

# HEALTH

WORKS



Spring 2023



## Home Run Recovery

Emerson's team helps three-season athlete get back in the game

Grilled Fruit Recipes

Reducing the Grip of Anxiety

## A Letter from Our President & CEO



Spring offers many opportunities to get outdoors and enjoy the beautiful nature throughout our region. It is also an excellent time for health appointments and screenings for you and your

family before summer vacations lead to the autumn rush. Early prevention saves lives, so schedule your primary care visits today.

Emerson was proud to be recognized with many national awards this winter. We are the only hospital in Massachusetts to receive the Healthgrades 2023 Patient Safety Excellence Award and Outstanding Patient Experience Award and the only hospital in the state named a Top Hospital by The Leapfrog Group and *Money.com*.

Recently, I was appointed Chair of the Massachusetts Health & Hospital Association. This opportunity gives me a unique lens into all the health systems in Massachusetts. I look forward to continuing to lead Emerson, and I am inspired by the work of our staff and clinicians to keep our region healthy.

We are here whenever you 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 visit [emersonhealth.org/donate](https://emersonhealth.org/donate).



### In This Issue

Expert Care to Treat  
Colon Cancer  
Help for Hip and  
Knee Pain

## Call or Text 988 for Mental Health Support

The 988 Suicide & Crisis Lifeline offers 24/7 access to trained experts via call, text, and chat who can help anyone experiencing a mental health crisis, including suicidal distress and substance use. You also can use the lifeline if you are concerned about a loved one needing crisis help. Counselors will listen, provide support, and connect you to helpful resources. Please help spread the word – dialing 988 or visiting [988lifeline.org](https://988lifeline.org) could be lifesaving.



## Best Hospital for Bariatric Surgery



The Leapfrog Group and *Money.com* recognized Emerson's Center for Weight Loss as one of only two hospitals in Massachusetts named a "Best Hospital for Bariatric Surgery." The honor salutes the Center's high patient safety and success standards. The Center also received accreditation from the American College of Surgeons' Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP) as a comprehensive center. For information, visit [emersonweightloss.org](https://emersonweightloss.org).

## Breast Health Recommendation for Women Ages 35 to 39

One in eight women will develop breast cancer in her lifetime. A mammogram can often detect cancer early, when it is easiest to treat. All women should have a yearly mammogram starting at 40, or sooner based on family history. Women ages 35 to 39 are also eligible for one baseline mammogram screening, which is covered by most insurance. Take a short breast cancer risk quiz and request a mammogram appointment at [emersonhealth.org/mammo](https://emersonhealth.org/mammo).



## Where to find us ...

Connect, follow, and  
engage with us on  
social media.



**FACEBOOK**  
[facebook.com/  
EmersonHealth](https://facebook.com/EmersonHealth)



**INSTAGRAM**  
[instagram.com/  
EmersonHealth](https://instagram.com/EmersonHealth)



**YOUTUBE**  
[youtube.com/  
EmersonHospital](https://youtube.com/EmersonHospital)



**LINKEDIN**  
[linkedin.com/company/  
Emerson-Hospital](https://linkedin.com/company/Emerson-Hospital)

# Reducing the Grip of Anxiety

**F**ear, worry, and uneasiness are normal responses to stress. In an emergency, anxiety helps people react to danger. In a less urgent situation, it energizes you and helps you accomplish tasks. But, when anxiety takes control, it may indicate a disorder.

Experts have identified several types of anxiety disorders – one common factor is excessive fear or concern disproportionate to any real threat. When anxiety reaches this level, it can disrupt your life. These strategies can help you prevent anxiety from gaining the upper hand.

