

HEALTH WORKS

 Emerson Hospital

WINTER 2022

**Life Transformed
with Revision
Weight-Loss
Surgery**

**Advanced
Treatments for
Prostate Cancer**

**Foods
to Keep
Your Gut
Healthy**



A LETTER FROM OUR PRESIDENT & CEO



I hope this letter finds you well this winter season. In this issue of *Health Works*, you will read about why patients rely on Emerson Hospital as *the destination* in the region for high-quality health care. Hear from patients who experienced

advanced treatment for lung and prostate cancer, as well as severe obesity. We also included social media safety tips and how to identify signs of domestic violence. Turn toward the end of the issue for foods to improve digestive health, including a delicious recipe for you to try.

Emerson Hospital is more than a hospital; we are a health system with over 300 physicians across many locations, serving more than 300,000 people. Our focus on outstanding, personalized care earned several recent awards for quality, including #12 on the *Boston Globe Magazine* list of Top 100 Women-Led Businesses and national Top Hospital recognition from The Leapfrog Group. I am proud of these honors and extremely grateful for our Emerson team.

We are here for you and your family – trusted, safe, and close to home. Thank you for choosing Emerson for your health needs.

Christine

Christine C. Schuster, RN, MBA
President and CEO

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IN THIS ISSUE

Advanced Care for
Prostate Cancer
Recipe: Cranberry
Orange Coffee Cake

Emerson Earns Highest Honors for Patient Safety

Emerson earned another “A” Hospital Safety Score from The Leapfrog Group, an independent organization that serves as a voice for health care consumers. In addition, to recognize its consistently high marks for safety, the group named Emerson a Top Hospital in the country. Safety scores are calculated using patient care data from nearly 3,000 health systems across the country. View Emerson’s scores and learn more at hospitalsafetyscore.org.



Save the Date! Emerson’s 5k Run~Walk for Cancer Care

Join us in May for Emerson’s 5k Run~Walk for Cancer Care! The in-person 5k will be held at 8 a.m. on Saturday, May 7, at NARA Park in Acton. A virtual event will be May 1 to 15. Invite your friends, neighbors, and family to create a Run~Walk team. All proceeds benefit patients receiving cancer care at Emerson, and all participants receive an athletic shirt. Follow us on social media @EmersonHospital5k. For information and to register, visit emersonhospital.org/5k. Use promo code HW2022 to receive \$5 off registration.



Key Priorities Revealed in Community Health Needs Assessment

Thank you to the more than 3,000 community members across the region who completed Emerson’s Community Health Needs Assessment survey. Based on the results, Emerson will focus its resources and partnerships to address these priorities: mental health, health concerns among older adults, economic insecurity, and transportation. More information, including a podcast, is available at emersonhospital.org/chna.



Tune in to Emerson’s Podcast



WHERE TO FIND US ...

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EmersonHospital](https://youtube.com/EmersonHospital)



Keep Doomscrolling in Check – Tips for Digital Wellness

Social media can keep us connected with people we enjoy and admire and provide an array of useful information. But it has a dark side that can cause severe anxiety.

Using social media can feel like a tug-of-war between staying connected and staying emotionally healthy. Negative news and photos of people doing glamorous things might leave you feeling deflated. Not paying attention can be stressful, too. So, you go back to the screen.

Scrolling negative posts is so common that it has a name: “doomscrolling.” Doomscrolling has real effects on your health, triggering intense emotions that make it harder to focus on daily activities and stay positive.

How do you keep doomscrolling in check? Try these tips:

Set limits. Every day, allot a specific amount of time to spend on social media apps, news outlets, or on your smartphone in general. When your time is

up, put the device away. If you are an Apple user, you can track your time and set limits in your settings by turning on the “Screen Time” preferences. Android users can enable the Digital Wellbeing feature, found in the “Settings” menu.

Control your feed. If content on your feed makes you sad or anxious, change it up. Unfollow accounts that bring on negative emotions. Stay away from accounts or websites that give inaccurate or incomplete information. Instead, fill your feed with positivity and trusted sources of information about topics you want to keep up with.

