Cape Cod Healthcare Women’s Health – Comprehensive Care, Close to Home

Meeting the healthcare needs of our community means offering high quality care that meets our patients’ specific needs. Cape Cod Healthcare Women’s Health is a highly focused line of services dedicated to providing comprehensive care for women of all ages. Our teams are equipped with the latest technology and clinical expertise to support a woman’s needs that extend beyond Primary Care, including Breast Care, Gynecology, Pregnancy and Birth, Heart Health and Surgical Services – here on Cape Cod.

Cape Cod Healthcare Women’s Health aims to deliver specialized care throughout a woman’s healthcare journey – whether it is seeking preventive health and wellness, managing a chronic condition or pursuing treatment for a serious illness. Our expert physicians and collaborative care teams are trained and experienced in the latest screening, procedures and treatments. We have invested in leading edge technology, such as 3D mammography and FAST breast MRI, to help our teams provide the best, evidence-based care for our patients.

The Cape Cod Healthcare Women’s Health Physician and Services Directory is a comprehensive resource for Women’s Health services, practices and providers. This guide is intended to help patients and providers navigate these specialized services for women of all ages, in all stages of their healthcare journey – on Cape Cod and beyond.
# Recommended Health Screenings and Immunizations for Women

## BREAST HEALTH

<table>
<thead>
<tr>
<th>Test</th>
<th>Ages 18-39</th>
<th>Ages 40-49</th>
<th>Ages 50-64</th>
<th>Ages 65+</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mammogram</strong></td>
<td>Ask your doctor if at increased risk.</td>
<td>Annually* for women with average breast cancer risk, with access to supplemental screening for women with dense breasts.</td>
<td>Annually* for women with average breast cancer risk, with access to supplemental screening for women with dense breasts.</td>
<td>Annually* for women with average breast cancer risk until life expectancy is less than 10 years, with access to supplemental screening for women with dense breasts.</td>
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<tr>
<td><strong>Hereditary Cancer Risk Screening</strong></td>
<td>All women 25 and over should have a formal risk assessment. Learn more about breast cancer risk screening at capecodhealth.org/breast-cancer-aware.</td>
<td>Formal risk assessment recommended. Learn more about breast cancer risk screening at capecodhealth.org/breast-cancer-aware.</td>
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## REPRODUCTIVE HEALTH

<table>
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<tr>
<th>Test</th>
<th>Ages 18-39</th>
<th>Ages 40-49</th>
<th>Ages 50-64</th>
<th>Ages 65+</th>
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</thead>
<tbody>
<tr>
<td><strong>Well-Woman Exam/Pelvic Exam</strong></td>
<td>Annually**</td>
<td>Annually**</td>
<td>Annually**</td>
<td>Every 1-2 years**</td>
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<tr>
<td><strong>Cervical Health Pap &amp; HPV testing (cervical cancer screening)</strong></td>
<td>Starting at age 21, every three years. At age 30 or older, get a Pap test and HPV test together every five years.**</td>
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<td>Get a Pap test and HPV test together every five years**</td>
<td>Ask your doctor or nurse**</td>
</tr>
<tr>
<td><strong>Sexually Transmitted Disease Screening</strong></td>
<td>If sexually active, every year until age 24. At age 25 and older, get tested if you are at increased risk.**</td>
<td>Get tested if you are at increased risk**</td>
<td>Get tested if you are at increased risk**</td>
<td>Get tested if you are at increased risk**</td>
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## HEART HEALTH

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<th>Ages 40-49</th>
<th>Ages 50-64</th>
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<tbody>
<tr>
<td><strong>Blood Pressure</strong></td>
<td>Annually***</td>
<td>Annually***</td>
<td>Annually***</td>
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<tr>
<td><strong>Cholesterol Test</strong></td>
<td>Annually***</td>
<td>Annually with risk calculation #</td>
<td>Annually with risk calculation #</td>
<td>Annually with risk calculation #</td>
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+ As recommended by the National Comprehensive Cancer Network (NCCN)
* As recommended by the American College of Radiology, American Society of Breast Surgeons, and NCCN
** As recommended by the American College of Obstetricians and Gynecologists
*** As recommended by the American College of Cardiology and American Heart Association
# Utilizing the ACC/AHA 2013 Adult Cardiovascular Risk Calculator
### Recommended Health Screenings and Immunizations for Women

<table>
<thead>
<tr>
<th>Category</th>
<th>Ages 18-39</th>
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<td><strong>Sexually Transmitted</strong></td>
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<td>Pap &amp; HPV testing</td>
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<td><strong>Cervical Health</strong></td>
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<tr>
<td>Pelvic Exam</td>
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<tr>
<td>**Well-Woman Exam/</td>
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<tr>
<td><strong>REPRODUCTIVE HEALTH</strong></td>
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<tr>
<td><strong>Screening</strong></td>
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<tr>
<td>Hereditary Cancer Risk</td>
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<td>Mammogram</td>
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<tr>
<td>and Clinical Breast Exam</td>
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<td><strong>BREAST HEALTH</strong></td>
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<tr>
<td>Breast Self-Awareness</td>
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<tr>
<td>Blood Sugar Test</td>
<td><strong>Annually if at risk due to high blood pressure, high cholesterol, obesity, etc.</strong></td>
<td><strong>Annually for patients 40-45 if at risk</strong></td>
<td><strong>Annually</strong></td>
<td><strong>Annually</strong></td>
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<tr>
<td><strong>DIABETES</strong></td>
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<tr>
<td>Bone Mineral Density</td>
<td>Postmenopausal women younger than 65 with increased risk of osteoporosis should be tested</td>
<td>Postmenopausal women younger than 65 with increased risk of osteoporosis should be tested</td>
<td>Have a bone density test</td>
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<td>Testing</td>
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<tr>
<td><strong>COLORECTAL HEALTH</strong></td>
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<tr>
<td>Colorectal Cancer</td>
<td>Colorectal Cancer screening options include colonoscopy, sigmoidoscopy and fecal occult blood testing. (The risks and benefits of these screening methods vary.)</td>
<td>At age 45 begin screening. Ask your doctor or nurse which screening test is best for you and how often you need it</td>
<td>Get screened. Ask your doctor or nurse which screening test is best for you and how often you need it</td>
<td>Get screened through age 75. Ask which screening test is best for you and how often you need it</td>
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<td>screening options</td>
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<td>sigmoidoscopy and fecal</td>
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<td>occult blood testing.</td>
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<td>methods vary.)</td>
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<td><strong>SKIN HEALTH</strong></td>
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<tr>
<td>Clinical Skin Cancer</td>
<td><strong>Every 3 years beginning at age 20</strong></td>
<td><strong>Annually</strong></td>
<td><strong>Annually</strong></td>
<td><strong>Annually</strong></td>
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<tr>
<td>Examination</td>
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<tr>
<td><strong>IMMUNIZATIONS</strong></td>
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<tr>
<td>Tetanus</td>
<td><strong>Every 10 years</strong></td>
<td><strong>Every 10 years</strong></td>
<td><strong>Every 10 years</strong></td>
<td><strong>Every 10 years</strong></td>
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<tr>
<td>Flu Vaccine</td>
<td><strong>Annually</strong></td>
<td><strong>Annually</strong></td>
<td><strong>Annually</strong></td>
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<tr>
<td>Shingles Vaccine</td>
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<tr>
<td>Pneumonia Vaccine</td>
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<tr>
<td>HPV Vaccine</td>
<td><strong>Three dose series through age 45</strong></td>
<td><strong>Three dose series through age 45</strong></td>
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<td><strong>◊ As recommended by the American Diabetes Association</strong></td>
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<td><strong>‡ As recommended by the US Preventive Services Task Force (USPSTF)</strong></td>
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<tr>
<td><strong>† As recommended by the American Cancer Society</strong></td>
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</table>

† As recommended by the American Cancer Society

◊ As recommended by the American Diabetes Association

‡ As recommended by the US Preventive Services Task Force (USPSTF)
Proving women the most advanced breast care, right here on Cape Cod

Cape Cod Healthcare provides proactive, pioneering breast care close to home, using the latest in technology and diagnostic expertise. At Cuda Women’s Health Center in Hyannis and Seifer Women’s Health & Imaging Center in Falmouth, we provide the most advanced equipment and tools for breast screening and diagnosis of breast cancer.

Our two modern facilities give women access to high-quality care in a space that is serene, comfortable and private.

- 3D mammography (digital breast tomosynthesis)
- Breast MRI (3T wide-bore offered at Cuda Women’s Health Center)
- FAST breast MRI
- Breast biopsy – stereotactic, MRI-guided and ultrasound-guided
- Breast ultrasound
- Hereditary cancer risk screening, genetic testing and counseling
- High-Risk Hereditary Cancer Program
- Breast cancer support groups
- Bone density testing

Proactive breast care leads to earlier diagnosis and better treatment of breast disease. Cape Cod Healthcare provides the tools and expertise you need, right here at home.
Maintaining your breast health requires a specialized approach to care including routine screening, breast cancer prevention education, risk assessment and genetic counseling, diagnosis, and if needed, treatment and care coordination.

Cape Cod Healthcare’s Breast Care program partners you with expert physicians and dedicated services to navigate this process, utilizing the latest in technology and diagnostic expertise.

**Comprehensive Breast Care and Imaging Services**
- 3D screening mammography (digital breast tomosynthesis)
- Diagnostic mammography
- Breast ultrasound
- Breast MRI
- FAST breast MRI
- Ultrasound biopsies
- Stereotactic biopsies
- MRI-guided biopsies
- Hereditary and familial risk assessment
- Genetic counseling and testing
- High-Risk Hereditary Cancer Program
- Breast cancer support groups
- Bone density testing
A Message from Dr. Jill Oxley

As part of a woman’s unique health needs that extend beyond primary care, our Breast Care services at Cape Cod Healthcare provide women of Cape Cod and the region access to comprehensive care, close to home.

Our state-of-the-art Women’s Health Centers are dedicated to breast imaging and breast patient navigation, featuring the latest technology and diagnostic expertise. Cuda Women’s Health Center in Hyannis and Seifer Women’s Health and Imaging Center in Falmouth are both accredited by the National Accreditation Program for Breast Centers (NAPBC), a designation from the American College of Surgeons given to breast centers that have voluntarily committed to provide the highest level of quality breast care, including a rigorous evaluation process and performance review. Additionally, both centers have each been designated by the American College of Radiology (ACR) as a “Breast Center of Excellence” for achieving excellence via the ACR’s voluntary breast accreditation program, as well as the mandatory Mammography Accreditation Program.

Our patient-centered approach includes routine screening and diagnostic testing, breast MRI, breast cancer education, hereditary cancer risk assessment and genetic testing, and our High-Risk Hereditary Cancer Program. Our Breast Care experts work as a team to educate and care for women, and include radiologists specializing in breast imaging, nurse practitioners, radiology technicians, a genetic counselor, breast patient navigators and support staff. Our Breast Surgery team now includes two breast surgeons and a nurse practitioner at the Cuda Breast Care Center at CCHC and Falmouth Breast Care Center at CCHC that are 100% dedicated to Breast Care. If a woman or man is diagnosed with breast cancer, our Breast Surgery team partners with our medical and radiation oncologists to create a personalized care plan.

By providing access to advanced screening and diagnostic tools like 3D mammograms and MRI exams, and to comprehensive surgical services should intervention be required, our expert Breast Care team can proactively and holistically manage breast health for patients close to home, on Cape Cod.
Nationally Accredited Women’s Health Centers

We offer leading edge technology for routine screening and diagnostic testing, along with a dedicated team of expert breast care physicians and staff, at our state-of-the-art Women’s Health Centers. Our modern centers provide a serene and comfortable environment for women of all ages, close to home.

Cuda Women’s Health Center
Wilkens Outpatient Medical Complex
35 Wilkens Lane | Hyannis
508-957-1700
capecodhealth.org/cuda

Seifer Women’s Health and Imaging Center
Falmouth Hospital Medical Office Building
90 Ter Heun Drive | Falmouth
877-224-2009
capecodhealth.org/seifer

3D screening mammography is also offered at

Fontaine Outpatient Center
525 Long Pond Rd, Harwich
508-957-1700

Both centers are accredited by the National Accreditation Program for Breast Centers (NAPBC), having met rigorous standards and review. Cuda Women’s Health Center is also a Designated ACR Breast Center of Excellence. Both the mammography and ultrasound departments are accredited by the American College of Radiology.
Next Generation Imaging Technology Available at Cape Cod Healthcare

3D Mammography: The Gold Standard for Screening

An annual screening mammogram is the best way to detect breast cancer in its earliest stages when it can be treated effectively, beginning at age 40 for women of average risk. At Cape Cod Healthcare, we offer the latest digital technology of 3D mammography and a skilled team of breast imaging experts at our Women’s Health Centers.

Facts about 3D Mammography

- The detail of 3D mammography is similar to that of a CT scan. Also known as digital breast tomosynthesis, it takes images of each breast from different angles and captures many thin layers of tissue. When images are reconstructed and combined with 2D mammography, they provide a clearer view of breast tissue compared to traditional 2D mammography alone.

- 3D mammography is more accurate. With its enhanced sensitivity, 3D mammography enables radiologists to better pinpoint the size, shape and location of abnormalities, reducing the need for call backs. Mammograms can show changes in the breast years before a patient or physician can feel them.

- 3D mammography detects more breast cancers as compared to 2D mammography alone and has improved the ability to detect invasive cancers.

- 3D mammography technology at Cape Cod Healthcare offers the fastest available scan time of less than four seconds, for better patient comfort.

- Women with dense breast tissue may especially benefit from 3D mammography, because of the clear picture it provides. We offer the Genius 3D Mammography Exam, the only mammogram that is FDA approved as superior for women with dense breasts when compared to 2D mammography alone.

- Radiation from an annual mammogram is a fraction of the average environmental exposure a person receives in a year.

- Cape Cod Healthcare provides the only 3D mammography on the Cape in Hyannis, Falmouth and Harwich.

For more information, please see capecodhealth.org/breast-care.
FAST Breast MRI: A Proactive Option to Supplement Breast Cancer Screening

Cape Cod Healthcare was the first healthcare system in the state to offer the pioneering technology of First post-contrast Acquisition SubTracted (FAST) Breast MRI, an abbreviated and less expensive version of a breast MRI. Like a conventional MRI*, this method uses radiofrequency waves and a strong magnetic field to provide a detailed view of breast tissue, detecting tissue abnormalities, as well as vascular function within the breast which can show blood flow to and from a tumor. It is a self-pay option (cost is $450) for women who do not meet criteria for a standard breast MRI, due to less than 20% lifetime risk of breast cancer, who would like an additional level of screening.

Benefits of a FAST Breast MRI

- FAST breast MRI can be performed as an extra level of screening in between routine mammograms or as a companion screening to a routine mammogram. It is a good tool to detect small tumors that may not be visible on a mammogram.

- It provides an additional layer of testing for women who are diagnosed as having dense breast tissue.

- FAST MRI can be instrumental in revealing particularly aggressive cancers. It detects tumors that are vascular and can grow quickly in between annual mammograms.

- The testing process takes under five minutes, compared to 40 minutes for a traditional MRI, is radiation-free and painless.

- Results are received within 48 hours. An abnormal FAST breast MRI result will be followed up with a diagnostic conventional MRI.