## Watch for Warning Signs

The first step to managing an anxiety disorder is to recognize symptoms. Some common signs to watch for:

- Persistent feelings of dread
- Sudden attacks of terror
- A pounding heart, sweating, shortness of breath, dizziness, nausea, or headaches
- A sense of impending doom or fear of losing control
- Excessive self-consciousness in social situations
- Intense worry about everyday things

## Ease Anxiety in Your Life

For mild, short-term anxiety, try these simple steps to help calm your nerves and ease stress:

- Relax with deep breathing. Place one hand on your belly just above your navel and the other hand on your chest. Then focus on breathing slowly and deeply. With each breath in, feel your stomach rise a little. With each breath out, feel your stomach go back down.
- Confront your fears. Start by imagining yourself facing something that causes you anxiety. Gradually work up to facing it in real life.
- Limit your fretting. Set aside a few minutes of worry time every day. When the time is up, put your worries away until tomorrow.
- Stay physically active. Consider walking, swimming, biking, or other physical activities you enjoy.
- Avoid quick fixes. Turning to alcohol or drugs may seem to relax you in the moment, but it can create more problems in the long run.

## When to Seek Help

Talk with your healthcare provider if anxiety is hard to control or interferes with your daily activities. Effective treatments include therapy and medications. Act now to take charge of anxiety and take back your life.



## Behavioral Health at Emerson

Emerson's experienced behavioral health experts help patients overcome mental health crises. When someone develops symptoms of a serious psychiatric illness or substance use disorder, we provide a safe, therapeutic environment for evaluation, crisis stabilization, and treatment, including:

- Emergency care with psychiatric evaluation in the Emergency Department available 24/7
- A Child Life team that supports children experiencing a mental health crisis in the Emergency Department, offering coping tools, appropriate distractions, and support for families
- A 31-bed inpatient behavioral health unit that provides comprehensive one-on-one and group behavioral health therapies for adult patients who require care for an extended period
- Outpatient programs and support groups for addiction recovery

To find mental health resources, visit [emersonhealth.org/mentalhealthresources](https://emersonhealth.org/mentalhealthresources).

» To listen to podcasts with Emerson experts discussing ways to improve mental health, visit [emersonhealth.org/podcast](https://emersonhealth.org/podcast) and search topics for "mental health."



# Get to Know Pediatric Surgeon Christopher Schlieve, MD

Dr. Schlieve with Emmett Kellogg, one of his young patients



Read Emmett's story to learn more about Dr. Schlieve and how he, along with nurses, Child Life professionals, and other pediatric-trained staff at Emerson, helped make Emmett's emergency surgery more positive. Visit [emersonhealth.org/surgery](https://emersonhealth.org/surgery) to see the story.

Read  
more about  
Emmett

» **Christopher Schlieve, MD**, attended Duke-NUS Medical School and completed his internship at the Mayo Clinic. He trained in general surgery at the University of Massachusetts and pediatric colorectal surgery at Children's Hospital Colorado. In addition to caring for children, Dr. Schlieve treats adults at Emerson Health Surgery. To make an appointment, learn more, and listen to a podcast with Dr. Schlieve, visit [emersonhealth.org/surgery](https://emersonhealth.org/surgery).



Dr. Schlieve is a general surgeon at Emerson Health. Learn more about him and his experienced and compassionate approach to care for young patients.

### Q. Why do you like working with children?

**A.** With pediatric general surgery, I dramatically affect the quality of a child's life. Nothing is more gratifying than helping to relieve a patient's pain and discomfort, or eliminating a condition that limits their daily activities. I feel truly rewarded when I help kids and their parents through a difficult situation and then see them return to the office happy and healthy. Watching them get back to school activities and hobbies and enjoying life makes me appreciate taking care of them and their families.

### Q. Can you talk about your approach with young patients?

**A.** The office and the Emergency Department can feel scary, especially for young children. I make it a point to connect with the child so they can participate in their recovery and I can calm their fears. Once I earn their trust, children have a remarkable understanding of their care. Forming relationships with patients and their parents is essential to the best outcome.

### Q. How do you connect so naturally with children?

**A.** I am a kid at heart, so establishing relationships with my patients is something that comes easily. Children love to share their hobbies, interests, and achievements. When I first meet a young patient, the initial experience is about getting to

know them. We can always find common ground when we ask questions.