Take a tech time-out during meals and at night. Put your device away during meals. This is important for you and serves as a model for youth. After dinner,

shield your eyes from screens before you go to bed. Do not have phones and devices in the bedroom. Use a regular alarm clock instead of your smartphone. This eliminates the temptation to scroll before bed and when you wake up.

Get back to your off-line life. At the start of the pandemic, social media was necessary to help stay connected. With many aspects of regular life returning, you can now see friends safely, visit a park, or take a class you enjoy – healthy activities that do not require a screen!



» **FOR MORE TIPS** and to listen to podcasts about digital wellness, visit emersonhospital.org/digitalwellness.



Most Advanced Care for Prostate Cancer – Now at Emerson

The Yeatts Urology Center Is a Destination for Prostate Cancer Care in New England



For the one in seven men diagnosed with prostate cancer each year, the prognosis is often frightening and deeply personal. Concerns over losing bladder control and sexual function are real, and recovery can be long.

Recent advances in detecting and treating prostate cancer can reduce these issues, resulting in faster recovery without radical surgery to remove the entire prostate. Emerson is one of the only places in New England with the expertise and equipment to offer the latest techniques to detect and treat prostate cancer in less invasive ways – with excellent outcomes.

Typically, prostate cancer is identified when a patient has an exam with their primary care physician. Their doctor might feel a lump in the prostate or see elevated PSA (prostate-specific antigen) levels in a routine blood test. These patients are referred to a urologist for closer examination. Patients are assessed through an MRI and a biopsy, and historically required invasive surgery or radiation to treat the cancer.

Focal Cryoablation Therapy – A Game-Changing Treatment Option

Today, under the close direction of John Libertino, MD, and Louis Liou, MD, PhD, of Emerson Urology Associates, some patients have new options that do not require major surgery or radiation. With a generous donation from the Yeatts family, Emerson has new technology that allows urologists to treat lesions without

removing a patient's entire prostate. This advanced treatment is known as focal cryoablation therapy. For years, cryoablation, an FDA-approved procedure, has been used successfully to treat breast, liver, and kidney cancers.

Research now proves that focal cryoablation has many benefits for patients with prostate cancer, including:

- Less invasive surgery – patients usually go home the same day with fewer side effects
- Faster recovery time – most patients return to their normal lifestyle two to three days later
- No life-altering or lasting side effects, such as incontinence or loss of sexual function
- No need for radiation

"We are very excited to offer focal cryoablation to patients at Emerson," explains Dr. Libertino. "Cryoablation is a game-changer for men with prostate cancer. Now we have options for patients to avoid debilitating side effects of traditional prostate surgery."

Before receiving focal cryoablation therapy, patients undergo a specialized MRI scan, known as multiparametric MRI, to identify areas that might be cancerous. Emerson has a partnership with Shields Imaging to detect the precise location of cancer in the prostate.

"Our relationship with Shields includes access to the most sophisticated imaging equipment, and radiologists with deep experience reading multiparametric MRI scans," explains Dr. Libertino. "Patients can go to our Concord and Westford locations, or anywhere there is a Shields Imaging Center throughout New England, and receive imaging and interpretation by skilled radiologists to pinpoint exactly where the cancer is – which improves patient outcomes."

If prostate cancer is diagnosed, patients discuss treatment options with their urologist. Some patients, including those with small, localized tumors or recurring



Louis Liou, MD, PhD, and John Libertino, MD
The Yeatts Urology Center

"Cryoablation is a game-changer for men with prostate cancer. Now we have options for patients to avoid debilitating side effects of traditional prostate surgery."

— JOHN LIBERTINO, MD

prostate cancer that was treated with radiation, may be candidates for focal cryoablation therapy.

"Focal cryoablation is a minimally invasive, MRI-guided procedure that expertly targets small tumors inside the prostate. This allows us to destroy cancer while keeping the remainder of the prostate intact and preserving healthy tissue near the tumors, also eliminating the need for radiation," explains Dr. Liou, who has a decade of experience with focal cryoablation. "During the procedure, a probe is used with a special freezing gas. Guided by an MRI-fused image to be extremely precise, the cancer cells are frozen to cut off blood supply and ablate the cancer."

