

perspectives

summer 2011

a health and wellness magazine of Hallmark Health

Lawrence Memorial Hospital of Medford
Melrose-Wakefield Hospital



**Hallmark Health
leads the way
with innovative surgical
procedures** page 6

Michael Rho, MD, (l.), an otolaryngologist who uses image-guided fusion navigation system for endoscopic sinus surgeries and John Lynch, MD, an orthopedic surgeon who performs customized partial knee replacement surgery.

From the CEO



WE HOPE YOU ENJOYED YOUR SUMMER AND THE OPPORTUNITY to enjoy some well deserved time off. But a local healthcare system never goes on vacation. We are close by and ready to care for standard as well as complex medical problems. Our exceptional physicians and nurses and the precision of the best imaging and treatment technologies stand ready 24 hours a day, seven days a week to meet our

communities' healthcare needs.

In this issue of *Perspectives*, you will learn why Hallmark Health is ahead of other healthcare providers in using the latest procedures in knee surgery and endoscopic procedures that are less invasive, more accurate and lead to quicker recovery times. There is also a story on the new Hallmark Health Cosmetic & Laser Center, the only hospital-affiliated, cosmetic laser center in the area that applies the highest standards of medical experience, safety and quality to cosmetic laser procedures for men and women.

The summer issue also contains high praise from two distinguished mayors that convey their strong support for having a vibrant healthcare system like Hallmark Health as a key component of their community as well as the grateful testimony from some of our recent patients about the care they received. You will also read about the important role of our pharmacists at Lawrence Memorial Hospital of Medford and Melrose-Wakefield Hospital, the close connection of pharmacology services throughout our system and the modernization of both hospital pharmacies.

It is our mission to be the healthcare system of choice for Boston's northern communities. To learn more about Hallmark Health and why you should choose us for your healthcare needs, please visit www.hallmarkhealth.org.

Michael V. Sack, FACHE
President and Chief Executive Officer
HALLMARK HEALTH SYSTEM



The Official Healthcare
Partner of the 2011 Champion
Boston Bruins®

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***Perspectives* is interactive!**



This issue of *Perspectives* is interactive and uses Quick Response (QR) code technology to help you gain more information about Hallmark Health and its services via your smart phone. All you have to do is download a QR reader in your phone's app store and use it to scan the barcodes found throughout this magazine.



Hallmark Health

A SYSTEM OF MEDICAL EXCELLENCE

HALLMARK HEALTH IS the premier provider of vital health services to Boston's northern communities and is The Official Healthcare Partner of the 2011 Champion Boston Bruins. We are a community-based healthcare system known for outstanding patient care, exceptional medical and nursing staffs and the latest in advanced medical care.

Throughout our system there are more than 400 physicians who trained at top medical schools and teaching hospitals. They bring an exceptional level of care and expertise to every patient, which is consistent with the rigorous medical standards found at nationally recognized hospitals.

Hallmark Health continues to build on a legacy of great medical care and a passion for clinical and operational excellence. Our performance standards are very high and in line with patient expectations. We continue to add sophisticated medical and clinical services so people do not have to travel into Boston for advanced medical care.

Hallmark Health has gained national recognition for the excellence of several of its medical disciplines such as our Bone & Joint Program that offers the highest level of orthopedic care in the area and our Cardiac & Endovascular Center that provides care equal to that found in academic medical centers to treat cardiac and vascular problems including life-threatening heart attacks, aneurysms and other vascular disorders. This spring, Hallmark Health affiliated with the Joslin Diabetes Center, the world's preeminent diabetes research and clinical care organization, to address this growing epidemic.

Hallmark Health also offers a complete range of the most advanced diagnostic imaging and mammography services that are convenient and suited to accommodate your busy lifestyle and schedule.

Hallmark Health is committed to providing our patients with the highest level of clinical and diagnostic excellence and safety, the latest surgical and treatment options, exceptional care and the highest levels of safety and satisfaction possible.

 For more information

To learn more about Hallmark Health, visit www.hallmarkhealth.org.

The key components of Hallmark Health are:

- **Lawrence Memorial Hospital of Medford**

A 134-bed acute care hospital offering a full range of medical services, the Joslin Diabetes Center Affiliate at Hallmark Health and the Center for Weight Management and Weight Loss Surgery.

- **Melrose-Wakefield Hospital**

A 234-bed general hospital offering acute medical and surgical services, the region's only Cardiac & Endovascular Center and a nationally recognized Bone & Joint program.

