

HEALTH

WORKS



Emerson Health

Spring 2025

Lifesaving Stroke Care 24/7

Women's Health:

Symptoms We Should
Talk About

Could Your Heartburn Lead to Cancer?

Cheers to
Mocktails!

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SPRING
2025

A Letter from Our President & CEO



As the healthcare landscape continues to evolve – nationally and within our own community – we remain unwavering in our commitment to your health and well-being. Our dedication to providing

expert, compassionate care to everyone who walks through our doors remains at the heart of all we do.

To ensure we meet the needs of our patients for generations to come, we are proud to embark on the most significant campus expansion in our nearly 115-year history – **Transforming Health**. This visionary project includes a complete redesign of our main hospital campus and a new, larger emergency department, further strengthening our ability to deliver exceptional care for all ages close to home. You can learn more about Transforming Health at emersonhealth.org/transforminghealth.

As highlighted in this issue of *Health Works*, we are focused on what matters most – delivering world-class care for you and your loved ones. Thank you for trusting Emerson with your health.

Christine

Christine C. Schuster, RN, MBA
President and CEO

» Thank you for supporting Emerson.
Please visit emersonhealth.org/donate.

Emerson Physicians Named Top Doctors



Boston magazine honored a record 87 Emerson Health physicians as 2025 Top Doctors. This recognition spans over two dozen specialties, reflecting Emerson's commitment to high-quality, personalized care for every stage of life. Two women's health experts from Emerson are featured on the magazine's cover. See who made the list at emersonhealth.org/topdocs.

Reduce Your Risk of Breast Cancer with Genetic Testing and Screening

Breast cancer rates are rising, especially in women younger than age 50. Genetics can increase the risk of the disease. Emerson's High-Risk Breast Clinic provides genetic testing, screening, and counseling for those who want to take steps to prevent breast cancer and ensure it is found at the earliest, most treatable stages. Learn more, including high-risk factors, at emersonhealth.org/highriskclinic.



Emerson Recognized as a *Forbes*' Best Employer



Based on an independent survey of more than 160,000 U.S. employees, Emerson Health was honored as one of *Forbes*' Best Employers by State. This recognition reflects our commitment to satisfaction, career growth, and a supportive workplace. For career opportunities, visit emersonhealth.org/careers.

Check out
page 5 for
back pain
solutions.

Where to find us ...

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engage with us on
social media.



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Caring for Others? Five Practical Ways to Reduce Parenting and Caregiver Stress

Caring for children, aging parents, or others might feel rewarding and also stressful. In 2023, the American Psychological Association reported that one-third of parents rated their stress as high, compared with 20% of the general population.

Balancing caregiving responsibilities can be demanding, both physically and mentally. With limited time for yourself, it is easy to overlook your own well-being. Over time, this may contribute to feelings of fatigue, stress, and other health concerns.

Taking small steps to manage your stress can improve your health and help you provide better care. Here are five ways to reduce stress and make self-care part of your routine:

1. Take Short Breaks

Long breaks may not be possible, but even a few minutes help. Step away throughout the day to stretch, breathe deeply, or take a walk. These pauses reduce stress, boost energy, and improve focus.

2. Ask for Help

Tasks can be shared. Ask a family member to walk the dog, a friend to pick up groceries, or your children to do laundry or set the table. Every little bit lightens the load and gives you a break.

3. Change Your Surroundings

A change of scenery resets the mind. Sit in a park, visit the library, or meet a friend. A new environment refreshes and grounds you.

4. Stay Connected

Caregiving often feels isolating, but staying in touch with others helps. A short message, phone call, or chat with a friend or loved one provides support, a fresh perspective, and reduces feelings of loneliness and isolation.

5. Take a Break from Screens

Set aside 10 to 15 minutes each day to turn off notifications and step away from your phone or computer. Use the time to

restore calm – plus, it reduces the urge to compare your life to others, allowing you to focus on your own journey.

Consider making small changes to help alleviate stress. Taking care of yourself is essential for you and those you care for.

Need Some Help? Support Is Available

» Resources in our community provide support for:

- Caregiver relief
- Child care
- Senior care
- Mental health
- Transportation
- And more!