"Most patients go home the same day, experience little to no side effects, and are able to resume normal activities in just a

few days," continues Dr. Liou. Following cryoablation, patients have routine visits with their physician, usually along with MRIs, PSA tests, and biopsies to monitor the cancer treatment response.

Individualized Care with Advanced Approaches

Choosing the best way to treat prostate cancer is a personal decision for patients to make with their urologist. "At Emerson, we care for patients as individuals. We do not use a one-size-fits-all approach," explains Dr. Libertino. "We understand prostate cancer has deeply personal physical and mental health effects on men and their partners. We have highly experienced urologists using the latest technology and equipment, and that is why we are a destination for urologic care across the region and beyond."

» **FOR MORE INFORMATION** and to learn about the physicians, take a prostate cancer risk assessment, or schedule an appointment, visit emersonhospital.org/urology.

Exceptional Care Close to Home

"We rely on Emerson for all our health needs. We recently donated in honor of Dr. Jennifer Naylor, my gastroenterologist. Dr. Naylor embodies everything that Emerson stands for – exceptional, personalized care."

*– Mary Lou Lovecchio,
Concord*



Help Us Keep Our Community Healthy.
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 Emerson Hospital

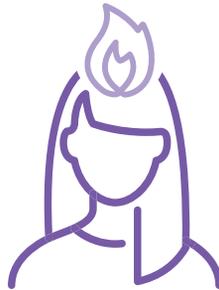
6 Surprising Uses for Lavender

Lavender is one of the best-known and most versatile plants. It boasts many health benefits, contributing to its popularity.



1. Improve Sleep

Having trouble getting or staying asleep? Lavender aromatherapy may help promote better, deeper sleep.



2. Cool Hot Flashes

Several studies found a link between lavender aromatherapy and relief of menopausal hot flashes in women.



3. Heal Wounds

A sitz bath in lavender essential oil may help ease the pain of episiotomy wounds after childbirth. Applying lavender oil to the skin may also promote healing other types of wounds.



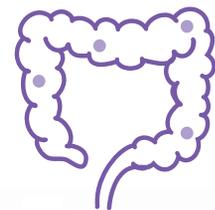
4. Ease Anxiety

Feeling anxious? Some studies point to lavender supplements as a potential way to help ease anxiety naturally.*



5. Replace Salt

Combine lavender with other herbs to add flavor to foods without added salt. For a homemade herbs de Provence, mix dried lavender buds with dried rosemary, fennel, celery seeds, oregano, basil, and parsley. Store in an airtight container and sprinkle on everything from eggs to salads.



6. Relieve Symptoms of Colitis

Lavender aromatherapy may help regulate gut bacteria, decreasing the inflammation in the colon and rectum caused by this chronic digestive disease, according to some research.

**Talk with your health care provider before starting any supplements.*

Construction Company Owner Has Duodenal Switch Surgery at Emerson, Now Healthier than Ever

Suffering from obesity is often challenging because it affects a person's physical and emotional health. Emerson's Center for Weight Loss has a unique approach with patients. With respect and expertise, staff treat every patient as an individual and work hard to help them meet their goals. The surgeons use advanced approaches to treat obesity and provide patients with the best possible outcomes for a healthy life.

Sometimes, years after their initial bariatric surgery, patients may experience weight regain or complications. These challenges can happen due to the surgery type, how the patient's body acclimates to the changes, and nutrition and exercise habits. When this happens, patients often do not know where to turn for help or realize that new options are available for healthy, long-term success.

Emerson's Center for Weight Loss is one of the only bariatric surgery programs in New England that treats patients with complex issues based on prior surgeries. Emerson's team is experienced using modern methods for revisional bariatric procedures – with great success. Like they did with Carl Campbell.

Carl, age 55, of Kingston, New Hampshire, called the Emerson Center for Weight Loss team recently to say: "Thank you for saving my life." In March 2021, he had a duodenal switch procedure at

Emerson, performed by bariatric surgeon David Lautz, MD, FACS, FASMBS, medical director of Emerson's Center for Weight Loss.