* Both FAST and conventional breast MRI are conducted utilizing a 3 Tesla MRI scanner (the most powerful FDA-approved scanning available south of Boston) at Cuda Women’s Health Center in Hyannis and a 1.5T MRI scanner at Falmouth Hospital.

Schedule a Mammogram or FAST Breast MRI

Online
capecodhealth.org/3D-mammography
capecodhealth.org/fast-mri

By Phone
Cuda Women’s Health Center, Hyannis | 508-957-1700
Seifer Women’s Health and Imaging Center, Falmouth | 877-224-2009

3D Mammography is also offered at:
Fontaine Outpatient Center | 508-957-1700
"My mother and grandmother died from cancer. After a mammogram, the nurse said I’d be a good candidate for genetic testing. I tested positive for a rare genetic mutation that has similar cancer risks as the BRCA gene. This knowledge empowered me to make the best decisions for my health and my family."

- Sarah S., Harwich

Cape Cod Healthcare Women’s Health is an entire network dedicated to the specialized care of women. We’re committed to keeping you healthy with the latest in technology and diagnostic expertise, supported by the full resources of Cape Cod Healthcare.

High-Risk Hereditary Cancer Program

Cape Cod Healthcare
Women’s Health

Comprehensive care, close to home.

Learn your breast cancer risk at capecodhealth.org/breast-cancer-aware
High-Risk Hereditary Cancer Program

Our comprehensive breast care services at Cape Cod Healthcare include a specialized program to identify and monitor patients at high-risk for developing breast cancer and other types of cancer.

Patients who meet certain criteria for cancer risk will receive more intensive screening and may be recommended for additional medical management, such as preventive medicine or surgery.

Risk Screening and Genetic Testing

Cape Cod Healthcare offers patients several ways to review family and personal medical history to determine their risk for breast and other cancers:

• A formal in-person breast cancer risk consultation is recommended for all women beginning at age 25. At this appointment, which is covered by most insurance providers, a clinical breast care provider at the Cuda Breast Care Center at CCHC will review your information, perform a clinical exam and discuss further recommendations.

• Every patient receives a comprehensive hereditary cancer risk assessment at an appointment for a routine screening mammogram or diagnostic testing.

• Our online assessment for breast cancer risk is available at www.capecodhealth.org/breast-cancer-aware.

• Our nurse practitioner specializing in genetics is available for a consultation appointment to review familial and hereditary cancer risk, and for further education and counseling about genetic testing.

• A patient with a confirmed genetic mutation for hereditary cancer syndrome or who has tested negative but remains at high familial risk will automatically be enrolled in our High-Risk Hereditary Cancer Program and receive a personalized care plan, including referrals to appropriate physicians for care and follow-up. High-risk management may include additional screening modalities, more frequent follow-up, preventative surgery and/or medication.

• Patients interested in learning more about risk screening and genetic testing can call the Cuda Breast Care Center at CCHC at 508-957-1720.

Cancer Resource Fund

Assistance with the cost of genetic testing is available through the Cancer Resource Foundation. For more information about these funds, please call:

Cuda Women’s Health Center Seifer Women’s Health and Imaging Center
Hyannis | 508-957-1700 Falmouth | 877-224-2009
National Accreditation Program for Breast Centers

Both Cuda Women’s Health Center and Seifer Women’s Health and Imaging Center are accredited with the National Accreditation Program for Breast Centers (NAPBC). Established by the American College of Surgeons, this is a quality-improvement program for patients with breast disease based on evidence-based standards and education for patients and professionals.

To receive and maintain accreditation, our breast centers must meet rigorous standards and review. Our dedicated committees work diligently to ensure consistent compliance with these standards under the physician leadership of Dr. Peter Hopewood (Falmouth Hospital) and Dr. Jill Oxley (Cape Cod Hospital).

NAPBC-accredited breast centers are voluntarily committed to providing the best possible care to patients with breast disease, which includes:

- Comprehensive care with a complete range of state-of-the-art services and equipment
- A team-approach to breast cancer in order to provide the best available treatment options
- Information about ongoing cancer clinical trials and treatment options
- Access to prevention and early detection programs, cancer education, and support services
- Ongoing monitoring and improvements in cancer care

Peter Hopewood, MD, FACS
General Surgery
Cape Cod Surgeons
210 Jones Road
Falmouth, MA 02540
508-540-9771

- Medical School: University of Vermont College of Medicine, Burlington, VT
- Residency: New England Deaconess Hospital, Boston, MA (General Surgery)
- Certifications: American Board of Surgery

Jill Oxley, MD, FACS
Breast Surgery
Cuda Breast Care Center at CCHC
Wilkens Outpatient Medical Complex
35 Wilkens Lane
Hyannis, MA 02601
508-957-1720

- Medical School: Yale University School of Medicine, New Haven, CT
- Residency: Boston Medical Center, Boston, MA (General Surgery)
- Certification: American Board of Surgery

Cape Cod Women’s Cancer Prevention and Early Detection Fund

This special fund assists with covering the cost of screening, and additional imaging if necessary, which are not covered by health insurance, including 3D mammography, FAST breast MRI and genetic testing. For information, call Cuda Women’s Health Center in Hyannis at 508-957-1700 or Seifer Women’s Health and Imaging Center in Falmouth at 877-224-2009.
Physicians – Breast Care/Imaging

For additional information including clinical interests, see capecodhealth.org/physicians.

As part of our full team of radiologists, we have a unique team of physicians, including two fellowship-trained radiologist-breast specialists, skilled in all aspects of breast imaging and related procedures at our Women’s Health Centers:

**Lara Bryan-Rest, MD**
Radiology
Special Focus: Breast Imaging
Bay Radiology Associates
Falmouth Hospital
100 Ter Heun Drive
Falmouth, MA 02540

- **Medical School:** University of Pittsburgh School of Medicine, Pittsburgh, PA
- **Residency:** Yale-New Haven Hospital, New Haven, CT (Diagnostic Radiology)
- **Fellowship:** Yale-New Haven Hospital, New Haven, CT (Breast Imaging, Vascular and Interventional Radiology)
- **Certification:** American Board of Diagnostic Radiology

**Anne Morris, MD**
Radiology
Special Focus: Breast Imaging
Cape Cod Hospital Radiology
Wilkens Outpatient Medical Complex
35 Wilkens Lane
Hyannis, MA 02601
508-957-1700

Cape Cod Hospital Radiology
Cape Cod Hospital
27 Park Street
Hyannis, MA 02601

- **Medical School:** New York Medical College, Valhalla, NY
- **Residency:** Lahey Clinic, Burlington, MA (Diagnostic Radiology)
- **Fellowship:** Lahey Clinic, Burlington, MA (Breast Imaging)
- **Certification:** American Board of Diagnostic Radiology

**Maria Gualtieri, MD**
Radiology
Bay Radiology Associates
Falmouth Hospital
100 Ter Heun Drive
Falmouth, MA 02540

- **Medical School:** Boston University School of Medicine, Boston, MA
- **Residency:** Lahey Clinic, Burlington, MA (Diagnostic Radiology)
- **Fellowship:** Massachusetts General Hospital, Boston, MA (Imaging)
- **Certification:** American Board of Diagnostic Radiology

Additionally, a team of nurse practitioners provide patient care at Cuda Women’s Health Center in Hyannis comprised of Elizabeth Leach, NP; Katy McElroy, NP; Nancy O’Connor, NP; and Pat Ryan-Blanchard, NP.
Advanced Care for Breast Cancer

Should a diagnosis confirm the presence of breast cancer, our team of exceptional cancer experts, including radiologists, breast surgeons, oncologists, radiation oncologists and breast patient navigators, work as a team to provide expert, personalized care. Patients also have access to nutrition, genetic counseling, rehabilitation and other support services.

Please see the Women’s Surgical Services section of this directory for information on physicians who perform breast surgery, including two dedicated breast surgeons at the Cuda Breast Care Center at CCHC.

Certified Breast Patient Navigators

At Cuda Women’s Health Center in Hyannis and Seifer Women’s Health and Imaging Center in Falmouth, we have a dedicated team of clinical advocates who help patients through the process of diagnostic testing, results and future appointments. Our Certified Breast Patient Navigators provide a level of personal guidance for our patients and help ensure a smooth experience through additional testing through treatment.

Breast Patient Navigator Team:

- Christine Fitzgerald, RT (R) (M), CN-BI
  Seifer Women’s Health and Imaging Center, Falmouth, 508-457-3669

- Heather Moe, RT (R)(M), CNBI
  Cuda Women’s Health and Imaging Center, Hyannis, 508-957-1613

- Kathy Murray, RN, CN-BN
  Seifer Women’s Health and Imaging Center, Falmouth, 508-457-3780
Gynecology is a medical specialty dedicated to the health of the female reproductive system and breasts. Cape Cod Healthcare offers highly integrated gynecologic care to meet the unique needs of a woman in every stage of her life, from adolescence through reproductive years, menopause and beyond. Whether routine or highly complex care, our skilled, compassionate gynecologic providers, including board-certified and board-eligible obstetricians and gynecologists (OB/GYNs), nurse practitioners and certified nurse-midwives, offer the latest advances for screening, diagnostic, procedural and counseling services at convenient locations across Cape Cod. Our GYN teams work closely with other specialists including urologists, cardiologists, surgeons, infertility specialists, gastroenterologists, pelvic floor physical therapists, interventional radiologists and others to complete a patient’s care.
“I’ve been taking care of my own health since I was 18. A lot of that time with Dr. DeMeo, who delivered both of my children. He really knows me beyond my medical history and it’s comforting to see him every year for my annual exams. Our plan is for me to be well and to stay well.”

- Ashley C., Mashpee

Cape Cod Healthcare Women’s Health is an entire network dedicated to the specialized care of women. We’re committed to keeping you healthy with the latest in technology and diagnostic expertise, supported by the full resources of Cape Cod Healthcare.

The Annual Well-Woman Exam

Cape Cod Healthcare

Women’s Health

Comprehensive care, close to home.

Find a gynecologist at capecodhealth.org/physicians.
Gynecologic Services and Treatments

Cape Cod Healthcare offers comprehensive, specialized care for a wide range of gynecologic conditions, screenings and treatments, including:

Well-Woman Care
• Well-Woman exam
• Pelvic exam
• Screening Pap & HPV testing
• Breast exam
• Wellness counseling

Contraception
• Full range of contraceptive care including hormonal and non-hormonal options

Diagnosis and Treatment
• Endometriosis
• Fibroids
• Pelvic pain
• Abnormal uterine bleeding
• Ovarian cysts
• Pelvic infections including STIs (sexually transmitted infections)
• Infertility
• Incontinence/overactive bladder
• Pelvic relaxation/prolapse

Menopausal Care
• Postmenopausal bleeding
• Hot flashes
• Vaginal dryness

Please contact practices directly for specific services and treatments offered and insurances accepted. For more information, please see capecodhealth.org/gynecology.

I’ve been taking care of my own health since I was 18. A lot of that time with Dr. DeMeo, who delivered both of my children. He really knows me beyond my medical history and it’s comforting to see him every year for my annual exams. Our plan is for me to be well and to stay well.

- Ashley C., Mashpee

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The Annual Well-Woman Exam
Comprehensive care, close to home.

Find a gynecologist at capecodhealth.org/physicians.
Basic and Advanced Gynecologic Procedures

Cape Cod Healthcare offers women access to the high level of innovative, skilled surgical care and procedures you would expect from a major urban medical center, close to home. Most basic procedures are performed in the office setting, and advanced procedures are performed in an outpatient or inpatient setting. Our integrated team of board-certified OB/GYNs, anesthesiologists and nurses are equipped with the latest technology and perform a full range of reproductive system surgery and procedures, ranging from in-office treatments to minimally-invasive, robotically-assisted and conventional surgery.

Office-based Procedures

- Colposcopy, a magnified exam of cervical, vaginal or vulvar tissue which may include biopsies
- Cryosurgery, surgery using local application of intense cold to destroy abnormal tissue
- diVa laser vaginal therapy for atrophic vaginitis and urinary incontinence
- Endometrial ablation for heavy menstrual bleeding (performed in-office and in outpatient setting)
- Endometrial biopsy
- Endosee®, in-office diagnostic hysteroscopy (uterine scope)
- Intrauterine device (IUD) insertion and removal
- Implantable contraception
- Loop electrosurgical excision procedure (LEEP) for abnormal cervical cell growth

- Pessary fittings for pelvic organ prolapse
- ThermiVa® radiofrequency therapy for bladder control and sexual dysfunction

Outpatient/Inpatient-based Procedures

- Dilation and curettage (D&C) to remove tissue from the inner lining of the uterus
- Endometrial ablation for heavy menstrual bleeding (performed in-office and in outpatient setting)
- Hysterectomy (laparoscopic, robotically-assisted, abdominal and vaginal)
- Hysteroscopy, an examination of the inside of the uterus
- InterStim™ therapy for overactive bladder
- Oophorectomy, removal of the ovaries
- Ovarian cyst removal
- Pelvic organ prolapse surgery (cystocele, rectocele, uterine prolapse)
- Uro-gynecologic surgery
- Tubal sterilization/fallopian tube removal

Advanced Specialty Care Coordinated with:

- Gynecologic oncologists
- Uro-gynecologists

Osteopathic Manipulative Treatment (OMT) is offered by Lindsay LaCorte, DO, MPH, FACOOG and Joshua Lupton, DO at Cape Cod Hospital OB/GYN.

Did You Know?

Cape Cod Health News is the Cape’s go-to source for timely, informative and credible health articles, providing a spectrum of information from wellness and preventive medicine to the latest services and technology.

Sign up to receive a weekly email of the latest news at: capecodhealth.org/cape-cod-health-news

Please contact practices directly for specific procedures and surgical services offered and insurances accepted.
State-of-the-Art GYN Imaging Services, Close to Home

**Cape Cod Hospital**  
27 Park Street  
Hyannis, MA 02601  
508-771-1800  
capecodhealth.org/cape-cod-hospital  
*(Pelvic ultrasound)*

**Cuda Women's Health Center**  
Wilkens Outpatient Medical Complex  
35 Wilkens Lane  
Hyannis, MA 02601  
508-957-1700  
capecodhealth.org/cuda  
*(Screening and diagnostic breast imaging; bone density testing)*

**Falmouth Hospital Imaging at Community Health Center of Cape Cod**  
107 Commercial Street  
Mashpee, MA 02649  
508-539-6020  
capecodhealth.org/imaging-chc  
*(Pelvic ultrasound)*

**Fontaine Outpatient Center**  
525 Long Pond Drive  
Harwich, MA 02645  
508-432-4100  
capecodhealth.org/fontaine  
*(Screening mammography; bone density testing; pelvic ultrasound)*

**Seifer Women’s Health and Imaging Center**  
Falmouth Hospital Medical Office Building  
90 Ter Heun Drive  
Falmouth, MA 02540  
877-224-2009  
capecodhealth.org/seifer  
*(Screening and diagnostic breast imaging; bone density testing; pelvic ultrasound)*

**Stoneman Outpatient Center**  
2 Jan Sebastian Drive  
Sandwich, MA 02563  
508-833-8247  
capecodhealth.org/stoneman  
*(Pelvic ultrasound)*

**Wilkens Outpatient Medical Complex**  
35 Wilkens Lane  
Hyannis, MA 02601  
508-957-1600  
capecodhealth.org/wilkens  
*(Pelvic ultrasound)*
Minor emergencies. Major attention.

