

HEALTH

WORKS

 Emerson Hospital

SPRING 2022

**Women's Health:
Your Questions
Answered**

**Back on Course
After Hip
Replacement**

Superpowers Strengthened

Advanced care and
therapies helped
Camille recover
from a stroke



A LETTER FROM OUR PRESIDENT & CEO



I hope you are well and enjoying springtime in our beautiful region. With many trails, parks, and nature sanctuaries in our area, this is my favorite time for healthy outdoor fun.

Emerson is here with expert and convenient care

when you or a loved one is sick or injured. In this issue of *Health Works*, you will hear from members of our community about truly lifesaving and transformative care they received throughout the Emerson system – from entering the Emergency Department to outpatient rehabilitation. These stories reflect the depth and breadth of Emerson’s expertise at every part of a patient’s journey to good health.

You will also read health tips for women from some of our top female physicians, discover ways to raise resilient families, and learn how to prevent tick bites. Flip to the end of the magazine for healthy charcuterie board recipes to dazzle your guests.

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

Christine

Christine C. Schuster, RN, MBA
President and CEO

» THANK YOU FOR SUPPORTING EMERSON
Please visit emersonhospital.org/donate.



IN THIS ISSUE

Surprising Benefits of Gardening
Healthy Charcuterie

Emerson Opens Endoscopy and Digestive Health Center

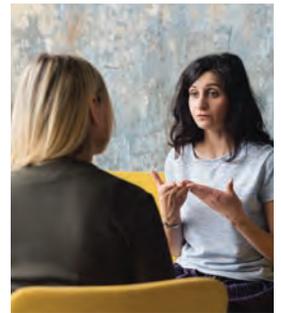


Emerson’s Endoscopy and Digestive Health Center is now open at 310 Baker Avenue in Concord. Offering a full spectrum of screenings and procedures in a brand-new outpatient setting, the Center is home to fellowship-trained physicians from Concord Gastroenterology Associates. The team provides a personalized approach to care

for the whole person, not just their disease. For more information and to see a video with the physicians, visit emersonhospital.org/virtualltour.

Local Mental Health Resources

Emerson is pleased to provide a comprehensive resource list with information about mental and behavioral health support programs and tools to navigate the Massachusetts behavioral health care system. To access the list, visit: emersonhospital.org/mentalhealthresources.



Osteoporosis Exercise Classes Now Available

Emerson’s Steinberg Wellness Center for Mind and Body offers a wide array of online and in-person osteoporosis classes. Classes include targeted exercises and nutrition strategies based on evidence to help students improve bone density, general strength, flexibility, and balance. Certified instructors experienced in treating

osteoporosis teach the classes. To register or for more information, visit emersonwellness.org or call the Steinberg Wellness Center at 978-287-3777.

WHERE TO FIND US ...

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



FACEBOOK
facebook.com/EmersonHospital



INSTAGRAM
[@EmersonHospital](https://www.instagram.com/EmersonHospital)



YOUTUBE
youtube.com/EmersonHospital



TWITTER
twitter.com/EmersonHospital

5 Ways to Boost Your Family's Well-Being

Dine Together

Making time to sit down to a family meal yields countless benefits. Eating together as a family can boost self-esteem, decrease depression, lower stress, improve family connections, and more. To make the most of mealtime, select a "question of the day." For example, ask your child to name the best part of their day and discuss their responses.

Get Real

Although Facebook or Instagram feeds might suggest otherwise, all families are imperfect. Everyone makes mistakes, has tough days, and experiences hard times. Be candid and communicate openly with your family. This gives an opportunity to encourage and empower each other, and develop productive ways to deal with emotions.

Schedule 1:1 Time

Family togetherness is vital. So is nurturing individual relationships. Carve out one-on-one time to spend with your child. This can make children feel important, provide a sense of security, and give them a chance to talk openly. Consider reading, cooking, or doing a project together.

Focus on Fun

Embracing fun as a family creates a sense of belonging, promotes effective communication, and builds lifelong memories. Choose activities the whole family enjoys, like taking a walk, playing a board game, volunteering, or doing a craft.

Champion Small Moments

Birthdays and holidays get much attention, but small moments of connection often mean the most. Leave

an encouraging note or silly drawing in your child's lunch box. Surprise your partner with a lunch date or spend an afternoon coloring with your little one. Such gestures build feelings of self-worth while expressing love.