Duodenal switch is a type of weight-loss surgery that is more powerful than traditional gastric bypass. It is appropriate for patients who have never had bariatric surgery as well as patients like Carl, who need a stronger option than their original gastric bypass surgery.

Why Carl Came to Emerson

In 2005, Carl had gastric bypass surgery at a different hospital with another surgeon. Over the years, he regained nearly 200 pounds. "When I met him, he was suffering from medical problems, including falling asleep in the middle of the day due to sleep apnea," explains Dr. Lautz.

After a thorough assessment, Dr. Lautz determined Carl needed duodenal switch surgery. "For those who regain a significant amount of weight after a gastric



BEFORE





» **WATCH AND LISTEN:**

Learn how thousands of patients have transformed their lives through weight-loss surgery – including revisions. Watch videos and listen to podcasts at:

emersonhospital.org/swl.



bypass, often the most effective option is to convert the bypass to a duodenal switch. Conversion entails two operations spaced three to six months apart. These procedures can be remarkably effective for patients who have no other options.”

“My breathing and sleeping were bad. I am a retired semipro football player with eight children and 10 grandchildren. I own a construction company and was in the midst of our busiest year ever. I needed to get my life back,” says Carl.

A New Lease on a Healthy Life

“Scrolling through Facebook one day, I saw a story about how a person’s life improved because of weight-loss surgery at Emerson. I did not even finish reading the story. I picked up the phone and called Emerson’s Center for Weight Loss. The person who answered really listened to me and talked about some options. I booked my first appointment to start the revision process during that call.”

Nine months after his duodenal switch surgery, Carl is down 182 pounds. He currently weighs 232 pounds, sleeps well, and lives life to the fullest. “I am so blessed and thankful. I have lots of energy now and no longer fall asleep in the middle of the day. I get up at 5 a.m. every morning and come home late after seeing customers and managing busy construction sites. On the weekends, I boat, golf, and enjoy life with family and friends.

“People do not recognize me. Last summer, I wore size 54 pants, and today I wear size 34. I do not take any medications except for vitamins. At my last checkup, I hugged Dr. Lautz. It is impossible to explain how grateful I am to the Emerson team for giving me my life back.”

Domestic Violence: What to Do If Someone You Know Is a Victim



Domestic violence is more common than many people think. Rates have skyrocketed, fueled by the stresses and stay-at-home orders of the pandemic that left victims alone with their abusers. Some studies show a nearly 10% increase in domestic violence in the U.S. since the pandemic began.

Domestic violence, also called domestic abuse, is when one person asserts power over another and controls many decisions within the relationship. The damage is not all physical. The psychological impact – the lying, belittling, and humiliation victims endure – is extremely debilitating. Domestic violence can also involve sexual and financial abuse to rob victims of control.

Although domestic violence affects women more often, men can also be abused. The Centers for Disease Control and Prevention reports that one in 10 men has experienced domestic violence.

Why Victims Stay Silent

Victims often feel ashamed of their situation and hide it from others. Their undermined self-worth results in a lack of confidence, so they struggle to make decisions. They might not realize they are being abused, or they might believe the abuse is their fault. They may think they can stop the abuse by doing something “better” or different.

Victims may also stay in an abusive relationship due to a lack of money, housing, or other essential resources. In addition, they might fear for their safety or the safety of their children if they try to escape.

What to Watch For

Bruises or broken bones can sometimes provide clues of abuse. Signs could also be more subtle. Victims may:

- Seem increasingly distracted or isolated
- Feel nervous or anxious
- Frequently check their watch or phone
- Jump or get anxious when receiving texts or calls
- Often cancel or postpone plans
- Feel like they are being watched

How You Can Help

If you suspect someone you know is a victim of violence, talk with them privately.

Calmly ask how they are doing, and let them know you are concerned. Avoid asking directly about violence, labeling them a victim, or demeaning the abuser. Instead, let them talk, and listen without judgment.

Do not tell the victim to leave immediately. Confronting or leaving an abuser often heightens the level of abuse and requires careful preparation and safety planning. As a result, victims must be ready to do this on their own. Instead, offer validation and support, and be a source of help and information when ready.

