

Micro Preemie Achieves Milestones

Also Inside:

Surgical & Medical
Weight Loss –
An Insider's View

Advanced Joint
Replacement Technique
for Fast Recovery

Stay Home
and Feel
Better!
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A Letter from Our President & CEO



Spring is a great season to enjoy nature throughout our region. It is also an excellent time to schedule annual appointments and screenings for you and your family. Please do not delay your care. Prioritize your

health; you will not regret it.

Earlier this year, Blue Cross Blue Shield recognized our outstanding maternity care, and the Women's Choice Awards recognized our commitment to excellence in comprehensive breast care, orthopedics, stroke care, and mammogram imaging. *Boston* magazine named 65 of our physicians and surgeons to their list of Top Doctors in Massachusetts. We are proud to be recognized for our quality and safety. These awards are among our extensive accolades reflecting our dedication to providing the best possible care.

I hope you enjoy this edition of *Health Works* magazine, which aims to provide tips for maintaining your health. Remember, 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.

Virtual Urgent Care – Now Available



Experienced urgent care providers now offer virtual appointments for those ages three and older, so you can feel better without needing to leave home. Most insurance plans cover the visits. Learn more and reserve your spot at emersonurgentcare.org.

Find Local Help, Fast

If you or someone you know needs assistance, find local resources for a wide variety of essentials, including food, housing, mental health, childcare, senior care, transportation, and more, at emersonhealth.findhelp.com. Bookmark this site and share it with your friends and family whenever quick access to help is needed.



Endoscopy Center Honored for Best Patient Experience

Emerson's Endoscopy & Digestive Health Center is the only center in the region to earn the Patient Experience Guardian of Excellence award from Press Ganey,



a national leader in measuring patient experience. The Center proudly provides the highest quality endoscopy and colonoscopy services in a comfortable, convenient outpatient atmosphere. Visit emersondigestivecenter.com for information and to request an appointment.

Check Out These Features:
Stroke Signs – page 7
Spring Salad Recipe – page 15

Where to find us ...

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



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



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



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[@EmersonHealth](https://www.tiktok.com/@EmersonHealth)



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5 Ways to Spring-Clean Your Life

Spring means new beginnings – and is a great time to tidy up your overall wellness routine. Here are tips for a fresh start.

Kitchen Cleanse

Start with a food safety check. Scour your cabinets and fridge for spoiled food. Look for changes in smell, flavor, or texture. Check expiration dates.

Throw away spoiled items and replace with fresh, seasonal produce. Visit the farmers market or grocery store. Stock up on spinach, beets, asparagus, strawberries, and other fresh vegetables and fruit.

Bathroom Makeover

Go through your bathroom drawers and cabinets and throw out expired sunscreen, medicine, and makeup. Emerson has a prescription medication drop-off box located near the Emergency Department for safe and environment-friendly disposal. Or contact your town to find other drop-off locations.

Makeup usually lacks dates, but bacteria and other contaminants build up on these products over time. Get rid of any that clump, smell bad, or have changed color.

Also toss:

- Lip products after six months
- Eye shadow after six to nine months
- Concealer and foundation after a year

Pay attention to what adolescents use for skin care. Some ingredients are harmful for young skin. Check with a dermatologist to be sure.

Fitness Refresh

Experts recommend the following:

- 150 minutes weekly of moderate activity, such as hiking, biking, or brisk walking, or 75 minutes of vigorous activity, such as swimming, running, basketball, singles tennis, or pickleball, and
- 30 minutes of muscle-strengthening exercises twice a week, such as lifting weights, hill walking (outside or on a treadmill set to an incline that feels steep to you), working with resistance bands, and push-ups and sit-ups

Visit emersonhealth.org/strength for information about Emerson's Strength and Conditioning programs.

Digital Detox

Social media keeps us connected. Yet too much time on screens negatively affects mental health. Aim for less than an hour of social media time a day. Unfollow accounts and people that do not bring you joy. Keep your phone in another room during meals, family time, and bedtime.

Try a digital detox. In one study, limiting social media use to 30 minutes daily for two weeks improved people's health and well-being. Some people turn in their smartphone for a flip phone to remove the temptation of social media, with good success.

