Hitchcock physicians and surgeons representing virtually every specialty and subspecialty of medicine, whether for telephone consultation or referral for evaluation or treatment.

Here, general internist Jay S. Danowitz, M.D., of Lahey Hitchcock-Billerica, consults with a patient.

Frank H. Lahey, M.D., was already a prominent Boston surgeon in 1923, when he gave up his positions on the Harvard and Tufts medical school faculties to concentrate on patient care in the newly established Lahey Clinic.

The original staff consisted of only four physicians, but from this beginning in Boston's Back Bay, Lahey Clinic achieved an international reputation, pioneering in such areas as thyroid, liver and biliary surgery, radiation therapy for cancer, neurosurgery, urology and diagnostic imaging.

Sara M. Jordan, M.D., one of the original staff members, became one of the preeminent gastroenterologists of her time.

Also from this beginning grew an institution committed to bringing together physicians of many specialties to deliver care as a team.



Today, the now-Lahey Hitchcock Clinic continues its tradition of quality care – whether in terms of medical skill or commitment to high-quality, cost-effective healthcare services.

Lahey Hitchcock physicians and surgeons continue their emphasis on developing and using advanced techniques and technologies combined with the talents of skilled practitioners – many of whom are leaders in their fields – to ensure that patients have access to sophisticated, quality care.

At the same time, Lahey Hitchcock also is a leader in the effort to create a new system of healthcare delivery. Its network of community practices not only provides patients with convenient access to healthcare services, it ensures that care is available at the appropriate level – making primary care-level services available to patients in the locally based physician's office and focusing the resources of the specialty centers on the cases for which they are best used.

Anyone with a health concern can become a Lahey Hitchcock patient by calling the Central Appointment Office at 617-744-8000 for Lahey Hitchcock Medical Center or 508-977-6336 for Lahey Hitchcock Northshore.

For information about community practice sites and services near you, call 1-800-524-3955, or see pages 4 and 5 in this book.

Lahey Hitchcock's Massachusetts sites accept all traditional insurance plans, Bay State, HMO Blue, Tufts Health Plans, the health plans of Harvard/Pilgrim Health Care, and more than 40 other health insurance and managed care plans.



Some community groups offer the services of physicians who provide subspecialty skills as well as general primary care services. Others focus exclusively on general internal, pediatric or family medicine services.

Here, at Lahey Hitchcock-Arlington, general internist/rheumatologist Gerald S. Harris, M.D., tests a patient's range of motion. The Arlington practice includes subspecialists in cardiology, gastroenterology, geriatric medicine, oncology/hematology and rheumatology, as well as general internal medicine.

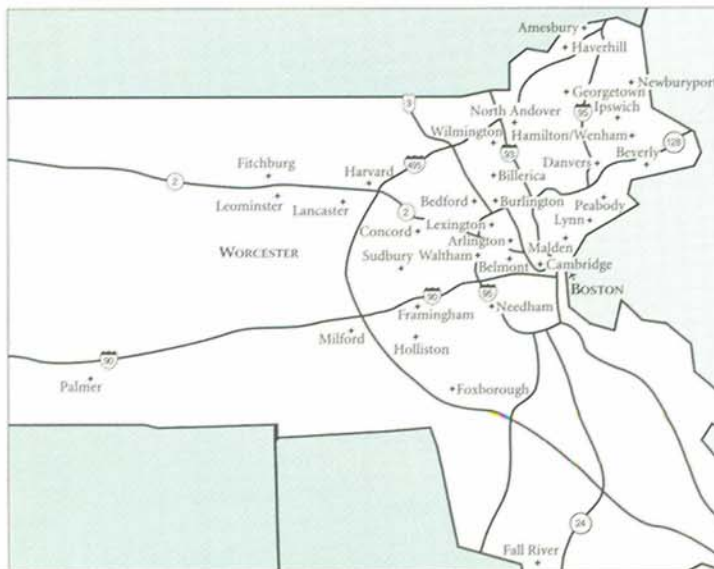
Lahey Hitchcock's Community Practices

Lahey Hitchcock community practice sites stretch from Amesbury on the North Shore to Fall River in southeastern Massachusetts to Fitchburg in the state's central region.