These insights were provided by the Domestic Violence Services Network in Concord, which partners with Emerson Hospital to support those who may experience violence. Many frontline Emerson staff are trained to identify victims of violence and provide resources to help.

» **FOR IMMEDIATE HELP**, go to your nearest emergency department or call **911**. Other confidential domestic violence resources include:

- Domestic Violence Services Network Helpline, **888-399-6111**
- National Domestic Violence Hotline, **1-800-799-SAFE (7233)**

For additional resources, call **211**.

Learn more by listening to our podcast, "Domestic Violence: Warning Signs and Ways to Help," at emersonhospital.org/dvresources.



WELCOME NEW PHYSICIANS

Please welcome these new physicians who recently joined Emerson.



FAMILY MEDICINE

Linda Brown, MD
Acton Family Medicine
Acton
508-350-7075



URGENT CARE

Hope Ring, MD
Emerson Urgent Care
Hudson, Littleton
978-287-8990



FAMILY MEDICINE

Lisa Noble, MD
Acton Family Medicine
Acton
508-350-7075



UROLOGY

Louis Liou, MD, PhD
Emerson Urology Associates
Concord
978-287-8950



INTERNAL MEDICINE & PEDIATRICS

Amy Forrer, MD
Lincoln Physicians
Concord
781-259-9292



VASCULAR SURGERY

Sebastian Didato, MD
The Vascular Care Group
Concord
978-369-4468



INTERNAL MEDICINE

Purnima Warke, MD
Acton Medical
Acton, Harvard, Littleton,
Hudson
978-635-8700



NEPHROLOGY

Rabia Akhtar, MD
Pratt Medical Group
Concord
978-287-4788



NEPHROLOGY

Tripta Kaur, MD
Pratt Medical Group
Concord
978-287-4788



» **LEARN MORE** about these and other Emerson physicians at emersonhospital.org or scan this code.



Everything Paul Needs to Beat His Lung Cancer



Paul Carter was diagnosed with lung cancer at age 64 after a routine low-dose CT scan (LDCT) at Emerson Hospital. Paul smoked a pack of cigarettes a day for nearly 40 years, making him the perfect candidate for LDCT, the gold standard for lung cancer screening. The LDCT screening detected Paul's cancer early – while it was curable – and helped save his life, along with his team at Mass General Cancer Center at Emerson Hospital.

Following his diagnosis, his primary care physician, Marguerite Roach, MD, with Lincoln Physicians, referred him to Peter Barkin, MD, pulmonologist, and Hugh Auchincloss, MD, thoracic surgeon at Emerson. Paul did not know what he would need to fight his cancer. But he knew he was in expert hands at Emerson.

"Before I even met with these doctors, they had already met to discuss my care," explains Paul. The physicians talked about his care during a Thoracic Tumor Board meeting attended by thoracic surgeons, radiation and medical oncologists, pulmonologists, pathologists, and radiologists. "Within a month, I had surgery to remove the right upper lobe of my lung where the cancer was," reflects Paul.

After he recovered from surgery, Paul was referred to Uma Narayanasami, MD, who prescribed chemotherapy at Emerson's Naka Infusion Center, and John McGrath, MD, for radiation, all conveniently right at Emerson.

"My daughter is a doctor. She is very happy with the care I received. It is comforting to have Mass General care at Emerson. During this time, I moved from Littleton, Massachusetts, to North Providence, Rhode Island. I drive over 100 miles round trip to Emerson for all my appointments – that is how much I trust my medical team and how much they mean to me."

Expert Care Throughout Emerson

Based on the type of cancer Paul had, he received an MRI of the brain at Emerson. Due to the chemotherapy, he also needed a hearing test, which, through the coordinated and affiliated care at Emerson, he received from Michael Fattal, MD, at Mass General Brigham Mass Eye and Ear, Concord. "This was a scary time. The physicians, nurses, and staff were all top-notch. I could not imagine having more competent people on my team. Their experience and humanity got me through it."

