

*Introducing*



**THE  
CARDIOVASCULAR  
CENTER**

**TAKING QUALITY AND EFFICIENCY TO A WHOLE NEW LEVEL**

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## A LETTER FROM ELLEN ZANE

Dear Physicians,

**MY PHONE HAS BEEN RINGING** a good deal these days from physician and hospital colleagues throughout Massachusetts. Many of these calls involve questions about partnerships and collaborations. Everyone is wondering how best to prepare for the changes associated with healthcare reform, particularly Accountable Care Organizations, Alternative Quality Contracts and the like. Let me tell you what I highlight for those who have been calling and explain why Tufts Medical Center is an excellent partner and why we would like to hear from you about working together to deliver high quality, cost effective care in this new healthcare era.

**We Collaborate with Providers to Keep Care in the Community:** At Tufts Medical Center we not only believe that the majority of care should stay in the community, but we live by that belief. Ask any of our current partners, for example Lowell General Hospital, MetroWest Medical Center or Morton Hospital. They will tell you that once we develop a relationship, there is not that huge sucking sound coming toward their communities, drawing all the care downtown.

Instead, we work diligently with our partners to ensure that the right care happens at the right place. Tertiary and quaternary care is addressed downtown, and all other services happen in the community, where it is most convenient and cost effective.

Our case mix, the highest acuity in the city, validates that it is the sickest and most critical patients who are receiving care here. Plain and simple, this philosophy makes sense for patients, for our community partners, for us and for the healthcare system.

**We Advocate for Providers with Payors:** Earlier this year, you likely read in the local newspapers about our quest to ensure proper private payor reimbursement. This quest wasn't just about appropriate payments but also about defining the risks that providers can control. We believe in taking risks and being accountable, but we cannot, and will not, take on risks that are out of the scope of control of our physicians and hospital. We want to protect providers from unreasonable, random demands, and instead focus accountability on what makes sense for the patient, what is good medicine. Part of a good contract is a focus on quality and we are committed to delivering efficiency and quality everyday. I believe payors respect our position on this issue, listen to our physicians' input and know that we will work with them to ensure a contract that makes sense for our doctors, our patients, the insurer and Tufts Medical Center.

**High Quality Care, Reasonable Costs:** Tufts Medical Center bucks the trend set by many academic medical centers in this region. We are a high quality and cost efficient network – a unique combination. We are ahead of so many others on the reform curve, so sending your patients to us positions you well for the changes coming – and already happening – from insurers, the state and the federal government. When thinking about ACOs and AQCs, you will benefit greatly if your AMC partner can deliver excellent quality results while controlling cost. That's Tufts Medical Center.

Intrigued? I'd love to hear from you and talk about how we might work together. Call or email me.

**617-636-9589, [ezane@tuftsmedicalcenter.org](mailto:ezane@tuftsmedicalcenter.org).**

All the best,

Ellen Zane,

President and CEO, Tufts Medical Center

**SURGICAL ONCOLOGY:**

# *a robust team grows stronger*



**TUFTS MEDICAL CENTER**  
*has recently recruited some of the nation's best and brightest oncologic surgeons, augmenting an already-robust team of respected specialists. For your cancer patients who need surgery, this not only ensures access to an exceptional breadth of specialized surgical talent but also to some of the most advanced solutions available today.*

**A**s a tertiary-quaternary medical center, our number-one cancer care mission is aimed at rare and difficult-to-treat cancers, recurrent cancer and complications of cancer care," says Tufts Medical Center's Surgeon-in-Chief William C. Mackey, MD. "An equally important role is to develop new, more effective, less morbid and less invasive means for treating primary cancers."

"To these ends, we have rounded out our surgical oncology team and today offer a full spectrum of specialized expertise in a truly multidisciplinary environment, along with the latest technologies," he adds. [See page 5 for a complete listing of the Medical Center's surgical oncology capabilities.]

*continued*

*Photo: Laurence Brinckerhoff, MD, thoracic surgeon, performing a lung resection*



Photo: Elie Rebeiz, MD, Chair of Otolaryngology (above right), discusses a case with other team members at the weekly Tumor Board meeting.

“This is the friendliest of all institutions I’ve been exposed to, with everyone working as a team to advance the institution and patient care.”

— MIRIAM O’LEARY, MD,  
Head and Neck Cancer Specialist

“We have two excellent thoracic surgeons — Dr. Laurence Brinckerhoff and a new addition, Dr. Yaron Perry. Their specialties include minimally invasive, video-assisted techniques for lung surgery and — unique to the Boston area — minimally invasive esophageal surgery,” Mackey says.

Tufts Medical Center’s Hyperthermic Intraperitoneal Chemotherapy (HIPEC) program, run by Martin Goodman, MD, is also unique in the region. “There are only a handful of these programs in the nation, and ours draws patients from throughout the eastern U.S.,” Mackey notes. HIPEC is a technique in which the surgeon continuously circulates a heated, sterile solution containing a chemotherapeutic agent throughout the peritoneal cavity to kill any remaining cancer cells after a tumor has been surgically removed. It offers a distinct survival advantage for patients with advanced peritoneal malignancies.”

“We can also offer the full gamut of laparoscopic and/or robotic treatments for urologic and gynecologic cancers,” he says, referring to the capabilities of genitourinary surgeons Gennaro Carpinito, MD and new addition Tony Luongo, MD, as well as gynecologic oncologists Katie Wakeley, MD and the recently recruited Sarah Hughes, MD.

And with the recent addition of Miriam O’Leary, MD, Tufts Medical Center now has four surgeons skilled in advanced techniques for the management of head and neck cancers, including oropharyngeal, nasopharyngeal and pharyngeal malignancies.

Important new capabilities at Tufts Medical Center include transanal endoscopic microsurgery (TEM) for low rectal lesions and laparoscopic colectomy, made possible by the recent appointment of Bruce A. Orkin, MD as chief of the newly created Division of Colon and Rectal Surgery.

Orkin is one of the most experienced laparoscopic colon and rectal surgeons in the nation. He was one of the first surgeons in the U.S. to perform transanal endoscopic microsurgery and today has one of the largest TEM case volumes in the world.