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

» **HOW DO YOU BOOST YOUR FAMILY'S WELL-BEING?** Let us know by sending a note or a photo to pr@emersonhosp.org. We would love to see!



Q&A

Women's Health: Your Questions Answered

We asked five female physicians at Emerson to share their best health tips for women. Read on for their empowering advice.



Q. How can I enhance my overall health and manage stress?

A. In the era of COVID-19, women have more stressors than ever to juggle. While supportive partners may share the burden, women historically take on the role of nurturers. You need to be well to take care of others. Go for a walk, call or meet a friend, read a book, exercise, make time to practice mindfulness. Most importantly, do not ignore medical signs and symptoms that need to be checked. Frequently, I see patients with a breast mass they have had for a while, or hernia or gallbladder symptoms they have experienced for months. Luisa in the Disney movie “Encanto” sings a song titled “Surface Pressure,” which echoes the sentiment of many women these days. I urge you to stop and take a break. Be kind to yourself.

– Elzaveta Ragulin-Coyne, MD,
General and Breast Surgeon, Walden Surgical Associates

Q. What are your best tips to help you look and feel your best?

A. Feeling and looking your best means highlighting your inner beauty, being kind to yourself, and having self-confidence. This may include long-term practices, like meditation or eating well; a quick experience, such as a massage or Botox; or something more complex like surgery. It is important to know that cosmetic surgery does not necessarily translate to vanity and can be a positive life change, similar to breast reduction, gender-affirming surgery, and breast cancer reconstruction. Feeling good is unique to everyone! It never hurts to meet with a plastic surgeon and learn more. I will guide you through a personalized journey to make you feel rejuvenated and radiant.

– Joanna Ng-Glazier, MD, Plastic Surgeon,
Emerson Plastic Surgery Associates



» **LISTEN TO PODCASTS** with these physicians and many more at emersonhospital.org/podcast.



» **FOR MORE INFORMATION** about these and other Emerson physicians, visit emersondocs.org.



Q. How can I avoid kidney stones?

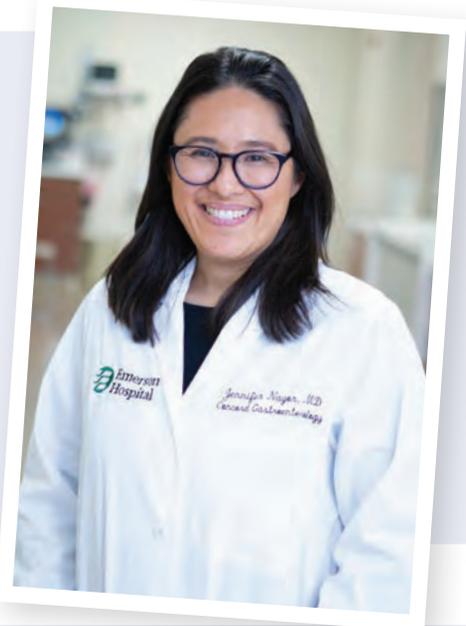
A. Approximately one in 10 people will have at least one kidney stone during their lifetime. Passing a kidney stone can be an extremely painful experience. The most common cause is dehydration due to excessive sweating or not drinking enough fluid. You can decrease your risk by drinking at least eight 8-ounce glasses of clear, caffeine-free fluid every day. Water mixed with lemon juice (1/4 cup lemon juice in 64 ounces of water) is best because the citrate in lemon can reduce stone formation. Orange juice and cranberry juice are acceptable alternatives. Most caffeinated teas, coffee, and dark sodas increase risk of forming stones because they are dehydrating and contain oxalate, a substance that builds most stones.

– *Ooneka Williams, MD, Urologist,
Emerson Urology Associates*

Q. What are some ways I can improve my digestive health?

A. A high-fiber diet with plenty of whole grains and fresh fruits and vegetables helps keep your bowels moving regularly. A healthy lifestyle can lead to a healthy gastrointestinal tract. For cardiovascular health and improved digestive health, exercise for 30 minutes – three to four times per week is a good start. I recommend avoiding smoking and excessive alcohol, as these can cause heartburn and gastric ulcers. Many patients feel stress in their stomach. Stress reduction with exercise, yoga, and/or meditation is easy to recommend but hard to accomplish for many patients. Take time for yourself and make sure to breathe.