Adult and pediatric urgent care for minor illnesses and injuries with locations across Cape Cod. No appointment or referral needed, and most patients are treated in under an hour.

Online wait times available at capecodhealth.org/urgent-care.

Cape Cod Healthcare
Urgent Care

Falmouth  Hyannis  Osterville
Harwich  Sandwich  Orleans (2022)
Well-Woman Exam

It is important that women understand their bodies, how to perpetuate good health and how to identify the risks that lead to diminished health and well-being. Many areas of a woman’s health are reviewed at this recommended yearly check-up, including:

- Screening for cancer of the breast, cervix (Pap smear, HPV) and other gynecological cancers
- A pelvic exam to check for abnormalities of the reproductive organs
- A breast exam
- Additional screening recommendations such as bone density testing and colonoscopy depending on a patient’s age
- Birth control counseling if applicable
- Prevention of sexually transmitted infections and testing if needed
- Discussion about menopause if applicable
- Wellness counseling

Please contact practice directly for information on insurance coverage for this annual exam.

Adolescent Gynecology

The transition from pediatric to gynecologic care may begin with an educational appointment for teens or young adults to meet with a gynecologic provider and learn more about this important part of a woman’s health, laying a foundation for future well-being. Topics covered may include:

- Menstrual issues
- Contraception counseling
- Sexual health
- Importance of routine GYN screenings
- Wellness counseling

We encourage young women to partner with their pediatrician or primary care provider for a referral to one of our gynecologic providers.
Practices – Gynecology

Upper-Cape: Falmouth

**Cape Obstetrics & Gynecology**
Falmouth Hospital Medical Office Building
90 Ter Heun Drive
Falmouth, MA 02540
508-457-0088
capecodhealth.org/cape-obgyn-falmouth

*Providers:* Nisha David, MD; Paul DeMeo, MD; Elizabeth Murray, MD; Holly Zheng, MD; Nancy Graham, NP, RNC, IBCLC

Upper-Cape: Bourne

**Cape Obstetrics & Gynecology**
Bourne Health Center
1 Trowbridge Place
Bourne, MA 02532
508-457-0088
capecodhealth.org/cape-obgyn-bourne

*Providers:* Nisha David, MD; Paul DeMeo, MD; Elizabeth Murray, MD; Holly Zheng, MD; Nancy Graham, NP, RNC, IBCLC

**Community Health Center**
123 Waterhouse Road
Bourne, MA 02532
508-477-7090
chcofcapecod.org

*Physician:* Sibel Bessim, MD

Upper-Cape: Sandwich

**Cape Obstetrics & Gynecology**
Stoneman Outpatient Center
2 Jan Sebastian Drive
Sandwich, MA 02563
508-457-0088
capecodhealth.org/cape-obgyn-sandwich

*Providers:* Nisha David, MD; Elizabeth Murray, MD; Holly Zheng, MD; Nancy Graham, NP, RNC, IBCLC

Upper-Cape: Mashpee

**Community Health Center**
107 Commercial Street
Mashpee, MA 02649
508-477-7090
chcofcapecod.org

*Physicians:* Sibel Bessim, MD; Maryanne Bombaugh, MD

**Falmouth Women’s Health**
133 Falmouth Road, Building 2, Suite A
Mashpee, MA 02649
508-681-5081
falmouthwomenshealth.com

*Physicians:* Joseph Conway, MD, FACOG; Richard Heywood, III, DO, FACOG; Elizabeth Speed, MD

Mid-Cape: Hyannis

**All Cape Gynecology**
1330 Phinneys Lane
Hyannis, MA 02601
508-775-0003
sorgentemedspa.com

*Physician:* Lucia Cagnes, MD

**Cape Cod Hospital OB/GYN**
40 Quinlan Way, Suite 150
Hyannis, MA 02601
774-552-6050
capecodhealth.org/cch-obgyn-quinlan

*Providers:* William Agel, MD; Richard Angelo, MD; Tara Chute, MD; Lindsay LaCorte, DO, MPH, FACOOG; Joshua Lupton, DO; Kelsey Barber, NP

**Women’s Health Associates of Cape Cod**
46 North St, Suite 1A
Hyannis, MA 02601
508-771-7100
whacapecod.com

*Physician:* Geralyn Leone, MD
 Physicians – Gynecology

For additional information including clinical interests, see capecodhealth.org/physicians.

William Agel, MD
Obstetrics and Gynecology
Cape Cod Hospital OB/GYN
40 Quinlan Way, Suite 150
Hyannis, MA 02601
774-552-6050

- Medical School: New Jersey Medical School, Newark, NJ
- Residency: Tufts University School of Medicine, Boston, MA (Obstetrics and Gynecology)
- Certification: American Board of Obstetrics and Gynecology

Richard Angelo, MD
Obstetrics and Gynecology
Cape Cod Hospital OB/GYN
40 Quinlan Way, Suite 150
Hyannis, MA 02601
774-552-6050

- Medical School: Rutgers Medical School, Newark, NJ
- Residency: Tufts-New England Medical Center, Boston, MA (Obstetrics and Gynecology)
- Certification: American Board of Obstetrics and Gynecology

Sibel Bessim, MD
Obstetrics and Gynecology
Special Focus: Gynecology
Community Health Center
107 Commercial Street
Mashpee, MA 02649
508-477-7090

Community Health Center
123 Waterhouse Road
Bourne, MA 02532
508-477-7090

- Medical School: Mt. Sinai School of Medicine, New York, NY
- Residency: Mt. Sinai Medical Center, New York, NY (Obstetrics and Gynecology)
- Certification: American Board of Obstetrics and Gynecology

Did You Know?

Women with dense breast tissue may especially benefit from 3D mammography, because of the clear picture it provides. We offer the Genius 3D Mammography Exam, the only mammogram that is FDA-approved as superior for women with dense breasts when compared to 2D mammography alone.

Lower Cape: Brewster

Cape Gynecology
19 Bay State Court
Brewster, MA 02631
508-255-2325
capegynecology.com

Physician: Barbara Gleason, DO
Maryanne Bombaugh, MD  
Obstetrics and Gynecology  
Special Focus: Gynecology  
Community Health Center  
107 Commercial Street  
Mashpee, MA 02649  
508-477-7090  
- Medical School: University of Texas Health Science Center, San Antonio, TX  
- Residency: Walter Reed Army Medical Center, Washington, DC (Obstetrics and Gynecology)  
- Certification: American Board of Obstetrics and Gynecology

Joseph Conway, MD, FACOG  
Obstetrics and Gynecology  
Special Focus: Gynecology  
Falmouth Women's Health  
133 Falmouth Road  
Building 2, Suite A  
Mashpee, MA 02649  
508-681-5081  
- Medical School: Tufts University School of Medicine, Boston, MA  
- Residencies: Baylor Affiliated Hospitals, Houston, TX (Obstetrics and Gynecology)  
Brigham and Women's Hospital, Boston, MA (Obstetrics and Gynecology); Harvard Medical School, Boston, MA (Obstetrics and Gynecology)  
- Certification: American Board of Obstetrics and Gynecology

Lucia Cagnes, MD  
Obstetrics and Gynecology  
Special Focus: Gynecology  
All Cape Gynecology  
1330 Pinney's Lane  
Hyannis, MA 02601  
508-775-0003  
- Medical School: University of Palermo School of Medicine and Surgery, Italy  
- Residencies: University Hospital of Palermo, Italy (Obstetrics and Gynecology)  
Rochester General Hospital, Rochester, NY (Obstetrics and Gynecology)  
Bethesda Hospital, Cincinnati, OH (Family Practice)  
- Certification: American Board of Obstetrics and Gynecology

Tara Chute, MD  
Obstetrics and Gynecology  
Cape Cod Hospital OB/GYN  
40 Quinlan Way, Suite 150  
Hyannis, MA 02601  
774-552-6050  
- Medical School: University of Massachusetts Medical School, Worcester, MA  
- Residency: University of Massachusetts Memorial Hospital, Worcester, MA (Obstetrics and Gynecology)  
- Certification: American Board of Obstetrics and Gynecology

Nisha David, MD  
Obstetrics and Gynecology  
Cape Obstetrics & Gynecology  
Falmouth Hospital Medical Office Building  
90 Ter Heun Drive  
Falmouth, MA 02540  
508-457-0088  
- Bourne Health Center  
1 Trowbridge Place  
Bourne, MA 02532  
508-457-0088  
- Stoneman Outpatient Center  
2 Jan Sebastian Drive  
Sandwich, MA 02563  
508-457-0088  
- Medical School: University of Rochester School of Medicine and Dentistry, Rochester, NY  
- Residency: William Beaumont Hospital, Royal Oak, MI (Obstetrics and Gynecology)  
- Certification: American Board of Obstetrics and Gynecology
Paul DeMeo, MD  
**Obstetrics and Gynecology**  
Cape Obstetrics & Gynecology  
Falmouth Hospital Medical Office Building  
90 Ter Heun Drive  
Falmouth, MA 02540  
508-457-0088  
Bourne Health Center  
1 Trowbridge Place  
Bourne, MA 02532  
508-457-0088  

- **Medical School:** University of Vermont College of Medicine, Burlington, VT  
- **Residency:** St. Francis Hospital and Medical Center, Hartford, CT (Obstetrics and Gynecology)  
- **Certification:** American Board of Obstetrics and Gynecology

Barbara Gleason, DO  
**Obstetrics and Gynecology**  
Special Focus: Gynecology  
Cape Gynecology  
19 Bay State Court  
Brewster, MA 02631  
508-255-2325  

- **Medical School:** University of Medicine and Dentistry of New Jersey, School of Osteopathic Medicine, Stratford, NJ  
- **Residency:** University of Medicine and Dentistry of New Jersey, School of Osteopathic Medicine, Stratford, NJ (Obstetrics and Gynecology)  
- **Certification:** American Osteopathic Board of Obstetrics and Gynecology

Richard Heywood, III, DO, FACOG  
**Obstetrics and Gynecology**  
Special Focus: Gynecology  
Falmouth Women’s Health  
133 Falmouth Road  
Building 2, Suite A  
Mashpee, MA 02649  
508-681-5081  

- **Medical School:** University of New England College of Osteopathic Medicine, Biddeford, ME  
- **Residency:** Naval Medical Center, Portsmouth, VA (Obstetrics and Gynecology)  
- **Certification:** American Board of Obstetrics and Gynecology

Xibel Jia, MD, FACOG  
**Obstetrics and Gynecology**  
Special Focus: Urogynecology  
Urology Associates Of Cape Cod  
110 Main Street  
Hyannis, MA 02601  
508-771-9550  

- **Medical School:** Tufts University School of Medicine, Boston, MA  
- **Residency:** Stamford Hospital/Columbia University School of Physicians and Surgeons, Stamford, CT  
- **Fellowship:** University of Massachusetts Medical Center, Worcester, MA, (Female Pelvic Medicine and Reconstructive Surgery), Hahnemann University Hospital, Philadelphia, PA (Female Pelvic Medicine and Reconstructive Surgery)  
- **Certification:** American Board of Obstetrics and Gynecology

Barbara Gleason, DO  
**Obstetrics and Gynecology**  
Special Focus: Gynecology  
Cape Gynecology  
19 Bay State Court  
Brewster, MA 02631  
508-255-2325  

- **Medical School:** University of Medicine and Dentistry of New Jersey, School of Osteopathic Medicine, Stratford, NJ  
- **Residency:** University of Medicine and Dentistry of New Jersey, School of Osteopathic Medicine, Stratford, NJ (Obstetrics and Gynecology)  
- **Certification:** American Osteopathic Board of Obstetrics and Gynecology

Lindsay LaCorte, DO, MPH, FACOG  
**Obstetrics and Gynecology**  
Cape Cod Hospital OB/GYN  
40 Quinlan Way, Suite 150  
Hyannis, MA 02601  
774-552-6050  

- **Medical School:** Nova Southeastern College of Osteopathic Medicine, Fort Lauderdale, FL  
- **Residency:** Good Samaritan Hospital Medical Center, West Islip, NY (Obstetrics and Gynecology)  
- **Certification:** American Osteopathic Board of Obstetrics and Gynecology

Geralyn Leone, MD  
**Obstetrics and Gynecology**  
Special Focus: Gynecology  
Women’s Health Associates of Cape Cod  
46 North Street, Suite 1A  
Hyannis, MA 02601  
508-771-7100  

- **Medical School:** Boston University School of Medicine, Boston, MA  
- **Residency:** University of Miami, Jackson Memorial Hospital, Miami, FL  
- **Certification:** American Board of Obstetrics and Gynecology
Joshua Lupton, DO
Obstetrics and Gynecology
Cape Cod Hospital OB/GYN
40 Quinlan Way, Suite 150
Hyannis, MA 02601
774-552-6050

• Medical School: University of New England College of Osteopathic Medicine, Biddeford, ME
• Residency: Henry Ford Wyandotte Hospital, Wyandotte, MI (Obstetrics and Gynecology)

Elizabeth Murray, MD
Obstetrics and Gynecology
Cape Obstetrics & Gynecology
Bourne Health Center
1 Trowbridge Place
Bourne, MA 02532
508-457-0088

Falmouth Hospital Medical Office Building
90 Ter Heun Drive
Falmouth, MA 02540
508-457-0088

Stoneman Outpatient Center
2 Jan Sebastian Drive
Sandwich, MA 02563
508-457-0088

• Medical School: Georgetown University School of Medicine, Washington, DC
• Residency: Duke University Medical Center, Durham, NC (Obstetrics and Gynecology)
• Certification: American Board of Obstetrics and Gynecology

Elizabeth Speed, MD
Obstetrics and Gynecology
Special Focus: Gynecology
Falmouth Women's Health
133 Falmouth Road
Building 2, Suite A
Mashpee, MA 02649
508-681-5081

• Medical School: University of Massachusetts Medical School, Worcester, MA
• Residency: Albert Einstein College of Medicine at Montefiore, Bronx, NY (Obstetrics and Gynecology)
• Certification: American Board of Obstetrics and Gynecology

Holly Zheng, MD
Obstetrics and Gynecology
Cape Obstetrics & Gynecology
Bourne Health Center
1 Trowbridge Place
Bourne, MA 02532
508-457-0088

Falmouth Hospital Medical Office Building
90 Ter Heun Drive
Falmouth, MA 02540
508-457-0088

Stoneman Outpatient Center
2 Jan Sebastian Drive
Sandwich, MA 02563
508-457-0088

• Medical School: The Pennsylvania State University College of Medicine, Hershey, PA
• Residency: Temple University Hospital, Philadelphia, PA (Obstetrics and Gynecology)
Having a baby is one of life’s most memorable experiences. Our maternity specialists from The Family Birthplace at Cape Cod Hospital welcome the opportunity to provide expectant mothers and their babies with expert, personalized care throughout pregnancy, birth and beyond. Our skilled care teams of board-certified and board-eligible obstetrician/gynecologists (OB/GYNs), certified nurse-midwives, nurse practitioners, childbirth and parenting educators, board-certified lactation consultants, nurses and support staff partner with families every step of this special journey to ensure a safe and rewarding birth experience.
Prenatal Care

Prenatal care is an important part of keeping you and your baby healthy during your pregnancy. You will partner with specialized medical providers, who will monitor your health and the development of your baby through regular check-ups and routine testing:

**Obstetrician/Gynecologists (OB/GYNs)**
Board-certified and board-eligible physicians who specialize in pregnancy, childbirth and post-delivery care in addition to reproductive health. Our OB/GYNs also share 24/7 laborist coverage at The Family Birthplace at Cape Cod Hospital, ensuring an on-site physician presence for labor and delivery at all times.