“One of the wonderful things about TEM is that instead of a big trans-abdominal operation, we can remove small cancers or large polyps transanally without any external incisions,” Orkin explains. “So instead of a seven- to 10-day hospital stay and six-week recovery, patients can go home the same day and recover in two weeks.”

One of the key reasons surgeons of this caliber choose to practice here is the exceptionally collaborative, multidisciplinary working environment that is Tufts Medical Center’s hallmark.

“This is the friendliest of all institutions I’ve been exposed to, with everyone working as a team to advance the institution and patient care,” says O’Leary.

“This is a place that values a team approach,” Orkin adds. “And the team includes the various disciplines within Tufts Medical Center as well as the patient’s referring physician and community providers.”

“At many other hospitals, if you see a surgeon first, you end up having surgery,” says Richard O. Wein, MD, FACS, Assistant Professor in the Department of Otolaryn-

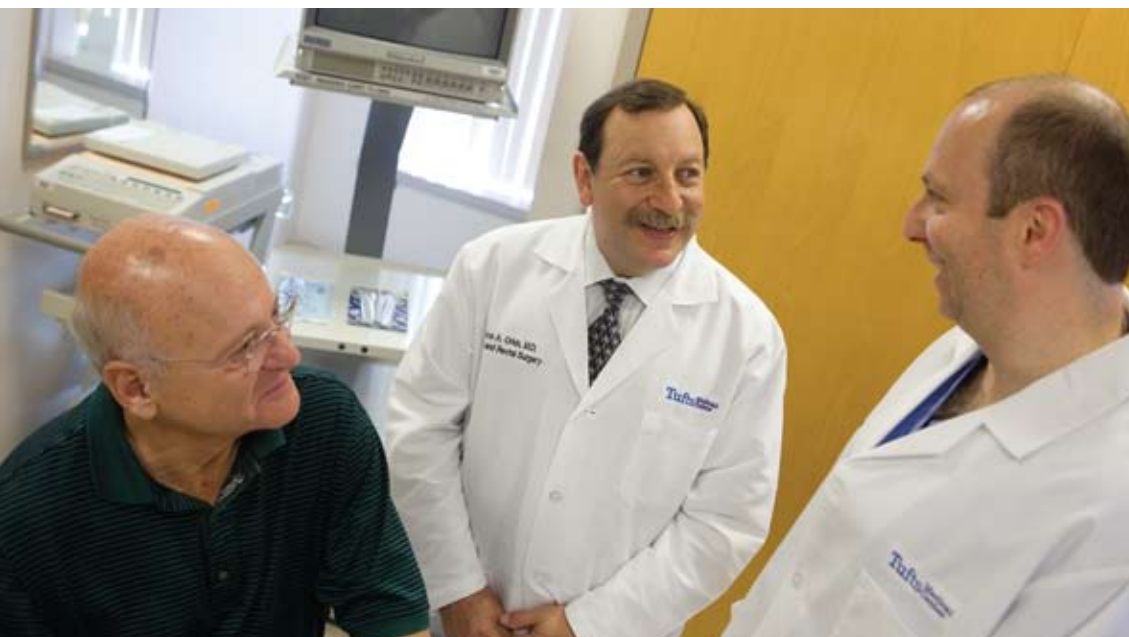
gology – Head and Neck Surgery, and Director of Head and Neck Surgery at the Medical Center. “Here, all cases are presented at weekly site-specific tumor board meetings with medical and radiation oncologists, pathologists, radiologists, and other clinical and support specialists. We discuss treatment options in this multidisciplinary forum and come to agreement on what’s best for the patient. So while the patient may see only one doctor, they’re really being seen by multiple specialists through the tumor board.”

“I feel this really defines personalized cancer care,” he adds. “Not only in delivery of care to the patient, but that all caregivers are willing to talk to one another.”

“The emphasis I want to make to the referring community is that we want to work collaboratively and return their patients to them,” says Mackey. “In our view, we should be partners with community oncologists and surgeons to help them with the more difficult or frustrating cases and, as soon as possible, return those cases to the community for follow-up care.”

“We’ve made a concerted effort to recruit the appropriate people and develop the mindset that we’re all here to be of service to our community partners,” he adds. “We really are here to help.” □

*Patient Howard Agranat (left) consults with Bruce Orkin, MD (middle), and Martin Goodman, MD.*



## SURGICAL ONCOLOGY RESOURCES

Tufts Medical Center has organized multidisciplinary teams focused on specific solid-tumor cancer sites, plus a team dedicated to hematology/blood and marrow cancer. Here’s an overview of the solid-tumor teams and the surgeons who are on them:

### Breast Cancer

Roger Graham, MD  
Janice Rothschild, MD

### Colon, Rectal and Anal Cancer

Bruce Orkin, MD  
Roger Graham, MD

### Endocrinology

Roger Graham, MD  
Martin Goodman, MD

### Gastrointestinal Cancer

Roger Graham, MD  
Martin Goodman, MD  
Janice Rothschild, MD

### Genitourinary Cancer

Gennaro Carpinito, MD  
Tony Luongo, MD

### Gynecologic Oncology

Katie Wakeley, MD  
Sarah Hughes, MD

### Head and Neck Cancer

Miriam O’Leary, MD  
Elie Rebeiz, MD  
Richard Wein, MD  
Arnold Lee, MD

### Hepatobiliary Cancer

Martin Goodman, MD  
Richard Freeman, MD  
Richard Rohrer, MD  
Jeffery Cooper, MD

### Neuro-Oncology

Julian Wu, MD  
Kevin Yao, MD

### Skin Cancer/Melanoma

Roger Graham, MD  
Janice Rothschild, MD

### Thoracic and Esophageal Cancer

Laurence Brinckerhoff, MD  
Yaron Perry, MD

## DOCTOR’S NOTES

To refer a patient to any of our multidisciplinary teams, please call 617-636-1100.

TAKING QUALITY AND EFFICIENCY  
TO A WHOLE NEW LEVEL

Two hands are shown from the side, with fingers interlaced to form a heart shape. The hands are light-skinned and the background is white. The heart shape is centered on the page.

# THE CARDIOVASCULAR CENTER

“

Today, all cardiac, imaging and vascular resources reside under a single organizational umbrella,” notes Marvin Konstam, MD, Chief Physician Executive, The CardioVascular Center.