– *Jennifer Naylor, MD, Gastroenterologist,
Concord Gastroenterology Associates*



Q. What would you recommend to a friend who may be afraid to get a mammogram?

A. Start by finding out what she is afraid of. Is she frightened of what the mammogram might find? You can explain how early detection saves lives. Mammograms can find breast cancers that are too small to feel on an exam. When we find something early, usually it is very easy to treat – and with a high success rate. Is she afraid of the unknown? Never had a mammogram? Explain what happens during a mammogram or refer her to our website at emersonhospital.org/mammo to learn about the mammogram experience. I am happy to discuss with her how a mammogram is important for good health!

– *Kimberly Brennan, DO, Medical Oncologist,
Mass General Cancer Center at Emerson Hospital*

» TO WATCH A VIDEO with many of these physicians, visit emersonhospital.org/womenshealthtips.



6 Surprising Benefits of Gardening

From warding off dementia to eating healthy, growing your own garden offers a surprising array of benefits for your body and mind.

1 Boosts heart health: Raking leaves, weeding, and other gardening activities count as cardio exercise. Medical experts recommend a minimum of 150 minutes of cardio a week, or approximately 30 minutes, five days a week. That could be the equivalent of planting a lot of beautiful flowers or healthy tomatoes!

2 Reduces depression, anxiety, and stress: Studies show that tending to vegetables and other plants reduces stress and boosts your mood. Seeing all you accomplished in the garden can certainly raise spirits.

3 Lowers risk for dementia: Digging in the dirt may help protect against dementia, according to research published in the journal *Clinical Medicine*. Gardening is a physical, mental, and leisure activity – a combination that can boost memory and reduce risk for dementia.

4 Helps you eat well: Cultivating vegetables and herbs encourages your family to eat healthy. Consider asking each member to choose a vegetable they want to plant (and eat when it is ready to harvest!).

5 Improves sleep: Being active during the day – including sweating it out in your garden – helps you sleep better at night. Getting a good night's sleep is important for your overall health. It also reduces stress and lowers your risk for serious diseases.

6 Saves money: Growing plants often costs less than buying the produce at the store. There are many places to buy plants and seedlings in our area. Check out local farms and garden centers.



STRETCH YOUR GARDENING MUSCLES

After weeding and planting, you likely spent a lot of time bending, which can tighten your muscles. Stretch them out before you call it a day to reduce your risk for pain and injury:

- Half-kneeling hip flexor stretch – Kneel to the ground on one knee. Tighten your abdominals and gently lunge forward until you feel a stretch in the front of your hip. Repeat on the other side.
- Pectoral shoulder stretch – Stand in a doorway with hands outstretched to the sides in the shape of a T, with palms resting on the wall or door frame. Gently lean forward until you feel stretching across the top of your chest/ front of shoulders.

» **FOR INFORMATION** and to schedule an evaluation with an Emerson physical therapist, visit emersonhospital.org/rehab.

Reduce your risk of injury in the garden with these tips from experts at Emerson's Clough Center for Rehabilitative and Sports Therapies:

- Always stretch before and after gardening.
- When lifting heavy objects, like a large pot or bag of soil, use your legs rather than bending with your back. Carry heavy items close to your body.
- Avoid twisting your back. Instead, turn with your feet when shoveling or lifting.
- Decrease knee pain by kneeling on a mat or pad in the garden. If kneeling is too painful, sit on a stool or a sturdy overturned bucket.
- To prevent overuse injuries in your hands and wrists, use gardening tools with enlarged/padded and curved handles as well as pruners and clippers that have a ratcheting mechanism.
- Wear gardening gloves and hold items with a light grasp.
- When pruning, pull branches close to you rather than reaching or standing on your toes.

» **TURN TO PAGES 14 AND 15** in this issue for ways to use vegetables in healthy charcuterie boards.

WELCOME NEW PHYSICIANS

Please welcome these new physicians who recently joined Emerson.