- **Hallmark Health Medical Center, Reading**

An outpatient medical center with primary care and speciality physicians, the most advanced technology to diagnose and treat medical conditions and an imaging and blood draw suite, Hallmark Health Cosmetic & Laser Center, diabetes education and rehabilitation services.

- **Hallmark Health Hematology and Oncology Center, Stoneham**

A comprehensive, compassionate center, which provides patients with the latest cancer treatments and support options with convenient local access.

- **The CHEM Center for Radiation Oncology, Stoneham**

Designed to provide patients with teaching hospital expertise in a convenient setting, offering ample parking and a patient-friendly facility. The Center's mission is to continuously improve the quality of radiation oncology, which is supported by the Center's highly-trained staff and sophisticated equipment.

- **The CHEM Center for MRI, Stoneham**

A comprehensive Center, which offers state-of-the-art imaging capabilities, in-depth interpretation and patient-focused service. Referring physicians and patients recognize the Center for clinical accuracy and patient-friendly service.

- **Hallmark Health Visiting Nurse Association and Hospice, Inc.**

One of the largest programs in the state providing nursing, home health, hospice care, rehabilitation and social services to residents in north suburban Boston.

- **Lawrence Memorial/Regis College Nursing and Radiography Programs**

A comprehensive educational program that provides students with the classroom, clinical experience, professional knowledge and skills needed for careers in nursing and radiography.

- **Hallmark Health Medical Associates, Inc.**

A group of 45 employed physicians and medical specialists with offices in Malden, Medford, Melrose, Reading, Revere, Saugus, Somerville and Stoneham.

Expressing pride and confidence in Hallmark Health

Michael J. McGlynn, mayor of Medford



Mayor Michael J. McGlynn knows firsthand how valuable a resource Lawrence Memorial Hospital of Medford (LMH) is to his city. He credits the hospital with saving the life of his uncle, a police officer who was shot in the line of duty.

“He never would have made it,” said McGlynn. “The doctors and nurses at the hospital saved his life.”

McGlynn said that’s just one of countless times LMH has been there for his family and his city. He said the hospital has provided unparalleled

medical care to residents for decades, adding the city is very lucky to have LMH when so many other community hospitals have closed.

“It is critical to have a hospital within the city’s borders,” said McGlynn. “We are very fortunate to have this high level of care in Medford.”

The mayor said LMH has consistently partnered with the city on many community initiatives and supported the city in times of need such as when the power went down in a senior housing development during the summer and conditions became unhealthy. McGlynn said Hallmark Health sent buses to pick up the seniors and brought them to LMH where they relaxed in the air conditioned comfort, ate dinner and socialized.

“It’s not just about medicine,” he said. “When the city needs the hospital it is right there. This particular situation went from being tense to a day out for the seniors and that’s because of Lawrence Memorial Hospital.”

McGlynn said LMH is also the largest employer in the city, offering a great place to work that’s close to home. He said without it the city would be a totally different community.

“It’s critical to keep Lawrence Memorial Hospital going,” said McGlynn. “If we don’t we will become like so many cities in our area whose community hospitals have disappeared.”

LAWRENCE MEMORIAL HOSPITAL OF MEDFORD

“... people ask, ‘Would you want a family member cared for at Lawrence Memorial Hospital of Medford?’ I am happy to answer an enthusiastic yes!

The clinical team was responsive, thoughtful and individualized in the care provided to my father. The Emergency Department staff was quick to identify an infection and provided a quick transfer to the unit. They were more attentive and faster than any other I have experienced.

Our physician kept me comprehensively informed. He brought in other physicians and specialists as needed who stabilized my father’s condition. Your nurses always took the time to give me detailed assessments. We felt like we were part of the treatment team. The entire staff went beyond expectations with their quality of care.”

— *A satisfied family*

HALLMARK HEALTH VISITING NURSE ASSOCIATION & HOSPICE

“I would like to thank everyone of your staff who was involved with my care. Without the Hallmark Health VNA and Hospice, I don’t know what my family and I would have done. I was able to stay in my home and I’m very thankful for that.”

— *A grateful patient*

HALLMARK HEALTH MEDICAL CENTER

“Our physical therapist was superb! She is dedicated, intelligent, inspirational and a credit to your Center. Her sincerity is remarkable and she is most capable. She and her colleagues are true professionals and I cannot thank them adequately for all they did for me.”