**B**OSTON HAS A WEALTH OF RENOWNED ACADEMIC MEDICAL CENTERS WITH SPECIALTY RESOURCES FOR CARDIOVASCULAR CARE. BUT LOOK MORE CLOSELY, AND THE NEW CARDIOVASCULAR CENTER (CVC) AT TUFTS MEDICAL CENTER EMERGES AS A LEADER WHEN IT COMES TO CLINICAL STRENGTH COMBINED WITH AN EXCEPTIONAL EMPHASIS ON QUALITY, SERVICE AND COLLABORATION.

“With more than 50 world-class specialists, including national leaders in both clinical prowess and advanced research, we offer an outstanding depth and breadth of cardiovascular services,” says the CVC’s Chief Physician Executive Marvin A. Konstam, MD. “We have enormous strengths in areas such as advanced heart failure and transplantation, hypertrophic cardiomyopathy, cardiac arrhythmia, cardiac surgery, preventive cardiology and cardiac diagnostic imaging.” [See page 8 for a complete overview of CVC programs.]

“In fact, Tufts Medical Center has had a full array of cutting-edge cardiac diagnostic and treatment programs for decades,” Konstam continues. “And we’re proud to have achieved some of the best outcomes in the entire country, attracting patients from around the world.”

“Today, all these resources reside under a single organizational umbrella,” he notes. “For referring physicians and their patients, this means three things. First, it ensures that they have convenient, streamlined access to a multidisciplinary team of cardiovascular specialists because there’s now a single point of entry into the CVC and all its services.”

“Second, because our services are integrated, it means that the doctors and patients we serve will have a consistent

experience,” Konstam says. “And third, it enhances our ability to collaborate with community physicians, ultimately benefiting the patient — who’s at the heart of everything we do here.”

This collaborative approach to patient care is what sets the CVC — and Tufts Medical Center as a whole — apart from most other academic medical centers. The CVC’s Vascular Medicine Center is a case in point.

“We’ve long had excellent vascular surgeons, interventional radiologists and peripheral interventional cardiologists, but they all worked in their own areas,” Konstam explains. “Through the auspices of the CVC, we brought them all together, developing common protocols and access points. Now they meet regularly to discuss the best treatment approach for each patient.” And patients benefit significantly from their shared expertise.



Discussing a case in The CardioVascular Center are (from left to right): Navin Kapur, MD, Interventional Cardiology Center, Heart Failure and Cardiac Transplant Center; Hassan Rastegar, MD, Cardiac Surgery Program, Heart Failure and Cardiac Transplant Center, Hypertrophic Cardiomyopathy Center; Carey Kimmelsiel, MD, Interventional Cardiology Center; and Martin Maron, MD, Hypertrophic Cardiomyopathy Center, Cardiovascular Imaging Center.

The New England Heart Failure Network — part of the CVC’s Heart Failure and Cardiac Transplant Center — is another example of collaboration at its best. The CVC partners with other tertiary centers in the region (these currently include

*continued on next page*

## RESOURCES

*Additional resources — searches on the following websites are a great place to start:*

Hypertrophic Cardiomyopathy Association, [www.4hcm.org](http://www.4hcm.org)  
Heart Failure Society of America, [www.hfsa.org](http://www.hfsa.org)

Heart Rhythm Society, [www.hrsonline.org](http://www.hrsonline.org)  
American Society of Nuclear Cardiology (ASNC), [www.asnc.org](http://www.asnc.org)



### MARVIN A. KONSTAM, MD

Chief Physician Executive,  
The CardioVascular Center at  
Tufts Medical Center

Professor, Tufts University School  
of Medicine

#### Medical School

Columbia University College of  
Physicians and Surgeons

#### Postgraduate Training

Massachusetts General Hospital;  
Brigham and Women's Hospital

#### Board Certification

Internal Medicine, Cardiovascular  
Disease, Diagnostic Radiology

### DOCTOR'S NOTES

The professionals at Tufts Medical Center's CardioVascular Center are immediately available to help any of your patients who may have cardiovascular problems. For more information or to refer a patient, you can reach Dr. Konstam and our CardioVascular Center experts at 617-636-CARD (2273).

### CVC *continued*

Rhode Island Hospital, Miriam Hospital, UMass-Memorial Medical Center, Lahey Clinic, Dartmouth-Hitchcock Medical Center and Fletcher-Allen Hospital) to jointly deliver services to a rapidly expanding population of patients with heart failure.

"This partnership enables us to give more patients access to our state-of-the-art ventricular assist device (VAD) and transplant technology, but with much of the care delivered locally," says Konstam. "For example, a transplant patient can receive pre- and post-operative care close to home and only come to Tufts Medical Center for the operation. It's a seamless system with great continuity of care, and it's much more convenient for patients."

The New England Cardiac Arrhythmia Center has a national reputation for its treatment of heart rhythm disturbances and outstanding clinical outcomes, as well as its leading-edge research. "We have always considered the patient first," says Dr. Mark Estes, the program's director. "We feel that our reputation is only as good as the care we've provided to our most recent patient and the service we've provided to his or her primary physician and cardiologist."

Another distinguishing feature of the Tufts Medical Center CVC is its unwavering commitment to serving the primary care and specialist colleagues who refer their patients for advanced care.

"We have enormous respect for community physicians," says Konstam. "There's none of the historical 'gown vs. town' separation between us as an academic medical center and community-based physicians. Whether we're developing a program or caring for an individual patient, we view it all as a collaborative enterprise."

This collaboration starts with accessibility and communication. There is a single phone number for the entire CVC (617-636-CARD), and each program has a

*continued on page 10*

## The CVC's World-Class Expertise At-A-Glance

*The CardioVascular Center at Tufts Medical Center includes the following programs:*

### CARDIAC SURGERY

A longstanding, nationally prominent program with outcomes that consistently meet or exceed national benchmarks. Four renowned surgeons provide state-of-the-art therapies — including the latest minimally invasive techniques — for patients with coronary artery disease, valvular pathology, aortic abnormalities, arrhythmias, hypertrophic cardiomyopathy, heart failure and congenital abnormalities.