Brain Boost

Develop a stress-relief plan to use when you feel particularly overwhelmed. This might include breathing exercises, meditation, journaling, doodling, creative arts, exercise, calling a friend, playing with a pet, or regulating your sleep schedule.

Mind games boost memory and reduce the risk of dementia. Crossword puzzles, word games, chess, sudoku, and jigsaw puzzles give your mind a good workout.

» Contact your provider's office with any questions about your health. Visit emersondocs.org to find a primary care provider.



» Scan the QR code for podcasts about digital wellness.





An Insider's View of Surgical Weight Loss

If you struggle with obesity, our award-winning bariatric surgery program at Emerson's Center for Weight Loss is here to help. Supporting patients throughout New England, we understand what it is like to struggle with obesity and that it is a complex disease. We also understand that the decision to undergo weight-loss surgery is about more than improving your health – it is about changing your life.



David Lautz, MD



Laura Doyon, MD

“Two years ago, my life took a transformative turn with weight-loss surgery at Emerson. It was a journey of change, a testament to courage, and a step toward a healthier me. Looking back, I would take this life-altering path again in a heartbeat.” – Yeison Pinales



Before

Q: What is the surgeons' experience?

A: Board-certified bariatric surgeons David Lautz, MD, and Laura Doyon, MD, are highly trained experts with years of experience performing weight-loss surgeries. They have been honored with awards for their skilled approach with patients. We perform nearly 700 surgeries each year at the center, more than most other programs. We adhere to the highest levels of patient safety and stay current on the latest research and methods of weight-loss surgery.

Q: How does Emerson's program differ from other weight-loss programs?

A: Everyone in our practice, from the front desk staff and the dietitians to the advanced practice providers and surgeons, supports patients on their weight-loss journey. We do not see you as a number. We truly care about every patient and treat you like a member of our family.

The team is committed to helping you succeed before and after weight-loss surgery. Our staff is highly trained in weight loss and committed to caring for each patient who walks through our door. There is no shame or judgment here. We do not require patients to lose weight before their surgery. You will meet your surgeon at your first visit, which is different from many other programs. We get to know you and take a highly personalized approach to your journey. Our staff works with you to make sure you are comfortable and confident in your decision.

Q: What are the benefits of bariatric surgery that weight-loss medications do not provide?

A: Weight-loss medications aim to mimic some of the same hormonal or appetite changes that bariatric surgery achieves. Surgery, however, addresses several factors that lead to weight loss (hormonal changes, feeling full more quickly, and staying full longer, for example). Medications only address one factor. So, surgery always results in greater weight loss than medications. Medications cause side effects, which can make them challenging to tolerate. In addition, medications need to be continued long

term or lifelong. When people stop taking medications, they typically gain back weight. Supply chain issues, like we have seen with many weight-loss medications, can affect availability. In addition, insurance does not always cover them. They can be very expensive. Many people undergo bariatric surgery after they tire of taking the medications.

Q: What will my life be like after weight-loss surgery?

A: Our patients find their quality of life dramatically improves after weight-loss surgery. They can do things they never thought possible. Most people report feeling more energetic and sleeping better, along with improved satisfaction with their lives overall.

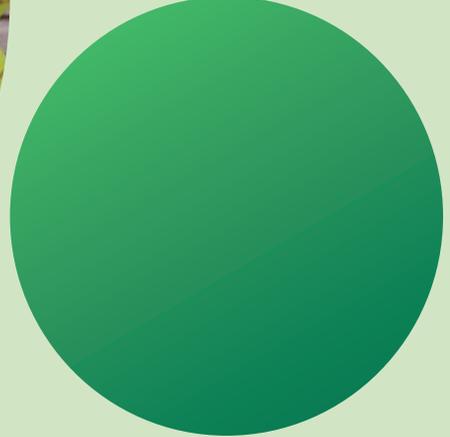
In addition, weight-loss surgery reduces risks for medical issues such as cancer, liver disease, diabetes, and high blood pressure. Our team of experienced, dedicated providers works with you every step of the way to help you succeed long term after surgery. We are with you throughout your life to support you in maintaining healthy habits.

Q: Is there anything else I should know before my first appointment?

A: Our goal is to help you understand the options based on your goals and medical history. We offer an online information session to watch before your appointment. Then, when you come into the clinic, we work together to determine next steps. You are an active participant throughout the decision-making process. We are excited to meet you!