All have in common a commitment to serving the health-care needs of their communities and a dedication to the concept of group practice.

In the Lahey Hitchcock system, this means not simply a convenience of doctors "covering" for each other in off-hours, but a philosophy that healthcare achieves its highest quality in an environment in which knowledge is continually exchanged and practitioners of differing skills and perspectives are available to share insights.

For Lahey Hitchcock physicians, this is a resource base that extends throughout the network, from fellow practitioners within the walls of an individual site to radiology suites and operating rooms at Lahey Hitchcock Medical Center and Lahey Hitchcock Northshore.





Lahey Hitchcock Medical Center

With virtually every area of medicine represented on its staff, Lahey Hitchcock Medical Center in Burlington continues a long-standing commitment to multispecialty care, emphasizing a team approach, leading-edge knowledge and skills, and care delivered with dignity and compassion.

In this "team" environment, while patients' care is coordinated by their principal physicians, they have access to practitioners in more than 30 specialties and subspecialties. Staff members have the opportunity to concentrate on their areas of special interest while maintaining close contact with others representing the full range of medicine. The result is better decision-making as to whether or when to consult, to test or to hospitalize.

Prospective members of the medical staff undergo rigorous screening before joining the staff. Prospective surgical staff are observed in surgical procedures before being invited to join the Clinic. Ninety-eight percent of Lahey Hitchcock physicians are either board-certified or board-eligible.



Lahey Hitchcock's multispecialty approach was reflected in its role as one of the first institutions to offer techniques of radioactive seed implantation for treatment of prostate cancer – a joint program of the departments of urology and radiation oncology.

Here, radiation oncologist Glenn A. Healey, M.D., diagnostic radiologist Alda F. Cossi, M.D., and urologist Robert A. Roth, M.D., discuss a case. Seed implantation places tiny radioactive pellets in the prostate directly adjacent to cancerous tissue to deliver maximum therapy with minimum effect on healthy tissue.

The seven-story Lahey Hitchcock Medical Center encompasses the outpatient resources of the Charles A. Dana Ambulatory Care Center and the inpatient resources of the 249-bed Mary and Arthur R. Clapham Hospital, as well as extensive emergency medicine, diagnostic imaging, critical care and operating room resources.

A staff of 300 physicians and 3,000 nurses, therapists and other personnel provides care to more than 2,000 outpatients each day from throughout New England and beyond. Patients come to Lahey Hitchcock from every state in the country and from regions as widespread as Europe, the Middle East and South America.

Lahey Hitchcock Medical Center's Section of Gastroenterology has long been known for its capabilities in diagnosing and treating gastrointestinal disorders, with particular expertise in the treatment of inflammatory bowel disease, hepatitis, cirrhosis, biliary tract disorders and diseases of the pancreas and esophagus.

At right, in the Endoscopy Unit, gastroenterologists S. Peter Gibb, M.D., and Stella Chow, M.D., work with Diane Spencer, R.N., during a procedure to visually examine a patient's digestive tract through the use of flexible fiberoptic instruments and computer-enhanced imaging.

The Breast Centers at Lahey Hitchcock Medical Center and Lahey Hitchcock Northshore provide a broad range of expertise in screening for, detecting and treating breast disorders, including the Risk Assessment Clinic, the Breast Problem Clinic and the Breast Cancer Treatment Center, which brings together practitioners representing medical, radiotherapy and surgical options to analyze a patient's specific needs and recommend the best course of care.

Lahey Hitchcock's screening mammography services include evening hours at Burlington and Peabody and Saturday hours at Burlington.

Here, in the Mammography Unit at Lahey Hitchcock Medical Center, Marci Beaulieu, R.T., R.M., prepares a patient for a test.



A Short Tour of Clinic Services

All Lahey Hitchcock clinical departments provide care in the full range of their specialties' medical concerns. This "short tour" indicates special interests and expertise of department members.

Allergy and Clinical Immunology: Rhinitis/sinusitis, hymenoptera (bee sting) hypersensitivity, adult and pediatric asthma, hay fever, recurrent respiratory infections, pediatric allergies.

