

HEALTH WORKS



Fall 2023



Taking Care of You:

A Wellness Guide for Women

Breast Cancer Surgery Offers Aesthetic Options

Advice for Good Gut Health

Join us November 1 for a VIP Evening of Women's Health!

See page 2

A Letter from Our President & CEO



Welcome to the first Women's Health issue of *Health Works!* I hope you take advantage of the resources and advice shared by some of Emerson's leading physicians. Women

traditionally focus on keeping their loved ones healthy. With summer over, students back in school, and sports and other activities in full swing, it is time to take care of you. Early prevention saves lives, so schedule your primary care visit and screenings today before the holiday season gets into high gear.

Thank you to our community for your unwavering support of our mission. Emerson earned many quality and safety accolades this year with your help. The generosity of our donors allows us to maintain the highest-quality care locally. To better reflect the impact of philanthropy, our annual appeal is now called the Emerson Fund. Visit emersonhealth.org/donate to learn more about the Fund.

We are proud to be here whenever you and your loved ones need care – trusted, safe, and close to home. Thank you for choosing Emerson.

Christine

Christine C. Schuster, RN, MBA
President and CEO

» Thank you for supporting Emerson. Please note our annual appeal is now called the Emerson Fund. Visit emersonhealth.org/donate.

A VIP Evening of Women's Health – November 1

Save the date! Join us on Wednesday, November 1, from 6 to 8 p.m., at the Umbrella Arts Center, Concord, for VIP access to women's health experts. Spend a fun night with friends, enjoy refreshments, and learn the latest health trends. You will get a chance to have your questions answered by some of Emerson's top female physicians. Space is limited, so learn more and register today at emersonhealth.org/womenshealthevent or by calling **978-287-3084**. Thank you to lead sponsors Concord OB/GYN, Sharon Mendosa Realtor, and U.Sk under skin.



New and Expectant Parents: Exciting News!



Newsweek named Emerson's Clough Birthing Center one of America's Best Maternity Hospitals in 2023. Only five hospitals in Massachusetts received this highest honor that recognizes outstanding maternity care and childbirth experiences. To learn more about the birthing center and our classes for new and expecting parents (a great way to meet other young families), visit emersonhealth.org/newparentgroups for information and to register.

Wellness Classes Offer Relief from Osteoporosis

Millions of women have osteoporosis, which causes bones to weaken and break. Research shows that targeted exercises build stronger bones and reduce pain associated with this disease. Emerson's Steinberg Wellness Center offers many exercise and nutrition classes for women with osteoporosis. Discover classes and register at emersonwellness.org.



In This Issue
Managing Migraines
Relief for Pelvic Health Issues

Where to find us ...

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Stay Connected for a Longer Life

Can a lack of social connections harm your physical and mental health? Yes, new research suggests. Among more than 4,000 adults, those who were isolated had a higher risk of dying.

Friends, family, and community can positively impact your health. In addition to helping you cope with stress, they can give you a greater sense of purpose and support you through life's trials and tribulations. Here are some ways to nurture close bonds:

Chart Your Community

Begin by identifying your social support system. Ask yourself these three questions:

1. Who is important in my life?
2. Whom am I important to?
3. Is there someone I know in danger of isolation right now?

Can you list specific names? If so, you have a network of people to help you – and whom you can help in return.

Then, reach out. There are more options than ever for staying in touch. Sure, you can call or write. You can also visit in person, text, FaceTime, Skype, Zoom, or chat on Facebook or WhatsApp.

Check In with Loved Ones

Plan intentional time with those you love. You can make it a lighthearted date – a movie or a game – or a deeper check-in.

For children, make time to talk about their feelings. Include discussions of what they are grateful for or happy about.

Expand Your Circle

You can never have too many friends – or too much support. Here are a few tips for meeting new people:

- Join an exercise, cooking, music, or art class.
- Volunteer to help others. Visit emersonhealth.org/support-emerson/volunteering for ways to help at Emerson.
- Take up a social activity, such as crafting, gaming, or pickleball.
- Check out local libraries; many have free programs and events.

Make an effort to connect with others every day – your heart and mind will be glad you did!

» Listen to podcasts about mental health at emersonhealth.org/podcast.



