

To learn more about our Center or to make an appointment, call us at **1-866-378-9164**.

Our Services:

- Allergy
- Cardiac Diagnostics
- Cardiac Rehabilitation
- Cardiology
- Day Surgery
- Dermatology
- Diagnostic Imaging
- Endocrinology/Diabetes Management
- ENT
- Gastroenterology
- General and Gastrointestinal Surgery
- Hand Therapy
- Infertility Services
- Kidney Medicine
- Lab Services
- Neurology
- Neurosurgery Consults
- OB/GYN
- Occupational Therapy
- Orthopaedic Surgery
- Pain Management
- Pediatric Specialties
- Psychiatry
- Physical Therapy
- Plastic Surgery
- Primary Care
- Pulmonology
- Radiology
- Rehabilitation Services
- Rheumatology
- Sports Medicine
- Urology
- Vascular and Vein Care

Answers Solutions to Your Health Conditions



Attend our free lectures for the latest health information from our world-class experts

October 16 – October 30, 2017

Free Lectures for Optimal Health and Wellbeing

This October, attend free lectures presented by Brigham and Women's and Mass General physicians and learn ways to optimize your health. After each lecture, there will be a 30-minute Q&A session. Sign up now by calling, or registering via email.

Varicose Veins: It's Not Just About Looks

(free varicose vein screening is included)

Monday, October 16 – 6-8 p.m. | Tuesday, October 24 – 6- 8 p.m.
Monday, October 30 – 6-8 p.m.

Brigham and Women's/Mass General Health Care Center – 2nd floor conference room

Thirty percent of adults will develop varicose veins at some point in their life. Not only are they aesthetically unpleasing but, left untreated, varicose veins can cause physical discomfort. In this lecture, vein care experts, Michael Stecker, MD, Timothy Killoran, MD, and Susan O'Horo, MD, from the Brigham and Women's Vein Care Center, will introduce venous disease and discuss the benefits of various treatments for varicose veins. After the lecture, attendees may take advantage of a free varicose vein screening in the Specialty Clinic on the 4th floor. To schedule your free screening, please pre-register when you sign up for this lecture.

Preparing for Winter: Don't Let the Flu Sneak Up on You & Preventing Fall-related Injuries

Tuesday, October 17 – 7-8:30 p.m.

Brigham and Women's/Mass General Health Care Center – 2nd floor conference room
Presented in Partnership with the Medical Reserve Corps

The flu is more serious than you may realize. According to the CDC, over 200,000 people in the US are hospitalized each year for illnesses associated with seasonal influenza virus infections. In this lecture, Calvin Brown, MD, Medical Director of the Urgent Care Center, will discuss the flu and the importance of getting your flu shot. In the second half of his lecture, Dr. Brown will provide tips on how to reduce the risk of falls and fall-related injuries as the weather gets colder and icy this winter.

Weekend Warrior?

Tips for Keeping Your Hips and Knees Healthy

Thursday, October 26 – 7-8:30 p.m.

Brigham and Women's/Mass General Health Care Center – 2nd floor conference room

We want you to push your limits, but we also want you to be safe. In this lecture, two of our Center's experts in orthopaedic and sports medicine, Richard Wilk, MD, Brigham and Women's Orthopaedic Department, and Eric Berkson, MD, Mass General Orthopaedics, will discuss common hip and knee-related conditions and offer ways to prevent injuries to your joints while keeping your exercises fun.

In the Community – Walpole Public Library

Understanding Urological Issues in Men and Women

Wednesday, October 18 – 7-8:30 p.m.

Walpole Public Library, 143 School St., Walpole MA
(508) 660-7340 – The Community Room

Presented in Association with the Walpole Board of Health and the Council on Aging

Urinary symptoms can be bothersome, but they are common, often non-serious and highly treatable. In this lecture, our urological experts will discuss common conditions associated with the urinary system. Michael Malone, MD, will discuss changes in men and women's urologic system, normal versus abnormal urinary function, and benign prostatic hyperplasia (BPH, or enlarged prostate) awareness for men. Joy Shine, MSPT, CLT, a senior women's health physical therapist in the Department of Rehabilitation at Brigham and Women's Hospital, will discuss over-active bladder and urinary incontinence, and will offer exercises to strengthen the pelvic floor muscles in men and women to prevent urinary leakage.

Call the Walpole Board of Health at (508) 660-7321 to register for this lecture.

To register for a lecture, please call (866) 378-9164 or email fxbinfo@partners.org.
For more information, please visit brighamandwomens.org/foxboroughevents.



Need an Urgent Care Center?

Brigham and Women's/Mass General Health Care Center provides walk-in care and diagnostic services for minor illnesses and injuries for adults and children. No appointments necessary.

Urgent Care Hours of Operation:

- Monday to Friday, 8 a.m. to 8 p.m.
- Saturday and Sunday, 8 a.m. to 4 p.m.
- Closed on major holidays and during some stadium events

For more information, please call (508) 718-4400 or visit brighamandwomens.org/foxborough.