— *A former patient*

MELROSE-WAKEFIELD HOSPITAL

“As an individual who was blessed with good health all her life, I had aspirations and goals I wanted to reach after the passing of my husband, with regard to what I felt was a sick health care system we had during the years I was his caregiver.

And for the years I served as the Silver Legislature representative for Melrose and Wakefield, I saw my efforts and energy come into fruition. However, I never had a personal need to seek the services of our friends from the medical community until this year when I met three different medical issues that made me a patient of the Melrose-Wakefield hospital.

One was a 7-day stay, one a 7-hour stay, and the third a 2 ½- day stay. And it was after these three experiences I felt it was incumbent upon me to speak up and give personal praise for what I felt was a display of the most caring love and dedication to their chosen field I observed by every single doctor, nurse, aide, attendant, volunteer, receptionist, and maintenance person I had contact with.

It was obvious to me that these employees did not just go to work to do a job and pick up their pay. They went to give 100 percent plus and to go that extra mile for the patients in their charge.

Melrose is so blessed to have a medical facility that has attracted true angels of love and caring to be in our midst to take care of us when we are sick. Though late in my personal life and being a life-time resident of Melrose, I finally learned what a gift we have existing in our midst.

I believe Melrose has been abundantly blessed by the professionals who work at the Melrose-Wakefield Hospital and should be honored as the number one hospital in our country.”

— *Patient and caregiver of former patient*

HALLMARK HEALTH HEMATOLOGY AND ONCOLOGY CENTER

“I could not be happier about choosing Hallmark Health for my cancer care. Everyone I have met is amazing from the doctors to the nurses and the office staff.

I have had wonderful experiences at Hallmark Health. There is always a hug if you need one. I feel like I’m the only patient here.”

— *A cancer survivor*

Robert J. Dolan, mayor of Melrose



Melrose Mayor Rob Dolan has supported Melrose-Wakefield Hospital (MWH) from the beginning. He was born there in 1971 and has since strengthened his alliance with MWH. When it came time for Dolan and his wife Alison to bring their own son into the world, they decided to continue the family tradition at MWH.

“Our experience at Melrose-Wakefield Hospital with the birth of our son couldn’t have been better,” said Dolan. “The doctors, nurses and staff were all amazing and contributed to a very happy and exciting time for our family.”

Dolan has a unique outlook on healthcare since he worked in the field before becoming mayor. Through his experiences as a healthcare insider as well Melrose’s leader, he has witnessed firsthand the exceptional care that is delivered at MWH.

Dolan has visited the hospital’s Emergency Department on more than a few occasions with his family. He said each time has been better than the last, adding the hospital continuously looks at ways it can improve patients’ experiences.

Dolan said his family has developed a strong relationship with their family physicians, something that is often missing from the Boston hospital landscape. He said this personalized approach to medicine sets Hallmark Health apart.

He believes the benefits of having MWH within the city’s limits are immeasurable. He said not only is the hospital the largest employer in Melrose, but also provides the community with many opportunities from volunteering to offering seminars and lectures on important health topics.

“The hospital is so important,” said Dolan. “It adds a level of safety to the community that is critical. Residents are very lucky to have a hospital with such a high level of a care so close by.”

i For more information

For more information about Hallmark Health, visit www.hallmarkhealth.org.

Hallmark Health leads the way

with innovative surgical procedures

Hallmark Health, which includes Lawrence Memorial Hospital of Medford (LMH) and Melrose-Wakefield Hospital (MWH), is leading the way with many advanced surgeries, that were once only available in academic medical centers and lead to better outcomes, less discomfort and quicker recovery times.

Customized partial knee replacements

JOHN LYNCH, MD (featured on the cover) is an orthopedic surgeon with Hallmark Health's nationally recognized Bone & Joint program. He recently began performing customized partial knee replacement surgery at MWH, the only hospital north of Boston offering this procedure. Dr. Lynch said there are many benefits of this procedure including less time in the hospital, less intense physical therapy and less of a need for prescription medications.

Partial knee replacement patients are often discharged the day after surgery and are skipping the inpatient physical therapy component all together. "With a partial knee replacement the incision is smaller and there is less cutting around the knee so there is less pain and discomfort," he said. "My patients have had great outcomes with this procedure. They're walking and putting weight on the knee the night of their surgery and going home the next day."

He cautioned that the partial knee replacements is not for everyone, adding if the damage to the knee is extensive then the patient's best option is a full knee replacement. But, he said a partial knee replacement can be a great option for certain patients.