### Q. Why did you come to Emerson after training at some of the top academic medical systems in the country?

**A.** I was drawn here by the support Emerson Health provides for the entire community. We are constantly evolving to meet the needs of our patients. Emerson offers a wonderful team of pediatric experts – including dedicated hospitalists, nurses, Child Life professionals, and others – who make healthcare a positive experience for young patients and their families. Many parents tell me they continue to choose Emerson because they are treated like family here.

### Q. What types of services do you provide?

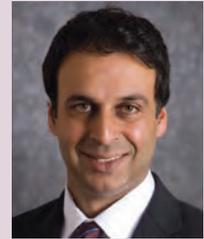
**A.** The most common procedures we perform are laparoscopic or open hernia repairs, removal of lumps and bumps, and draining cysts. Some emergency surgeries include removal of appendixes and gallbladders, and we also perform incision and drainage procedures. We often provide same- or next-day evaluations in the office, which is a relief to many parents when their child is in pain and needs care they cannot receive at their pediatrician's office or urgent care.

## Advanced Surgery at Emerson

Meet members of our experienced surgical team, including:



**Alexandra Columbus, MD, MPH**



**Atif Khan, MD, FACS**



**Elizaveta Ragulin Coyne, MD, FACS**



**Andrea Resciniti, MD, FACS**



**Christopher Schlieve, MD**



**Suzanne Roberts, NP**

» For information, including podcasts, and to schedule an appointment, visit [emersonhealth.org](https://emersonhealth.org).



# Grateful for Expert Care to Treat Colon Cancer

Alexandra Columbus, MD, MPH, an experienced colorectal surgeon with Emerson Health Surgery, works closely with patients to remove their cancer, coordinate their treatment with the Mass General Cancer Center at Emerson, and help them live healthy lives. Learn from patients Michele Gerhardt, Ed Snow, and Jimi Two Feathers about their experiences.

## Michele

### How was your experience?

When a colonoscopy revealed a tumor in my colon, my doctors acted quickly and referred me to Dr. Columbus. I love her. She is very clear, and she explains every step in detail. She did everything she said she would do. I had day surgery at Emerson to remove the cancer, and it went well. Now I feel good.

### What do you want people to know?

Thankfully, my cancer was caught early. Never postpone your colonoscopy – take it seriously. Everyone I saw at Emerson Health was wonderful. Their experience and compassion got me through this very worrisome time.

## Ed

### How was your experience?

I had a screening colonoscopy that revealed a mass. Dr. Columbus sat down with my wife and I and drew a diagram to help us understand where the tumor was and what I could expect from surgery. She explained what was going to happen and she listened to my health wishes. Having this kind of respect and communication from a surgeon is reassuring. Dr. Columbus recommended I see an oncologist at Emerson, affiliated with Mass General. His expertise, too, was reassuring. I believe my recovery was a lot easier than I thought it would be because of the treatment I received at Emerson.

### What do you want people to know?

Get your annual physicals and regular screenings. Emerson has everything you need as far as diagnosis and treatment of colon cancer. You may not know that Emerson's Cancer Center is affiliated with Mass General. I found it a lot easier and more convenient than going to Boston. Dr. Columbus called me at home to discuss my treatment. This level of patient care is rare, but it is common at Emerson. You will be in great hands if you choose Emerson for your care.



**Alexandra Columbus, MD, MPH,** trained in general surgery at Brigham and Women's Hospital and completed her fellowship in colorectal surgery at Lahey Medical Center. She sees patients for general and colon surgery, including anorectal disease, colon cancer, rectal cancer, diverticular disease, inflammatory bowel disease, and pelvic floor dysfunction. For information and to make an appointment, call Emerson Health Surgery at **978-287-3547**.

» To learn more about Dr. Columbus, listen to her podcast at [emersonhealth.org/podcast](https://emersonhealth.org/podcast).