**Kenneth G. Warner, MD, Director**

### CARDIOVASCULAR IMAGING CENTER

State-of-the-art cardiovascular imaging with MRI, CT, nuclear cardiology and echocardiography, and a unique array of advanced services including 3-D cardiac imaging for evaluation of cardiac function, valvular, and congenital heart disease; stress echocardiography for evaluation of ischemia, valvular disease and cardiac hemodynamics; myocardial contrast imaging for evaluation of ischemic heart disease and cardiac function; and assessment of cardiac dyssynchrony in patients being evaluated for cardiac resynchronization therapy.

**Ayan R. Patel, MD**

*Director, Echocardiography*

**Martin S. Maron, MD**

*Director, Cardiac CT and MRI*

**James E. Udelson, MD**

*Director, Nuclear Cardiology Laboratory*



## CENTER FOR ADULTS WITH CONGENITAL HEART DISEASE

A collaboration between Tufts Medical Center's Adult and Pediatric Cardiology divisions, this Center serves the needs of adults living with congenital heart disease. We offer advanced non-invasive, multi-modality imaging techniques, along with invasive diagnostic and therapeutic procedures, and electrophysiology and surgical consultations are available.

**Jeffrey T. Kuvin, MD, Co-Director**

**Michael de Moor, MD, Co-Director**

## HEART FAILURE AND CARDIAC TRANSPLANT CENTER

A nationally recognized leader, this Center has pioneered innovative inpatient and outpatient therapies for patients with heart failure for more than 20 years, playing a key role in developing national disease management guidelines that demonstrate improved outcomes. Cardiac transplantation has been performed at Tufts Medical Center since 1985, and we are among the top three highest-volume centers in New England.

**David DeNofrio, MD, Director**

## HEART VALVE CENTER

Specializing in the multidisciplinary care of patients with valve disorders, with emphasis on those facing clinical decision-making challenges such as advanced disease states, co-morbidities or co-existing medical conditions, and limited or multiple treatment options.

**Natesa G. Pandian, MD, Director**

## HYPERTROPHIC CARDIOMYOPATHY (HCM) CENTER

The first such treatment and research facility in the Northeast and one of the most comprehensive and highest-volume centers of its kind in the U.S., the HCM Center provides patients and their families with comprehensive diagnostic testing, risk assessment, genetic screening and multidisciplinary treatment for this genetic heart disease that can cause sudden death, particularly in young people. Highly regarded for its physicians' expertise and experience, the HCM Center attracts patients from around the world.

**Martin S. Maron, MD, Director**

## INTERVENTIONAL CARDIOLOGY CENTER

Tufts Medical Center has been a leader in non-surgical approaches to the management of heart disease for 20 years, with a track record of superior patient outcomes and cost-effectiveness. We offer a full array of the most advanced techniques in diagnostic catheterization and non-surgical methods for treating coronary artery disease and obstructive valvular heart disease including stent, atherectomy and laser technology.

**Carey D. Kimmelstiel, MD, Director**

## NEW ENGLAND CARDIAC ARRHYTHMIA CENTER (NECAC)

The most comprehensive program of its kind in the region, NECAC has a national reputation for its treatment of heart rhythm disturbances and outstanding clinical outcomes. NECAC encompasses subspecialty expertise for evaluation and management of syncope, atrial fibrillation and other supraventricular arrhythmias, implantation of pacemakers, defibrillators and cardiac resynchronization devices, laser extraction of pacemaker and defibrillator leads, radiofrequency ablation, and arrhythmias in athletes, pregnant women, and patients with hypertrophic cardiomyopathy.

**N.A. Mark Estes, III, MD, Director**

## PREVENTIVE CARDIOLOGY CENTER (PCC)

The PCC provides risk factor assessment and management for patients with heart disease and those at an increased risk for cardiovascular disorders. Our multidisciplinary team of cardiologists, pharmacists, nurses and other health professionals provides expert advice and care for lipid management, hypertension, estrogen replacement therapy in postmenopausal women, and patients with a strong family history of heart disease.

**Richard H. Karas, MD, PhD, Director**

## VASCULAR MEDICINE CENTER (VMC)

The VMC's integrated team of vascular surgeons, cardiologists, interventional radiologists, podiatrists and infectious disease specialists provides a full range of diagnostic and therapeutic services tailored to each patient's needs. The VMC encompasses the nationally known Vein Center (which has pioneered work in complex venous care and reconstructive procedures), the Center for Wound Healing, and a team of vascular surgeons who provide expert evaluation and care in all areas of vascular disease management (with notable expertise in operative open and endovascular arterial surgery and the diagnosis and treatment of chronic venous disease).

**Mark D. Iafrati, MD, Director**

## WOMEN'S HEART CENTER

The Women's Heart Center provides outpatient clinical services to women who have, or are at risk for, cardiovascular disease. The Center's physicians include internationally recognized experts in estrogen's effects on the cardiovascular system, with special clinical expertise in women and heart disease.

**Ayan R. Patel, MD, Director**

*For more information or to refer a patient, call The CardioVascular Center at 617-636-CARD (2273)*





*Neil Halin, DO, Chief, CardioVascular and Interventional Radiology, in the Fluoroscopy Unit*

**CVC** *continued*

dedicated number. Plus, it's common practice for the Center's specialists to give referring physicians their cell phone numbers. Importantly, communication works both ways.

"We keep referring doctors informed and engaged in decision-making as opposed to doing something to their patient and letting the doctor know about it later," says David DeNofrio, MD, Director of the Heart Failure and Cardiac Transplant Center.

"We also never tell a referring physician 'we'll call you back when they inquire about transferring their patient,'" says James E. Udelson, MD, Chief of the Division of Cardiology and Director of the Nuclear Cardiology Laboratory. "We say 'yes;' we transfer the patient and make it happen. And we appreci-

ate that referring physicians want their patients back," he adds. "They don't fall into a black hole here."

Martin S. Maron, MD, Director of Tufts Medical Center's Hypertrophic Cardiomyopathy (HCM) Center — one of the most comprehensive and highest-volume centers of its kind in the U.S. — sums up the CVC's collaborative approach this way: "We're a family of physicians who know how to work together and enjoy the collaboration."