**Midwives**
Our certified nurse-midwives (CNMs) provide a nurturing and educational approach, working closely with obstetricians should additional medical intervention become necessary.

Hospitalist midwifery is available at The Family Birthplace at Cape Cod Hospital, supplementing laborist coverage.

**Nurse Practitioners**
Our nurse practitioners are part of your prenatal care team, providing in-office obstetrical care.

Additionally, Cape Cod Healthcare has partnered with Premier Ultrasound services and Dr. Tamara Takoudes of Boston Maternal-Fetal Medicine to provide services for patients with high-risk pregnancies at at Wilkens Outpatient Medical Complex in Hyannis and Falmouth Hospital.
As part of our childbirth and parenting education, The Family Birthplace at Cape Cod Hospital is pleased to offer a free and convenient web app with essential tools and information, on the go! Because it’s regularly reviewed by experts, this supplement to our education classes is full of evidence-based information you can trust, accessible by smartphone, tablet or computer, whenever and wherever you need it.

**Childbirth and parenting tips, tools and info…all at your fingertips!**

- Dedicated modules about pregnancy, birth, breastfeeding, mother & baby care and your baby’s first year through videos, colorful text and photos, 3D animation and more

- Parent’s toolbox (with helpful aids like a feeding/diaper log), optional weekly emails, checklists, resource PDFs

- Services and information about The Family Birthplace at Cape Cod Hospital

- Extended learning that can be easily shared with your partner and support people

- English, Portuguese and Spanish versions available

### 3 Easy Ways to Access the App

Creating your account from your phone, tablet or computer is easy – all you need is internet access.

**STEP 1**

Choose ONE of the following 3 options to access the app:

- **Text NEWBABY to 99000 from your phone**
  Then, tap the link in the return text. (Once opened, bookmark the site for quick return access)

  **OR**

- **Download the quick launcher from the Apple App Store or Google Play from your mobile device. Search for “InJoy Health”.** (This puts an icon on your home screen that you can use in the future.)

  **OR**

- **Go to InJoyOnline.com** (Bookmark the site for quick return access.)

**STEP 2**

Create your account where prompted
(If you already have an account, simply log in.)

**STEP 3**

Enter your Cape Cod Healthcare redemption code

For English, use: cchcbaby
For Portuguese or Spanish, use: cchcbabymulti

You only need to enter this code the first time you access the app. Web apps do not use storage space and updates happen automatically.
The Family Birthplace

The Family Birthplace at Cape Cod Hospital has been bringing new life into the world for generations. We’re proud to provide the highest level of care possible for parents and their babies, close to home, and work hard to ensure a safe and rewarding birth experience. Our obstetricians, midwives and nurses will partner with you to accommodate and support the style of delivery you choose, with different options available for labor and birth, anesthesia, breastfeeding and more.

When you choose The Family Birthplace at Cape Cod Hospital, you have a full support team here for you:

- An experienced obstetrical laborist on-site 24/7 focused on the care of women in labor and delivery of babies, enhancing patient safety and outcomes for mothers and babies. Our dedicated team of OB/GYNs shares laborist coverage and is supplemented by a skilled team of certified nurse-midwives.
- Partnerships with Premier Ultrasound and Boston Maternal Fetal Medicine for specialized high-risk pregnancy care.
- A wide offering of childbirth education and infant care classes.
- The Family Birthplace App, with essential tools and information for pregnancy through baby’s first year, whenever you need them.
- A dedicated team of on-site pediatric hospitalists from Boston Children’s Hospital available 24/7 should your baby need medical care during labor and delivery or while in the nursery. Through Cape Cod Healthcare’s clinical collaboration with Boston Children’s, patients have access to high quality, integrated pediatric care and resources from the top pediatric hospital in the country, including services such as newborn teleaudiology screening.
- Breastfeeding support during your maternity stay and after.
- Postpartum screening and access to a licensed social worker on staff.
- For expectant mothers seeking substance abuse disorder support during pregnancy, Cape Cod Healthcare is committed to providing specialized and safe care for mothers needing addiction support and for infants affected by Neonatal Abstinence Syndrome.
Family-Centered Birth Care

Family-centered care is provided in spacious and private labor, delivery, recovery and postpartum (LDRP) suites designed with comfort and safety in mind. Our welcoming birth suites include:

- Private bathroom with shower
- Recliner and rocking chair
- In-room sleeping area for your partner
- Cable TV
- Security measures, including a locked maternity unit and baby tagging alert system to ensure your baby’s safety

You and your baby room together throughout your stay, and your partner is also encouraged to stay and join in learning how to care for your new baby. Advantages of family-centered care include:

- An environment that supports parent-baby bonding
- Hands-on educational opportunities caring for your new baby
- Earlier establishment of feeding and sleeping routines
- Greater opportunity for breastfeeding success
- Close, consistent communication with nurses dedicated to you and your baby

Obstetrical Coverage

At The Family Birthplace, 24/7 obstetrical coverage for our patients is shared with Cape Cod Healthcare’s outstanding team of obstetricians and midwives.

An experienced obstetrical laborist is on-site at all times and is focused on the care of women in labor and delivery of babies, enhancing patient safety and outcomes for mothers and babies. Our dedicated team of OB/GYNs shares laborist coverage and is supplemented by a skilled team of certified nurse-midwives.
Pregnancy, Birth & Parenting Classes

The Family Birthplace at Cape Cod Hospital and offers a wide range of classes, events and support groups that will help you, your birth partner and even siblings-to-be prepare for childbirth and the care of your new baby. A Portuguese class is also available.

Topics include:

- Third trimester pregnancy changes
- Nutrition
- A tour of The Family Birthplace
- The birth process
- Breathing and relaxation techniques
- Labor and delivery, including options available
- Postpartum care and going home
- Breastfeeding
- Newborn care, including feeding, bathing, diapering and more
- Infant-child CPR
- Social support for new mothers and fathers

For more information and to register online, see www.capecodhealth.org/classes-events or call our Access Line at 1-844-ASK-CCHC (1-844-275-2242).

Breastfeeding Support

An important part of The Family Birthplace care team are our dedicated board-certified lactation consultants. These specialized nurses provide both inpatient and outpatient lactation support, as well as facilitate a breastfeeding support group and education at Cape Cod Hospital. Because breastfeeding is known to provide many health benefits for both babies and their mothers, the team from The Family Birthplace at Cape Cod Hospital is committed to supporting women who choose to breastfeed.

For more information, please contact:
The Family Birthplace at Cape Cod Hospital – lactation: 508-862-7266
Your Dedicated Care Team

Your care team during your stay at The Family Birthplace may consist of several medical specialists, including your OB/GYN, a hospital laborist, certified nurse-midwives (CNMs) and nurses, all dedicated to providing compassionate, skilled care while listening to a woman's wishes for her birth experience. Our team is committed to education and promotion of normal pregnancy, labor and birth, with medical intervention only when necessary.

The Family Birthplace at Cape Cod Hospital team includes 9 OB/GYNs and four CNMs, an exceptionally robust team for the Cape Cod community.
 Practices – OB/GYN

Cape Cod Hospital OB/GYN
40 Quinlan Way, Suite 150
Hyannis, MA 02601
774-552-6050
capecodhealth.org/cch-obgyn-quinlan
Providers: William Agel, MD; Richard Angelo, MD; Tara Chute, MD; Lindsay Lacorte, DO, MPH, FACOOG; Joshua Lupton, DO; Kelsey Barber, NP

Falmouth Women’s Health
133 Falmouth Road, Building 2, Suite A
Mashpee, MA 02649
508-681-5081
falmouthwomenshealth.com
Physicians: Joseph Conway, MD, FACOG; Richard Heywood, III, DO, FACOG; Elizabeth Speed, MD

Cape Obstetrics & Gynecology
Falmouth Hospital Medical Office Building
90 Ter Heun Drive
Falmouth, MA 02540
508-457-0088
capecodhealth.org/cape-obgyn-falmouth
Providers: Nisha David, MD; Paul DeMeo, MD; Elizabeth Murray, MD; Holly Zheng, MD; Nancy Graham, NP, RNC, IBCLC

1 Trowbridge Place
Bourne Health Center
Bourne, MA 02532
508-457-0088
capecodhealth.org/cape-obgyn-bourne
Providers: Nisha David, MD; Paul DeMeo, MD; Elizabeth Murray, MD; Holly Zheng, MD; Nancy Graham, NP, RNC, IBCLC

Stoneman Outpatient Center
2 Jan Sebastian Drive
Sandwich, MA 02563
508-457-0088
capecodhealth.org/cape-obgyn-sandwich
Providers: Nisha David, MD; Elizabeth Murray, MD; Holly Zheng, MD; Nancy Graham, NP, RNC, IBCLC

Home Visit for Mom and Baby
The Visiting Nurse Association of Cape Cod has a special Maternal Health division dedicated to supporting parents and newborns recently discharged from Cape Cod Hospital. These specially trained nurses offer a home visit where they can answer any questions, offer infant feeding support, and perform a check of both mom and baby’s health (including vital signs and weight checks). For more information call 508-957-7627.
Physicians – OB/GYN

For additional information including clinical interests, see capecodhealth.org/physicians.

William Agel, MD
Obstetrics and Gynecology
Cape Cod Hospital OB/GYN
40 Quinlan Way, Suite 150
Hyannis, MA 02601
774-552-6050

- Medical School: New Jersey Medical School, Newark, NJ
- Residency: Tufts University School of Medicine, Boston, MA (Obstetrics and Gynecology)
- Certification: American Board of Obstetrics and Gynecology

Richard Angelo, MD
Obstetrics and Gynecology
Cape Cod Hospital OB/GYN
40 Quinlan Way, Suite 150
Hyannis, MA 02601
774-552-6050

- Medical School: Rutgers Medical School, Newark, NJ
- Residency: Tufts-New England Medical Center, Boston, MA (Obstetrics and Gynecology)
- Certification: American Board of Obstetrics and Gynecology

Tara Chute, MD
Obstetrics and Gynecology
Cape Cod Hospital OB/GYN
40 Quinlan Way, Suite 150
Hyannis, MA 02601
774-552-6050

- Medical School: University of Massachusetts Medical School, Worcester, MA
- Residency: University of Massachusetts Memorial Hospital, Worcester, MA (Obstetrics and Gynecology)
- Certification: American Board of Obstetrics and Gynecology

Nisha David, MD
Obstetrics and Gynecology
Cape Obstetrics & Gynecology
Falmouth Hospital Medical Office Building
90 Ter Heun Drive
Falmouth, MA 02540
508-457-0088

- Medical School: University of Rochester School of Medicine and Dentistry, Rochester, NY
- Residency: William Beaumont Hospital, Royal Oak, MI (Obstetrics and Gynecology)
- Certification: American Board of Obstetrics and Gynecology

Paul DeMeo, MD
Obstetrics and Gynecology
Cape Obstetrics & Gynecology
Falmouth Hospital Medical Office Building
90 Ter Heun Drive
Falmouth, MA 02540
508-457-0088

- Medical School: University of Vermont College of Medicine, Burlington, VT
- Residency: St. Francis Hospital and Medical Center, Hartford, CT (Obstetrics and Gynecology)
- Certification: American Board of Obstetrics and Gynecology
Elizabeth Murray, MD  
Obstetrics and Gynecology  
Cape Obstetrics & Gynecology  
Bourne Health Center  
1 Trowbridge Place  
Bourne, MA 02532  
508-457-0088

Falmouth Hospital Medical Office Building  
90 Ter Heun Drive  
Falmouth, MA 02540  
508-457-0088

Stoneman Outpatient Center  
2 Jan Sebastian Drive  
Sandwich, MA 02563  
508-457-0088

• Medical School: Georgetown University School of Medicine, Washington, DC  
• Residency: Duke University Medical Center, Durham, NC (Obstetrics and Gynecology)  
• Certification: American Board of Obstetrics and Gynecology

Holly Zheng, MD  
Obstetrics and Gynecology  
Cape Obstetrics & Gynecology  
Bourne Health Center  
1 Trowbridge Place  
Bourne, MA 02532  
508-457-0088

Falmouth Hospital Medical Office Building  
90 Ter Heun Drive  
Falmouth, MA 02540  
508-457-0088

Stoneman Outpatient Center  
2 Jan Sebastian Drive  
Sandwich, MA 02563  
508-457-0088

• Medical School: The Pennsylvania State University College of Medicine, Hershey, PA  
• Residency: Temple University Hospital, Philadelphia, PA (Obstetrics and Gynecology)

Joshua Lupton, DO  
Obstetrics and Gynecology  
Cape Cod Hospital OB/GYN  
40 Quinlan Way, Suite 150  
Hyannis, MA 02601  
774-552-6050

• Medical School: University of New England College of Osteopathic Medicine, Biddeford, ME  
• Residency: Henry Ford Wyandotte Hospital, Wyandotte, MI (Obstetrics and Gynecology)

Lindsay LaCorte, DO, MPH, FACOOG  
Obstetrics and Gynecology  
Cape Cod Hospital OB/GYN  
40 Quinlan Way, Suite 150  
Hyannis, MA 02601  
774-552-6050

• Medical School: Nova Southeastern College of Osteopathic Medicine, Fort Lauderdale, FL  
• Residency: Good Samaritan Hospital Medical Center, West Islip, NY (Obstetrics and Gynecology)  
• Certification: American Osteopathic Board of Obstetrics and Gynecology
Certified Nurse-Midwives

Our team of certified nurse-midwives (CNMs) provide inpatient labor, delivery and postpartum care with The Family Birthplace at Cape Cod Hospital.

Linda Dorflinger, RNC, MS, WHNP, CNM
Inpatient Midwifery
- Graduate School: The Midwifery Institute of Philadelphia University (Certificate in Midwifery) Massachusetts General Hospital Institute of Health Professions (Master of Science in Nursing)
- Certification: American College of Nurse-Midwives

Katie Parsons, CNM
Inpatient Midwifery
- Graduate School: Vanderbilt University (Master of Science in Midwifery)
- Certification: American College of Nurse-Midwives

Christian Noble, CNM
Inpatient Midwifery
- Graduate School: Philadelphia University (Master of Science in Midwifery)
- Certification: American Midwifery Certification Board

Kayleigh Eckstrom, CNM
Inpatient Midwifery
- Graduate School: Georgetown University (Master of Science in Midwifery/ Women's Health Nurse Practitioner)
- Certification: American College of Nurse-Midwives
“Having had a baby in the 90’s and having a baby today, you can see things have come a long way. Dr. Chute and her whole team really worked with me to determine my expectations, support my decisions and made sure I got specialized testing for this pregnancy.”

- Rebecca T., Barnstable

Cape Cod Healthcare Women's Health is an entire network dedicated to the specialized care of women. We’re committed to keeping you healthy with the latest in technology and diagnostic expertise, supported by the full resources of Cape Cod Healthcare.

Comprehensive Pregnancy and Birth Care

Cape Cod Healthcare
Women’s Health

Comprehensive care, close to home.

