

## Lahey Designated as Primary Stroke Service

In January, the Massachusetts Department of Public Health (DPH) designated Lahey Clinic as a Primary Stroke Service hospital. Lahey is one of 33 hospitals throughout the Commonwealth to receive this designation.

Hospitals designated as a Primary Stroke Service offer multidisciplinary teams of clinicians who provide emergency diagnosis and treatment 24 hours a day, seven days a week. One of the goals of the DPH effort is to ensure that ambulances transport stroke patients to hospitals with designated services.

The vast majority of strokes are ischemic strokes, meaning a blood clot is blocking an artery in the brain. Clinical trials have demonstrated that administering a “clot-busting” drug called tissue plasminogen activator (tPA) is an effective treatment for ischemic stroke if treatment is started within three hours of the onset of stroke symptoms.

“We are very pleased that the Department of Public Health has taken this step,” said Kinan K. Hreib, MD, PhD, director of Lahey’s Stroke Service. “It is extremely important for everyone to have rapid access to high-quality acute stroke care.”

In the US, stroke is the third leading cause of death and the leading cause of adult disability. According to DPH data, nearly 18,000 people in Massachusetts were hospitalized with stroke symptoms in 2002, making it a serious public health issue.

*For more information about stroke, visit our Web site: [www.lahey.org](http://www.lahey.org)*

## Lahey Receives American Diabetes Association Recognition

The diabetes self-management education programs at Lahey Clinic in Burlington, Mass., and Lahey Clinic Northshore in Peabody, Mass., have been awarded continued recognition from the American Diabetes Association for excellence in diabetes education.

Self-management education is an essential component of diabetes treatment. Patients who participate in an American Diabetes Association recognized program are taught self-care skills that promote better management of their diabetes.

Obtaining recognition from the American Diabetes Association Education Recognition Program is strictly voluntary, but it assures patients that the Lahey Clinic programs meet national standards for teaching patients with diabetes how to manage their disease.

Lahey has teams of endocrinologists, dieticians, nurses, pharmacists, social workers and nurse practitioners available to provide patients with the latest information about diabetes self-management. Through the support of these health care teams and increased knowledge and awareness of diabetes, patients can assume a major part of the responsibility for their diabetes management. This way, unnecessary hospital admissions and some of the acute and chronic complications of diabetes may be prevented or delayed.

## Open MRI at Lahey Clinic Northshore

Shields MRI at Lahey Clinic Northshore recently became the first imaging facility in the area to offer an innovative form of magnetic resonance imaging known as “high field open MRI.”

The new MRI scans patients three times faster than any other open MRI systems commercially available. Its open design provides an alternative to the more common “donut” shaped units, which require patients to be isolated in a kind of tunnel during the exam.

MRI is an imaging technique that uses magnetic fields and radio waves to create pictures of structures inside the body. This allows radiologists to contrast benign and malignant tissue, map regions of the brain, and even examine blood flow. Despite these benefits, traditional MRI can be difficult for patients who are large or severely claustrophobic.

“This system combines the immense power of MRI technology in a comfortable design that accommodates the needs of all patients, including those who suffer from claustrophobia or who are physically too large for conventional systems,” said Anna K. Chacko, MD, chair, Diagnostic Radiology. “I am proud that we are the first medical imaging provider on the North Shore to offer this exceptional technology.”

*Shields MRI is located at Lahey Clinic Northshore, One Essex Center Drive, Peabody, Mass. To make an appointment, call 978-538-4800.*



*The new MRI at Shields MRI at Lahey Clinic Northshore scans faster than any other open MRI currently available to patients.*