Scan the QR code to explore available services through our Find Help tool.



Spring-Cleaning for a Cause: Help Neighbors in Our Community

Spring is a season of renewal – longer days, blooming flowers, and the perfect opportunity to refresh your home. As you declutter your closets, pantry, and storage spaces, consider giving your gently used items a second life by donating them to those in need. Your spring-cleaning can make a meaningful difference for families struggling with basic necessities. Involving children in the process teaches them about generosity and community service!

Why Your Donations Matter

Many families in our community face financial hardship. In Middlesex County, 7.4% of individuals live below the poverty line (U.S. Census Bureau, 2018 – 2022). Within Emerson's community, 23% of survey respondents report difficulty paying for basic needs (Massachusetts Department of Public Health Community Health Equity

Survey, 2023). Donating clothing, food, and household goods helps ease this burden and supports neighbors in need.

What to Donate

Clothing

Most clothing items of all sizes can be donated or recycled.

- New and gently used clothing, including shoes: Donate to thrift stores and community organizations
- Worn or stained items: Drop off items, including shoes, at textile recycling bins to reduce landfill waste.

Food

Nonperishable, unopened food donations help families experiencing food insecurity. Check expiration dates before donating. High-need items include:

- Vegetable cooking oil
- Dry and canned beans

- Low-sugar boxed cereal
- Hearty soups
- Baking supplies.

Household Goods

Donating home essentials can help families create a safe, comfortable space. Consider giving:

- Bedroom, living room, and kitchen furniture
- Mattresses and bed frames
- Dishes, flatware, pots, and pans
- Small kitchen appliances
- Books and media
- Gently used sheets, comforters, blankets, and towels.

Where to Donate

» Scan the QR code or visit emersonhealth.org/springcleaning to find local donation centers.



Safe Medication Disposal

Keep your home and community safe by properly disposing of unused or expired over-the-counter and prescription medications. Many police stations have medication drop boxes – call the nonemergency phone number of your local police station to check if they accept medications. You can also safely dispose of medications in the MedSafe box located in the hallway next to Emerson's Emergency Department. Proper disposal protects the environment, prevents misuse, and saves lives. MedSafe is funded by the Auxiliary of Emerson Health.

Neck Pain, Headaches, Tingling, and More: What Your Spine Might Be Telling You

Many people assume pain is something they must live with, but that is not often the case. Finding relief starts with understanding the root cause of the pain.

The Emerson Health Spine Program specializes in diagnosing and treating spine-related conditions, helping people move better and feel better – often without surgery.

A Wide Range of Symptoms

“Spinal issues can show up in unexpected ways,” explains Rene Rickert, MD, board-certified interventional physiatrist at the Emerson Health Spine Program. While back pain is the most common reason people seek spine care, symptoms can extend beyond that, including:

- Numbness, tingling, and weakness in the arms or legs
- Stiffness and decreased range of motion
- Tension headaches
- Neck pain
- Pain and heaviness in arms or legs
- Buttock pain
- Scapular (shoulder blade) pain
- Difficulty staying active.

“People do not always associate symptoms like headaches or leg pain with their spine,” explains Dr. Rickert. “But the spine is central to so many functions in the body. If something is off, it can affect more than just your back.”

Multiple issues may lead to spine-related symptoms. So, it is essential to identify the underlying cause. A diagnosis starts with a thorough medical history and physical exam. When necessary, imaging tests – such as X-rays, MRIs, CT scans, or nerve studies – help provide further clarity.

“We take a whole-person approach to spine care,” says Dr. Rickert. “We do not just look at the spine. We look at how it affects the way you move, feel, and function in daily life.”

The Right Treatment for You

A common misconception is that spine care means surgery. Ninety percent of spine-related conditions improve with nonsurgical treatments, depending on the specific diagnosis.

At Emerson Health, treatment plans are tailored to each patient and may include:

- **Physical therapy** – Targeted exercises to strengthen and support the spine, improve mobility, and enhance function
- **Medication management** – Non-opioid pain relief, muscle relaxants, and nerve pain treatments as appropriate
- **Interventional pain management** – Precision-guided spine injections to reduce inflammation and alleviate pain
- **Integrative therapies** – Chiropractic care, acupuncture, and therapeutic massage, which may provide additional relief for some patients.