CARDIOLOGY

David Kahan, MD

Emerson Cardiovascular Associates
Concord
978-287-8767



DERMATOLOGY

Adam Brys, MD

Dermatology Associates of Concord, Inc.
Concord
978-369-9023



OPHTHALMOLOGY

Nina Farivari, MD

Lexington Eye Associates
Lexington, Sudbury, Westford
781-876-2020



ORAL AND MAXILLOFACIAL SURGERY

John Morgan, DDS

Concord and Lexington Oral Surgery Associates
Concord, Lexington
978-369-2525,
781-861-8855



PODIATRY

Melissa Rossi, DPM

Concord Foot & Ankle Center
Concord, Westford
978-369-5282



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



Superpowers Strengthened at Emerson

Lifesaving Care and Advanced Therapies Help Young Girl Recover from Stroke



Most people who meet six-year-old Camille are captivated by her vibrant, precocious personality. They hear her talk about superheroes and unicorns, watch her play with her dog Lana, and jump up and down with glee when she is excited. Many do not know that she was diagnosed with bacterial meningitis and experienced a stroke just two years ago. Camille needed lifesaving care to survive and expert rehabilitation to, as she says, “get my superpowers back.”

Family’s Worst Nightmare

During the winter of 2020, just after she turned four, Camille suffered a series of

unexplained fevers. Her parents, Jen and Aaron, kept in touch with her pediatrician, who advised them to watch closely for other symptoms. When her fevers continued and she experienced sudden weight loss, they grew more concerned.

Aaron was with Camille on January 6 when she became extremely fatigued and lethargic. Jen was on the commuter train home from work at a scientific institute in Cambridge. She received a text from Aaron to meet them at the Fitchburg train stop. From there, they headed down Route 2 to Emerson’s Emergency Department (ED). “We were new to the area and did not know the hospitals. Based on the suggestion of friends, we decided to go to Emerson. That

was our first piece of good fortune during Camille’s medical crisis,” explains Jen.

Lifesaving Care in the Emergency Department

As soon as Jen and Aaron carried Camille into the Emergency Department, they were surrounded by people in white coats. “They could tell how seriously ill she was. Within seconds, they had her on a stretcher and were performing lifesaving care,” reflects Aaron. “This is one reason we are so grateful to Emerson. We knew our child was sick, but we did not know what we were dealing with. The Emerson ED team was there for us.” Inger Marie Pu, MD, FAAP, director of Pediatric Hospitalist Medicine

» TO LEARN MORE about outpatient pediatric rehabilitation therapies at Emerson, visit emersonhospital.org/pediatricrehab.

at Emerson, and Rebecca Rosenstein, MD, pediatric hospitalist, were two of the doctors who treated Camille that night.

"Emerson was one of the first hospitals in the state with a dedicated pediatric hospitalist team. We hire physicians from some of the country's best pediatric training programs. With this level of experience, plus our expert emergency physicians and staff, most children receive all the care they need right here. For those who require a higher level of care, we have strong clinical relationships with acute care hospitals, including the team at MassGeneral Hospital for Children," says Dr. Pu.

What She Needed to Recover

The care Camille experienced at Emerson and the hospital's relationship with MassGeneral were exactly what she needed. Dr. Pu and the ED team quickly assessed Camille and diagnosed her with suspected bacterial meningitis and a severe brain infection. "Emerson did everything perfectly. They stabilized her then MedFlighted her to MassGeneral. The meningitis caused brain swelling and stroke. Camille had two brain surgeries and began to recover in the Pediatric Intensive Care Unit," Jen says. "She lost her ability to walk, talk, and remember. The ability to express herself was severely affected."

After weeks at MassGeneral, Camille graduated to inpatient rehabilitation at Spaulding. In another twist of good fortune, Emerson has close clinical affiliations with the pediatric unit at Spaulding, where several of its pediatric hospitalists also

work. During many weeks of inpatient rehabilitation, Camille began to "regain her powers." She learned to walk with assistance and began to speak.

"Spaulding discharged her home under strict orders that she receive intensive outpatient therapies," explains Aaron. "The clinical team told us, 'She needs Emerson-level care.' Hearing this was a huge relief because Emerson's Center for Rehabilitative and Sports Therapies is near our home, and the collaboration with Spaulding was critical for Camille's continued recovery."

Since leaving Spaulding, Camille has had intense physical, speech, and occupational therapy sessions with Emerson clinicians: Mary Evans, supervisor of Pediatric Rehabilitation; Sydney Barnes, pediatric occupational therapist; and Claire Borowski, pediatric speech therapist.