"We're always thinking about why a physician in New Bedford, Springfield or Portland, Maine wants to work with us," adds Konstam. "First, it's to get the best care for his or her patient. But it's also to know they're respected, valued and part of the team. Tufts Medical Center delivers on all counts." □

# WORKING TOGETHER

*Real experiences from our referring physicians*

## Yun Lam, MD

**Yun Lam, MD has been trusting Tufts Medical Center with the care of his patients for more than 10 years. While Lam's own internal medicine practice is just steps away from the Medical Center, it's actually the customer service and the easy access to appointments that keeps him continuing the relationship.**

"It is relatively convenient and easy to get appointments at Tufts Medical Center, especially for urgent cases," says Lam. Lam also notes that his office staff finds it easy to work with the staff at Tufts Medical Center to get patients scheduled efficiently. Lam says that the two staffs work so well together he doesn't have to get involved and that allows him more time to spend directly with his patients.

Lam also says that if there is ever a problem, it will be addressed quickly and professionally.

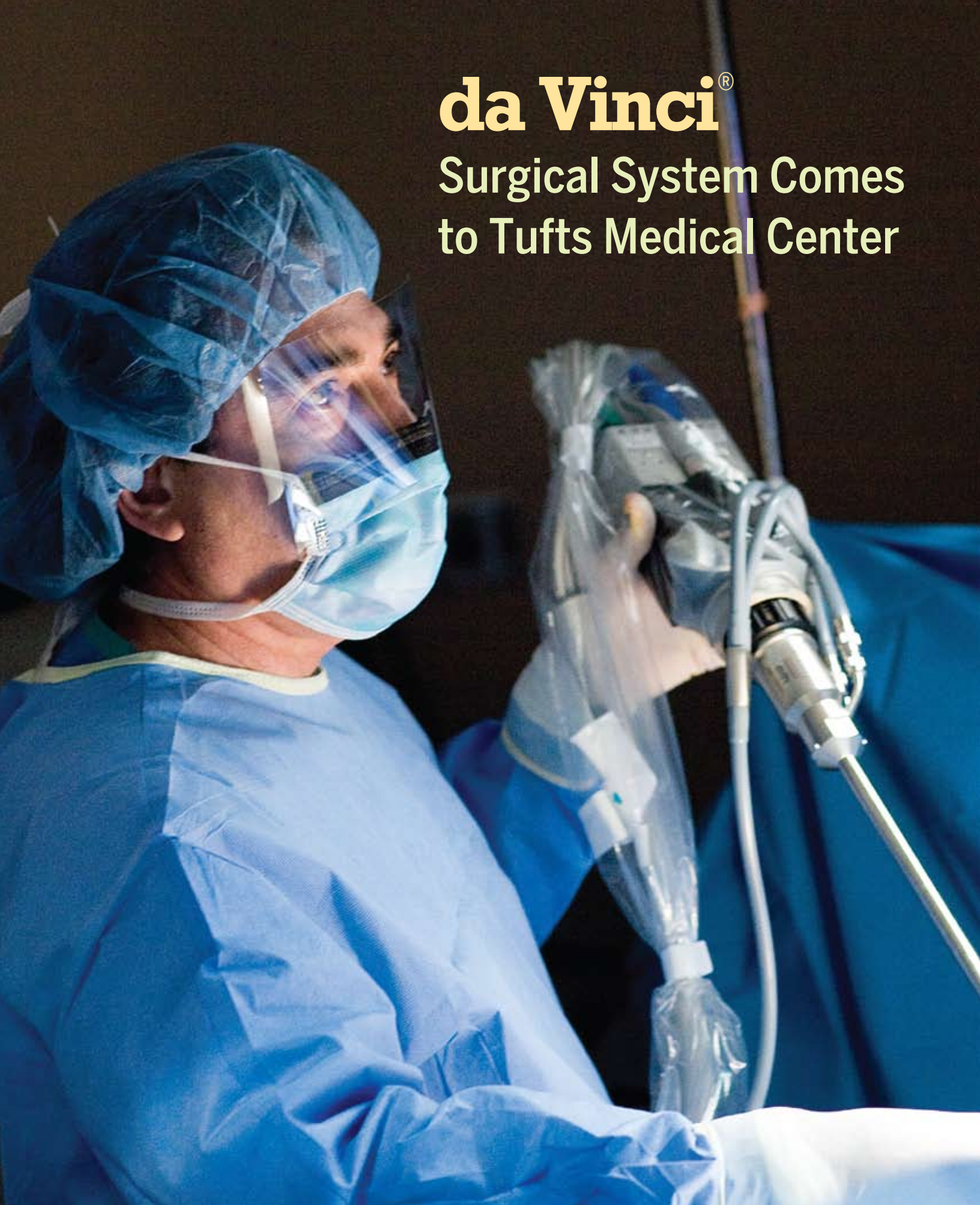
"I have noticed a positive change with referrals and appointment scheduling particularly since CEO Ellen Zane came to Tufts Medical Center. Also, Jennifer Roberts from the physician liaison department has been to my office many times to listen and help. It is nice that I can easily voice any concerns I may have, and am confident they will be addressed in a timely and efficient manner," says Lam.

Another key reason Lam refers to Tufts Medical Center — the quality of care and top-notch specialists practicing at the Medical Center. As a primary care physician, he realizes his patients look to him to identify the best doctors for their specialty needs. He strongly believes the physicians at Tufts Medical Center provide that high quality treatment for his patients. □



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At Tufts Medical Center, we value our referring physician partners and are committed to doing all we can to make it easy for you to refer your patients here. It is our mission to ensure that they, and you, have a positive experience during the entire referral process. If you have a story to tell about your experience with Tufts Medical Center, please contact us at [goodmedicine@tuftsmedicalcenter.org](mailto:goodmedicine@tuftsmedicalcenter.org). We would love to include it in a future *Working Together* column.



**da Vinci<sup>®</sup>**  
Surgical System Comes  
to Tufts Medical Center

**Surgeons at Tufts Medical Center are now utilizing the many advantages of the da Vinci® Surgical System to provide minimally invasive procedures in the areas of Cardiac Surgery, Urology, Gynecology, Bariatrics, and General Surgery.**

**T**he sophisticated robotic platform is operated by a surgeon sitting a few feet away from the patient at a console. Using a high-powered camera, the surgeon guides the arms of the robot that hold surgical tools and are inserted into the patient through small, keyhole-sized incisions. The da Vinci's highly accurate instruments allow the surgeon to move his own hands — and the robots — to conduct precise movements with extraordinary control and range of motion. The da Vinci's video monitoring system provides a three-dimensional view of the surgical field with magnification 10 times that of the naked eye.