For individuals who require surgery, Emerson's expert spine surgeons offer

advanced, minimally invasive procedures to restore mobility and relieve pain.

“If pain interferes with your daily life, do not ignore it,” Dr. Rickert advises. “We are here to help you find effective solutions.”

» To request an appointment with the Emerson Health Spine Program, call **978-287-3194** or visit emersonhealth.org/spine.

Meet Dr. Rickert

Rene Rickert, MD, earned her medical degree from Ross University School of Medicine. She completed her residency in physical medicine and rehabilitation at Wayne State University School of Medicine, and her fellowship in interventional pain medicine at James A. Haley VA Medical Center.



Could Your Heartburn Lead to Cancer?

What You Need to Know About Barrett's Esophagus

More than 60 million Americans experience heartburn – a burning sensation in the chest caused by stomach acid flowing back into the esophagus, the tube that connects the throat and stomach. While most cases of heartburn are harmless, some people develop Barrett's esophagus, a condition that increases the risk of esophageal cancer. Dr. David Stockwell, a gastroenterologist at Emerson Health, explains what you need to know.

Q: What is Barrett's esophagus, and why is it important?

A: Approximately 10% of adults with heartburn have Barrett's esophagus, a condition that affects the lining of the esophagus. People with Barrett's have a higher risk of developing esophageal cancer, one of the fastest-growing cancers. The good news is that screening can detect changes early and help prevent cancer. If you have heartburn and certain risk factors, talk with a gastroenterologist about screening.

Q: Who should be screened for Barrett's esophagus?

A: You should see a gastroenterologist if you have chronic heartburn and at least three of the following risk factors:

- Age 50 or older
- Male
- White
- Family history of Barrett's esophagus or esophageal cancer
- Obesity
- History of smoking tobacco.

During your visit, the gastroenterologist will review your medical history and symptoms to determine if screening is necessary.

Q: How is Barrett's esophagus diagnosed?

A: If screening is needed, a gastroenterologist will perform an upper endoscopy to examine your esophagus. This quick, painless procedure is done while you are sedated. The doctor uses a thin, flexible tube with a camera to check for changes in the esophageal lining. In some cases, a small tissue sample is taken for further evaluation.

Q: What happens if someone is diagnosed with Barrett's esophagus?

A: If you have Barrett's esophagus, regular endoscopy screenings are recommended to monitor for changes and catch cancer early, when it is most treatable. Managing heartburn can also help. Treatment options include:

- Medications to reduce stomach acid
- Dietary changes, such as avoiding spicy, acidic, or fatty foods
- Lifestyle adjustments, such as managing your weight and quitting smoking.

A gastroenterologist will work with you to create a personalized plan to manage your symptoms and lower your cancer risk.

» Take Action. If you have frequent heartburn or other digestive symptoms, call Emerson Health Gastroenterology to learn about screening options at **978-287-3835** or visit **emersonhealth.org/gastro** to make an appointment.



Meet Dr. Stockwell

David Stockwell, MD, MPH, earned his medical degree from Cornell and completed his residency, chief residency, and fellowship at Brigham and Women's Hospital. He practiced gastroenterology in Virginia for nearly 20 years before joining Emerson Health Gastroenterology in Concord.



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Women's Health: Symptoms We Should Talk About

Sometimes, women experience painful or embarrassing symptoms that disrupt daily life. Many women are hesitant to discuss these issues or find relief. Fortunately, Emerson experts are breaking the stigma and offering solutions to help women live healthier. Read on for insights and best tips.



Is your bladder controlling your life?

**Oneeka Williams,
MD, MPH, Urologist**



Do you always need to know where the closest bathroom is? Up to 50% of women, from teenagers through seniors, experience bladder control issues at some point in their life. Known as an overactive bladder, it causes shame, frustration, and a loss of control.

The good news is that effective treatments are available. "Pelvic health physical therapy is transformative," explains Dr. Williams. "It retrains the bladder, giving patients control." Other options, including bladder Botox, medications, and lifestyle changes, also provide significant relief.