The therapists work with Camille to regain skills she lost due to the stroke and help her acquire new, age-level skills. Her therapy sessions include activities that Camille needs to thrive with her peers in kindergarten, including eating and dressing, kicking a ball, cutting with scissors, drawing, and telling stories. None of these skills were possible when Camille first returned home. Today, she uses them often.

Superpowers Returning

With hard work and determination, Camille's "powers" have mostly returned. She is a happy kindergartner who joyfully proclaims when she talks about her recovery, "I am getting my superpowers back at Emerson!"



Inger Marie Pu, MD

EXPERT PEDIATRIC CARE AT EMERSON

When a child is in Emerson's Emergency Department or hospitalized, they are evaluated by an experienced pediatric hospitalist who is on site 24/7 to monitor and coordinate every aspect of their care.

Emerson's pediatric hospitalists are doctors who are board-certified in pediatrics and completed training at some of the country's top pediatric hospitals. Pediatric hospitalists serve as the attending doctor throughout a child's stay at Emerson, working closely with emergency medicine, medical, and surgical specialists to ensure each young patient receives expert and compassionate care.

» FOR MORE INFORMATION, visit emersonhospital.org/pediatrichospitalist.



Jen and Aaron are grateful for all of the care Camille received since they took her to Emerson's Emergency Department.

THANK YOU

WE ARE VERY GRATEFUL
TO YOU – OUR COMMUNITY

Your generosity and kindness keep us going through the pandemic and beyond. We see you, hear you, and are thankful for your donations, letters of support, cards, banners, and more!

» **YOUR SUPPORT REMAINS CRITICAL.** Please consider making a donation to support Emerson's lifesaving care. Visit emersonhospital.org/donate.



Ticks 101: Preventing Lyme Disease This Season



Our communities are filled with gifts of nature, including beautiful woods, rivers, lakes, and fields. These are also breeding areas for ticks, which can cause Lyme disease. Use this information to help avoid ticks and stay safe in the warmer months of spring through fall, when ticks are most active.

What Is Lyme Disease?

Lyme disease is the most common vector-borne disease in the country. Vector-borne diseases are illnesses commonly transmitted by ticks, mosquitoes, and fleas.

Lyme Disease Symptoms

If left untreated, the infection can spread to your joints, heart, and your nervous system. Watch for these symptoms:

- A red spot or rash near the bite site
- Fever
- Chills
- A full-body rash
- Neck stiffness
- Headache
- Nausea
- Weakness
- Muscle or joint pain or aching
- Swollen lymph nodes

Tick Bite Prevention

- Avoid wooded, brushy, and grassy areas. Stay in the center of the trail when you hike.
- Use a tick repellent containing DEET on your exposed skin. For infants, check with your pediatrician.
- Spray permethrin on your clothes. Do not apply it directly to your skin.
- Wear insecticide or repellent-treated long-sleeved shirts and long pants.
- Tuck pant legs into socks or shoes.

After spending time outdoors, check yourself, children, and pets immediately and remove ticks if you find them. Examine clothing and skin, paying close attention to armpits, head and body hair, in and around ears, and behind the knees. Promptly remove your clothing and put it in a dryer on the highest heat setting.

When Should You Call Your Doctor or Visit Urgent Care?

A clinician can remove ticks and prescribe an antibiotic if needed to reduce the chance of developing Lyme disease. It is best to take the antibiotic within 72 hours of tick removal.

Call your physician or visit an urgent care center if one of the following occurs:

- You have a tick attached to your body that you cannot remove.
- A tick was attached to your body for at least 36 hours.
- You have a bullseye rash.

Enjoy the great outdoors, but be smart about ticks and preventing Lyme disease.

This information was provided by Allan Kuang, DO, FACEP, of Emerson Urgent Care.

HOW TO REMOVE A TICK

1. Use tweezers or small forceps to grasp the tick as close as possible to the skin surface.
2. Pull straight up, gently but firmly; do not twist. Do not squeeze, crush, or puncture the tick body.
3. Disinfect the skin with antiseptic or rubbing alcohol following tick removal.
4. Monitor the tick bite area and other parts of the body for a bullseye rash up to 30 days following a tick bite.