» Wellness classes offered at Emerson's Steinberg Wellness Center for Mind and Body help reduce stress, keep you healthy, and connect you with others in the community. Discover more than 100 classes at emersonwellness.org.

Breast Cancer Surgery: Team Approach Transforms Lives

Oncoplastic Procedure Empowers Patients



The surgeons stand on opposite sides of the patient, working in concert.

Receiving a breast cancer diagnosis is hard. But when a woman needs surgery to remove the cancer, it can be devastating. Now, there is a silver lining, thanks to an advanced procedure provided by two female Emerson surgeons.

Elizaveta Ragulin Coyne, MD, FACS, breast surgeon and director of the Comprehensive Breast Health Program at the Mass General Cancer Center at Emerson, and Joanna Ng-Glazier, MD, FACS, plastic surgeon, offer oncoplasty, an all-in-one procedure that combines breast lumpectomy (cancer tissue removal) with reconstructive surgery. Women go home the same day with the breast cancer removed and – to minimize visible scarring and enhance aesthetics – the desired shape and size of both breasts. The surgery is proven safe with the same outcomes over time as more traditional procedures.

“I am thrilled with the outcome and the expertise the surgeons provided. I received the best personalized care. They are fabulous in their craft. I feel terrific!” – Carolyn Light, who had oncoplastic surgery at Emerson last year

Personalized Experience

Candidates for oncoplastic surgery first meet with Dr. Ragulin Coyne to discuss the cancer treatment plan. “Nobody’s cancer is the same. This procedure offers a highly customized way to remove the cancer and ensure women’s breasts look the way they want,” she explains.

Next, the patient meets with Dr. Ng-Glazier. “I focus on understanding the patient’s ideal breast size and shape. Based on that, I design incisions through which Dr. Ragulin Coyne removes the cancer. Then I complete the procedure to meet the patient’s aesthetic goals. This may include breast reduction or lift. The goal is for the patient’s breast shape to be the same or improved – despite them needing cancer surgery.”

Two-in-One Same-Day Surgery

On the day of the procedure, the surgeons talk with the patient and confirm the plan. In the operating room, they stand on opposite sides of the patient, working in concert. Dr. Ragulin Coyne removes the cancer while Dr. Ng-Glazier sculpts the breasts.

Patients go home the same day, often with minimal discomfort. “We use special nerve blocks during surgery to control pain afterward. This results in a much faster recovery, often without the need for prescription pain medicine,” shares Dr. Ragulin Coyne.

Dr. Ng-Glazier elaborates: “Our patients are exceptionally pleased and thankful, knowing the cancer is removed and their breasts look very similar or

improved. Some patients experience years of back pain from large breasts. After surgery, they are much more comfortable and live a very active life.”

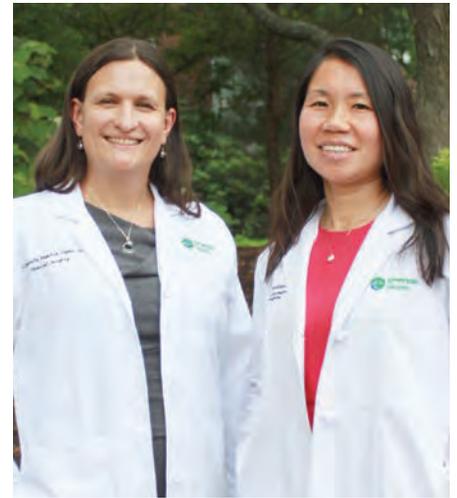
Dr. Ragulin Coyne adds, “One of the biggest compliments is when a patient tells us months later, ‘I went to my mammogram and they could not find my scar!’”

Close Collaboration, Optimal Patient Care

Upon meeting them, people know that Drs. Ragulin Coyne and Ng-Glazier are close colleagues. Not only are they both smart, passionate surgeons with young children, but their friendship started years before they came to Emerson, when Dr. Ragulin Coyne trained with Dr. Ng-Glazier’s husband at the same hospital. Reflecting on their friendship, she shares, “We brainstorm constantly – in the hospital and also during walks outside. We work in sync because we understand and respect each other. This leads to the best outcomes for our patients.”