"Your bladder does not need to own you. If you avoid regular activities, wake several times a night to go to the bathroom, or feel like your bladder occupies your mind, seek help. There are tools available to help you reclaim your life."

– Dr. Williams

» Call Emerson Health Urology at
978-287-8950.

Do you leak when you laugh, run, or sneeze?

Diego Illanes, MD, Urogynecologist



Bladder and bowel

incontinence affects many women. Dr. Illanes specializes in treating pelvic floor disorders, including incontinence and pelvic organ prolapse. These common conditions can arise from giving birth, aging, or hormonal changes. You do not need to live with these symptoms – they are treatable, often without surgery.

“Seeking help when you first start to notice symptoms makes a big difference to improve your quality of life. I recommend exercises like Kegels to strengthen pelvic muscles, along with eating a balanced diet and staying active. When measures like pelvic health physical therapy are not enough, advanced treatments, including minimally invasive surgery, can provide relief.”

– Dr. Illanes

» Call Dr. Diego Illanes Urogynecology at **978-287-8013**.

Does heavy bleeding or period pain disrupt your life?

Nisse Clark, MD, MPH, Minimally Invasive Gynecologic Surgeon



Far too many women endure menstrual pain and heavy bleeding that impacts their daily lives. Dr. Clark specializes in conditions like fibroids and endometriosis – common causes of heavy bleeding and pelvic pain. As a fellowship-trained, minimally invasive gynecologic surgeon, she listens closely to women to understand their symptoms. When needed, she uses the latest approaches to remove fibroids and treat endometriosis and other conditions, allowing for fast recovery and improved quality of life.

“I wish more women knew that painful periods are not normal. Menstrual pain often indicates an underlying condition such as endometriosis. Minimally invasive surgery is a highly effective treatment option.”

– Dr. Clark

» Call Emerson Health Minimally Invasive Gynecologic Surgery at **978-287-2936**.

Is there blood when you go to the bathroom?

Alexandra Columbus, MD, Colorectal Surgeon



Rectal bleeding is an alarming symptom. Dr. Columbus emphasizes that this is not normal. If women experience bleeding, they should see a doctor immediately. Common causes include hemorrhoids and anal fissures. A specialist will also examine you for symptoms of colon or rectal cancer, which is on the rise in younger adults.

“Pregnancy and childbirth can lead to body changes that result in hemorrhoids or pelvic floor issues. These symptoms are not just inconvenient; they can be life-altering. Fortunately, we have options to help. When a basic life function is not right, it is important women advocate for themselves so we can address it.”

– Dr. Columbus

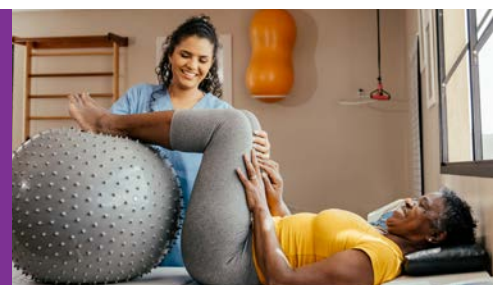
» Call Emerson Health Gastroenterology at **978-287-3835**.

» Visit emersonhealth.org/podcast to access podcasts from women's health experts at Emerson.



Pelvic Health Physical Therapy

Pelvic health physical therapy offers relief for conditions like incontinence, pelvic pain, bladder issues, pelvic organ prolapse, and postpartum recovery. Through techniques like pelvic floor muscle training, biofeedback, and myofascial release, certified pelvic health therapists help improve your quality of life. Visit emersonhealth.org/pelvichealth or call 978-287-8200 to learn more and make an appointment.



Goodbye Joint Pain, Hello Active Life: Expert Advice for Long-Term Relief

If joint pain is disrupting your daily life, it may be time to see an orthopedic specialist. Emerson Health physicians share insights on joint pain and the latest treatment methods, and provide guidance on when to seek an evaluation. They also offer tips for keeping your joints healthy.

Find Relief for Shoulder Pain

Shoulder pain often arises from overuse, injuries, or arthritis. Addressing it early can help prevent chronic problems.

When to see a specialist: If shoulder pain is due to a fall or other injury, or lasts more than two to three weeks, schedule a consultation.