Download The Family Birthplace App at capecodhealth.org/birthplace-app.
Heart disease is the number one cause of death for women in the United States. It is known as a silent killer, as the symptoms of heart disease or heart attacks in women can be very different from men and not always recognized as heart-related. Cape Cod Healthcare encourages women to be aware of their risks for heart disease and to take charge of their heart health.
Cape Cod Healthcare Heart and Vascular Institute: Comprehensive Cardiovascular Care, Close to Home

The specialists at our nationally recognized Heart and Vascular Institute, including cardiologists, heart and vascular surgeons, cardiac nurses and technicians, are highly skilled in detecting and treating women’s heart conditions. We offer a comprehensive range of cardiac services using the latest in technology, including minimally invasive procedures, to achieve best outcomes. Cape Cod Healthcare’s Heart and Vascular Institute features:

• An exceptional level of care with outcomes that compare to the best in the country.
• The training and expertise of board-certified cardiac and vascular physicians combined with the full resources of Cape Cod Healthcare, including Cape Cod Hospital and Falmouth Hospital, and the Visiting Nurse Association of Cape Cod.
• Skilled cardiovascular physician specialists working together to coordinate patient care.
• Outstanding physicians, nurse practitioners, physician assistants, nurses, technicians and staff.
• The latest research, screening and education resources.
• A continuum of care with seamless diagnosis, treatment and follow-up care.
Did You Know…

- A woman dies from heart disease every 34 seconds.
- One in five females in the United States has some form of heart disease.
- Over 35% of American women are overweight.
- Over 25% of American women smoke.
- Heart disease claims more women’s lives than the next three causes of death combined, including all forms of cancer.
- Nearly five times as many women (200,000) will die from heart attacks alone this year than will die from breast cancer.
- Since 1984, more women than men have died of heart disease each year.
- Most women begin to develop heart disease at a very young age.
- Women have a 28% increased risk of dying within the first year after a heart attack compared to men.

Risk Factors Include:

- High blood pressure
- High blood cholesterol
- Diabetes
- Smoking
- Being overweight
- Physical inactivity/sedentary lifestyle
- A family history of early heart disease
- Age (55 or older for women)
Cardiac Services and Treatments

Your primary care doctor or gynecologist may refer you to a cardiologist, if he or she suspects a heart-related condition. Symptoms that may indicate a heart condition include persistent shortness of breath, chest pain or dizziness. A cardiologist will review your medical history and perform a physical exam that may include checking blood pressure, weight, heart, lungs and blood vessels. Some issues may be diagnosed by symptoms at the examination; others will require more specialized testing.

Cape Cod Healthcare offers a wide range of services and advanced procedures, including non-invasive testing and imaging, catheter-based interventional cardiology, and invasive cardiology using open or minimally-invasive surgery:

- Advanced cardiac imaging
- Angioplasty and stenting
- Aortic aneurysm repair or removal
- Cardiac ablation, including cryoablation
- Cardiac catheterization
- Cardiac electrophysiology
- Cardiac rehabilitation
- Cardiac screening and education
- Cardiothoracic surgery
- Cardioversion
- Coronary artery bypass grafting (CABG)
- Coronary artery surgery
- Defibrillator placement
- Echocardiograms
- Electrophysiology studies
- Exercise stress tests
- Extracorporeal membrane oxygenation (ECMO)
- Heart failure clinic
- Hypothermia therapy
- Intra-aortic balloon pump therapy
- MAZE procedure for atrial fibrillation correction
- Mitral valve repair and replacement, including minimally invasive repair
- Open heart surgery
- Pacemaker placement, including Micra Transcatheter Pacing System
- Pharmacological stress tests
- Thoracic aortic surgery
- Transcatheter Aortic Valve Replacement (TAVR)
- Vascular medicine and surgery
- Watchman FLX™ left atrial appendage closure

Please contact practices directly for specific services and procedures offered and insurances accepted. For additional information, please see capecodhealth.org/womens-heart-health.

Preventing Heart Disease

- Avoid tobacco
- Be more active
- Choose good nutrition
- Know your blood pressure
- Know your cholesterol
- Maintain a healthy weight
- Have your annual physical and any necessary follow-up with your primary care physician (PCP)
Heart Attack Warning Signs

Seek help immediately if you are experiencing any of these heart attack symptoms:

- Chest pain
  - May start as mild discomfort and progress to more intense pain
  - May come and go
- May feel like a weight on the chest or a squeezing sensation
- Discomfort in other parts of the upper body
- Pain in the arms, back, jaw, neck, or stomach
- Shortness of breath
- A sensation of difficulty breathing
- Rapid or shallow breathing
- Sweating
- Nausea and vomiting
- Lightheadedness
- Anxiety

Although symptoms of chest pain and discomfort occur in both men and women, women are somewhat more likely to experience:

- Shortness of breath
- Back or jaw pain
- Nausea or vomiting

It’s important to recognize these symptoms and not delay emergency treatment.

Cape Cod Hospital is one of just 17 hospitals in the country with 30-day heart attack mortality rates that are better than the national average. We have some of the fastest “door-to-balloon times” in the state and the nation, meaning if you arrive in one of our emergency rooms, you could be receiving treatment in our catherization lab as soon as 12 minutes. This translates to higher survival rates and less damage following a heart attack.
Practices – Cardiovascular Specialties

Upper Cape: Falmouth

Cape Cod Healthcare Cardiovascular Center – Falmouth
Falmouth Hospital Medical Office Building
90 Ter Heun Drive, 3rd Floor
Falmouth, MA 02540
508-540-0604
caecodhealth.org/cvc-falmouth

Providers: John Guerin, MD, FACC; John Hostetter, MD, FACC; Bruce Levy, MD, FACC; Adam Mohmand-Borkowski, MD, PhD, FHRS; David Rancourt, DO, MPH, FACC; Kenneth S. Spector, MD, PhD, FACC; Megan Titas, MD; Kristina Jarvis, NP; Sara Seyler, NP

Cardiac Rehabilitation – Falmouth
Falmouth Hospital Medical Office Building
90 Ter Heun Drive, 1st floor
Falmouth, MA 02540
508-495-7676
caecodhealth.org/cardiac-rehab-falmouth

Medical Director: John Guerin, MD, FACC

Vascular and Vein Center of Cape Cod – Falmouth
Cape Cod Healthcare Cardiovascular Center
Falmouth Hospital Medical Office Building
90 Ter Heun Drive, Suite 303
Falmouth, MA 02540
508-457-9739
caecodhealth.org/vascular-vein-falmouth

Physician: James Knox, MD, FACS, RVT

Upper Cape: Sandwich

Cape Cod Healthcare Cardiovascular Center – Sandwich
Stoneman Outpatient Center
2 Jan Sebastian Drive, Suite 103
Sandwich, MA 02563
508-540-0604
caecodhealth.org/cvc-sandwich

Physicians: John Guerin, MD, FACC; John Hostetter, MD, FACC; Bruce Levy, MD, FACC; David Rancourt, DO, MPH, FACC; Kenneth S. Spector, MD, PhD, FACC; Megan Titas, MD

Cardiovascular Associates of Sandwich
68 Route 6A
Sandwich, MA 02563
774-413-5457
cpehearthealth.com

Physician: Mary Callahan, DO, FACC

Mid-Cape: Hyannis

Cape Cod Healthcare Cardiovascular Center – Hyannis
25 Main Street
Hyannis, MA 02601
508-778-1829
caecodhealth.org/cvc-hyannis

Providers: Peter Friedman, MD, PhD, FACC, FHRS; Lawrence McAuliffe, MD, FACC; Adam Mohmand-Borkowski, MD, PhD, FHRS; Claude-Laurent Sader, MD, FACC; Garrick C. Stewart, MD; Elissa Thompson, MD; Mark Wolfe, MD, FACC; Shannon List, MSN, FNP-BC; Sarah Montgomery, RN, MS, ACNP-BC; Courtney Park, NP

Cape Cod Surgical Associates
6 Main Street, Bldg B
Hyannis, MA 02601
508-775-0800
caecododsurgical.com

Physician: Stephen Brooks, MD, FACS, RPVI

Upper Cape: Mashpee

The Vascular Care Group
800 Falmouth Road, Suite 102A
Mashpee, MA 02649
508-775-1984
vascularcaregrp.com

Providers: Daniel Gorin, MD, RVT, FACS; Elizabeth Mahanor, MD, FACS; Donna Potter, NP
Cardiovascular Consultants of Cape Cod
140 Yarmouth Road
Hyannis, MA 02601
508-778-8818
cardiovascularcapecod.com
Providers: Luke Daley, MD, FACC; Charles Haffajee, MD, FACC; John Kalin, MD, FACC; Michael Mecley, MD, FACC; Nanette Hallet, NP

Hatfield Cardiology
46 North Street, Suite 6
Hyannis, MA 02601
508-778-4888
hatfieldcardiology.com
Physicians: Mallory Hatfield, MD, FACC; Nicholas Matas, MD, FACC

Heart Center
52 Park Street
Hyannis, MA 02601
508-771-4205
ourheartcenter.com
Physicians: Peter Chiotellis, MD, FACC; Philip Chiotellis, MD, FACC, FASE, FASNC, RPVI

Cape Cod Hospital Cardiology Hospitalist Service
Cape Cod Hospital
27 Park Street
Hyannis, MA 02601
508-862-5050
capecodhealth.org/cardiology-hospitalist
Inpatient Physicians: Jennifer Ladner, MD, FACC; Karl Stajduhar, MD, FACC; Dogan Temizer, MD, FACC

Cape Cod Hospital Cardiac Surgery Services
40 Quinlan Way, Suite 104
Hyannis, MA 02601
508-862-5050
capecodhealth.org/cardiac-surgery-services
Physician: Anastasios Konstantakos, MD, FACS

Cape Cod Hospital Cardiovascular Procedural Services
40 Quinlan Way, Suite 104
Hyannis, MA 02601
508-862-5050
capecodhealth.org/interventional-cardiology
Physicians: Michael Bevilacqua, MD; Alanna Coolong, MD; Philip Dombrowski, MD; David Leeman, MD; Tendoh Timoh, MD, FACC; Richard Zelman, MD, FACC

Cardiac Rehabilitation – Hyannis
Cape Cod Healthcare Cardiovascular Center
25 Main Street
Hyannis, MA 02601
508-957-7300
capecodhealth.org/cardiac-rehab-hyannis
Medical Director: Elissa Thompson, MD

The Vascular Care Group
100 Camp Street
Hyannis, MA 0260
508-775-1984
vascularcaregrp.com
Providers: Daniel Gorin, MD, RVT, FACS; Elizabeth Mahanor, MD, FACS; Harold J. Welch, MD, FACS, RVT, RPVI; Donna Potter, CNP

Lower Cape: Chatham
Cape Cod Healthcare Cardiovascular Center – Chatham
Oppenheim Medical Building
1629 Main Street
Chatham, MA 02633
508-778-1829
capecodhealth.org/cardiovascular-chatham
Physician: Elissa Thompson, MD

Lower Cape: Brewster
Cape Cardiology
127 Underpass Road
Brewster, MA 02631
508-876-3777
capecardiology.com
Providers: Eleanor Sullivan, MD, FACC; Ellen Chrsogelos, NP; Kelly Provencher, NP, MSC, APRN, BC
Physicians – Cardiovascular Specialties

For additional information including clinical interests, see capecodhealth.org/physicians.

Michael Bevilacqua, MD
Interventional Radiology
Cape Cod Hospital Cardiovascular Procedural Services
40 Quinlan Way, Suite 104
Hyannis, MA 02601
508-862-5050

- Medical School: University of Texas San Antonio School of Medicine, San Antonio, TX
- Residency: University of Tennessee - Methodist Healthcare Memphis, TN (Diagnostic Radiology)
- Fellowship: Dartmouth-Hitchcock Medical Center Lebanon, NH (Interventional Radiology)
- Certification: American Board of Radiology (Vascular & Interventional)

Mary Callahan, DO, FACC
Cardiology
Cardiovascular Associates of Sandwich
68 Route 6A
Sandwich, MA 02563
774-413-5457

- Medical School: University of New England College of Osteopathic Medicine, Biddeford, ME
- Residency: Brown University, Providence, RI (Internal Medicine)
- Fellowship: Albany Medical Center, Albany, NY (Cardiology)
- Certification: American Board of Internal Medicine and Cardiovascular Disease

Stephen Brooks, MD, FACS, RPVI
Vascular Surgery and General Surgery
Cape Cod Surgical Associates
6 Main Street, Building B
Hyannis, MA 02601
508-775-0800

- Medical School: University of Alabama School of Medicine, Birmingham, AL
- Residency: Baptist Medical Center, Birmingham, AL (General Surgery)
- Fellowship: Allegheny General Hospital (Trauma)
- Certification: American Board of Surgery and Surgical Critical Care

Peter Chiotellis, MD, FACC
Cardiology
Heart Center
52 Park Street
Hyannis, MA 02601
508-771-4205

- Medical School: University College of Dublin Faculty of Medicine, Dublin, Ireland
- Residency: St. Elizabeth’s Medical Center, Boston, MA (Internal Medicine)
- Fellowship: St. Elizabeth’s Medical Center, Boston, MA (Cardiology)
- Certification: American Board of Internal Medicine and Cardiovascular Disease
Luke Daley, MD, FACC
Cardiology
Cardiovascular Consultants of Cape Cod
140 Yarmouth Road
Hyannis, MA 02601
508-778-8818

• Medical School: Tufts University School of Medicine, Boston, MA
• Residency: Hospitals of the University Health Center of Pittsburgh, PA (Internal Medicine)
• Fellowship: New England Medical Center Hospitals, Boston, MA (Cardiology)
• Certification: American Board of Internal Medicine and Cardiovascular Disease

Philip Chiotellis, MD, FACC, FASE, FASNC, RPVI
Cardiology
Heart Center
52 Park Street
Hyannis, MA 02601
508-771-4205

• Medical School: University of Athens School of Medicine, Greece
• Residency: University of Medicine and Dentistry of New Jersey, Newark, NJ (Internal Medicine)
• Fellowships: Harvard Medical School, Boston City Hospital, Boston, MA (Cardiology)
Massachusetts General Hospital, Boston, MA (Cardiology)
• Certifications: American Board of Internal Medicine and Cardiovascular Disease, National Board of Nuclear Cardiology & Echocardiology

Alanna Coolong, MD
Interventional Cardiology
Cape Cod Hospital Cardiovascular Procedural Services
40 Quinlan Way, Suite 104
Hyannis, MA 02601
508-862-5050

• Medical School: University of Massachusetts Medical School, Worcester, MA
• Residency: Rhode Island Hospital/Miriam Hospital, Providence, RI (Internal Medicine)
• Fellowship: Maine Medical Center, Portland, ME (Cardiovascular Disease)
Brigham and Women's Hospital, Boston, MA (Interventional Cardiology)
• Certification: American Board of Internal Medicine, Cardiovascular Disease and Interventional Cardiology

Philip Dombrowski, MD
Interventional Radiology
Cape Cod Hospital Cardiovascular Procedural Services
40 Quinlan Way, Suite 104
Hyannis, MA 02601
508-862-5050

• Medical School: University of Rochester School of Medicine, Rochester, NY
• Residency: Dartmouth-Hitchcock Medical Center, Hanover, NH (Diagnostic Radiology)
• Fellowship: University of Virginia Medical Center, Charlottesville, VA (Angiography and Interventional Radiology)
• Certification: American Board of Diagnostic Radiology
Peter Friedman, MD, PhD, FACC, FHRS
Cardiology
Special Focus: Cardiac Electrophysiology
Cape Cod Healthcare
Cardiovascular Center – Hyannis
25 Main Street
Hyannis, MA 02601
508-778-1829