“It is inspiring to see patients transform throughout their cancer journey and how oncoplastic surgery empowers women. Working concurrently allows us to achieve both lifesaving and quality-of-life-saving work. This is why I became a plastic surgeon,” explains Dr. Ng-Glazier, who also completed general surgery training before specializing in plastic surgery.

Both surgeons participate in Emerson’s multidisciplinary tumor board, comprised of doctors and staff involved in patients’ care, including oncologists



Elizaveta Ragulin Coyne, MD, FACS, (left) and Joanna Ng-Glazier, MD, FACS

from the Mass General Cancer Center at Emerson. The group discusses each patient’s plan based on the latest advancements in cancer treatment and care. “Emerson is the ideal size – we have the experience, collaboration, and advanced equipment to provide optimal care,” concludes Dr. Ragulin Coyne. “Yet, we still provide a caring community environment, which patients value,” adds Dr. Ng-Glazier.

“After surgery, we do not stop taking care of our patients. We are with them together through their journey,” she continues. “If they need chemotherapy or radiation, we see them regularly to make sure they are doing well. This makes all the difference.”

» For more information about Emerson’s Comprehensive Breast Health Program and to request an appointment, visit emersonhealth.org/breasthealth or call 978-287-3547.

» Regular mammograms are the best way to screen for breast cancer; when it is caught early, it is easiest to treat. Visit emersonhealth.org/mammo or call 978-287-8107 for information and to request an appointment.

Take Care of You: A Wellness Guide for Women

Women are masters of multitasking. But amid juggling life's responsibilities and taking care of others, your own wellness may land at the end of the to-do list. This is an important reminder: Your health matters!

Below is the ultimate care package for your health, with screenings and recommendations. This information serves as a starting point. Discuss it with your healthcare provider to fit your unique needs. Above all, use it – these tests and visits will make a difference in your overall health, and that is what really matters.



Care for All Ages

- **Annual well-woman visit:** This is a full checkup focused on preventive care. Bring a list of questions about your health concerns and ask whether your vaccines are up-to-date.
- **Eye exam:** Check with your primary care provider (PCP) – you may need a yearly eye exam.
- **Screening for anxiety and depression:** Talk openly with your PCP about your emotions at your visits. They are there to help.
- **Diabetes blood test:** If you show symptoms or are at risk for diabetes, your PCP may recommend this test.
- **HIV blood or saliva test:** Everyone should be tested at least once.

» Join us on **November 1** for a VIP Evening of Women's Health. See page 2 and visit emersonhealth.org/womenshealthevent to learn more.

Screenings: Your 20s & 30s

- **Blood pressure:** at least once a year
- **Cholesterol:** at least every 4-6 years
- **Mammogram:** one baseline screening, ages 35-39
- **Pap test and/or HPV test:** every 3-5 years, ask your PCP



Screenings: Your 40s & 50s

- **Blood pressure:** at least once a year
- **Cholesterol:** at least every 4-6 years
- **Mammogram:** every year
- **Pap test and/or HPV test:** every 3-5 years, ask your PCP
- **Colonoscopy:** every 10 years, starting at age 45, or as recommended based on your prior colonoscopy
- **Bone density test:** after menopause

» Visit emersondocs.org to find a primary care provider, specialists, and for more information.



Screenings: Your 60s & Older

- **Blood pressure:** at least once a year
- **Cholesterol:** at least every 4-6 years
- **Mammogram:** every year
- **Bone density test:** after menopause
- **Pap test and/or HPV test:** every 3-5 years, depending on the test (you may be able to stop screening after age 65)
- **Colonoscopy:** every 10 years, starting at age 45, or as recommended based on your prior colonoscopy



Screenings: Pregnancy & Postpartum Tests

- **Gestational diabetes:** after 24 weeks of pregnancy
- **Diabetes:** within a year after pregnancy, if you had gestational diabetes
- **Postpartum depression:** after giving birth

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» Learn more about these and other Emerson physicians at emersondocs.org.



Can You Relate?

Signs of Perimenopause

The time leading up to a woman's last period, called perimenopause, is filled with many changes. Some, like hot flashes, are well known. Others may surprise you. Learn how to manage these lesser-known symptoms and embrace this new chapter of life!