## Jimi

### How was your experience?

Everything went as it was supposed to. Dr. Columbus is amazing – we have a strong and very positive relationship. I am happy with my entire medical team and how organized they are. Dr. Columbus removed the mass, and I received chemotherapy in the Cancer Center right at Emerson. The team was excellent. Now it has been over a year. They continue to test me, and I am cancer-free since my surgery.

### What do you want people to know?

People who do good work should be recognized. It is important to understand the positive impact of Emerson's expertise and experienced doctors and nurses right here in our community. Thanks to Dr. Columbus, Dr. Jon DuBois, and the cancer team at Emerson, I am very active doing what I love, including flying radio-controlled planes.



Following treatment for colon cancer, Jimi Two Feathers returned to doing what he loves.

## Colonoscopies Save Lives – Make Your Appointment Today

A colonoscopy not only detects cancer, it can also prevent it by finding polyps, which could turn into cancer if not removed. For more information and to take a colon cancer risk quiz, visit [emersonhealth.org/gastro](https://emersonhealth.org/gastro).



» Emerson's Endoscopy & Digestive Health Center is a convenient and easy location for your screening colonoscopy. The comfortable and private outpatient setting is home to experienced doctors and staff. Learn more at [emersondigestivecenter.com](https://emersondigestivecenter.com).

# 4 Surprising Uses for Honey

Whether you prefer it raw or pasteurized for longer shelf life, you can find many options for honey. More than 300 types are available in the U.S., and many are local! In addition to adding sweetness to foods of all kinds, honey provides other practical uses.

**1 Substitute for Sugar**  
Honey is a natural substance that adds sweetness to food and beverages. (See pages 14 and 15 for some ideas.) It even substitutes for sugar in some recipes. Although higher in calories, honey is often sweeter than sugar, so you can use less.\*

**2 Health Benefits**  
Some studies link honey to several healthy positives – from reducing the risk for heart disease and relieving diarrhea to helping ease anxiety. Honey may also help ease coughs. For children ages one and older, the American Academy of Pediatrics recommends honey to reduce both the severity and frequency of nighttime coughs.\*

**3 Lip Moistener**  
If you enjoy do-it-yourself projects, try this fun and practical one. With beeswax, a couple of oils, and honey, you can make your own lip balm. You will find lots of recipes online that you may customize to your taste. Make a batch and give some as gifts!

**4 Wound Care**  
Research shows that medical-grade honey applied to the skin helps promote healing and can be used to treat burns and pressure ulcers.

\* Never give honey, not even a taste, to infants under 12 months old, as the bacteria in honey can produce toxins in a baby's stomach that can lead to illness.

*This information was reviewed by Rand Nashi, MD, primary care physician with Emerson Health Primary Care in Bedford. To make an appointment with her, call 339-215-5100. To listen to her podcast about how to choose a primary care physician, visit [emersonhealth.org/podcast](https://emersonhealth.org/podcast).*



## Myth Buster!

Can eating local honey help ease seasonal allergies? No, say medical experts. However, buying local honey still boasts benefits, including unique and rich tastes, reducing your carbon footprint, and supporting our local economy. So the next time you see a sign for local honey, stop in and learn more about this amazing natural substance.

# Make A Positive Difference – Join Us

More than 300,000 people trust Emerson Health and our experienced doctors, nurses, and staff for advanced care at every stage of life. We invite you to volunteer your time and join us to help keep our region healthy.

## Did you know?

There are many health benefits to volunteering! It helps lower blood pressure, reduces loneliness, and keeps you physically and mentally active and engaged in your community.



## Volunteer: Enhance the Patient Experience

From planning fundraising events to crafting patient comfort items and participating in educational programs, our Auxiliary volunteers make a powerful difference to patients and the community. Call **978-287-3084** to learn more, or visit [emersonhealth.org/auxiliary](https://emersonhealth.org/auxiliary) to fill out a volunteer interest form.



## Donate

Financial contributions ensure we can continue to provide outstanding, personalized healthcare for many years to come. Your support enables us to have the latest technology and equipment our staff needs to provide the highest levels of care. To donate, visit [emersonhealth.org/donate](https://emersonhealth.org/donate).