Treatment: Using portable ultrasound technology, specialists can quickly identify the cause of your shoulder pain and provide targeted cortisone injections during the same visit. For advanced arthritis, rotator cuff injuries, or other complex issues, reverse shoulder replacement surgery may significantly reduce pain and increase range of motion.



Pro tip from Paul Re, MD, orthopedic surgeon:

Maintaining good posture by keeping your shoulders back and down can reduce pain and support arm movement.



Get Back to Life with Hip Pain Relief

Hip pain from overuse or arthritis can be debilitating. Modern treatments restore mobility and get you back to an active life, including sports.

When to see a specialist: If hip pain persists for six to eight weeks despite rest and over-the-counter medication, or if it impacts your quality of life, it is time to see a specialist.

Treatment: Nonsurgical options include physical therapy, bracing, and cortisone injections to reduce pain. For severe pain that limits your daily life, robotic-assisted joint replacement surgery provides faster recovery and helps you return to activities sooner.



Pro tip from Matthew Sloan, MD, orthopedic surgeon: Avoid costly, unproven arthritis treatments. Cortisone injections are highly effective and covered by most insurance plans.





Faster MRI Now at Emerson

Emerson Health Westford, in partnership with Shields Health, has the newest MRI technology for scans up to 60% faster, with crisper, clearer images, helping orthopedic specialists confirm diagnosis and optimize care plans. With its wide opening, spacious design, and AI technology, this state-of-the-art equipment supports all body types, reduces claustrophobia, and enhances comfort.

Keep Knee Pain from Slowing You Down

Many active individuals and those with arthritis experience knee pain. Early treatment can prevent the pain from worsening.

When to see a specialist: If your knee pain continues after rest and medication, or limits daily activities, it is time to schedule an evaluation to discuss treatment options to help keep you moving.

Treatment: Physical therapy can help restore strength and stability. If surgery is needed, minimally invasive techniques ensure faster recovery and better outcomes. Emerson's operating rooms feature the same advanced imaging equipment used at Boston's top medical centers, ensuring precision and the best possible results.



Pro tip from Peter Kok, MD, orthopedic surgeon: It is common to experience minor aches and pains with activities. If you do not improve or your symptoms worsen or cause severe pain or limping, see a specialist to get you on a pain-free, active path.



Take Steps to Relieve Foot and Ankle Pain

Foot and ankle pain often stems from athletic and trauma injuries, arthritis, or structural problems, like bunions, and significantly impacts daily activities.

When to see a specialist: If your pain lasts several weeks after trying rest or over-the-counter treatments, or if it interferes with your life, consult a foot and ankle specialist.

Treatment: Bracing, orthotics, physical therapy, and cortisone injections can reduce pain and swelling. If pain persists, surgery may be an option. Minimally invasive surgical techniques can result in less pain during recovery and help you return to activities sooner.



Pro tip from Christopher Baker, MD, orthopedic surgeon: A simple change in footwear or bracing can make a difference and help reduce discomfort.



» Call Orthopedic Affiliates at **978-369-5391** or schedule an appointment online at **orthoaffil.com**. Typically, new patients can be seen within a few days or even sooner.

» Learn more about joint pain, including patient stories and podcasts.



Your First Step on the Road to Recovery

During your first appointment, an experienced specialist will assess and diagnose your pain, discuss your goals, and provide options, including nonsurgical ways to reduce or eliminate pain. Emerson-affiliated orthopedic specialists offer personalized care and convenient appointments so you can get back to doing what you love soon.

Lifesaving Stroke Care 24/7 – Close to Home

When George Peabody suddenly experienced distorted vision, slurred speech, and arm weakness, he stepped off his exercise bike and called for his wife. Recognizing the signs of a stroke, she called 911. Within a few minutes, a town ambulance arrived at their Acton home, and the EMTs notified Emerson's Emergency Department (ED) to prepare for lifesaving care. This seamless coordination among first

responders and Emerson's ED saves lives every day.

At the hospital, the stroke team, including neurologists from Massachusetts General Hospital (MGH), assessed George right away. "Based on my vital signs, imaging, and exam, they diagnosed me with a stroke and gave me tPA, the clot-busting medication," recalls George. Within an hour, his speech returned, and soon after, his other symptoms resolved.