» Scan the QR code for an insider's view on surgical and medical weight loss. Learn more about Emerson's Center for Weight Loss Surgery and register for a free information session by visiting emersonweightloss.org, or call 978-287-3532 to speak with a member of the weight-loss team.





Emerson

A Name You Can Trust

For Chelsea and her fiancé Michael, the name Emerson holds a special place in their heart. It is where they welcomed their son into the world, and where he stayed safe and sound in the Special Care Nursery until it was time for him to go home. And, it is where their older son learned how to be a big brother at the New Sibling class. So, when choosing a name for their new baby, they knew “Emerson” was the perfect choice – a name that echoed the love and care that surrounded his arrival.

“ *We knew after the exceptional care he received, the name Emerson was a definite. I will always remember our special experience bringing our own little Emerson into the world.*

– Emerson’s Mom, Chelsea



Emerson’s Annual Giving Program is now named:

The Emerson Fund

We agree with Chelsea – Emerson stands for exceptional care and compassion. That is why we renamed our annual appeal program “The Emerson Fund.” This new name reflects what the appeal has always done – support our exceptional commitment to quality and improve access to care throughout our communities. Your support helps us provide an outstanding experience to all our patients, like Chelsea and baby Emerson.

Please consider making a gift today. Thank you.

emersonhealth.org/donate

Surprising Stroke Signs You Should Not Ignore

When you think of a stroke, you may picture sudden weakness on one side of the body or slurred speech. But some surprising signs can also indicate a stroke. To help prevent long-term damage, learn these less obvious symptoms so that you can seek prompt medical care.



Sudden confusion or disorientation: A sudden mental fog or difficulty understanding conversations, or becoming disoriented in familiar surroundings



Severe headache with no known cause: The worst headache of your life, especially if it comes on suddenly



Trouble walking, dizziness, or loss of coordination: Sudden difficulty walking, dizziness, lack of balance, clumsiness, or loss of coordination



Vision problems in one or both eyes: Vision changes, such as sudden blurriness, seeing double, or loss of sight in one or both eyes



Face drooping or numbness: Facial drooping, any sudden changes in the symmetry of your face, or numbness, particularly on one side of the face



Emerson earned advanced stroke certification by The Joint Commission in collaboration with the American Heart Association.



Every minute counts: BEFAST can help you remember the signs of a stroke. It stands for **balance** loss, **eyesight** changes, **face** drooping, **arm** weakness, **speech** difficulty, and **time** to call 911. If you or someone you see experiences any signs of stroke, call **911**. The faster the person receives medical assistance, the better the chances of saving their life, reducing damage, and improving their recovery.

» To learn more about stroke symptoms and Emerson's outstanding stroke care, visit emersonhealth.org/stroke.

Healthcare Providers You Might See at Your Next Appointment



Whether you aim to stay healthy, start a family, or manage a chronic disease, your care is a collaborative effort of experienced healthcare professionals. In addition to doctors, other advanced practice providers (APPs) may play key roles in your health, including:

- Nurse practitioners (NPs)
- Physician assistants (PAs)
- Certified nurse-midwives (CNMs)

Nurse Practitioners and Physician Assistants

Nurse practitioners and physician assistants provide primary, urgent, and specialty care, including preventive healthcare, disease management, injury treatment, and pre- and postnatal care. You may see these experts instead of a medical doctor for your primary care. You can also request an NP or PA as your primary care provider at many offices.

In addition to providing primary care, NPs and PAs can be trained and certified to provide specialized care. For example,

you may see an NP or a PA in an orthopedics office for pre- or postsurgery care and injury treatment. NPs and PAs work in many specialized offices, including gastroenterology, cardiology, surgery, urology, urgent care, gynecology, general surgery, and other areas.

Midwives Provide Women-Centered Care

Certified nurse-midwives (CNMs) provide a full range of women's healthcare services for adolescents through adults, including diagnosing and managing diseases and infertility. They focus on caring for women holistically and educating them about their health.

Midwives provide expert care in these areas:

- Gynecologic exams
- Family planning
- Preconception counseling
- Prenatal care
- Labor and delivery

- Postpartum care
- Menopause management
- Wellness education

Nurse practitioners also offer many of these services; however, NPs do not work in labor and delivery.