» FOR MORE INFORMATION AND TO RESERVE A SPOT at Emerson Urgent Care in Hudson or Littleton, visit [emersonurgentcare.org](https://www.emersonurgentcare.org) or call **978-287-8990**.

in my own voice: Fred Dye

Golfer Back on Course After Hip Replacement Surgery

After an advanced surgical procedure, Fred Dye says this golf season might be his best one yet.

Fred Dye of Boxborough chose Emerson for hip replacement surgery based on the latest techniques used by fellowship-trained orthopedic surgeon Matthew Sloan, MD. Just three days after anterior hip replacement surgery, Fred was walking on his own, without a cane. He is back to his active lifestyle – with no limitations.

“As an avid golfer, I knew something was wrong as I felt pain while rotating my left hip to finish a golf swing. I continued to play golf, but the pain got progressively worse. In October 2021, I was not able to swing a golf club. I could not walk around the block without severe pain, and usually I walked about seven miles every day. I knew I needed expert help.”

Experienced Care and Latest Techniques

“I had an appointment with Paul Re, MD, orthopedic surgeon, as a follow-up for my prior shoulder surgery, and I told him about the pain in my hip. He referred me to Dr. Sloan because he specializes in hip and knee replacement surgeries using the latest techniques.

“I met with Dr. Sloan and was impressed. He is highly qualified and performed hundreds of joint replacement surgeries during his training at Brigham and Women’s Hospital. He gave me a thorough exam and did an X-ray that confirmed I had stage three osteoarthritis

in my hip. Because I was in good shape, Dr. Sloan thought I was a candidate for anterior hip replacement surgery, the latest approach.”

Faster than Expected Recovery

“I scheduled my surgery at Emerson for early December, setting aside the entire winter to fully recover. It turns out I did not need that long! On day three after surgery, I walked up and down the stairs in my home, and walked a quarter mile outside – all without a cane. The strength and flexibility in my leg and hip are normal, and I walk without pain.

“Dr. Sloan calls me a rock star patient, but he is the rock star surgeon. I continue to feel great, and I am fully back to my regular activities, including picking up my two-year-old grandson and chasing him around.

“A golfing buddy of mine had similar surgery at a different hospital around the same time I did. I recovered faster – we will see how that plays out on the golf course this season. There is no doubt that Dr. Sloan and his advanced approach helped me recover significantly quicker than expected. He, along with his staff, everyone in the OR, and the Emerson physical therapist who came to my home after surgery were skilled and knew their jobs exceptionally well. Thanks to them, this golf season might be my best one yet! More importantly, my quality of life is improved.”

“I enjoy working at Emerson because I grew up in the area. My community connection helps me form meaningful relationships with patients and understand their daily routines better. It is exciting to bring advanced care to the region and help people recover fast so they can lead active, full lives.”

– MATTHEW SLOAN, MD, MS, FELLOWSHIP-TRAINED ORTHOPEDIC SURGEON, HIP AND KNEE SPECIALIST



Matthew Sloan, MD

BENEFITS OF ANTERIOR HIP REPLACEMENT SURGERY:

- 1 Faster recovery. Patients walk unassisted sooner than with the traditional approach.
- 2 Less tissue damage. The minimally invasive approach spreads between muscles rather than cutting through them.
- 3 Lower risk for hip dislocation.
- 4 Reduced pain after surgery. Patients require fewer narcotics during recovery.

EMERSON PHYSICAL THERAPY – A TEAM APPROACH TO RECOVERY

The outpatient physical therapy team at Emerson’s Clough Rehabilitative and Sports Therapies Center in Concord and Westford helps patients quickly get back on their feet after joint replacement surgery. Working collaboratively with patients and their surgeons, therapists customize exercise programs and guide return to activities based on the patient’s life and fitness goals. Treatment may include aquatic therapy in the Center’s warm water pool to promote range of motion and strengthening. For more information, visit emersonhospital.org/rehab.

» FOR INFORMATION ABOUT anterior hip replacement and to make an appointment, visit orthoaffil.com. Hear a podcast with Dr. Sloan at emersonhospital.org/podcast.