Bathroom Blues

Do you race to the restroom? Feel a little leak when laughing with friends?

You are not alone. During perimenopause, estrogen levels begin to drop, weakening the bladder area and leading to urinary incontinence in some women.

Self-care: To combat leakage, strengthen your pelvic floor muscles, which support your bladder and uterus. Start by performing Kegel exercises – squeezing and relaxing the muscles you use to stop the urine stream. In addition, avoid food and drinks high in caffeine and acid (coffee, oranges, and tomatoes, for example), which can irritate the bladder. If you are struggling with leakage, a physical therapist specializing in the pelvic floor can help. See page 10 for more information about pelvic therapy.



Sabotaged Sleep

Whether you wake up in the middle of the night or struggle to fall asleep, sleep issues are common in the menopausal years.

Yes, the stress and responsibilities of aging can sideline slumber. But shifting hormones also play a role. Other menopause symptoms (hello, hot flashes!) can interrupt sleep, too.

Self-care: To increase your z's, take a walk or bike ride during the day. Exercise is one of the best things you can do to improve sleep. Bonus: It may also help curb hot flashes. Then, focus on good

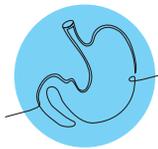


sleep hygiene. Make sure your bedroom is dark and cool. Avoid looking at your phone or other screens close to bedtime. And create a relaxing nighttime routine, such as taking a bath or reading.

Tummy Troubles

Feeling bloated or crampy? Hormone changes related to menopause may be the cause. Shifting hormone levels can result in bloating, constipation, abdominal pain, and indigestion.

Self-care: Take steps to reduce your stress. Work with your healthcare provider to identify foods that trigger your digestive issues. Keeping a food journal may help. See your provider right away if you experience unexplained weight loss or rectal bleeding. See page 12 for more about gut health.



Ringing in the Ears

Whether it is ringing, roaring, hissing, or buzzing, if you hear a constant noise in one or both ears, you may have tinnitus. The condition is often associated with hearing loss or exposure to loud noises, but menopause may raise risk. Some experts point to changes in reproductive hormones that can affect the inner ear. Sleep issues common during menopause might also contribute.

Self-care: While ringing in your ear usually does not pose a danger to your health, it can be distressing. To help, focus on good sleep habits and talk with your provider about low-dose hormone replacement therapy, which can improve symptoms.



Heartbeats

Up to 40% of women in perimenopause – and more than half of postmenopausal women – experience heart palpitations. The correlation between these fluttering, racing, or pounding feelings in the chest and menopause needs to be studied more, experts say.

Self-care: You can reduce heart palpitations by cutting back on caffeine and taking steps to manage stress. If you are concerned about palpitations, talk with your healthcare provider.



Mental Health

Studies show that two in every three women going through perimenopause may deal with cognitive and emotional issues such as memory problems and difficulty concentrating. Emotional challenges like mood changes and anxiety are common, too. These symptoms can be caused by hormone fluctuations, other menopause symptoms, or a combination of both.

Self-care: In addition to eating a healthy diet, getting quality sleep, and exercising regularly, engage in activities like mindfulness, yoga, meditation, listening to music, reading, or spending quality time outside, which can reduce stress. Stay connected with family and friends.

Most important, share any new or troubling symptoms with your healthcare provider. They may have additional self-care strategies, recommend treatments, or identify signs of a more serious problem. Do not worry alone – contact your primary care provider with any questions.



» To find a doctor, visit emersondocs.org.

» Listen to a podcast about menopause at emersonhealth.org/podcast.



Pelvic Health Physical Therapy Provides Relief for Women

Women do not often talk about pelvic health issues. Yet one in four suffers from conditions like incontinence, constipation, pelvic pain, pain during intercourse or pregnancy, abdominal pain after surgery, and endometriosis.

Pelvic health physical therapy (PT) is often the first line of defense to treat these conditions that both women and men experience. Here is what you need to know about this specialized PT.

What is pelvic health PT?

Pelvic health PT – also known as pelvic floor PT – uses proven techniques to evaluate and treat pelvic floor dysfunction. Treatment may include pelvic floor and core muscle coordination, bladder and bowel training, biofeedback, myofascial therapy to release tightness or pain, body mechanics, and abdominal and hip strengthening.