Experienced Healthcare Providers

Advanced practice providers earn both undergraduate and graduate degrees and have extensive hands-on experience. They complete advanced training in patient care and need to pass exams and earn licenses and certifications to care for patients. APPs also stay up-to-date on the latest approaches to care with ongoing medical education.

NPs, PAs, and CNMs play an important role in keeping you healthy. Research shows that patients are pleased with the care they receive from APPs, and their health is as good as those who see only doctors.

Provider Type	What They Can Do
<p>Nurse practitioner (NP)</p> 	<p>Provide primary or specialty care. NPs diagnose and manage diseases, prescribe medications, provide health education, perform procedures, and refer patients to other members of the healthcare team as needed.</p>
<p>Physician assistant (PA)</p> 	<p>Conduct physicals and exams, provide treatment, perform some procedures, and prescribe medications. PAs work alongside doctors or independently and may also assist surgeons in the operating room.</p>
<p>Certified nurse-midwife (CNM)</p> 	<p>Provide the full range of women's healthcare services, including preconception, prenatal, labor and delivery, and postpartum care, along with family planning and menopause management.</p>



» To find healthcare providers, visit emersondocs.org. To listen to podcasts with advanced practice providers, including midwives, scan the QR code.

Back in the Game – Emerson’s Return to Play Programs Ensure Readiness

Two of the most common injuries among youth and adult athletes are anterior cruciate ligament (ACL) tears and concussions, affecting more than 1 million athletes each year. Recovery is lengthy and requires an expert healthcare team. Studies show that reinjury occurs in 25% of athletes recovering from ACL repair. Persistent symptoms can occur in 10 to 20% of patients who suffer a concussion, often when athletes return to their sport too soon.



Lyla Cotter scored seven points in her first game back after ACL surgery and PT at Emerson.

“Basketball is a big part of who I am. After surgery, I worked with Emerson’s Sports Medicine team to recover. They focused on my physical and mental strength. When they thought I was ready, I did the ACL Performance Testing program and was cleared to play!” — Lyla Cotter

Getting Athletes Back Safely

To reduce reinjury, Emerson’s Sports Medicine and Performance team developed **Return to Play** (RTP) programs specifically for athletes with ACL injuries and concussions. It is one of the only centers in Massachusetts offering RTP testing capabilities proven to work. Following an athlete’s prescribed physical therapy (PT) program, experienced Doctors of Physical Therapy (DPTs) assess them using scientific methods and RTP protocols to ensure their readiness to return to play.

Emerson’s injury-specific performance testing programs complement comprehensive and personalized physical therapy programs to help athletes return to safe play and reduce their risk of reinjury:

- ACL Performance Testing assesses leg strength, endurance, jump ability, and other components of sports performance.
- Concussion Return to Play determines balance and tolerance to lift weights and run.

With the latest equipment in a high-performance, athlete-centered gym, Emerson’s sports medicine team uses gauges and dynamometers to measure strength, and apps to examine the quality of the athlete’s movement and determine their readiness to get back in the game and succeed.



» Visit emersonhealth.org/RTP or call **978-287-8200** for information and to schedule an assessment. To hear a podcast with Emerson’s Sports Medicine DPTs about Return to Play, scan the QR code.

On the Court – Ready to Win

Lyla Cotter, a senior varsity basketball star at Nashoba Regional High School, needed surgery to repair a ruptured ACL. She explains, “Basketball is my life sport and a big part of who I am. I did not think I would be able to play again. After surgery, I worked with Emerson’s Sports Medicine team to recover. I trusted them. They focused on my physical and mental strength. Good days in PT brought tears to my eyes because I knew I was closer to returning. After many months, when the team thought I was ready, I did the ACL Performance Testing program and was cleared to play! I scored seven points in my first game back and felt like myself again.”

Lyla shares these tips for injured athletes:

- Be open with your family, physical therapists, surgeon, and others on your team. When you talk about how you feel, you gain support and confidence. It makes hard days easier.
- Contact the Sports Medicine team at Emerson. They are experienced with injured athletes and identify areas to strengthen. When I wanted to give up, they were there for me physically and mentally. They got me back to the sport I love.

Return to Duty

Emerson has a program for professionals in tactical careers, including military, fire, police, emergency services, and construction, to assess their cardiorespiratory and athletic capabilities after a concussion.