## Attend Events

Attending fun annual community events, like EmerSong – an evening of a cappella, Verrill Farm's Harvest Festival, and our 5k Run~Walk for Cancer Care, supports patient care at Emerson Health. Visit [emersonhealth.org](https://emersonhealth.org) and follow us on social media [@EmersonHealth](https://twitter.com/EmersonHealth) for information about upcoming events.



Thank you for considering sharing your time, philanthropy, and expertise. We look forward to hearing from you and seeing you at upcoming events!

*in my own voice: Tyler Brassard*

# Home Run Recovery for Varsity Athlete



Tyler is back in the game following shoulder surgery and physical therapy at Emerson.

**T**yler Brassard's life revolves around sports. The 18-year-old started playing football when he was four. Today, he is a three-season, four-year varsity athlete for Fitchburg High School. Last year, after experiencing debilitating shoulder pain, he thought he might not play again. But the Emerson Health Orthopedics and Sports Medicine teams got him back in his games – healthy and without pain.

### Shoulder Surgery with a Winning Team

"I play football (quarterback), ice hockey (right wing), and baseball (catcher). Last spring, during my junior year, my shoulder pain grew worse and limited my range of motion. I knew I needed medical help. My grandmother works in healthcare and recommended Emerson Health Orthopedics. I made an appointment to see an orthopedic surgeon who works with athletes. After a thorough assessment, an MRI showed torn tissue around my shoulder that needed to be surgically repaired.

"I was upset. I wanted to play sports as much as possible, especially as captain during my senior year of high school. The orthopedics team understood my mindset as a person and an athlete. They know about athletes' passion, focus, and commitment to get back in the game.

"We scheduled the surgery over the summer, so I had some time to recover. When I arrived at Emerson on the morning of surgery, I met Vicky on the Child Life team. She explained everything and served as my guide. She supported me through the whole experience.

"The surgery went very smoothly. The doctors used a nerve block, so I felt no pain. I went home the same day. Two days later, when the block wore off, I took Advil and Tylenol to stay ahead of the pain. The first six weeks after surgery, I wore a sling and started physical therapy."

### Catching Fastballs and Inspiring Future Athletes

"During recovery, I worked closely with Emerson's Sports Medicine & Performance team. They helped me build my strength back to where it was before my injury. Finally, halfway through hockey season, I was cleared to play. It took a bit to get the rust off, but then it felt normal to play again. Our team made it to the playoffs; it was so great to represent Fitchburg at the State Ice Hockey Playoffs during my senior year.

"Now, my catcher's mitt is back on, and I am playing baseball with the team. My shoulder feels good, and I catch and throw fastballs like I used to. I learned that the whole team, including doctors, physical therapists, coaches, and teammates, is there for you. They love what they do and want you to succeed. I hope to pursue a career in physical or occupational therapy and help future athletes perform at the top of their game."

» For information about Emerson Health Orthopedics and to make an appointment, visit [emersonhealth.org/orthopedics](https://emersonhealth.org/orthopedics).



## Emerson's Sports Medicine & Performance Team

Are you looking to compete at a higher level, or have you recently suffered an injury and want to return to peak performance? Emerson's Clough Sports Medicine & Performance team offers training customized to your needs. Whether you are an elite athlete or weekend warrior, our highly specialized sports physical therapists provide one-on-one training to help athletes get back in the game and perform their best. For information, including podcasts, or to schedule an evaluation, visit [emersonhealth.org/sports](https://emersonhealth.org/sports) or call 978-287-8200.



# Do You Suffer from Chronic Hip or Knee Pain? Mako the Robot Could Help!

**A**ge-related “wear and tear” on your body can lead to arthritis, the most common cause of chronic hip and knee pain. Fortunately, hip and knee replacement surgery offers a safe and effective way to keep you active. These surgeries can dramatically reduce pain and improve your daily life.

## Understanding the Treatment and the Robot

During hip or knee replacement surgery, a surgeon removes damaged cartilage and bone and replaces them with metal and plastic implants. After a short hospital stay, patients recover at home. In some cases, they go home the same day as the surgery.