Who performs pelvic health PT?

Experienced physical therapists specially trained in treating individuals with pelvic floor disorders perform pelvic health therapy. They participate in robust continuing education to stay current

on the latest standards and may also hold a specialty certification. Pelvic health therapists respect their patients' sensitivities and are committed to helping you feel better.

Is it proven to help?

Research supports pelvic floor therapy as an effective treatment for pelvic pain, urinary incontinence, functional constipation, prenatal and postpartum changes, and more. Most of our patients experience reduced symptoms and improved quality of life after they complete therapy.

What happens during treatments?

During your first visit, your therapist takes time to get to know you, your medical history, and your lifestyle. In a private treatment area, the therapist will perform a comprehensive exam to determine the cause of your symptoms. The exam may include an assessment of muscle strength, skeletal alignment, body mechanics, flexibility, and core muscle coordination. You will discuss an individualized treatment program with your therapist, including home exercises

to support your goals. Patients typically have a series of appointments with their physical therapist over weeks or months.

Rachel Kim, PT, DPT, pelvic health physical therapist at Emerson, encourages people to give pelvic PT a try. She explains, "You do not need to live in pain. We are friendly professionals helping people improve their quality of life using proven techniques."

» To learn more and request an appointment, visit emersonhealth.org/pelvichealth or call 978-287-8200.

» Listen to a podcast with an Emerson pelvic health PT at emersonhealth.org/podcast, and follow along on Instagram @EmersonPelvicHealth.



» Oneeka Williams, MD, with Emerson Health Urology, specializes in female urologic issues. To learn more and make an appointment, visit emersonhealth.org/urology or call 978-287-8950.



"Listen to your body and get help if you are in pain. Pelvic health therapy gets your body in balance so you feel better and can resume your daily life. The Emerson team is experienced and kind, offering personalized care for every patient they treat. It is comforting to know this expertise is available so close to home."

– Barbara O'Neill, patient

More Than a Headache – Managing Migraines

Nearly one in four women suffers from migraines – the throbbing head pain that often includes other symptoms that make it difficult to function. People of all ages get migraines; women experience them three times more often than men. Women between the ages of 20 and 45 are most at risk for migraines because research shows hormone changes trigger them. Some good news – menopause may reduce their frequency and severity.

Some people experience migraines rarely, whereas others battle them more often.

Top Migraine Triggers

Many factors may lead to a migraine, including:

- Stress and anxiety
- Hormonal changes due to a woman's menstrual cycle
- Too much or not enough sleep
- Not drinking enough water
- Skipping meals or changes in eating habits

- Certain foods, such as those that contain monosodium glutamate (MSG), nitrates, aspartame, or tyramine (found in aged cheeses, soy, and smoked fish, among others)
- Caffeine or caffeine withdrawal
- Alcohol (especially red wine)
- Changes in weather
- Bright lights
- Strong odors
- Loud noises

Identifying and avoiding your triggers are key to preventing migraines. Keep a headache diary to provide important insights on triggers and data and to help you anticipate future migraines and manage the pain. The diary should include the time and date of migraine onset and end, symptoms, possible triggers, and pain relief.

Treatment Types

Migraines cannot be cured, so treatments aim to stop symptoms and prevent future attacks. Options include:

- **Medicine:** There are two types of medications to treat migraines: one that prevents migraine attacks and one that treats migraines when they occur.
- **Botox:** These injections have been approved by the Food and Drug Administration to successfully treat patients who have regular migraines.

- **Biofeedback:** This noninvasive therapy builds body awareness so you can recognize tension and bring it under control, preventing or stopping a headache.
- **Relaxation therapies:** Like biofeedback, techniques such as deep breathing, yoga, and progressive muscle relaxation may help head off headache pain.
- **Acupuncture:** Performed by placing needles or pressure on the skin, studies have shown this practice can reduce the frequency of migraines in some patients.