Welcome New Physicians



Gastroenterology
Ann Marie Joyce, MD
 Gastro Health
 Acton
 978-226-1351



Nephrology
Erin Flanagan, MD
 Pratt Medical Group
 Concord
 978-287-4788



Primary Care
Mayank Patel, MD
 Emerson Health Primary Care
 Concord
 978-287-7495



Sarah Taylor, MD
 Acton Medical Associates
 Acton, Harvard, Hudson,
 Littleton
 978-635-8700



Thoracic Surgery
Uma Sachdeva, MD, PhD
 Emerson Hospital
 Concord
 978-287-8058



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

Gio's mom is grateful
his Emerson team
made therapy fun
and successful.



Meeting Milestones with Pediatric Therapy

Children achieve growth milestones at different times, and some need extra assistance. Help is available at Emerson’s Clough Family Center for Rehabilitative Therapies. Experienced physical, occupational, and speech/feeding therapists, specially trained to work with children of all ages, help them overcome developmental challenges and prepare them for success in life.

Giovanni Lima, known affectionately as Gio, was born at just 25 weeks. After nearly six months in a neonatal intensive care unit, he was strong enough to go home. His mom, Michelle, talked with their pediatrician, Dr. Jasmin Darling, at Acton Medical Associates, about therapies to help Gio reach his full potential.

“She recommended an evaluation at Emerson for PT, OT, and speech/feeding therapy. After a year of therapy, he is meeting all his milestones. It is astonishing how far he has come and continues to progress. The experience at Emerson is phenomenal. His therapy team makes it fun. They take time to get to know Gio and our family and incorporate some of his favorite things into therapy, which motivates him to work hard and progress.”

Michelle shares these tips for families with children who may need PT, OT, or speech therapy:

- Trust your instincts. Call for an evaluation if you think your child might benefit from treatment.
- Every question you have about your child is important. Ask your medical team.
- Choose providers that you like and trust. They become critical members of your team.
- No family experience is the same. Try not to compare your child with others.

» For information about pediatric therapies at Emerson, scan the QR code or visit emersonhealth.org/pediatrictherapy. Call **978-287-8200** for an evaluation.



Here are some signs your child may benefit from an evaluation with a pediatric therapist:

Three months:

- Fussy and unable to tolerate tummy time for five minutes
- Unable to close hand around an object, has not yet found hands
- Unable to vocalize or appears to be “quiet”

12 months:

- Not pulling to stand, cruising, or trying to stand alone
- Cannot pick up small objects with thumb and index finger
- Not using at least one to 10 meaningful words

School-age:

- Child trips and falls a lot, viewed as “clumsy”
- Challenged during times of transition (classroom to recess)
- Difficult to understand, not developing new sounds, not asking questions

Six months:

- Not independently rolling, or unable to sit with hands propped on floor for support
- Not passing toys between hands, not yet banging toys together
- Not babbling or using simple sounds such as “ma” or “da”

18 months:

- Unable to walk independently or get up from the middle of the floor
- Unable to use a spoon, unable to scribble with fist grasp
- Not using 10 to 20 meaningful words or combining two words (for example, “more milk”)

Nine months:

- Unable to crawl on all fours, unable to sit independently and play
- Not using all fingers to pick up small objects

24 months:

- Unable to run, jump, or climb onto the couch
- Uses fewer than 50 words or does not combine words



Less Pain, Faster Recovery with Robotic-Assisted Joint Replacements

Pain that limits your daily activities and doing things you love. Severe stiffness that does not go away with over-the-counter pain medication. These signs suggest it might be time to talk with an orthopedic surgeon about a joint replacement.

Hip and knee replacements are among the most common surgeries. According to Matthew Sloan, MD, orthopedic surgeon, "Patients often have excellent outcomes and enjoy a pain-free, active life when they recover after robotic-assisted joint replacement surgeries. Studies show that replacement surgeries are on the rise for younger people in their 50s and 60s due to the rigors of playing sports long term and wanting to remain active later in life."

More Precision, Outstanding Results

Today's joint replacement surgeries at Emerson often include a modern assistant – a robot! During these procedures, an orthopedic surgeon performs the surgery in an operating room. Nearby sits state-of-the-art equipment with a camera and

screen that helps the surgeon follow a personalized plan using a 3D model of the patient's unique anatomy.