- Medical School: Columbia University College of Physicians and Surgeons, Manhattan, NY
- Residency: Presbyterian Hospital, NY (Internal Medicine)
- Fellowships: Peter Bent Brigham Hospital (Cardiology)
  Harvard Medical School, Boston, MA (Cardiology)
  University of Limburg, Netherlands (Cardiac Electrophysiology)
- Certification: American Board of Internal Medicine, Cardiovascular Disease and Clinical Cardiac Electrophysiology

Daniel Gorin, MD, RVT, FACS
Vascular Surgery
The Vascular Care Group
100 Camp Street
Hyannis, MA 02601
508-775-1984

The Vascular Care Group
800 Falmouth Road, Suite 102A
Mashpee, MA 02649
508-775-1984

- Medical School: University of Connecticut School of Medicine, Farmington, CT
- Residency: University of Connecticut School of Medicine (General Surgery)
- Fellowships: Boston University, Boston, MA (Peripheral Vascular Surgery)
- Certification: American Board of Surgery, Vascular Surgery

John Guerin, MD, FACC
Cardiology
Cape Cod Healthcare
Cardiovascular Center – Falmouth
Falmouth Hospital Medical Office Building
90 Ter Heun Drive
Falmouth, MA 02540
508-540-0604

Cape Cod Healthcare
Cardiovascular Center – Sandwich
Stoneman Outpatient Center
2 Sebastian Drive, Suite 103
Sandwich, MA 02563
508-540-0604

- Medical School: Mount Sinai School of Medicine, New York, NY
- Residency: University of Connecticut Health Center, Hartford Hospital (Internal Medicine)
- Fellowship: Maine Medical Center, Portland, ME (Nuclear Cardiology)
- Certification: American Board of Internal Medicine and Cardiovascular Disease

Charles Haffajee, MD, FACC
Cardiology
Cardiovascular Consultants of Cape Cod
140 Yarmouth Road
Hyannis, MA 02601
508-778-8818

- Medical School: University of Cambridge, England and University College Hospital Medical School, London, England
- Residencies: Addenbrookes Hospital, Cambridge, England (Internal Medicine)
  University College Hospital, London, England
- Fellowships: Brompton Hospital, London, England (Cardiac Electrophysiology)
  University of Massachusetts Medical Center, Worcester, MA
- Certification: American Board of Internal Medicine, Cardiovascular Medicine and Clinical Cardiac Electrophysiology
Mallory Hatfield, MD, FACC
Cardiology
Hatfield Cardiology
46 North Street, Suite 6
Hyannis, MA 02601
508-778-4888

- Medical School: State University of New York Health Science Center, Syracuse, NY
- Residency: Lenox Hill Hospital, New York, NY (Internal Medicine)
- Fellowship: Brown University, Miriam Hospital, Providence, RI (Cardiology)
- Certification: American Board of Internal Medicine and Cardiovascular Disease

John Hostetter, MD, FACC
Cardiology
Cape Cod Healthcare
Cardiovascular Center – Falmouth
Falmouth Hospital Medical Office Building
90 Ter Heun Drive
Falmouth, MA 02540
508-540-0604

- Medical School: Robert Wood Johnson Medical School, Piscataway, NJ
- Residency: Beth Israel Deaconess Medical Center, Boston, MA (Internal Medicine)
- Fellowship: The Cleveland Clinic Foundation, Cleveland, OH (Cardiovascular Disease)
- Certification: American Board of Internal Medicine and Cardiovascular Disease

John Kalin, MD, FACC
Cardiology
Cardiovascular Consultants of Cape Cod
140 Yarmouth Road
Hyannis, MA 02601
508-778-8818

- Medical School: University of Massachusetts Medical School, Worcester, MA
- Residency: Tufts Medical Center, Boston, MA (Internal Medicine)
- Fellowships: Tufts-New England Medical Center, Boston, MA (Cardiovascular Disease)
  Tufts Medical Center, Boston, MA (Clinical Electrophysiology)
- Certification: American Board of Internal Medicine, Cardiovascular Medicine and Clinical Cardiac Electrophysiology

James Knox, MD, FACS, RVT
Vascular Surgery
Vascular & Vein Center of Cape Cod – Falmouth
Falmouth Hospital Medical Office Building
90 Ter Heun Drive, Suite 303
Falmouth, MA 02540
508-457-9739

- Medical School: Duke University School of Medicine, Durham, NC
- Residency: Brigham and Women’s Hospital, Boston, MA (General Surgery)
- Fellowship: Brigham and Women’s Hospital, Boston, MA (Vascular Surgery)
- Certification: American Board of Surgery, Vascular Surgery and Surgical Critical Care
Anastasios Konstantakos, MD, FACS
Cardiac Surgery
Cape Cod Hospital Cardiac Surgery Services
40 Quinlan Way, Suite 104
Hyannis, MA 02601
508-862-5050

- Medical School: University of Miami School of Medicine, Miami, FL
- Residencies: Case Western Reserve University, Cleveland, OH (General Surgery); Harvard Medical School - Beth Israel Deaconess Medical Center, Boston, MA (Cardiothoracic Surgery)
- Fellowships: Harvard Medical School - Brigham and Women’s Hospital, Boston, MA (Advanced Adult Cardiac Surgery); Fitzsimons Army Medical Center, Aurora, CO (Cardiology)
- Certification: American Board of Surgery and American Board of Cardiothoracic Surgery

Jennifer Ladner, MD, FACC
Cardiology
Special Focus: Inpatient Cardiology
Cape Cod Hospital Cardiology Hospitalist Service
Cape Cod Hospital
27 Park Street
Hyannis, MA 02601
508-862-5050

- Medical School: University of Texas Health Science Center, San Antonio, TX
- Residency: Brooke Army Medical Center, Fort Sam Houston, TX (Internal Medicine)
- Fellowships: Brooke Army Medical Center, Fort Sam Houston, TX (Cardiology); Fitzsimons Army Medical Center, Aurora, CO (Cardiology)
- Certification: American Board of Internal Medicine and Cardiovascular Disease

David Leeman, MD
Interventional Cardiology
Cape Cod Hospital Cardiovascular Procedural Services
40 Quinlan Way, Suite 104
Hyannis, MA 02601
508-862-5050

- Medical School: New York University School of Medicine, New York, NY
- Residency: Beth Israel Deaconess Medical Center, Boston, MA (Internal Medicine)
- Fellowship: Beth Israel Deaconess Hospital, Boston, MA (Cardiology)
- Certification: American Board of Internal Medicine, Cardiovascular Disease and Interventional Cardiology

Bruce Levy, MD, FACC
Cardiology
Cape Cod Healthcare Cardiovascular Center – Falmouth
Falmouth Hospital Medical Office Building
90 Ter Heun Drive
Falmouth, MA 02540
508-540-0604

- Medical School: Albany Medical College, Albany, NY
- Residency: St. Elizabeth’s Hospital, Boston, MA (Internal Medicine)
- Fellowship: St. Elizabeth’s Hospital, Tufts University School of Medicine, Boston, MA (Cardiology)
- Certification: American Board of Internal Medicine and Cardiovascular Disease
Elizabeth Mahanor, MD, FACS  
Vascular Surgery  
The Vascular Care Group  
100 Camp Street  
Hyannis, MA 02601  
508-775-1984  
The Vascular Care Group  
800 Falmouth Road, Suite 102A  
 Mashpee, MA 02649  
508-775-1984  
- **Medical School**: Boston University School of Medicine, Boston, MA  
- **Residency**: Boston University Medical Center, Boston, MA (General Surgery)  
- **Fellowship**: Tufts- New England Medical Center, Boston, MA (Vascular Surgery)  
- **Certification**: American Board of Vascular Surgery

Laurence McAuliffe, MD, FACC  
Cardiology  
Cape Cod Healthcare  
Cardiovascular Center – Hyannis  
25 Main Street  
Hyannis, MA 02601  
508-778-1829  
- **Medical School**: Boston University School of Medicine, Boston, MA  
- **Residency**: University of Michigan, Ann Arbor, MI (Internal Medicine)  
- **Fellowship**: New England Deaconess Hospital, Boston, MA (Cardiology)  
- **Certification**: American Board of Internal Medicine and Cardiovascular Disease

Adam Mohmand - Borkowski, MD, PhD, FHRS  
Cardiology  
Cardiac Electrophysiology  
Cape Cod Healthcare  
Cardiovascular Center – Hyannis  
25 Main Street  
Hyannis, MA 02601  
508-778-1829  
- **Medical School**: Medical University of Lodz, Poland  
- **Residency**: Lankenau Hospital, Philadelphia, PA (Department of Internal Medicine)  
- **Fellowships**: Lankenau Hospital, Philadelphia, PA (Cardiovascular Medicine); Boston University Medical Center, Boston, MA (Cardiac Electrophysiology); Cleveland Clinic, Cleveland, OH (Advanced Heart Failure); Cleveland Clinic, Cleveland, OH (Cardiac Electrophysiology)  
- **Certifications**: American Board of Internal Medicine (Clinical Cardiac Electrophysiology); American Board of Internal Medicine (Advanced Heart Failure); American Board of Internal Medicine (Cardiovascular Disease); American Board of Internal Medicine (Internal Medicine)

Nicholas Matas, MD, FACC  
Cardiology  
Hatfield Cardiology  
46 North Street, Suite 6  
Hyannis, MA 02601  
508-778-4888  
- **Medical School**: University of Massachusetts Medical School, Worcester, MA  
- **Residency**: University of Massachusetts Medical School, Worcester, MA (Internal Medicine)  
- **Fellowship**: University of Massachusetts Medical Center, Worcester, MA (Cardiovascular Disease)  
- **Certification**: American Board of Cardiovascular Disease and Nuclear Cardiology
Claude-Laurent Sader, MD, FACC  
Cardiology  
Cape Cod Healthcare  
Cardiovascular Center – Hyannis  
25 Main Street  
Hyannis, MA 02601  
508-778-1829  
• **Medical School:** Lebanese University School of Medicine, Beirut, Lebanon  
• **Residency:** Crozer-Chester Medical Center, Upland, PA (Internal Medicine)  
• **Fellowship:** Albany Medical Center, Albany, NY (Cardiovascular Disease)  
• **Certification:** American Board of Internal Medicine and Cardiovascular Disease

Kenneth S. Spector, MD, PhD, FACC  
Cardiology  
Cape Cod Healthcare  
Cardiovascular Center – Falmouth  
Falmouth Hospital Medical Office Building  
90 Ter Heun Drive  
Falmouth, MA 02540  
508-540-0604  
Cape Cod Healthcare  
Cardiovascular Center – Sandwich  
Stoneman Outpatient Center  
2 Jan Sebastian Drive, Suite 103  
Sandwich, MA 02563  
508-540-0604  
• **Medical School:** Sr. Louis University School of Medicine, St. Louis, MO (MD)  
• **Residency:** St. Elizabeth’s Medical Center of Boston, Boston, MA (Internal Medicine), Westchester County Medical Center, Valhalla, NY (Radiology)  
• **Fellowship:** University Hospital SUNY Stony Brook, Stony Brook, NY (Interventional Cardiology) Hartford Hospital University of Connecticut, Hartford, CT (Interventional Cardiology)  
• **Certification:** American Board of Internal Medicine-Cardiovascular Disease

Michael Mecley, MD, FACC  
Cardiology  
Cardiovascular Consultants of Cape Cod  
140 Yarmouth Road  
Hyannis, MA 02601  
508-778-8818  
• **Medical School:** University of Connecticut School of Medicine, Farmington, CT  
• **Residency:** St. Elizabeth’s Medical Center, Boston, MA (Internal Medicine)  
• **Fellowship:** St. Elizabeth’s Hospital, Boston, MA (Cardiology)  
• **Certification:** American Board of Internal Medicine and Cardiovascular Disease

David Rancourt, DO, MPH, FACC  
Cardiology  
Cape Cod Healthcare  
Cardiovascular Center – Falmouth  
Falmouth Hospital Medical Office Building  
90 Ter Heun Drive  
Falmouth, MA 02540  
508-540-0604  
Cape Cod Healthcare  
Cardiovascular Center – Sandwich  
Stoneman Outpatient Center  
2 Jan Sebastian Drive, Suite 103  
Sandwich, MA 02563  
508-540-0604  
• **Medical School:** University of New England College of Osteopathic Medicine, Biddeford, ME  
• **Residency:** Maine Medical Center, Portland, ME (Internal Medicine)  
• **Fellowship:** Maine Medical Center, Portland, ME (Cardiovascular Disease)  
• **Certification:** American Board of Internal Medicine, Cardiovascular Disease
Karl Stajduhar, MD, FACC
Cardiology
Special Focus: Inpatient Cardiology
Cape Cod Hospital Cardiology Hospitalist Service
Cape Cod Hospital
27 Park Street
Hyannis, MA 02601
508-862-5050

- Medical School: University of Pittsburgh School of Medicine, Pittsburgh, PA
- Residency: Walter Reed Army Medical Center, Washington, DC (Internal Medicine)
- Fellowships: Walter Reed Army Medical Center, Washington, DC (Cardiovascular Disease)
  Oregon Health Sciences University, Portland, OR (Clinical Cardiac Electrophysiology)
- Certification: American Board of Internal Medicine, Cardiovascular Disease and Clinical Cardiac Electrophysiology

Garrick Stewart, MD
Cardiology
Cape Cod Healthcare
Cardiovascular Center – Hyannis
25 Main Street
Hyannis, MA 02601
508-778-1829

- Medical School: Johns Hopkins School of Medicine, Baltimore, MD (MD)
- Residency: Brigham and Women’s Hospital, Boston, MA (Internal Medicine)
- Fellowship: Brigham and Women’s Hospital, Boston, MA (Advanced Heart Disease), Brigham and Women’s Hospital, Boston, MA (Cardiovascular Medicine)
- Certification: American Board of Internal Medicine

Eleanor Sullivan, MD, FACC
Cardiology
Cape Cardiology
127 Underpass Road
Brewster, MA 02631
508-876-3777

- Medical School: Tufts University School of Medicine, Boston, MA
- Residency: St. Elizabeth’s Medical Center, Boston, MA (Internal Medicine)
- Fellowship: St. Elizabeth’s Hospital, Boston, MA (Cardiology)
- Certification: American Board of Internal Medicine and Cardiovascular Disease

Dogan Temizer, MD, FACC
Cardiology
Special Focus: Inpatient Cardiology
Cape Cod Hospital Cardiology Hospitalist Service
Cape Cod Hospital
27 Park Street
Hyannis, MA 02601
508-862-5050

- Medical School: Ohio State University College of Medicine, Columbus, OH
- Residency: Massachusetts General Hospital, Boston, MA (Internal Medicine)
- Fellowships: Massachusetts General Hospital, Boston, MA (Cardiovascular Disease)
  University of Pennsylvania Health System, Philadelphia, PA (Cardiovascular Disease)
- Certification: American Board of Internal Medicine, Cardiovascular Disease and Interventional Cardiology
Elissa Thompson, MD
Cardiology
Cape Cod Healthcare
Cardiovascular Center – Hyannis
25 Main Street
Hyannis, MA 02601
508-778-1829
Cape Cod Healthcare
Cardiovascular Center – Chatham
Oppenheim Medical Building
1629 Main Street
Chatham, MA 02633
508-778-1829