Emerson offers robotic-assisted surgery, with a real-time 3D virtual joint model, for more precision during hip and knee replacement surgeries. The robot is called Mako, a reference to the shark-like look of the equipment. As a result of robotic-assisted surgery, patients often recover faster. Other advantages to this minimally invasive procedure include:

- Less pain after surgery
- Less damage to soft tissues, resulting in an easier and faster recovery
- More precision, resulting in longer-term benefits

Often within a few months after the procedure, and after completing a physical therapy program, patients are cleared by their surgeon for a safe return to aerobic activities like swimming, biking, golfing, hiking, and even running.

## Running Soon After Hip Surgery

Peter Foley of Acton used to run marathons. But after decades of running, the 76-year-old needed to slow down due to severe pain in his groin muscle. He saw Matthew Sloan, MD, an orthopedic surgeon at Orthopedic Affiliates, who recommended a hip replacement using Emerson’s Mako robot.

Peter explains, “I live a very active life; I don’t stand still. I had hip replacement surgery at Emerson in late July, and everything went smoothly. By September, I was swimming at Walden Pond, and by early November, I returned to running. Today, I run about 4 miles every morning. I am grateful Emerson has expert surgeons and advanced equipment to put me back together again. I recommend anyone with hip or knee pain choose Emerson for their expertise and convenience.”

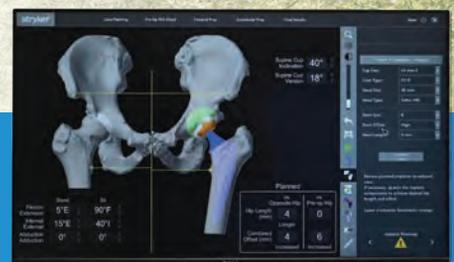
## Seek Help for Pain

If hip, groin, or knee pain limits your life, talk with your primary care provider or orthopedic surgeon to see if a replacement is right for you. They may recommend it if:

- Your hip or knee still hurts when you are resting
- Your hip or knee bows in or out
- You have not improved despite other treatments, including physical therapy

Your surgeon will discuss options based on your medical history and lifestyle goals. Some options may include robotic-assisted surgery.

» **To learn more** about Emerson’s experienced orthopedic surgeons who perform robotic-assisted hip and knee replacements, watch videos, and listen to a podcast about the Mako robot with Dr. Sloan, director of Robotics, Orthopedic Surgery, visit [emersonhealth.org/mako](http://emersonhealth.org/mako).



# Welcome New Physicians

Thankful for Emerson's expert surgeons and advanced equipment, Peter is now running 4 miles every day.



**Family Medicine**  
**Michael Ross, DO**  
(sees adult patients only)  
Acton Medical Associates  
Acton, Harvard, Hudson,  
Littleton  
978-635-8700



**Otolaryngology**  
**Mark Brown, MD**  
Massachusetts Eye and Ear  
Concord  
978-369-8780



**Gastroenterology**  
**Abhijeet Kashyap, MD**  
Gastro Health  
Acton  
978-226-1351



**Sleep Medicine**  
**Neha Mehta, DO**  
Krishma Medical Associates  
Concord  
978-371-7778



**Neurology**  
**Jeffrey Hainsworth, DO**  
Emerson Health Neurology  
Concord  
978-287-7481



**Urgent Care**  
**Allison Darvish, DO**  
Emerson Health Urgent Care  
Hudson, Littleton, Maynard  
978-287-8990



**Oral & Maxillofacial Surgery**  
**Albert Kang, DDS**  
New England Oral &  
Maxillofacial Surgery  
Westford  
978-667-8600



**Kevin Nuttall, MD**  
Emerson Health Urgent Care  
Hudson, Littleton, Maynard  
978-287-8990



**Tony Kang, DMD**  
New England Oral &  
Maxillofacial Surgery  
Westford  
978-667-8600



**Matthew Rebesco, MD**  
Emerson Health Urgent Care  
Hudson, Littleton, Maynard  
978-287-8990

» Learn more about these and other Emerson physicians at [emersondocs.org](http://emersondocs.org).