Anesthesiology: Monitoring and managing patients' conditions during surgical procedures for both inpatient and ambulatory surgery and during the postoperative period. Epidural and spinal anesthesia. Both regional and general anesthesia and post-operative pain management are provided. The department operates a Pain Management Center for acute and chronic pain based at Symmes Hospital.

Cardiovascular Medicine

Cardiology Services: Adult congenital heart disease, angina, cardiomyopathy, coronary artery disease, diseases of the pericardium, heart failure, heart murmur, heart rhythm abnormalities, hyperlipidemia, hypertension, myocarditis, myocardial infarction, rheumatic heart disease.





Vascular Medicine Services: Disorders of blood pressure regulation, orthostatic hypotension, disorders of the arterial tree, giant cell arteritis-temporal arteritis, Raynaud's disease, disorders of the venous system, disorders of the lymphatic system and management of anticoagulation.

Colon and Rectal Surgery: Colon, rectal and anal surgery, as well as endoscopic investigation of the colon and screening for colorectal cancer. Special interests: Colonoscopy/polypectomy, anal sphincter reconstruction, surgical treatment of inflammatory bowel disease, laparoscopic colorectal surgery, rectal reconstruction preserving bowel function following removal of colon for ulcerative colitis or familial polyposis, treatment of rectal tumors, evaluation and treatment of fecal incontinence.

Community Medicine: The Section of Community Medicine encompasses primary care-based physician practices in more than 35 communities throughout eastern Massachusetts, specializing in internal medicine, pediatric and family practice services and providing comprehensive preventive, diagnostic and therapeutic health services.

Dermatology: General care of skin, hair and nail problems, with specialty interests in mycosis fungoides, laser therapy for superficial vascular lesions, skin cancer, melanoma, psoriasis, pediatric dermatology and leprosy.

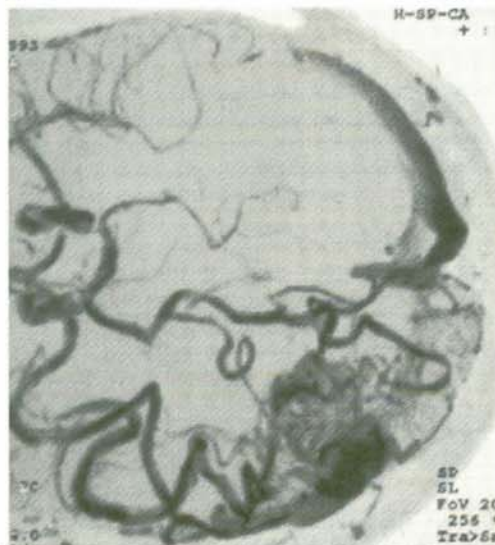
With more than 600 ileoanal reservoir procedures performed, Labey Hitchcock's Colon and Rectal Surgery staff is particularly known for its skills in preserving bowel function for patients with ulcerative colitis and familial polyposis – diseases that traditionally involve removal of the colon.

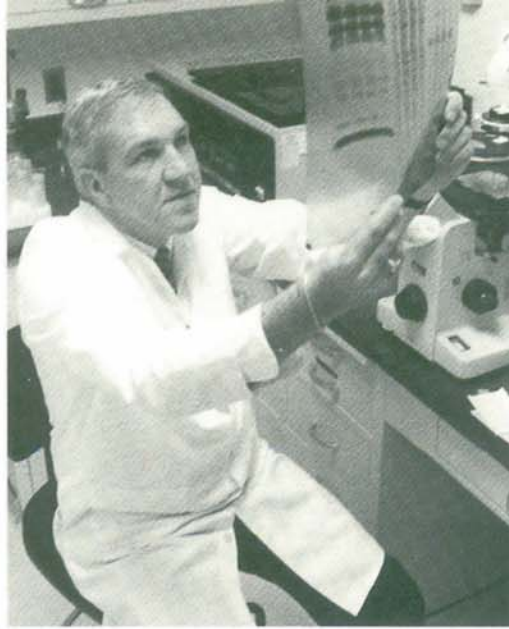
Members of the department provide care in the full range of colon and rectal concerns, from colon polyps and cancer to anal fissures and incontinence.