- Medical School: University of Maryland School of Medicine, Baltimore, MD
- Residency: Washington Hospital Center/Georgetown University Hospital, Washington, DC (Internal Medicine)
- Fellowship: Washington Hospital Center/Georgetown University Hospital, Washington, DC (Cardiovascular Disease)
- Certification: American Board of Cardiovascular Disease

Megan Titas, MD
Cardiology
Cape Cod Healthcare
Cardiovascular Center – Falmouth
Falmouth Hospital Medical Office Building
90 Ter Heun Drive
Falmouth, MA 02540
508-540-0604
Cape Cod Healthcare
Cardiovascular Center – Sandwich
Stoneman Outpatient Center
2 Jan Sebastian Drive, Suite 103
Sandwich, MA 02563
508-540-0604

- Medical School: Emory School of Medicine, Atlanta, GA
- Residency: Boston Medical Center, Boston, MA (Internal Medicine)
- Fellowship: Boston Medical Center, Boston, MA (Cardiovascular Medicine)
- Certification: American Board of Internal Medicine, Cardiovascular Disease

Tendoh Timoh, MD, FACC
Cardiology
Special Focus: Cardiac Imaging
Cape Cod Hospital Cardiovascular Procedural Services
40 Quinlan Way, Suite 104
Hyannis, MA 02601
508-862-5050

- Medical School: Georgetown University School of Medicine, Washington, DC
- Residency: Mount Sinai Hospital, New York, NY (Internal Medicine)
- Fellowships: Georgetown and Washington Hospital Center, Washington, DC (Cardiology)
  Medstar Heart Institute, Washington, DC and The National Institutes of Health (NHLBI), Bethesda, MD (Advanced Cardiac Imaging)
- Certification: American Board of Internal Medicine, Cardiovascular Disease, Nuclear Cardiology

Harold J Welch, MD, FACS, RVT, RPVI
Vascular Surgery
The Vascular Care Group
100 Camp Street
Hyannis, MA 02601
508-775-1984

- Medical School: Albany Medical College of Union University, Albany, NY
- Residency: Tufts-New England Medical Center, Boston, MA (General Surgery)
- Fellowship: Tufts-New England Medical Center, Boston, MA (Vascular Surgery)
- Certification: American Board of Surgery, Vascular Surgery
Mark Wolfe, MD, FACC  
*Cardiology*  
Cape Cod Healthcare  
Cardiovascular Center – Hyannis  
25 Main Street  
Hyannis, MA 02601  
508-778-1829  
- **Medical School:** University of Texas Southwestern Medical School, Dallas, TX  
- **Residency:** Keesler AFB Medical Center, Biloxi, MS (Internal Medicine)  
- **Fellowship:** Brigham and Women’s Hospital, Boston, MA (Cardiology)  
- **Certification:** American Board of Internal Medicine and Cardiovascular Disease

Richard Zelman, MD, FACC  
*Interventional Cardiology*  
Cape Cod Hospital Cardiovascular Procedural Services  
40 Quinlan Way, Suite 104  
Hyannis, MA 02601  
508-862-5050  
- **Medical School:** University of Texas Health Science Center, San Antonio, TX  
- **Residency:** Brigham and Women’s Hospital, Boston, MA  
- **Fellowships:** Brigham and Women’s Hospital, Boston, MA (Cardiovascular Medicine)  
  Brigham and Women’s Hospital, Boston, MA (Interventional Cardiovascular Medicine)  
  St. Elizabeth’s Medical Center, Brighton, MA (Interventional Vascular Medicine)  
- **Certification:** American Board of Internal Medicine, Cardiovascular Disease and Interventional Cardiology

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**Did You Know?**

A woman’s heart attack symptoms can differ from a man’s and women are somewhat more likely to experience:  
- shortness of breath  
- back or jaw pain  
- nausea or vomiting  

It’s important to recognize these symptoms and not delay emergency treatment.
“I was having chest pain just walking short distances. I was worried, but it did go away. I have a great relationship with Dr. Titas, so I gave her a call immediately. She’s been very good about helping me keep an eye on my heart health. The plan is to keep me going until I’m at least 100!”

- Gail C., Mashpee

Cape Cod Healthcare Women’s Health is an entire network dedicated to the specialized care of women. We’re committed to keeping you healthy with the latest in technology and diagnostic expertise, supported by the full resources of Cape Cod Healthcare.

Women’s Heart Health

Cape Cod Healthcare
Women’s Health

Comprehensive care, close to home.

How healthy is your heart? Take our 5 minute assessment at capecodhealth.org/heart-aware
Cape Cod Healthcare offers women access to the high level of innovative, skilled surgical care and procedures you would expect from a major urban medical center, close to home. Our board-certified surgeons employ the latest technology, allowing them to perform minimally invasive techniques, such as robotic-assisted surgery, through complex procedures in their specialized fields.

Within our Women’s Health services, our specialists offer:

- Breast surgery
- Gynecologic surgery
- Plastic reconstructive surgery
“I went in for my annual mammogram and this time they found something. A biopsy proved it was cancer, but because it was at a very early stage my doctor and I decided on a less aggressive treatment. It was good to have choices. It’s been years, and I’m here and I’m OK.”

- Kathryn R., Falmouth

Cape Cod Healthcare Women’s Health is an entire network dedicated to the specialized care of women. We’re committed to keeping you healthy with the latest in technology and diagnostic expertise, supported by the full resources of Cape Cod Healthcare.

Comprehensive Breast Imaging
Treatment and Care

Cape Cod Healthcare
Women’s Health

Comprehensive care, close to home.

Schedule your routine screening mammogram at capecodhealth.org/breast-care.
Breast Surgery

If surgery is required to treat breast cancer or benign breast disease, our trained surgeons who perform breast surgery are highly-skilled and experienced in the latest techniques. This team includes two specialized breast surgeons at the Cuda Breast Care Center at CCHC and Falmouth Breast Center at CCHC. Our surgeons collaborate closely with our plastic reconstructive surgeons, medical and radiation oncologists, and breast patient navigators as part of a patient’s dedicated care team. Innovative surgical options offered at Cape Cod Healthcare include Hidden Scar™ breast surgery, nipple-sparing mastectomy and oncoplastic breast surgery.

Please contact practices directly for specific services and procedures offered and insurances accepted. For more information, see capecodhealth.org/breast-surgery.

Hidden Scar™
Breast Cancer Surgery

Hidden Scar™ breast cancer surgery provides an option for patients which minimizes scarring and helps to preserve the natural breast shape, with the aim of maintaining a woman’s physical appearance and lessening the emotional impact of breast surgery. In Hidden Scar™ lumpectomy and mastectomy surgery, a single incision is made along the natural folds of the skin to remove tissue, sparing the nipple, areola and surrounding breast tissue. Cape Cod Healthcare was the first healthcare system in Massachusetts to offer this pioneering technique and is the only healthcare system in the state certified as a Hidden Scar Center of Excellence. Jill Oxley, MD, FACS is among the certified Hidden Scar™ surgeons in Massachusetts.
Breast Cancer Reconstruction Surgery Fund

This fund is available to women who live in Barnstable County, to help with the costs of breast reconstruction not covered by insurance. It is also open to Barnstable County patients with hereditary cancer syndromes who have not had a cancer diagnosis, for use covering a prophylactic mastectomy, as well as for breast reconstruction patients whose insurance is not accepted by their plastic surgeon. For more information, please contact Barbara Archambeault, RTT, MHA, Oncology Operations Manager, Davenport-Mugar Cancer Center at barbarchambeault@capecodhealth.org.

A Supportive Place

At Cuda Women’s Health Center in Hyannis and Seifer Women’s Health and Imaging Center in Falmouth, we offer breast cancer support with two of our dedicated breast experts. Focused on emotional coping and healing, we provide a supportive place for women at any stage of their breast cancer journey to address questions and concerns, and learn about available resources. For more information, as well as additional community resources, please contact:

Cuda Women’s Health Center
Pat Ryan-Blanchard, NP
508-957-1619

Seifer Women’s Health and Imaging Center
Kathy Murray, RN, CN-BN
508-457-3780

Practices – Breast Surgery

Upper Cape: Falmouth

Cape Cod Surgeons
210 Jones Road
Falmouth, MA 02540
508-540-9771
capecodsurgeons.net

Physicians: Garry Brake, MD; Peter Hopewood, MD, FACS; Sean Rumrill, MD; C. Jeffrey Siegert, MD, FACS

Falmouth Breast Care Center at CCHC
Falmouth Hospital Medical Office Building
90 Ter Heun Drive, Suite 302
Falmouth, MA 02540
508-957-1720

Physician: Naomi J. Kalliath, DO

Mid-Cape: Hyannis

Cuda Breast Care Center at CCHC
Wilkens Outpatient Medical Complex
35 Wilkens Lane
Hyannis, MA 02601
508-957-1720

Providers: Naomi J. Kalliath, DO; Jill Oxley, MD, FACS; Stephanie Ellis, NP
Physicians – Breast Surgery

For additional information including clinical interests, see capecodhealth.org/physicians.

Garry Brake, MD
General Surgery
Cape Cod Surgeons
210 Jones Road
Falmouth, MA 02540
508-540-9771

- Medical School: University of Medicine and Dentistry of New Jersey, Robert Wood Johnson Medical School, NJ
- Residency: University of Illinois Hospitals and Clinics, Chicago, IL (General Surgery)
- Certification: American Board of Surgery

Peter Hopewood, MD, FACS
General Surgery
Cape Cod Surgeons
210 Jones Road
Falmouth, MA 02540
508-540-9771

- Medical School: University of Vermont College of Medicine, Burlington, VT
- Residency: New England Deaconess Hospital, Boston, MA (General Surgery)
- Certifications: American Board of Surgery

Naomi J. Kalliath, DO
Breast Surgery
Cuda Breast Care Center at CCHC
Wilkens Outpatient Medical Complex
35 Wilkens Lane
Hyannis, MA 02601
508-957-1720

- Medical School: Philadelphia College of Osteopathic Medicine, Philadelphia, PA (Doctor of Osteopathic Medicine)
- Residency: UPMC Pinnacle Community Osteopathic Hospital, Harrisburg, PA (General Surgery)
- Fellowship: Brown University Women & Infants Hospital, NIH Center of Excellence for Women’s Health, Providence, RI (Breast Disease and Oncology)

Jill Oxley, MD, FACS
Breast Surgery
Cuda Breast Care Center at CCHC
Wilkens Outpatient Medical Complex
35 Wilkens Lane
Hyannis, MA 02601
508-957-1720

- Medical School: Yale University School of Medicine, New Haven, CT
- Residency: Boston Medical Center, Boston, MA (General Surgery)
- Certification: American Board of Surgery
Gynecologic Surgery

In addition to a wide spectrum of in-office gynecologic procedures offered by our obstetrician/gynecologists (OB/GYNs), advanced reproductive system surgery is offered by a select group of these specialists. Equipped with the latest technology for minimally-invasive, robotically-assisted and conventional surgery, our integrated team of gynecologic surgeons, anesthesiologists and nurses are experienced in performing procedures including:

- Hysterectomy (laparoscopic, robotically-assisted, abdominal and vaginal)
- Endometrial ablation for heavy menstrual bleeding
- Oophorectomy (removal of the ovaries)
- Ovarian cyst removal
- Tubal sterilization / fallopian tube removal
- Cervical conization
- Uro-gynecologic surgery
- InterStim therapy for overactive bladder
- Pelvic organ prolapse surgery (including repair for cystocele and rectocele)
- Vulvar lesion removal

Advanced Specialty Care Coordinated with:

- Gynecologic oncologists
- Uro-gynecologists

Please contact practices directly for specific services and treatments offered and insurances accepted. For more information on Gynecologic Surgery, please see capecodhealth.org/gynecologic-surgery.

Gynecologic Oncology Surgery

An experienced gynecologic oncologist from Brigham and Women’s Hospital in Boston (Colleen Feltmate, MD) provides intraoperative assistance and consultation to allow state of the art oncologic surgical treatment at Cape Cod Hospital. Dr. Feltmate has become an integral part of the GYN surgical team if there is a diagnosis of a gynecologic cancer.
Practices – Gynecologic Surgery

Upper Cape: Falmouth

Cape Obstetrics & Gynecology
Falmouth Hospital Medical Office Building
90 Ter Heun Drive
Falmouth, MA 02540
508-457-0088
capecodhealth.org/cape-obgyn-falmouth

Physicians: Nisha David, MD; Paul DeMeo, MD; Elizabeth Murray, MD; Holly Zheng, MD

Mid-Cape: Hyannis

All Cape Gynecology
1330 Phinneys Lane
Hyannis, MA 02601
508-775-0003
allcapegynecology.com

Physician: Lucia Cagnes, MD

Cape Cod Hospital OB/GYN
40 Quinlan Way, Suite 150
Hyannis, MA 02601
774-552-6050
capecodhealth.org/cch-obgyn-quinlan

Physicians: William Agel, MD; Richard Angelo, MD; Tara Chute, MD; Lindsay LaCorte, DO, MPH, FACOOG; Joshua Lupton, DO

Upper Cape: Bourne

Cape Obstetrics & Gynecology
Bourne Health Center
1 Trowbridge Place
Bourne, MA 02532
508-457-0088
capecodhealth.org/cape-obgyn-bourne

Physicians: Nisha David, MD; Paul DeMeo, MD; Elizabeth Murray, MD; Holly Zheng, MD

Upper Cape: Mashpee

Falmouth Women’s Health
133 Falmouth Road, Building 2, Suite A
Mashpee, MA 02649
508-681-5081
falmouthwomenshealth.com

Physicians: Richard Heywood, DO, FACOG; Elizabeth Speed, MD

Upper Cape: Sandwich

Cape Obstetrics & Gynecology
Stoneman Outpatient Center
2 Jan Sebastian Drive
Sandwich, MA 02563
508-457-0088
capecodhealth.org/cape-obgyn-sandwich

Physicians: Nisha David, MD; Elizabeth Murray, MD; Holly Zheng, MD
Physicians – Gynecologic Surgery

For additional information including clinical interests, see capecodhealth.org/physicians.