Today, Paul is cancer-free. He biked more than 1,400 miles all over New England in 2021, enjoys time with his young granddaughters, and travels. Paul comes to Emerson for immunotherapy infusions

and regular PET and CT scans to monitor cancer recurrence. "When you have cancer, it makes a big difference to have people on your team who are experts in their field and are also hopeful, caring, and upbeat. Their compassion was so important – it inspired me to get better."

Dr. Narayanasami, Paul's medical oncologist, explains: "Patients with cancer often require a multidisciplinary team of experts to identify a treatment plan for their unique needs. In partnership with our colleagues in Concord and Boston, the Mass General Cancer Center at Emerson Hospital team uses the latest advances in cancer diagnosis and care. Having direct access to research and clinical trials at Mass General gives our patients the best possible outcomes.

"What is unique about our Cancer Center in Concord is the community setting that allows for more personal connections, an essential component to treating the entire patient holistically."

Early Detection Proven to Save Lives

Lung cancer is the second most common cancer among men and women. Detecting cancer in the early stages is essential to a

healthy outcome. A low-dose CT scan interpreted by a board-certified radiologist with expertise in reading LDCTs can save your life, as it did for Paul.

LDCT uses low-dose X-rays to create detailed 3D pictures of your lungs, showing abnormal areas that a chest X-ray might miss. LDCT scans are recommended for people who meet all of the following criteria*:

- Ages 55 to 80
- Currently smoke or quit smoking in the last 15 years
- Have a 30 pack-year history of smoking; a pack-year is one pack of cigarettes per day per year

Talk with your physician about screening if you are at risk for lung cancer.

**The United States Preventive Services Task Force is currently reviewing the criteria for LDCT. Younger people may become eligible for LDCT in the future.*

» **FOR MORE INFORMATION** about Emerson's accredited LDCT program and to take a lung cancer risk assessment, visit emersonhospital.org/ldct.



Paul Carter with some members of his Emerson care team, including (from left) medical oncologist Uma Narayanasami, MD; Naka Infusion Center oncology nurse navigator Stephanie Girouard, RN, BSN; and radiation oncologist John McGrath, MD, medical director, Mass General Department of Radiology at Emerson Hospital

Foods to Help Keep Your Gut Healthy

When we hear the word “bacteria,” we tend to think of an infection. Your body is actually full of “good” bacteria that it needs to function smoothly. “Good” bacteria plays an important role in digestion and overall health.

According to Jennifer Naylor, MD, gastroenterologist with Concord Gastroenterology Associates, “The best way to take care of the good microorganisms in your gut is to nourish them with healthy foods.”

High-fiber foods are a winning choice. “Fiber prevents constipation and reduces the risk of developing diverticular disease,” says Dr. Naylor.

To maintain good gut health and keep your system in balance, eat foods that offer probiotics. These living microorganisms decrease the number of harmful bacteria in your intestines.

At right are some foods that can help keep your gut healthy.



» TO LEARN MORE

about gut health, visit emersonhospital.org/podcast and select the topic “GI.”



ABOUT THE AUTHOR

Kaitlin (Kait) Schuster is a first-year student at Cornell University who loves the great outdoors and cooking in her spare time.



Olive oil: Boasting fatty acids and polyphenols, studies show that olive oil helps reduce gut inflammation. Use it for salad dressing or drizzle it over cooked vegetables.

Yogurt: Yogurt with live and active cultures is an excellent source of “friendly” bacteria (probiotics). Opt for plain yogurt, which has zero added sugars. Mix in fruit for added flavor.



Green peas: Peas are full of fiber to help keep your system in balance. Add peas to stir-fries, soups, or salads.



Garlic: With terrific antibacterial and antifungal properties, garlic can help keep “bad” gut bacteria under control and balance yeast in the gut. Use it as a flavoring for savory dishes.

Almonds: These are a treat for your gut bacteria – high in fiber and full of healthy fatty acids and polyphenols (plant-based micronutrients). A handful of almonds makes an excellent snack when you need an energy boost.



Ginger: Fresh ginger can help stimulate the digestive system to keep food moving through the gut. Add fresh grated ginger to soups, stews, smoothies, or stir-fries.