Healthy Charcuterie

From parties and Pinterest posts to magazine covers and influencer videos, charcuterie boards are trending – and for good reason. These fun and easy platters offer infinite opportunities for personalization, flavor, and texture. Simply select your plate, board, or platter, and start building! **Here are some ideas to help you create a healthy board to please palates.**



Fill It Up with Fruit

Seasonal fruit offers a sweet way to add color and texture to your board. Consider berries, cherries, apricots, peaches, and melons in warmer months, and figs, pears, and apples when temperatures cool.

Dried fruits like cranberries, figs, and raisins add sweetness and texture. Check food labels for added sugars to keep your board healthy.

Tip: To keep cut-up apple, pear, and pineapple from browning: Before plating, soak them in a mixture of two tablespoons of honey to one cup of water for five minutes.

Bring on the Veggies

As with fruit, vegetable options are nearly endless. Fresh cruditéés like carrots, bell peppers, pink radishes, and celery are classic choices, along with snap peas, green beans, and cucumbers.

For an added twist, stack lettuce leaves on your platter to make wraps (see recipe for Crunchy Chicken Salad at right). Boston bib, romaine hearts, and chard provide a sturdy structure and healthy doses of vitamins and minerals.

Pick Your Proteins

If meat is a must, look for low-sodium and low-fat items.

For healthier fare, include more of these options:

- Sliced chicken or turkey breast (good use for leftovers!)
- Hard-boiled eggs
- Edamame
- Roasted chickpeas
- Nuts, such as almonds, cashews, and walnuts
- Cooked shrimp drizzled with lemon

Choose Your Cheese

Cheese provides protein, calcium, vitamins, and other nutrients.

To bring balance to your board, offset a saltier favorite like Brie with a lower-sodium option such as Swiss – and offer more of the latter. Read nutrition labels, and look for light, skim, or reduced-fat versions of cheese.

Aged, hard cheeses, like Swiss, cheddar, and Parmesan, are naturally low in lactose. If you want to avoid dairy entirely, you can find lactose- and dairy-free cheese, too.

Go-to Grains

Whole grains have many health benefits. Eating whole grains can lower your risk for heart disease, diabetes, and certain cancers. So, whether you prefer baguettes, bagel chips, crackers, or pita wedges, look for whole-grain or whole-wheat versions.

Many whole grains are naturally gluten-free, but be sure a product is labeled “gluten-free” to be certain.



RECIPES

White Bean Hummus

This healthy hummus packs a punch of Mediterranean flavor and makes a perfect dip for raw vegetables. It can be served in a colorful cup and makes a delicious addition to a charcuterie board. *Serves 10*

INGREDIENTS

1 can (15.5–16 oz.) reduced-sodium cannellini beans, drained (reserve 2 tbsp. of liquid)
2 garlic cloves, peeled
2 tbsp. fresh lemon juice
1 tbsp. tahini
1 tbsp. honey
1/8 tsp. sea salt
Chives (about 1 tbsp.) for garnish

DIRECTIONS

Place all ingredients, except for chives and reserved liquid from the bean can, into a blender or a food processor fitted with a standard blade. Puree until smooth, or about three minutes. If the hummus is too thick, stir in 1 to 2 tablespoons of reserved liquid. Garnish with chives.



Crunchy Chicken Salad

Add flair to your board with this simple salad that works well in a lettuce wrap or on whole-grain crackers. *Serves about 12*

INGREDIENTS

2 cups chunked cooked chicken (leftovers work well!)
1/2 cup celery, chopped
1/4 cup green pepper, chopped
1/4 small onion, peeled and chopped
1/2 cucumber, peeled and chopped
1 small apple, diced (leave the peel on)
1/2 cup grapes, cut in half
1/4 cup plain nonfat Greek yogurt

DIRECTIONS

Put all the ingredients in a large bowl. Stir together. Serve in a colorful bowl for your board.



» IF YOU WOULD LIKE TO
SUBSCRIBE to our email newsletter, or if
you prefer not to receive this publication
in the future, please let us know by
calling **978-287-3408** or visiting
emersonhospital.org/newsletter.

Developed in partnership with Krames

    **EMERSONHOSPITAL.ORG**

11135M



JOIN AN AWARD-WINNING TEAM

THE DIFFERENCE IS YOU.

Your insight. Your talent. Your confidence. Your touch. At Emerson Hospital, we know the real difference in our care is what you bring to it.

View our current opportunities at [EmersonCareers.org](https://www.emersoncareers.org)

Sign-on bonus available for select positions!