**William Agel, MD**
*Obstetrics and Gynecology*
Cape Cod Hospital OB/GYN
40 Quinlan Way, Suite 150
Hyannis, MA 02601
774-552-6050

- **Medical School:** New Jersey Medical School, Newark, NJ
- **Residency:** Tufts University School of Medicine, Boston, MA (Obstetrics and Gynecology)
- **Certification:** American Board of Obstetrics and Gynecology

**Richard Angelo, MD**
*Obstetrics and Gynecology*
Cape Cod Hospital OB/GYN
40 Quinlan Way, Suite 150
Hyannis, MA 02601
774-552-6050

- **Medical School:** Rutgers Medical School, Newark, NJ
- **Residency:** Tufts-New England Medical Center, Boston, MA (Obstetrics and Gynecology)
- **Certification:** American Board of Obstetrics and Gynecology

**Lucia Cagnes, MD**
*Obstetrics and Gynecology*
Special Focus: Gynecology
All Cape Gynecology
1330 Pinney’s Lane
Hyannis, MA 02601
508-775-0003

- **Medical School:** University of Palermo School of Medicine and Surgery, Italy
- **Residencies:** University Hospital of Palermo, Italy (Obstetrics and Gynecology)
  Rochester General Hospital, Rochester, NY (Obstetrics and Gynecology)
  Bethesda Hospital, Cincinnati, OH (Family Practice)
- **Certification:** American Board of Obstetrics and Gynecology

**Tara Chute, MD**
*Obstetrics and Gynecology*
Cape Cod Hospital OB/GYN
40 Quinlan Way, Suite 150
Hyannis, MA 02601
774-552-6050

- **Medical School:** University of Massachusetts Medical School, Worcester, MA
- **Residency:** University of Massachusetts Memorial Hospital, Worcester, MA (Obstetrics and Gynecology)
- **Certification:** American Board of Obstetrics and Gynecology

**Nisha David, MD**
*Obstetrics and Gynecology*
Cape Obstetrics & Gynecology
Falmouth Hospital Medical Office Building
90 Ter Heun Drive
Falmouth, MA 02540
508-457-0088

- **Medical School:** University of Rochester School of Medicine and Dentistry, Rochester, NY
- **Residency:** William Beaumont Hospital, Royal Oak, MI (Obstetrics and Gynecology)
- **Certification:** American Board of Obstetrics and Gynecology
Paul DeMeo, MD  
**Obstetrics and Gynecology**  
Cape Obstetrics & Gynecology  
Falmouth Hospital Medical Office Building  
90 Ter Heun Drive  
Falmouth, MA 02540  
508-457-0088  

Bourne Health Center  
1 Trowbridge Place  
Bourne, MA 02532  
508-457-0088  

- **Medical School:** University of Vermont College of Medicine, Burlington, VT  
- **Residency:** St. Francis Hospital and Medical Center, Hartford, CT (Obstetrics and Gynecology)  
- **Certification:** American Board of Obstetrics and Gynecology

Richard Heywood, III, DO, FACOG  
**Obstetrics and Gynecology**  
Special Focus: Gynecology  
Falmouth Women’s Health  
133 Falmouth Road Building 2, Suite A  
Mashpee, MA 02649  
508-681-5081  

- **Medical School:** University of New England College of Osteopathic Medicine, Biddeford, ME  
- **Residency:** Naval Medical Center, Portsmouth, VA (Obstetrics and Gynecology)  
- **Certification:** American Board of Obstetrics and Gynecology

Xibel Jia, MD, FACOG  
**Obstetrics and Gynecology**  
Special Focus: Urogynecology  
Urology Associates Of Cape Cod  
110 Main Street  
Hyannis, MA 02601  
508-771-9550  

- **Medical School:** Tufts University School of Medicine, Boston, MA  
- **Residency:** Stamford Hospital/Columbia University School of Physicians and Surgeons, Stamford, CT  
- **Fellowship:** University of Massachusetts Medical Center, Worcester, MA, (Female Pelvic Medicine and Reconstructive Surgery), Hahnemann University Hospital, Philadelphia, PA (Female Pelvic Medicine and Reconstructive Surgery)  
- **Certification:** American Board of Obstetrics and Gynecology

Colleen Feltmate, MD  
**Obstetrics and Gynecology**  
Specializing in Gynecologic Oncology  
Davenport-Mugar Cancer Center  
Cape Cod Hospital  
27 Park Street  
Hyannis, MA 02601  
508-862-7575  

Brigham and Women’s Hospital OB/GYN  
75 Francis Street  
Boston, MA 02115  
617-732-8843  

- **Medical School:** State University of New York, Stony Brook, NY  
- **Residency:** Brigham and Women’s Hospital, Boston, MA (Obstetrics and Gynecology)  
- **Fellowship:** Brigham and Women’s Hospital, Boston, MA (Gynecologic Oncology)  
- **Certification:** American Board of Obstetrics and Gynecology, Gynecologic Oncology

Lindsay LaCorte, DO, MPH, FACOOG  
**Obstetrics and Gynecology**  
Cape Cod Hospital OB/GYN  
40 Quinlay Way, Suite 150  
Hyannis, MA 02601  
774-552-6050  

- **Medical School:** Nova Southeastern College of Osteopathic Medicine, Fort Lauderdale, FL  
- **Residency:** Good Samaritan Hospital Medical Center, West Islip, NY (Obstetrics and Gynecology)  
- **Certification:** American Osteopathic Board of Obstetrics and Gynecology
Joshua Lupton, DO
Obstetrics and Gynecology
Cape Cod Hospital OB/GYN
40 Quinlay Way, Suite 150
Hyannis, MA 02601
774-552-6050

- Medical School: University of New England College of Osteopathic Medicine, Biddeford, ME
- Residency: Henry Ford Wyandotte Hospital, Wyandotte, MI (Obstetrics and Gynecology)

Elizabeth Murray, MD
Obstetrics and Gynecology
Cape Obstetrics & Gynecology
Bourne Health Center
1 Trowbridge Place
Bourne, MA 02532
508-457-0088

Falmouth Hospital Medical Office Building
90 Ter Heun Drive
Falmouth, MA 02540
508-457-0088
Stoneman Outpatient Center
2 Jan Sebastian Drive
Sandwich, MA 02563
508-457-0088

- Medical School: Georgetown University School of Medicine, Washington, DC
- Residency: Duke University Medical Center, Durham, NC (Obstetrics and Gynecology)
- Certification: American Board of Obstetrics and Gynecology

Elizabeth Speed, MD
Obstetrics and Gynecology
Falmouth Women’s Health
133 Falmouth Road Building 2, Suite A
Mashpee, MA 02649
508-681-5081

- Medical School: University of Massachusetts Medical School, Worcester, MA
- Residency: Albert Einstein College of Medicine at Montefiore, Bronx, NY (Obstetrics and Gynecology)
- Certification: American Board of Obstetrics and Gynecology

Holly Zheng, MD
Obstetrics and Gynecology
Cape Obstetrics & Gynecology
Bourne Health Center
1 Trowbridge Place
Bourne, MA 02532
508-457-0088

Falmouth Hospital Medical Office Building
90 Ter Heun Drive
Falmouth, MA 02540
508-457-0088
Stoneman Outpatient Center
2 Jan Sebastian Drive
Sandwich, MA 02563
508-457-0088

- Medical School: The Pennsylvania State University College of Medicine, Hershey, PA
- Residency: Temple University Hospital, Philadelphia, PA (Obstetrics and Gynecology)
Plastic and Reconstructive Surgery

The decision to have cosmetic or reconstructive surgery is a very personal one. Our board-certified plastic surgeons and a team of skilled professionals have extensive training and experience in this specialty, and are backed by the full resources of Cape Cod Healthcare, including:

- Advanced surgery and recovery suites
- Anesthesiology administered by physicians and certified nurses
- A team of clinical specialists dedicated to a patient’s care
- Private hospital rooms with restful views, room service and in-room sleeping areas for family

Reconstructive Surgery for Breast Cancer

Our specialists have extensive experience performing breast reconstruction and other reconstructive procedures following breast cancer surgery, and collaborate closely with our breast surgeons to achieve a patient’s desired outcome. Surgical techniques include:

- Implant-based reconstruction
- Tissue-based reconstruction
- Nipple reconstruction
- Procedures to achieve breast symmetry due to breast cancer surgery or radiation

Other Types of Reconstructive Surgery

Reconstructive surgery is also used to correct birth defects or developmental abnormalities and to repair form and function after accidents, burns, wounds, infection or disease. The latest in plastic surgery advances mean minimal scarring at the surgical site. Plastic surgery is also one of the specialties that completes hand surgery.

Surgery for Skin Cancer

We work with patients with skin cancer to remove the cancerous cells and restore appearance with surgical skin cancer treatment. This includes collaboration with specialists who perform Mohs micrographic surgery, an advanced approach to removing skin cancer that minimizes soft tissue defect and allows for future reconstruction.

Cosmetic and Aesthetic Surgery

Our expertise encompasses elective procedures such as:

- Breast enlargement and reduction
- Liposuction
- Body contouring (often following significant weight loss or bariatric surgery)
- Brow lifts
- Tummy tucks
- Nose reshaping

When possible, cosmetic procedures are done using minimally invasive techniques, resulting in smaller incisions, less pain and a faster recovery.

Hand Surgery

The hand is a complex network of muscles and tendons that need specialized care. Minimally invasive endoscopic techniques are used instead of traditional surgery for many hand surgeries, such as surgery for carpal tunnel syndrome.

Please contact practices directly for specific services and treatments offered and insurances accepted. For more information, please see capecodhealth.org/plastic-surgery.
Practices – Plastic Reconstructive Surgery

Upper Cape and Plymouth: Sandwich

**Cape & Islands Plastic Surgery**

68A Route 6A
Sandwich, MA 02563
508-771-8967

*Physicians: Seth Jones, MD; Michael Loffredo, MD*

Upper Cape and Plymouth: Mashpee

**Cape Cod Healthcare Plastic Surgery**

Cape Cod Surgery Center
160 Falmouth Road, Suite B
Mashpee, MA 02649
508-539-6220

Physicians.capecodhealth.org

*Providers: Theodore Calianos, II, MD, FACS; Julian D’Achille, MD, MPH; Alissa DeVito, NP*

Upper Cape and Plymouth: Plymouth

**Cape & Islands Plastic Surgery**

110 Long Pond Road, Suite 201
Plymouth, MA 02360
508-747-1322
capeplasticsurgery.com

*Physicians: Seth Jones, MD; Michael Loffredo, MD*

Mid-Cape: Hyannis

**Cape & Islands Plastic Surgery**

26 Gleason Street
Hyannis, MA 02601
508-771-8967
capeplasticsurgery.com

*Physicians: Seth Jones, MD; Michael Loffredo, MD*

Mid-Cape: Yarmouth

**Cape Cod Plastic and Hand Surgeons**

150 Ansel Hallet Road
West Yarmouth, MA 02673
508-771-4263
Physicians.capecodhealth.org

*Physician: Peter Bentivegna, MD, FACS*

Mid-Cape: Dennis

Joyce McIntyre, MD
76 Airline Drive
South Dennis, MA 02660
508-334-5933
umassmemorial.org
Physicians – Plastic and Reconstructive Surgery

For additional information including clinical interests, see capecodhealth.org/physicians.

**Peter Bentivegna, MD, FACS**
Plastic Surgery  
Hand Surgery  
Cape Cod Plastic and Hand Surgeons  
150 Ansel Hallet Road  
West Yarmouth, MA 02673  
508-771-4263

- **Medical School:** New York Medical College, Valhalla, NY  
- **Residencies:** Nassau County Medical Center (Plastic Surgery); Hartford Hospital (General Surgery)  
- **Fellowships:** University of Utah, Salt Lake City, UT (Hand & Microsurgery); Nassau County Medical Center (Burns)  
- **Certification:** American Board of Plastic Surgery

**Julian D’Achille, MD, MPH**
Plastic Surgery  
Hand Surgery  
Cape Cod Healthcare  
Plastic Surgery  
Cape Cod Surgery Center  
160 Falmouth Road, Suite B  
Mashpee, MA 02649  
508-539-6220

- **Medical School:** Northwestern University Feinberg School of Medicine, Chicago, IL  
- **Residencies:** Tufts Medical Center, Boston, MA (General Surgery)  
Louisiana State University Health Science Center, New Orleans, LA (Plastic Surgery)  
- **Fellowship:** University of Massachusetts Memorial Medical Center, Worcester, MA (Hand and Upper Extremity Surgery)  
- **Certification:** American Board of Surgery

**Theodore Calianos, II, MD, FACS**
Plastic Surgery  
Hand Surgery  
Cape Cod Plastic and Hand Surgeons  
150 Ansel Hallet Road  
West Yarmouth, MA 02673  
508-771-4263

- **Medical School:** University of Texas Medical Branch, Galveston, TX  
- **Residencies:** University of Texas Medical Branch, Galveston, TX (Plastic Surgery)  
University of Massachusetts Medical Center, Worcester, MA (General Surgery)  
- **Fellowship:** Rush Presbyterian St. Luke’s Medical Center, Chicago, IL (Hand Surgery)  
- **Certification:** American Board of Plastic Surgery

**Marc Fater, MD**
Plastic Surgery  
Hand Surgery  
Cape Cod Plastic Surgery  
51 Main Street  
Hyannis, MA 02601  
508-771-0290

- **Medical School:** Temple University School of Medicine, Philadelphia, PA  
- **Residency:** Albert Einstein Medical Center, Philadelphia, PA (Surgery)  
- **Fellowship:** Baylor College of Medicine, Houston, TX (Plastic and Reconstructive Surgery)  
- **Certifications:** American Board of Plastic Surgery, American Board of Surgery
Seth Jones, MD  
**Plastic Surgery**  
**Hand Surgery**  
Cape & Islands Plastic Surgery  
26 Gleason Street  
Hyannis, MA 02601  
508-771-8967  
110 Long Pond Road, Suite 201  
Plymouth, MA 02360  
508-747-1322  
68A Route 6A  
Sandwich, MA 02563  
508-771-8967

- **Medical School:** University of Nevada School of Medicine, Reno, NV  
- **Residency:** Medical College of Wisconsin Affiliated Hospitals, Milwaukee, WI (Plastic Surgery)  
- **Fellowship:** Hunstad Center for Cosmetic Plastic Surgery, Charlotte, SC (Aesthetic Surgery)  
- **Certification:** American Board of Plastic Surgery

Michael Loffredo, MD  
**Plastic Surgery**  
**Hand Surgery**  
Cape & Islands Plastic Surgery  
26 Gleason Street  
Hyannis, MA 02601  
508-771-8967  
110 Long Pond Road, Suite 201  
Plymouth, MA 02360  
508-747-1322  
68A Route 6A  
Sandwich, MA 02563  
508-771-8967

- **Medical School:** Robert Wood Johnson Medical School, New Brunswick, NJ  
- **Residency:** Medical College of Wisconsin Affiliated Hospitals, Milwaukee, WI (Plastic Surgery)  
- **Fellowship:** Center for Breast and Body Contouring, Grand Rapids, MI (Aesthetic and Reconstructive Breast Surgery)  
- **Certification:** American Board of Plastic Surgery

Joyce McIntyre, MD  
**Plastic Surgery**  
**Hand Surgery**  
76 Airline Drive  
South Dennis, MA 02660  
508-334-5933

- **Medical School:** University of Massachusetts Medical School, Worcester, MA  
- **Residency:** University of Massachusetts Memorial Healthcare, Worcester, MA (Plastic Surgery)  
- **Fellowship:** University of California, San Diego, CA (Craniofacial and Pediatric Plastic Surgery)  
- **Certification:** American Board of Plastic Surgery
At Cape Cod Healthcare Women's Health, we are equipped with the state-of-the-art technology and diagnostic expertise to manage Breast Care, Gynecology, Pregnancy and Birth, Heart Health and Surgical Services unique to women. We’re fully committed to keeping you healthy with the latest in preventive care, and to be there to help you manage chronic conditions, or diagnose and treat serious illness.

We offer the latest advances in screening and procedures, leading-edge technology, and highly experienced doctors supported by an entire medical team who are dedicated to the specialized care of women.

Wherever you are in your journey to stay healthy or get healthy, we’re here, close to home, with the skills, the knowledge and the people when you need us.

Comprehensive, compassionate and state-of-the-art healthcare for women, brought to you by Cape Cod Healthcare.
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