Dr. Lynch uses personalized implants manufactured by ConforMIS, Inc. Once he determines a patient is a candidate for a partial knee replacement, he sends patients to get a CT scan of their knee. ConforMIS uses that image to create a 3-D model of a patient's knee and then designs and manufactures implants based on his or her anatomy.

The Hallmark Health Bone & Joint Program was recently named a Blue Distinction Center for Hip and Knee Replacement® from Blue Cross and Blue Shield of Massachusetts. These patients are also reporting a 99 percent satisfaction rate; a score that places the program in the top one percent nationally in Press Ganey patient satisfaction ratings.



LEARN MORE about Hallmark Health's Bone & Joint Program

Laparoscopic nephrectomy



Joshua Stern, MD

JOSHUA STERN, MD, a member of the medical staff at both Hallmark Health hospitals, recently performed the healthcare system's first laparoscopic nephrectomy. Hallmark Health is one of only a handful of hospitals performing the laparoscopic nephrectomy procedure north of Boston.

Fellowship trained in minimally invasive surgery and robotics, Dr. Stern explained that the

laparoscopic nephrectomy is used to remove large renal masses or kidney tumors. By doing the laparoscopic procedure instead of the traditional invasive surgery, patients experience less pain and are able to leave the hospital and resume their normal lives sooner. The outlook for patients who undergo the laparoscopic nephrectomy is very good and often times they don't need additional treatment, Dr. Stern added.

Image-guided system provides relief for sinus sufferers

HALLMARK HEALTH now uses an ENT Fusion Navigation System for endoscopic sinus surgeries. This image-guided system allows surgeons to see the unique anatomy of each patient.

Michael Rho, MD, (featured on the cover) is a board-certified otolaryngologist. He believes this new system is a major improvement over previous technology since it utilizes newer electromagnetic technology that allows the surgeons to more precisely navigate through the sinuses. Other Hallmark Health surgeons currently using the system include David Bowling, MD, David Lesnik, MD and David E. Nash, MD.

"It is far superior to previous systems," Dr. Rho explains. "It is like having X-ray vision that allows us to clearly see behind the bony walls of the sinuses as well as the delicate tissue in this area."

Image-guided surgery has become an industry standard for these surgeries that treat conditions such as nasal and sinus polyps, tumors, chronic sinusitis and other conditions. The physicians stress that sinus surgery is a very good treatment option once all other medical treatments are unsuccessful.

The 'gold standard' in endoscopic ultrasound

HALLMARK HEALTH has been the regional leader in diagnostic endoscopic procedures for many years. Lawrence Memorial Hospital of Medford (LMH) houses one of the most advanced endoscopic ultrasound units in the region that produces high definition images of internal organs.

A slim flexible tube is inserted into the body that allows the medical team to view internal organs. An ultrasound device at the tip of this tube generates high-frequency sound waves that produce detailed images of the area in question. Ultrasound provides great benefits to the patient due to its accuracy, there are no incisions, the patient is mildly sedated and in most cases returns home the same day.

Enrico Souto, MD, who is board-certified in gastroenterology and internal medicine, explains, "With this new system, the highly detailed views are far more accurate than CT imaging. There is minimal discomfort and in some cases,



Enrico Souto, MD

endoscopic ultrasound helps patients avoid more complex surgery."

"Our ultrasound system is the gold standard for these diagnostic procedures," Dr. Souto continues. "You can see exact, clear images to determine precisely what the problem is or how deep a tumor goes."

This technology has a wide range of uses in the evaluation and diagnosis of almost all gastrointestinal malignancies. It is especially helpful in evaluating pancreatic diseases and has non-gastrointestinal indications such as evaluating lung and mediastinal masses, lymph nodes and other suspected lesions.



LEARN MORE about Hallmark Health's diagnostic imaging services

i For more information

To learn more about these procedures, visit www.hallmarkhealth.org and select "Clinical Programs."



NOW OPEN Hallmark Health Cosmetic & Laser Center

WHERE BEAUTY IS MORE than skin deep. Combine the expertise of highly qualified medical professionals with the safety first, quality-driven focus of Hallmark Health and you have a medical grade solution for many of your cosmetic needs.

The modern and convenient Hallmark Health Cosmetic & Laser Center at Hallmark Health Medical Center, 30 New Crossing Road, Reading will assist men and women throughout the area to look and feel better. The Center offers a wealth of services including laser hair removal, spider vein removal, age/sun/brown spot removal, skin tightening, wrinkle reduction as well as Botox®, Juvéderm® and Radiesse®.