When to Get Help

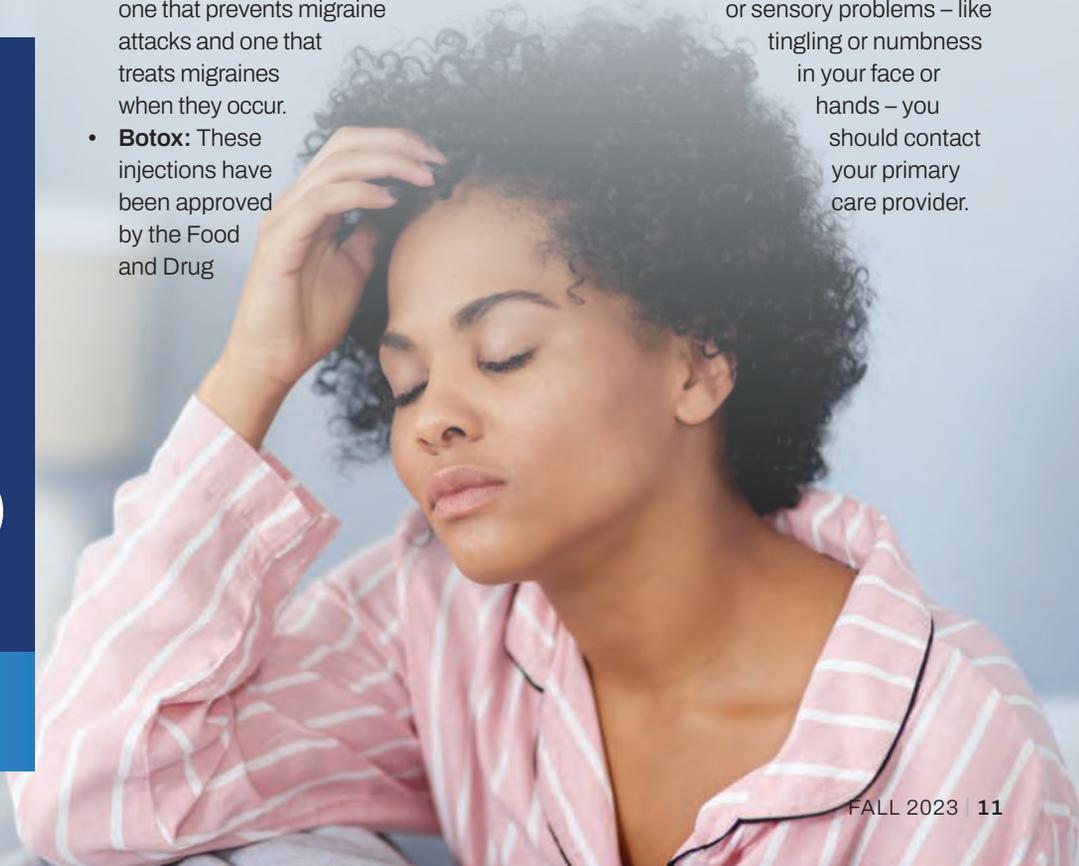
Check with your primary care provider if you have any questions or concerns about the frequency or intensity of your headaches. Sometimes, a headache can signify a more serious health issue. If your headaches are frequent, long-lasting, disrupt your life, or cause nausea, vomiting, confusion, convulsions, or sensory problems – like tingling or numbness in your face or hands – you should contact your primary care provider.

“You do not need to suffer alone,” explains Agnes Virga, MD, neurologist with Emerson Health. There are new and often life-changing therapies available, giving great hope to millions of people who suffer from migraines. Contact your primary care provider for the latest information.”

» Listen to a podcast with Dr. Virga discussing treatments for migraines at emersonhealth.org/podcast.



» To find a doctor, visit emersondocs.org.



Your Guide to a Healthy Gut

Emerson Health gastroenterologist Jennifer Naylor, MD, discusses common abdominal symptoms, offers strategies for good gut health, and advises when you should see your healthcare provider.



Jennifer Naylor, MD

Q: How does gut health change as women age?

A: Your gut changes over time. When women menstruate, stools are often looser. Closer to menopause, women can experience more bowel irregularity and bloating.

Some symptoms of pelvic floor issues, such as fecal incontinence or feeling like you have not completely emptied your bowel, occur more often after menopause. This is especially true for women who gave birth vaginally or had pelvic surgeries, like cesarean sections or hysterectomies. (For more about pelvic health, see page 10.)