“Our vast experience in minimally invasive surgery just received an additional boost, and we are pleased to offer this option to our patients when the use of the robot is most appropriate,” says Chair of Urology Gennaro A. Carpinito, MD.

Many patients benefit from this robotic, minimally invasive technique by experiencing noticeably less pain, blood loss, scarring, a shorter recovery time and a speedy return to normal activities. Utilizing the da Vinci Surgical System for radical prostatectomy is the #1 treat-

ment option for prostate cancer today. This approach has already surpassed open surgery to become the most-often performed approach to prostate cancer surgery in the United States.

Tufts Medical Center is developing a full array of surgical procedures offered through the da Vinci Surgical System. Currently urologists Gennaro A. Carpinito, MD and Tony Luongo, MD are performing radical prostatectomies with excellent results. Gynecological Oncology Chief Katie E. Wakeley, MD has also been utilizing it to perform minimally invasive hysterectomies. This fall, Senior Cardiothoracic Surgeon Hassan Rastegar, MD will be performing valve repair surgery with the da Vinci surgical system, and Tufts Medical Center's Weight and Wellness Center Bariatric Surgeon Julie J. Kim, MD will soon provide gastric bypass surgeries including gastric bands and sleeves.” □

If you have a patient that may benefit from robotic surgery at Tufts Medical Center, please contact our physicians in the following areas:

**Department of Urology**  
617-636-6317

**Department of Obstetrics and Gynecology**  
617-636-1364

**Division of Cardiothoracic Surgery**  
617-636-5594

**Division of General Surgery**  
617-636-6093

**Weight and Wellness Center**  
617-636-6068



*Gennaro Carpinito, MD, Chairman, Department of Urology, above and left, during a surgical procedure using the da Vinci Surgical System*

# ON CALL

*A regular feature introducing the specialists at Tufts Medical Center*

## RHEUMATOLOGY

The Rheumatology Division at Tufts Medical Center is a growing practice dedicated to providing convenient access for patients as well as state-of-the-art procedures.

“We have been working very hard to make the referral process easy,” says Tufts Medical Center Rheumatology Chief Timothy McAlindon, MD, MPH. “We want it to be simple for referring physicians and their staff to reach us, and we want to be conveniently located for the patient.”

Part of this effort includes the opportunity to consult Tufts Medical Center rheumatology specialists in diverse locations, such as Norwood, Carney Hospital in Dorchester and on Tufts Medical Center’s downtown Boston campus.

“Our specialists enjoy being part of different communities and bringing

their services to the patients. Having services close to home makes life more convenient for the patient, especially when they have a chronic condition and may need to visit us on a regular basis,” McAlindon says.

The Rheumatology staff is also excited to announce the advanced work it is doing with musculoskeletal ultrasound. The Tufts Medical Center team is among the first in the country to utilize this technology for the improved evaluation of joints as well as for guidance during delicate procedures.

“With musculoskeletal ultrasound we can better diagnose a patient’s problem, and we can often detect very early signs of arthritic disease,” says Tufts Medical Center Rheumatologist Janeth Yinh, MD. “In addition, this technology helps us to see the area more clearly when



### **TIMOTHY MCALINDON, MD, MPH**

Chief, Division of Rheumatology

#### **Medical School**

University of Southampton, UK

#### **Postgraduate Training**

Boston University School of Public Health; Bristol Royal Infirmary, UK; St. Thomas Hospital, London; Royal United Hospital, UK

#### **Board Certifications**

Internal Medicine, Rheumatology

performing procedures such as injections. The outcomes of these procedures are much improved over past options.”

Yinh says the ultrasound technology also allows the team to do procedures,

Tufts Medical Center offers a wealth of expert specialists to assist you in the care of your patients. During the past several years, we have added new physicians in many specialties to better serve you. This feature highlights several of our newest physicians, your newest referral resources. To learn more about our other new specialists, visit [tuftsmedicalcenter.org](http://tuftsmedicalcenter.org) and click on “find a physician.”

such as hip injections, in the office when previously these had to be done with the guidance of a CT scanner. “Now the procedure is more convenient for the patient and the patient avoids any radiation exposure,” she says.

This commitment to access and cutting edge technology is one of the reasons Tufts Medical Center is recognized as one of the nation’s leading centers for the treatment of arthritis and rheumatic disease. The division of rheumatology’s research and teaching programs are integrated with the highest quality of patient care. Areas of clinical expertise within the division include: arthritis and rheumatic disease, ankylosing spondylitis, autoimmune rheumatic disorders, bone health, bursitis and tendonitis, gout, inflammatory muscle diseases, lupus, Lyme disease, osteoarthritis, psoriatic arthritis, rheumatoid arthritis and vasculitis. □

**To refer a patient to Tufts Medical Center’s Division of Rheumatology, please call 617-636-5990.**



**WILLIAM F. HARVEY, MD**  
Rheumatologist

**Medical School**

Pennsylvania State University

**Postgraduate Training**

Thomas Jefferson University;  
Boston University

**Board Certifications**

Internal Medicine, Rheumatology  
(Pending)



**ROBERT KALISH, MD**  
Director,  
Rheumatology  
Education

**Medical School**

Cornell University Medical College

**Postgraduate Training**

North Shore University Hospital, NY;  
Tufts Medical Center

**Board Certifications**

Internal Medicine, Rheumatology

**Clinical Specialties**

Lyme Disease



**SENADA ARABELOVIC, DO**  
Rheumatologist

**Medical School**

Midwestern University

**Postgraduate Training**

University of Massachusetts Memorial  
Hospital; Tufts University School of  
Medicine, Tufts Medical Center

**Board Certifications**

Internal Medicine, Rheumatology



**JANETH YINH, MD**  
Rheumatologist

**Medical School**

Universidad Autonoma de Guadalajara,  
Mexico

**Postgraduate Training**

Mount Sinai School of Medicine;  
Tufts Medical Center

**Board Certification**

Internal Medicine

**Foreign Languages**

Spanish, Chinese (Cantonese)



**CANCER RESEARCH AT TUFTS MEDICAL CENTER:**

# **Clinical Trial Options Grow with 3 New Physician-Scientists**

## *When cancer patients exhaust standard treatments, the experimental options offered through clinical trials offer tremendous hope.*

These resources have recently been enhanced at Tufts Medical Center by the addition of three prominent physician-scientists: Paul Mathew, MD; Robert E. Martell, MD, PhD; and Raymond L. Comenzo, MD.