# Grilled Fruit: Healthy and Bursting with Flavor

Are you looking for a summertime side dish or a delicious dessert? You can cook up almost any fairly firm fruit. Grilling caramelizes the sugars and adds a rich, woody flavor. The wide assortment of healthy toppings means even a picky eater can find a favorite (or more).

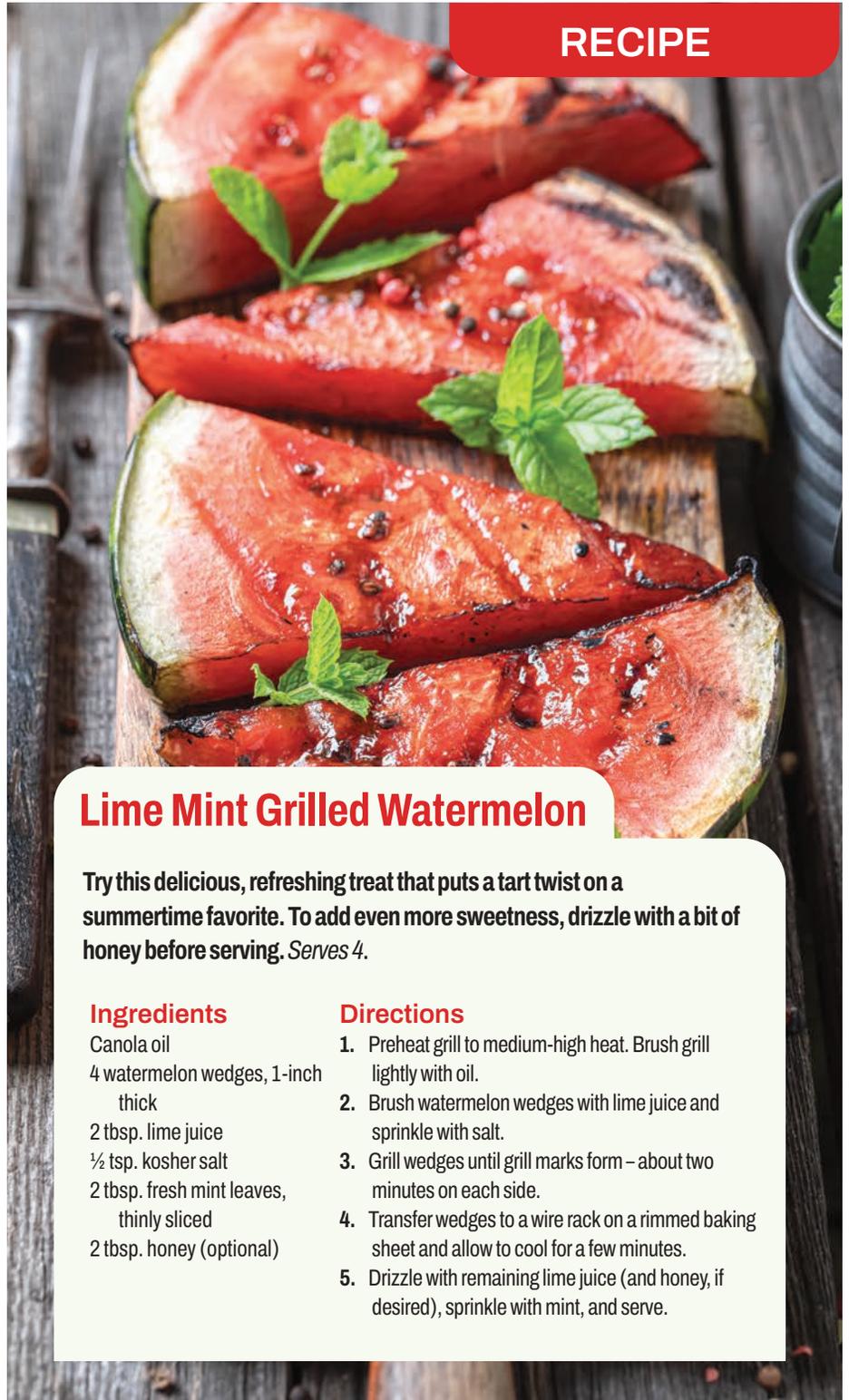
Larger fruits, or those cut into bigger chunks, are less likely to fall through the grill grates, but you can grill smaller fruits, too. So, if strawberries are your favorite, simply (and carefully!) thread them onto skewers before grilling.