Q: How do stress and busy lives impact gut health?

A: People often feel stress in their guts. It can manifest as heartburn, changes in bowel movements, abdominal pain, and bloating. Eating a healthy high-fiber diet and exercising regularly are good ways to decrease stress and help keep your gastrointestinal tract healthy.

Q: What causes bloating?

A: Bloating is often related to diet choices. Common food culprits include carbonated beverages – like soda or seltzer – and greasy, fried, fatty foods. Some vegetables, like broccoli, cabbage, garlic, and onions, can also trigger gas and bloating. Dairy triggers bloating for women who are lactose intolerant.

Q: How can I relieve bloating?

A: Keep a food journal to help narrow down which foods trigger your bloating. Then avoid or limit the items you identify

to gain some relief. Exercise helps relieve bloating, as can over-the-counter products like Gas-X. If bloating is accompanied by rectal bleeding, unexplained weight loss, or a family history of colorectal or gynecological cancer, you should contact your healthcare provider.

Q: What about heartburn?

A: The same foods that lead to bloating can also cause heartburn. In addition to those, limit tomatoes, citrus, alcohol, and other acidic foods. Staying at a healthy weight can help prevent acid reflux, the cause of heartburn.

Q: When should I see a doctor for gut/belly pain?

A: Contact your provider if you experience abdominal pain, a change in bowel habits, or rectal bleeding.

Q: What are your best tips for good gut health?

A: Start with regular exercise and diet. When planning your food plate, divide it in half. Fill one-half with fruits and vegetables, one-quarter with healthy lean protein, and one-quarter with whole-grain carbohydrates.

Drink six to eight 8-ounce glasses of water a day. Flavored water is good, but coffee and tea do not count toward your daily water consumption.

Last but not least, schedule regular colonoscopies starting at age 45 – sooner if you have a family history of colorectal cancer. This is the best way to screen for colon cancer. The earlier it is caught, the more likely it can be treated.



» For information and to listen to podcasts with Emerson gastroenterologists, visit emersonhealth.org/gastro or call 978-287-3835 to make an appointment, including for a colonoscopy.



Thank You for Your Support!

This year, with your help, we raised more than \$155,000 to support people receiving care at the Mass General Cancer Center at Emerson Hospital!

SAVE THE DATE!
 Emerson's 2024 5k is April 27 – May 4 (on-site).
 For event updates, follow us on Facebook and Instagram @EmersonHealth5k.

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Photographs courtesy of Susan Culhane and Aidan Moroney

Your Guide to Good and Bad Fats

Monounsaturated, polyunsaturated, saturated ... dietary fats are confusing. Some benefit you and help increase HDL, or “good,” cholesterol. Others increase your LDL, or “bad,” cholesterol, and your risk for heart disease and stroke.

Keep this chart handy to identify which fats you should focus on. When you shop for food, check nutrition labels to see what types and how many grams of fat the food contains. Choose foods with little or no unhealthy saturated and trans fats, including partially hydrogenated oil. This will strengthen your heart and improve your overall health.

Type of Fat	Effects on Your Health	How Much to Eat Each Day (based on a 2,000-Calorie Diet)	Foods That Contain It
Monounsaturated Fats (<i>good fat</i>)	Reduce your LDL cholesterol, increase HDL – or good – cholesterol, and lower the risk for heart disease	No more than 44 to 78 grams (11 to 20 tsp.) total when combined with polyunsaturated fats	Nuts, vegetable oils (including canola and olive oil), and avocado
Polyunsaturated Fats, Including Omega-3s (<i>good fat</i>)	Reduce your LDL cholesterol and risk for heart disease	No more than 44 to 78 grams (11 to 20 tsp.) total when combined with monounsaturated fats	Walnuts; flaxseed; and fatty fish, such as salmon, trout, and herring
Saturated Fats (<i>bad fat</i>)	Increase your LDL cholesterol, which raises your risk for heart disease and stroke	No more than 22 grams (6 tsp.)	Beef, lamb, poultry – especially with skin – and other meats; full-fat dairy products, including ice cream, cheese, and butter; and coconut oil, palm oil, and lard
Trans Fats (<i>bad fat</i>)	Increase your LDL cholesterol and risk for heart disease and stroke	As little as possible	Baked goods, margarines, and fried foods. Check labels for <i>hydrogenated</i> or <i>partially hydrogenated</i> oils. While the major source of man-made trans fats (partially hydrogenated oils) stopped being added to foods in 2018, it can be found naturally in some meat and dairy products.