Mathew is a nationally recognized genitourinary medical oncologist who was recruited from MD Anderson Cancer Center. His research interest focuses on metastatic, hormone-refractory prostate cancer; and he has already opened two new trials in prostate cancer since his arrival in March.

“We were able to pry him away from MD Anderson because of translational research that Michael Rosenblatt, MD (dean of Tufts University School of Medicine) is doing on skeletal metastases of breast cancer using a mouse model that may have application to prostate cancer,” explains Richard Van Etten, MD, PhD, Director of the Tufts Medical Center Cancer Center, Chief of the Hematology/Oncology Division, and Professor of Medicine at Tufts University School of Medical. “As part of our multidisciplinary GU cancer team, Mathew is also advancing our clinical research agenda.”

Martell was recruited from the pharmaceutical industry to be the physician leader for Tufts Medical Center’s Experimental Therapeutics (or Phase I) program. Double board-certified in internal medicine and medical oncology with a PhD in pharmacology, Martell began his career in academia then transitioned to private industry, where he’s been involved in clinical development of several new cancer-fighting compounds that are directed at specific molecular targets within the tumor cells.

“This is a highly specialized role and we had been seeking just the right person for some time,” says Van Etten. “People with Martell’s credentials are very much in demand. Today, Phase I studies have exploded with new, targeted compounds coming out of the pharmaceutical industry that need testing. It’s a very intricate process that requires a lot of expertise. It also offers a lot of hope to patients who’ve exhausted standard treatment options, to get on some of these drugs early.”

Tufts Medical Center is one of only two cancer centers in Massachusetts to offer a Phase I program, according to Van Etten, and has recently recruited its first patient to a Phase I trial in leukemia.

“Martell is here to grow the program and the pipeline with the pharmaceutical industry,” he says. “We hope to have a portfolio of about a dozen Phase I trials by this time next year.”

Comenzo was recruited from Memorial Sloan-Kettering Cancer Center in New York to head Tufts Medical Center’s Blood Bank and Stem Cell Processing Laboratory. He also attends on the Bone Marrow Transplantation Service, and is actively involved in clinical research and teaching activities.

“Comenzo is a unique individual,” comments Van Etten. “Most blood bank doctors practice in pathology; Comenzo sees patients both as a transfusion specialist and an oncologist. He’s double-board certified in transfusion medicine and hematology/oncology, and has a specific research interest in malignant plasma cell diseases, including multiple myeloma and amyloidosis.”

“Sloan-Kettering tried very hard to keep him,” Van Etten notes. “But the dual draw of coming back to Massachusetts and Tufts [Comenzo completed fellowships in hematology and transfusion medicine at Tufts Medical Center under the legendary Eugene Berkman, MD, former director of the Tufts MC blood bank] and the opportunity to revitalize the great tradition of blood banking that was so strong during the Berkman years was, I think, too enticing to pass up.”

“Our philosophy is that every cancer patient ought to be a candidate for a clinical trial,” he adds. With Tufts Medical Center’s growing team of outstanding physician-scientists, our patients — and their physicians — have greater-than-ever access and opportunities for doing so. □

*Ray Comenzo, MD, Director of the Blood Bank, and Elliott Cutler, Senior Technologist, retrieving hematopoietic stem cells from a liquid nitrogen cryopreservation tank*

The exceptional group of obstetricians and gynecologists at Women's Care at Tufts Medical Center provide comprehensive services to women of all ages at different stages of their lives. Here's a list of the outstanding Ob/Gyns at Women's Care at Tufts Medical Center:

**ANDREA ZUCKERMAN, MD**  
**LAURA BAECHER-LIND, MD**  
**BRIAN BOND, MD**  
**DAVID CHELMOW, MD**  
**ALISSA DANGEL, MD**  
**SOO JIN LEE, MD**  
**HONG-THAO N. THIEU, MD**

You can reach them at  
**617-636-BABY.**



## Thinking About **Having a Baby?**

**DECIDING TO HAVE A BABY** is one of the most important decisions you will ever make. You may be thinking “what should I be doing to prepare myself?” The following are some helpful tips to get you ready for your journey through pregnancy.

Before trying to conceive, you should discuss your desire to have a baby with your primary care physician (PCP) or your gynecologist. Your PCP can discuss any special health issues you may currently have that should be managed now and during your pregnancy (such as diabetes, high blood pressure, asthma, lupus and others). Both you and your baby's father should also discuss any inherited conditions either of you may have. Your physician may recommend some genetic counseling before conception.

### *What types of lifestyle changes do I need to make if I am thinking of having a baby or recently found out I am pregnant?*

There are several lifestyle changes you can make before you become pregnant to make certain you are as healthy as possible for conception and pregnancy. Some changes to consider are:

- ▶ **Stop smoking.** Smoking not only decreases a woman's chance of getting pregnant, but smoking during pregnancy can result in a lower birth weight for the baby as well as additional health problems.
- ▶ **Eliminate alcohol consumption.** Some babies born to women who consume alcohol during their pregnancy are born with some form of mental retardation, learning disabilities and behavioral problems. Much like smoking, drinking alcohol may also reduce your ability to conceive.
- ▶ **Eat healthy and exercise.** Healthy eating habits and regular exercise can help you physically prepare yourself for pregnancy, childbirth and post-delivery activities. If you are currently overweight, your doctor may advise you to lose some weight before getting pregnant.
- ▶ **Taking a folic acid supplement** is very important for women who are thinking about getting pregnant. Folic acid helps protect your baby against neural tube defects such as spina bifida. In addition to a pill supplement, folic acid can also be found in foods such as dark green, leafy vegetables, broccoli and orange juice.
- ▶ **Limit your caffeine intake.** Caffeine is a stimulant that causes your blood vessels to constrict, increases your heart rate and elevates blood pressure. Caffeine can cross the placenta to your baby. As he/she is growing, your baby does not have the ability to metabolize the caffeine as quickly as you do and it can affect his/her developing cells. The March of Dimes advises women to limit their caffeine intake to less than 200 mg per day.