Award-Winning Care

Emerson's Stroke Team has received top accolades for outstanding care, including:

- Advanced Stroke Certification by The Joint Commission in collaboration with the American Heart Association
- Top awards from the American Heart Association and American Stroke Association for excellence in stroke treatment
- Primary Stroke Center designation by the Massachusetts Department of Public Health, recognizing Emerson's expertise in rapid stroke diagnosis and treatment.

Through the Massachusetts General Hospital TeleStroke Program, physicians and patients in Emerson's ED have immediate access to top neurologists via telemedicine 24/7. This ensures rapid diagnosis and treatment, giving patients the best chance of recovery.



“Everything worked flawlessly. One of the great benefits of living in this area is having Emerson’s expertise nearby.”
– George Peabody, stroke survivor

An outdoor adventurer and music lover, George is back to enjoying an active life. “Everything worked flawlessly. One of the great benefits of living in this area is having Emerson’s expertise nearby,” he shares. George’s experience highlights the importance of receiving expert care quickly during a medical emergency. Research shows that fast, skilled treatment leads to better outcomes and fewer long-term complications.

Patients from across the region turn to Emerson for the expert care George’s family has relied on for generations. “The community can rest assured they are in expert hands – without having to travel far for lifesaving care,” says Claire Carrazco, DO, medical director of Emerson Health’s Stroke Program.

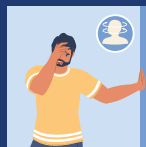
» Visit emersonhealth.org/stroke for more information, and to watch a video with George and members of Emerson’s stroke care team.

Signs of Stroke: Think BE FAST

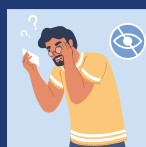
Call 911 immediately If you or someone you know experiences any of these:

B – Balance:

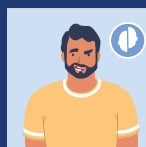
Sudden loss of balance or coordination, dizziness, or difficulty walking.



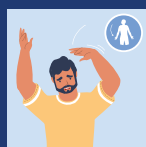
E – Eyes: Sudden trouble seeing in one or both eyes, including blurred or double vision.



F – Face drooping: One side of the face may droop or feel numb. Ask the person to smile and check if it is uneven.



A – Arm weakness: One arm may feel weak or numb. Ask the person to raise both arms; one may drift downward.



S – Speech difficulty: Speech may be slurred or hard to understand. Ask them to repeat a simple sentence.



T – Time to call 911: Every second counts.



Additional signs include sudden numbness or weakness on one side of the body, and sudden severe headache with no known cause.

» Visit emersonhealth.org/stroke for more information.

Welcome New Providers



Dermatology
Susan Sweeney, MD
Dermatology Associates
Concord
978-369-9023



Gastroenterology
David Stockwell, MD
Emerson Health
Gastroenterology
Concord
978-287-3835



General Surgery
Thomas Scalfarotto, DO
Emerson Health Surgery
Concord
978-287-3547



Obstetrics, Gynecology, Midwifery
Katelyn Richer, CNM
Concord OB/GYN
Concord, Sudbury
978-369-7627



Primary Care/ Infectious Disease
Asha Naidu, MD
Ayer
978-772-1277



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

Cutting Back on Alcohol: A Healthier Path Forward

Whether you enjoy wine with dinner or cold beer on a hot day, for many adults, drinking alcohol is part of their routine.

However, recent research shows that alcohol may have significant downsides, and cutting back improves your physical and mental health.

The U.S. Surgeon General highlights alcohol use as a preventable cause of cancer in the United States, contributing to nearly 100,000 cancer cases and about 20,000 cancer deaths each year.

The Downsides of Drinking

Over time, heavy drinking – defined by the Centers for Disease Control and Prevention as eight or more drinks a week for women and 15 or more drinks a week for men – takes a toll. Health problems linked to heavy drinking include:

- Liver disease
- Heart disease
- High blood pressure
- Obesity
- Cancer
- Digestive problems
- Memory issues, including dementia
- Depression and anxiety
- Increased risk of self-harm
- Sleep disorders.