» Visit emersonhealth.org/cardiology to learn about Emerson’s cardiology services and listen to podcasts about heart health.

Versatile Autumn Quinoa Salad

If you are looking for a healthy lunch or dinner, this recipe delivers a flavorful and heart-healthy dish. Bonus: It is easy to customize for many different tastes and dietary needs. Get creative and savor the tastes of fall! Serves 6.

Time from prep to table: about 60 minutes. Note: If you use chopped butternut squash, found in the prepared vegetables section of most grocery stores, it will save approximately 10 minutes.

Ingredients

1 small butternut squash, peeled and cubed
 5 tbsp. olive oil or avocado oil, divided
 Salt and pepper to taste
 1 cup uncooked quinoa
 2 cups water or low-sodium vegetable broth
 2 cups chopped kale or any leafy green of your choice
 1 apple or pear, cored and chopped
 ½ cup dried cranberries or raisins (optional)
 ½ cup chopped walnuts, pecans, or almonds (optional)
 ¼ cup pumpkin seeds or sunflower seeds (optional)
 2 tbsp. apple cider vinegar or lemon juice
 1 tbsp. honey or pure maple syrup
 1 tsp. Dijon mustard

Directions

1. Preheat oven to 400 degrees Fahrenheit. Arrange the cubed butternut squash on a baking sheet lined with parchment paper, drizzle with 1 tablespoon of olive or avocado oil, and season with salt and pepper. Roast for 30 to 35 minutes or until it is tender and golden.
2. While the squash is roasting, prepare the quinoa. Rinse the quinoa under cold water until the water runs clear. In a medium saucepan, combine the quinoa and water or broth. Bring to a boil, then reduce the heat to low. Cover and let simmer for about 15 minutes, or until the quinoa is soft and the liquid is absorbed. Set aside to cool.
3. In a large bowl, mix the roasted butternut squash, cooled quinoa, chopped kale, chopped apple or pear, dried cranberries or raisins, chopped nuts, and seeds.
4. In a small bowl, whisk together the remaining oil, vinegar or lemon juice, honey or maple syrup, mustard, salt, and pepper.
5. Drizzle the dressing over the salad and toss well to combine. Or, put each of the ingredients and the dressing in separate serving bowls, and everyone can customize their own meal!



Make It Your Own!

Feel free to substitute or add other veggies, fruits, nuts, or seeds to match your preferences and dietary needs. For example, including nutrient-dense beets, brussels sprouts, or pomegranate seeds bumps up the fall flavor. For a protein boost, toss in grilled chicken, salmon, black beans, chickpeas, or low-fat feta cheese. If you prefer a vegan dressing, replace the honey with agave syrup or use an additional splash of apple cider vinegar.

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Do you know where to go?

Urgent Care vs. Emergency Room

Emergency Room

- Bleeding profusely
- Difficulty walking or standing
- Slurring speech
- One-sided weakness
- Trouble staying awake
- Shortness of breath
- Severe chest pain
- Severe abdominal pain
- Severe pain
- Severe injuries

Urgent Care

- Flu, RSV, COVID viruses
- Bronchitis and pneumonia
- Colds and coughs
- Strep and sore throats
- Allergic reactions
- Animal bites and scratches
- Insect bites and stings
- Earaches
- Fractures and broken bones
- Headaches
- Lacerations and cuts
- Neck and back pain
- Poison ivy, skin rashes
- Sprains and strains
- Urinary tract infections
- Wounds

Learn more about Emerson Urgent Care or request a spot in line at emersonurgentcare.org or call us at **978-287-8990**.

Emerson Health Urgent Care
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If you are experiencing severe chest or abdominal pain, have sustained multiple injuries, or are unsure if your condition is serious, life threatening, or feel it may be worsening, then go directly to the nearest hospital or call 911.