Our hospital-affiliated, dedicated cosmetic and laser center provides the high level of quality and safety available in all Hallmark Health services. Most importantly, all treatments will be administered by registered nurses or nurse practitioners that have years of experience and are specially trained in cosmetic laser services. An on-site medical director will oversee the Center and provide support and oversight to clinicians. Clients can feel confident that they are getting the safest, highest quality care available.

Hallmark Health Cosmetic & Laser Center is pleased to offer our clients the Candela GentleMAX Laser, which features the only patented dynamic cooling device to maximize your safety

and comfort. To accommodate clients' busy schedules, the Center will be open Tuesday through Saturday with morning, afternoon and evening appointments. There is also on-site parking and a full line of Obagi® medical skin care products to compliment the Center's array of cosmetic and laser services.

i For more information

Call us at (781) 213-5130 for your **FREE** consultation or request your consultation online at www.hhcosmeticlasercenter.org. Cash and credit card payments are accepted and financing is available.



Request a **FREE** Consultation

Hallmark Health pharmacists setting the pace in safer hospital care

IN YEARS PAST, hospital pharmacists could be found one place and one place only—inside the pharmacy. Times have changed and Hallmark Health pharmacists are now on patient floors, taking a more active role in patient care and collaborating on medications with physicians and nurses.

Both Lawrence Memorial Hospital of Medford (LMH) and Melrose-Wakefield Hospital (MWH) as well as the Hallmark Health Hematology and Oncology Center in Stoneham have full-service pharmacies. All three locations are completely state-of-the-art after undergoing major renovations over recent years.

These improvements include bringing the latest computerized electronic medical records and barcode technology that check and reinforce the accuracy of each medication and dosage. These advances provide greater levels of accuracy and safety and ensure the right patient is getting the right dosage of medication.

Technology has also allowed the pharmacists to leave the pharmacy and visit patient floors. Each pharmacist carries a laptop that allows them to monitor the medications a patient is on while they are in the hospital. Pharmacists routinely meet with patients before they are discharged from the hospital to discuss the medications they are taking, how to track and refill their prescriptions as well as tips for increasing medication safety once they return home, which helps to prevent readmission to the hospital.

“Pharmacists are the medication experts so it is important we meet with patients to make sure they fully understand their medication regimens and answer any questions a patient may have,” said Michelle Corrado, system director of pharmacy services. “We want them to understand the importance of taking their medications correctly and at the right time to ensure a good recovery.”

Pharmacists are also partnering with physicians and nurses to adjust patients’ medications when it is appropriate. By working side-by-side with physicians, nurses and pharmacy technicians and using surveillance software, the pharmacists are also able to respond quicker to changes in patients’ response to medications, which leads to better outcomes. Pharmacists on all campuses are highly degreed graduates from the top pharmaceutical colleges in the nation.

The Hallmark Health pharmacies recently received a grant from the Cardinal Health Foundation. Funding from this grant will be used to provide discharge counseling to congestive heart failure patients at high risk for readmission that are getting ready to leave the hospital.

i For more information

For more information about Hallmark Health, visit www.hallmarkhealth.org.



Registered pharmacist, Dan Faggella (l.), conducts a bedside discussion with a patient to answer any questions she may have on the medications she is taking.

Hallmark Happenings



Hallmark Health is a leader in preventing patient falls

The work of a system-wide fall prevention team has significantly paid off at Hallmark Health with patient falls occurring rarely and averaging far below national averages. In fact, as of July 2011, the Bone & Joint Program recently went more than 250 days without recording a fall.

Falls are expensive and can cost hospitals an average of \$11,402 per fall, said Kathleen Charbonnier, RN, BSN, CCRN, co-chair of this team. The nursing staff follows a systematic, evidence-based approach to identify patients at risk for a fall and implements safeguards for prevention. Hourly rounding has been implemented as an evidenced-based practice to reduce falls. Other steps include having patients wear vibrant colors if they are at risk of falling, making sure chairs in the patients' room, stretchers and beds are secure, working properly and alarmed if needed. Patients who are at risk for falling also wear bright orange non-skid footwear.

If you would like to learn more, Hallmark Health has a helpful brochure for patients, family members and caregivers on how to prevent falls during hospitalization as well as at home. For your copy, visit www.hallmarkhealth.org and select "Patient/Visitor Information."