The precise accuracy of the technology offers surgeons a crystal clear, real-time view of the patient's joint, allowing them to protect healthy bone and insert the new joint to fit perfectly in place – like a puzzle piece. Patients benefit from faster recovery and less pain than traditional joint replacements.

Life Without Pain

Cyndy Premru, 56, of Shirley, suffered for years from knee pain due to arthritis and prior injuries. When the pain intensified, she turned to Orthopedic Associates. "They recommended I see Dr. Sloan for a knee replacement. He is very personable. I never feel rushed at my appointments. The idea of robotic-assisted surgery was intriguing and made sense. I trusted him to get me back to life without pain," Cyndy says.

After knee replacement surgery at Emerson followed by physical therapy, Cyndy now lives the life she dreamed of: "It does not feel like I had surgery.

Getting around is so easy now. I even went dancing! I don't have any of the pain I used to. It was a great experience."

Here are Cyndy's tips for those considering joint replacement surgery:

- Do not wait. The difference before and after surgery is night and day. If pain limits your life, contact a healthcare provider.
- Listen to your body and don't be afraid. You will know when it is the right time for a replacement.
- Ask all the questions you need to make a decision.
- Pain and recovery after surgery frightens people, but every day gets better.



» To learn more about joint replacement surgery at Emerson and listen to podcasts with Dr. Sloan,



orthopedic surgeon and director of robotics, scan the QR code or visit emersonhealth.org/jointreplacement.

Cyndy and Zoomer at home in Shirley





Rainbow Chopped Salad

This delicious dish adds a delightful splash of color to any meal. Boasting both sweet and savory flavors, the combination of fruits and veggies packs a powerful punch of vitamins and minerals, including vitamins A and C, folate, fiber, potassium, and more. Serves 8.

Ingredients

6 oz. (about 1 cup) blackberries
6 oz. (about 1 cup) blueberries
1 cup sliced strawberries
1 medium beet, peeled and shredded (about 1 cup)
1 medium yellow squash, chopped (about 1 cup)
2 medium purple carrots, peeled and shredded (about 1 cup)
2 medium carrots, peeled and shredded (about 1 cup)
1 medium red bell pepper, chopped (about 1 cup)
1 medium yellow bell pepper, chopped (about 1 cup)
1 medium orange bell pepper, chopped (about 1 cup)
1 medium cucumber, chopped (about 1 cup)
1 cup sliced green onions
4 cups finely chopped kale, stems removed

Dressing

$\frac{1}{4}$ cup extra-virgin olive oil
 $\frac{1}{4}$ cup white balsamic vinegar
2 tbsp. maple syrup
 $\frac{1}{4}$ tsp. sea salt

Directions

Toss vegetables and fruit in a large bowl. In a small bowl, whisk together olive oil, white balsamic vinegar, maple syrup, and sea salt. Pour over salad and toss again.

Nutrition Facts

A serving is 2 cups. Each serving contains about 167 calories, 8 g fat (1 g saturated fat), 0 g trans fat, 0 mg cholesterol, 130 mg sodium, 24 g carbohydrates, 14 g sugar, 5 g fiber, and 3 g protein.



Looking to Pump Up the Protein?

Let your taste and preferences be your guide. Here are a few ideas:

- Cooked chicken or turkey breast
- Chickpeas
- Black beans
- Tofu
- Low-fat Swiss or cheddar cheese
- Hard-boiled egg
- Quinoa

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11135M



Endoscopy & Digestive Health Center

Now accepting patients at our new, convenient location in Concord, MA



!

Most patients with colon cancer do not have symptoms, which is why screening colonoscopies are so important.

45

Due to an increase in colon cancer in young people, the starting age for colonoscopies is now 45 instead of 50.

40

Most people with a family history of colon polyps or cancer should have their first colonoscopy at age 40.

?

If you have a strong family history, please ask your doctor if you should start even sooner.

Have concerns? Don't ignore these signs

- Rectal bleeding
- Change in bowel habits
- Abdominal pain

Contact us today

Schedule an appointment with one of our dedicated gastroenterologists.

Emerson Endoscopy & Digestive Health Center

310 Baker Ave., Suite 175A
Concord, MA 01742 | 978-287-3835

EmersonDigestiveCenter.com