Here are some popular choices (avoid using overripe fruit, which can fall apart during grilling):

- Apples
- Bananas
- Figs
- Mangoes
- Melons
- Peaches
- Pears
- Pineapples
- Plums

You can serve these toasted treats straight off the grill or get creative and add toppings. A bit of drizzled honey is an easy add-on, as is a dollop of your favorite fat-free Greek yogurt with a pinch of slivered almonds. For cooking ideas, check out these recipes.

## RECIPE



### Lime Mint Grilled Watermelon

**Try this delicious, refreshing treat that puts a tart twist on a summertime favorite. To add even more sweetness, drizzle with a bit of honey before serving. Serves 4.**

#### Ingredients

Canola oil  
4 watermelon wedges, 1-inch thick  
2 tbsp. lime juice  
½ tsp. kosher salt  
2 tbsp. fresh mint leaves, thinly sliced  
2 tbsp. honey (optional)

#### Directions

1. Preheat grill to medium-high heat. Brush grill lightly with oil.
2. Brush watermelon wedges with lime juice and sprinkle with salt.
3. Grill wedges until grill marks form – about two minutes on each side.
4. Transfer wedges to a wire rack on a rimmed baking sheet and allow to cool for a few minutes.
5. Drizzle with remaining lime juice (and honey, if desired), sprinkle with mint, and serve.

## Sweet and Savory Grilled Peaches

Grilling peaches brings out their sweetness, and topping them with brie cheese adds a creamy texture to the fruit's natural juiciness. *Serves 8.*

### Ingredients

8 oz. brie  
 4 ripe peaches, halved and with pits removed  
 2 tbsp. canola oil  
 4 tbsp. honey  
 Fresh rosemary for garnish

### Directions

1. Preheat grill to medium-high heat.
2. After removing the rind, slice eight 1-oz. portions of brie (see photo for approximate size).
3. Lightly brush the cut side of peaches with oil.
4. Grill peaches cut side down until grill marks form – three or four minutes. Flip them and cook another minute or so, until the rounded side has softened.
5. Remove peaches from grill. Immediately place one slice of brie in the center of each peach (where the pit was) and drizzle with honey. Garnish with rosemary.



## Sizzle Safely

From chicken or fish to pizza or peaches, grilling remains one of the most popular ways to prepare food. Whether you use charcoal or propane, keep these safety tips in mind:

- Remove grease and fat from the grates and clean out the drip pan below the grill.
- Do not use a grill indoors – not even in an open garage – unless it is specifically designed for indoor use.
- Make sure children and pets stay at least 3 feet away from the grilling area.
- Place your grill well away from your home and out from under eaves.
- Never leave the grill unattended.
- Use oven mitts to move trays and skewers on and off of the grill – the cooking equipment will be hot!
- Make sure the grill is completely cool before covering and storing it. If you use propane, ensure the gas line is turned off before storing the grill.

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    [emersonhealth.org](http://emersonhealth.org)

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# Cancer Expertise. Here for you. At Emerson Hospital.

Mass General Cancer Center at Emerson Hospital. Experienced cancer specialists, leading-edge technology, the latest treatment options, and supportive care. World-class cancer care. Built around you. Right here in our community.

Learn more at [care.emersonhospital.org/cancer](http://care.emersonhospital.org/cancer)

 Mass General Brigham  
**Mass General Cancer Center**