DOWNLOAD a free fall prevention brochure

Anthony Bucci, of Medford, (I.), is helped by Fabiola LaLande, RN on a cautious walk down the corridor. Hallmark Health nursing staff follow a systematic approach to identify patients at risk for falls and implement safeguards for prevention.

New WIC program offers support for families of young children

This year, in response to the ongoing economic recession, the Massachusetts Department of Public Health began piloting a new family support program at Hallmark Health's North Suburban Women's Infants and Children (WIC) Nutrition Program. It is one of only 10 programs across the state. The program helps families coordinate services such as Supplemental Nutrition Assistance Program SNAP (formerly food stamps), mental health counseling, dental care, childcare resources, parenting programs and health education programs such as smoking cessation classes and support groups. These services help to provide a safety net for pregnant women and families with children up to their fifth birthday.

This free support program integrates closely with other Hallmark Health services such as Healthy Families, the North Suburban Child and Family Resource Network, Financial Counseling and collaborates closely with other local agencies serving families. In the first 10 months of the program, more than 250 families were served with 565 referrals made.

For further information or to schedule an appointment, please call (781) 338-7570.



Dicko Kasango, (I.), of Malden and his family discuss nutrition concerns with Madlyna Jonassaint, coordinator of the North Suburban Women's Infants and Children (WIC) Nutrition Program.



Hallmark Health takes top three local consumer awards for hospitals

Hallmark Health proved to be the popular favorite among local citizens in the 2011 Community Newspaper Group's Readers' Choice Awards. In the hospital category, Lawrence Memorial Hospital of Medford (LMH) captured the Regional Gold, Hallmark Health took the Regional Silver and Melrose-Wakefield Hospital took the Regional Bronze award.

In addition, the LMH Gift Shop took the Regional Silver in the "Gift Shop" category. Area readers voted for their favorite hospitals, businesses and services in more than 75 local and regional categories.

Learn more about Hallmark Health, take a virtual tour

There's an exciting feature to check out on the Hallmark Health website. If you've never been to Lawrence Memorial Hospital (LMH) of Medford or Melrose-Wakefield Hospital (MWH), you can take an exciting virtual tour of our state-of-the-art facilities. The tour provides a convenient and realistic walkthrough of our hospitals offering a 360-degree panoramic view of the lobbies, emergency departments, intensive care units of the hospitals as well as tours of Hallmark Health Medical Center in Reading and the Hallmark Health Hematology and Oncology Center in Stoneham.



TAKE a virtual tour today



Walkers are needed for Hallmark Health's 2011 Stride for Health walk that will be held in Boston on Sunday, Oct. 2 at the TD Garden. The route for this year's 1.5-mile walk will wind through the North End and return to the TD Garden.

Come walk with your family and friends and celebrate with the Boston Bruins and special guests. Following the walk, there will be games, food, music and many other surprises. The event benefits Hallmark Health's cardiac and endovascular care.

For more information on the 2011 Stride for Health walk, please visit www.hallmarkhealth.org/stride-for-health-2011.

Need a doctor?

To find a great doctor for you and your family, visit Hallmark Health's online Physician Directory at www.hallmarkhealth.org or call (800) 540-9191.



Follow us on...







SEARCH our online physician directory

Welcome new physicians



Richard Olans, MD

Richard Olans, MD, has returned to Hallmark Health Medical Associates, Inc., (HHMA) after serving as the territorial director of infectious diseases for the US Virgin Islands Department of Health. At Hallmark Health, he previously served as the chief of infectious diseases and infection control programs. Dr. Olans is board-certified in internal medicine and infectious diseases and a graduate of the Tufts University School of Medicine and the State University of New York. His office is located at 830 Main St., Melrose. His phone number is (781) 665-1053.



Yesoda Rao, MD

Yesoda Rao, MD, has joined Hallmark Health Medical Associates, Inc., (HHMA) at 101 Main St., Suite 214, Medford. Specializing in internal medicine, she comes to HHMA from Mt. Auburn Hospital where she provided preventive, primary and geriatric care to her patients. Dr. Rao also served as a clinical research fellow in cardiology at the National Heart, Lung and Blood Institute in Bethesda, MD.

Board-certified in internal medicine, Dr. Rao completed her residency in internal medicine at the State University of New York, in Brooklyn, NY and is a graduate of the Osmania Medical College, Hyderabad, India. Dr. Rao is fluent in English, Hindu and Telugu. Her phone number is (781) 395-2460.