Here, John A. Collier, M.D., and department chair David J. Schoetz, Jr., M.D., confer on a case.

In the Department of Diagnostic Radiology, diagnostic imaging capabilities are significant, encompassing magnetic resonance imaging (MRI), computerized tomography (CT), nuclear medicine and ultrasound, as well as traditional x-ray and fluoroscopy systems. Special interests of department members include interventional radiology and interventional neuroradiology.

At left, a new technique of magnetic resonance angiography (MRA) uses MRI technology to allow physicians to trace blood flow in the brain with much greater precision – giving information, for instance, of how blood flow is influencing a stroke. This image shows an arterio-venous malformation, a tangle of abnormal blood vessels.





In the Robert E. Wise, M.D., Institute's Center for Cancer Research, molecular biologist Ian Summerhayes, Ph.D., and his staff conduct research to identify the genes involved in different cancers – information that will be used to help improve diagnosis, prognosis and therapy for patients with cancer.

Research at Lahey Hitchcock is extensive and varied, with more than 200 clinical trial protocols currently underway – from transplantation of fetal pig brain cells into patients with Parkinson's disease to the effectiveness of echocardiography as a screening test to the safety and efficacy of drugs for narcolepsy patients.

Research and Education

A commitment to research and education ensures that bright minds will be attracted to the staff, that Clinic practitioners will be in touch with many of the latest advances in their fields, and that many of these advances will be available to Lahey Hitchcock patients at the earliest possible date.

With teaching programs for Tufts and Harvard medical schools, Lahey Hitchcock gives medical students in-depth experience in a multispecialty – and outpatient oriented – setting. For many recently graduated physicians, the opportunity to train in residency and fellowship programs at the Clinic and work in its environment of diverse, challenging cases is highly sought after.



Educational programs are an important part of Lahey Hitchcock's mission of advancing quality care. At any given time, approximately 50 medical students are serving clinical rotations at Lahey Hitchcock Medical Center, and 100 new physicians are receiving training in residency or fellowship programs in 19 specialties. Here, general internist Guy Napolitana, M.D., examines a patient with internal medicine residents.

The Minor Emergency Service is a part of the Emergency Medicine Department at Burlington designed to provide efficient, effective care for less serious problems that do not require full Emergency Department resources.

Located adjacent to the emergency unit and operated by department staff, the Minor Emergency Service is geared to reducing the waiting times traditionally associated with an emergency unit. The services are available from 10 a.m. to 9 p.m., seven-days-a-week.

The emergency unit at Peabody also offers 24-hour-a-day walk-in services, for those with less serious needs or in search of primary care services on an unscheduled basis.

Here, Malcolm Creighton, M.D., chairman of the Department of Emergency Medicine at Burlington, splints a patient in the Minor Emergency area.

To Become a Patient:

Anyone with a health concern can become a patient of Lahey Hitchcock Clinic simply by calling and making an appointment with any physician or department. Call the Central Appointment Office at 617-744-8000 for Lahey Hitchcock Medical Center or 508-977-6336 for Lahey Hitchcock Northshore.

For those who don't have a specific physician or department in mind, the Appointment Coordinators are trained to match patients with appropriate staff members.

To make an appointment at a community practice, you should call the practice directly. Their telephone numbers are listed on pages four and five of this book. Or, see our Web Site at www.lahey.hitchcock.org for a directory of physicians, sites, events and other Lahey Hitchcock Clinic information.

Lahey Hitchcock accepts a wide range of health insurance plans, including all traditional plans, HMO Blue, the plans of Harvard Pilgrim Health Care, Tufts Health Plans, Matthew Thornton Health Plan and more than 40 other health insurance and managed care plans.

Emergency Medicine Services

Both Lahey Hitchcock Medical Center in Burlington and Lahey Hitchcock Northshore in Peabody operate 24-hour Emergency Medicine Departments, staffed by physicians and nurses trained and skilled in emergency care.

Lahey Hitchcock is one of the sponsoring institutions of the North Suburban Regional Advanced Life Support Service, overseeing coordinated emergency department and paramedic service to 10 towns in the Burlington region. Lahey Hitchcock's Trauma Service provides complex medical and surgical treatment for traumatic injuries.