» Learn more at emersongi.org or call 978-295-2800 to make an appointment with Concord Gastroenterology Associates at their new state-of-the-art outpatient Emerson Endoscopy and Digestive Health Center in Concord.

RECIPE

Cranberry Orange Coffee Cake – Made Healthy

Enjoy this delicious cake with breakfast or any time you want a treat that is kind to your gut. Cranberries, orange juice, and whole wheat flour all contain prebiotics, the special fibers that help good bacteria grow in the gut, supporting healthy digestion. *Serves eight*

INGREDIENTS

Olive oil spray
1 ½ cups fresh or frozen cranberries (if frozen, thaw)
2 tbsp. brown sugar, divided evenly in half
2 tsp. orange zest (from about 2 small oranges), divided evenly in half
¾ cup nonfat milk
½ cup maple syrup
¼ cup egg whites (whites from approximately 2 large eggs)
¼ cup orange juice (juice from about 2 small oranges)
3 tbsp. extra-virgin olive oil
1 tsp. vanilla extract
2 cups white whole wheat flour*
1 tbsp. baking powder
1 tsp. ground cardamom

DIRECTIONS

1. Preheat oven to 350 degrees. Coat a 7 ½-by-11-inch baking pan with olive oil spray and set aside.
2. In a medium bowl, toss together cranberries, 1 tablespoon brown sugar, and 1 teaspoon orange zest. Set aside.

3. In a large bowl, whisk together milk, syrup, egg whites, orange juice, olive oil, vanilla, and remaining orange zest.
4. In a separate bowl, sift together flour, baking powder, and cardamom, then stir into the large bowl. The consistency will be a little sticky.
5. Fold cranberry mixture from the medium bowl into the large bowl.
6. Spread the mixture from the large bowl into the prepared pan. Sprinkle remaining brown sugar on top. Bake for 30 minutes. When a toothpick inserted into the center comes out clean, your cake is ready!
7. Cool for five to 10 minutes. Slice and serve.

This cake is delicious served warm or room temperature. Enjoy!

NUTRITION FACTS

Each serving provides 230 calories, 6 g fat (0.5 g saturated fat, 0 g trans fat), 0 mg cholesterol, 210 mg sodium, 42 g carbohydrate (4 g dietary fiber, 19 g total sugars), 6 g protein.

*You can make this recipe gluten-free by replacing the whole wheat flour with gluten-free flour and adding 1 teaspoon of guar or xanthan gum when sifting together the dry ingredients.



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COMING SOON!

Emerson Endoscopy and Digestive Health Center

310 Baker Ave
Concord, MA

With an experienced gastroenterology team and the latest equipment, Emerson's new digestive health center will provide innovative and conventional ways to diagnose and manage all types of digestive diseases in a state-of-the-art outpatient setting. Routine screenings, such as colonoscopies, will also be available.

TRUST YOUR GUT.
Learn more and request an appointment at **EmersonGI.org** or call **978-295-2800**.



John Dowd, DO

Medical School: College of Osteopathic Medicine and Surgery at Des Moines University

Residency: University of Medicine and Dentistry of New Jersey

Fellowships: Yale University, Norwalk Hospital (Gastroenterology and Clinical Nutrition), Beth Israel Deaconess Medical Center (Advanced Therapeutic Biliary Endoscopy)

Clinical Interests: Esophageal disorders, inflammatory bowel disease, colon cancer screening and prevention, biliary and pancreatic disorders, clinical nutrition



Andrea Fribush, MD

Medical School: University of Massachusetts Medical School

Residency: Boston Medical Center

Fellowship: Tufts New England Medical Center, Boston (Gastroenterology)

Clinical Interests: General gastroenterology, colon cancer screening and prevention



Jennifer Naylor, MD

Medical School: Albert Einstein College of Medicine

Residency: The Johns Hopkins Hospital (Internal Medicine)

Fellowship: Brigham and Women's Hospital (Gastroenterology)

Clinical Interests: Colon cancer screening and prevention, esophageal disorders, irritable bowel syndrome, gastrointestinal motility disorders, inflammatory bowel disease, celiac disease