Drinking also has short-term effects. In addition to painful hangovers, there are more serious concerns, including increased risk for accidents, domestic violence, and alcohol poisoning.

How to Lower Your Risk

No matter how much alcohol you drink, drinking less is always a better choice for your health. Here are some ways to cut back:



Plan it out. Decide how many days during the week you will drink and how many drinks you will have.



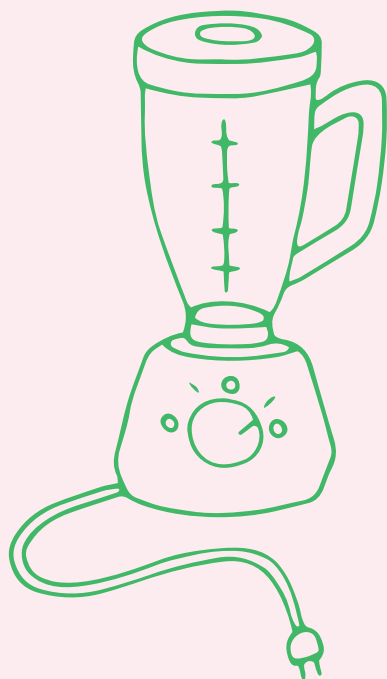
Count your drinks. Do not let someone “top off” a glass of wine or mixed drink without keeping track.



Remove alcohol from your home. You will be less likely to drink if it is not easily accessible.



Get support. Tell friends and family you are cutting back and encourage them to join you. If you need help quitting, talk with your healthcare provider.



Cheers to Mocktails!

Mocktails are a great choice for an anytime drink or something special for festive occasions. Try these refreshing, creative, and fun non-alcoholic drinks this season!

Triple Berry Mocktail

This mocktail is light, fruity, and perfect for any occasion! Serves 2.

Ingredients:

½ cup strawberries, hulled and sliced
½ cup blueberries
½ cup raspberries
1 tbsp. honey or agave syrup (optional, depending on your sweetness preference)
Sparkling water (or club soda)
Ice cubes
1 tbsp. fresh lime juice
Fresh mint leaves (optional, for garnish)

Directions

1. Combine the strawberries, blueberries, raspberries, and honey/agave (if using) in a blender. Add a splash of sparkling water and blend until smooth. *Optional:* If you prefer a smoother drink, strain the berry mixture through a fine mesh sieve to remove the seeds and pulp.
2. Fill a glass with ice cubes. Pour the berry mixture into the glass, filling halfway, and add lime juice.
3. Pour sparkling water over the berry mixture to fill the rest of the glass. Stir gently to combine.
4. Add fresh mint leaves or a few berries for garnish, if desired. Serve immediately.



Citrus Mint Cooler

Enjoy this crisp, refreshing mocktail packed with citrus and mint flavors. Serves 2.

Ingredients

1 orange, juiced
1 lime, juiced
1 tablespoon lemon juice
½ cup cucumber slices
1 tbsp. honey or simple syrup
Ice cubes
Sparkling water (or club soda)
Fresh mint leaves for garnish

Directions

1. Combine the orange, lime, and lemon juices, and add cucumber slices and honey/simple syrup in a shaker or jar. Shake well.
2. Fill a glass with ice, then strain the mixture into the glass.
3. Top with sparkling water and stir.
4. Garnish with fresh mint leaves and cucumber slices.



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- Bronchitis and Pneumonia
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- Lacerations and Cuts
- Urinary Symptoms
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3 Digital Way
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Urgent Care
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8am - 8pm
Weekends/Holidays
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Virtual Care—Weekdays
8am - 8pm

Request a spot in line

CURRENT NUMBER OF PATIENTS IN LINE	
EMERSON HEALTH URGENT CARE HUDSON Get Directions	2 PATIENTS AHEAD
EMERSON HEALTH URGENT CARE LITTLETON Get Directions	3 PATIENTS AHEAD
EMERSON HEALTH URGENT CARE MAYNARD Get Directions	1 PATIENTS AHEAD
EMERSON HEALTH VIRTUAL URGENT CARE	0 PATIENTS AHEAD
REQUEST A SPOT 	

Visit emersonurgentcare.org
or call **978-287-8990**

Walk-in visits are also available