To put it in perspective, one 12 oz can of Coca Cola Classic has 34.5 mg, an 8 oz cup of coffee (drip) has 145 mg, a 12 oz can of Mountain Dew has 55 mg, an 8 oz can of Red Bull has 80 mg, a 12 oz Starbucks Tall coffee has 260 mg, and an 8 oz cup of brewed tea has 40 mg of caffeine.

*A quick resource guide for your patients: clip and copy or download at [www.tuftsmedicalcenter.org/havingababy](http://www.tuftsmedicalcenter.org/havingababy)*

### ***Do I need to take any kind of medication or receive any shots if I am thinking about having a baby?***

Make sure you have received all vaccinations before you get pregnant. Getting a Rubella vaccination to protect against German measles before getting pregnant is particularly important. If a pregnant woman gets German measles at any time during the first 16 weeks of pregnancy, the baby can develop severe congenital defects such as blindness, heart and brain abnormalities and deafness. Women who are already pregnant should not get the Rubella immunization because it contains the live measles virus. Those women should get a blood test to see if they are naturally immune to Rubella. If they are not naturally immune, they should avoid contact with others who currently have the disease or those who have been directly exposed to others who have it.

### ***How do I know if I'm ready to have a baby?***

Every child needs and deserves an unlimited supply of love and support, so it is of the utmost importance that both you and your partner are emotionally ready to have a baby.

Parents-to-be need to mentally prepare themselves for the demands of a new baby, particularly during the newborn phase when everything is brand new and unfamiliar. This unfamiliarity can often bring on feelings of inadequacy, stress and frustration. Caring for a new baby can interrupt times of intimacy and spontaneity that couples may have come accustomed to in their relationship. Discussing these possibilities before the baby arrives and then keeping the communication flowing between both parents after the baby arrives is key.

### ***What if I am unsuccessful in my attempts to get pregnant? When should I go to a fertility specialist?***

Healthy women under 30 years of age can usually achieve pregnancy within four to six months. For women over 30, it begins to take longer, and by age 40 years, it can take well over 12 months. Women under 35 with a regular menstrual cycle are advised to try getting pregnant for a year before seeking help from a fertility specialist. Women over 35 are traditionally advised to try for six months.

If the woman has irregular menstrual cycles, a history of gynecologic disease, has had a history of three or more miscarriages, or the man has known reproductive dysfunction, the couple should be evaluated with more urgency. Tufts Medical Center Reproductive Endocrinology specialists can be reached at 617-636-0053. □

## ***We Look Forward to Meeting You***

Choosing the right obstetrician is a personal and important decision; after all, you will be spending nine months together. Our obstetricians at Women's Care at Tufts Medical Center enjoy getting to know mothers-to-be and providing information and support every step of the way. We start by providing your first appointment within a week of your first call to us. We have male and female physicians, and physicians fluent in Vietnamese, Korean and French.

Your pregnancy is likely to be without complications, but should you or your baby need additional attention, it's reassuring to know that the OBs of Women's Care have ready access to high-risk maternity specialists and to expert neonatologists in Tufts Medical Center's highly respected Level-3 Neonatal Intensive Care Unit (NICU). All these experts are located right in the same buildings, just steps from each other, so everything you might ever need is right here for you and your new family, just in case. All of our ultrasounds are Level II ultrasounds, which are as in-depth as possible.

Our exceptional, patient and compassionate lactation consultants are also here for every new mother, helping you and your baby adjust to breastfeeding.

**You can make an appointment with us if you are already pregnant or if you are just thinking about becoming pregnant. Call us at 617-636-BABY or email [obgyn@tuftsmedicalcenter.org](mailto:obgyn@tuftsmedicalcenter.org).**

### ***Locations:***

#### **Downtown Boston:**

Tufts Medical Center  
South Building, 2nd Floor  
800 Washington Street, Boston, MA 02111

#### **Quincy:**

30 Beach Street, Quincy, MA 02170

Our physicians also see patients at area Health Centers. To schedule an appointment with Dr. Hong-Thao Thieu or Dr. Brian Bond at **Neponset Health Center** in Dorchester, call 617-282-3200. To schedule an appointment with Dr. Alissa Dangel at the **South Boston Health Center**, call 617-269-7500.

## Have Our Physicians Visit You

If you would like to schedule a meeting with any of our physicians or have them to your hospital for grand rounds or other educational sessions, **please contact Physician Liaison, Jennifer Roberts at 617 636-1398 or [jroberts2@tuftsmedicalcenter.org](mailto:jroberts2@tuftsmedicalcenter.org)**

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## Physicians' Referral Guide

For a copy of our most recent Physicians' Referral Guide, with a complete listing of all our physicians, their specialties, and contact information, **call Jennifer Roberts at 617-636-1398 or email [jroberts2@tuftsmedicalcenter.org](mailto:jroberts2@tuftsmedicalcenter.org)**

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## Refer a Patient for Inpatient Care

Use our simple one call service to admit a patient any time – 24 hours a day, 7 days a week – at **877-OK-TUFTS**

***Working Together Is Good Medicine*** is for physicians who are interested in learning more about referring their patients to Tufts Medical Center. We value your partnership with us and are committed to doing all we can to make it easy for you to refer your patients to us. It is our mission to ensure that they, and you, have a positive experience while benefiting from some of the finest care and cutting-edge research available in New England.

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***Working Together Is Good Medicine*** is published quarterly by Tufts Medical Center. For more information, **contact the Office of Public Affairs and Communications at Tufts Medical Center, 617 636-0200 or [goodmedicine@tuftsmedicalcenter.org](mailto:goodmedicine@tuftsmedicalcenter.org)**

*Tufts Medical Center is the principal teaching hospital for Tufts University School of Medicine*

[www.tuftsmedicalcenter.org](http://www.tuftsmedicalcenter.org)