

# Melrose couple enjoys 'their new life'

When Paul and Patricia Hayward find something they like they stick with it. For more than 50 years, they have lived in Melrose. All of their children were born at Hallmark Health System's (HHS) Melrose-Wakefield Hospital (MWH) and all of their family's health concerns were answered there.



"People in this region need to know what a great hospital we have in our midst," says Paul Hayward, 71, who is a retired inspector for the Massachusetts Bay Transportation Authority. "The physicians have all the expertise you would expect to find in Boston. The nursing care is superb. Everyone on staff is very attentive and treats you with great respect."

The Haywards are a couple who like to do things together so it made sense that within three months, the pair had major orthopedic procedures performed at The Center for Orthopedics and Sports Medicine at Hallmark Health System's MWH. Patricia had a total knee replacement in August and Paul had total hip replacement in November. Both say they are amazed at how their lives have changed with enhanced mobility and great relief from pain.

"I had arthritis in my knees for quite a while," Patricia recalls. "I kept ignoring the increasing pain and the decreasing mobility trying to live with it. There came a point when I knew something had to be done."

Her orthopedic surgeon, Mark Berenson, MD, chief of orthopedic surgery at MWH, convinced her that the modern advances in knee surgery would change her life. "It is truly amazing," Patricia observes. "I actually enjoy walking around the neighborhood. I can play with my grandchildren now which was a major motivation for having the surgery. Everything is excellent, it's like I have a new life."

Dr. Berenson also performed Paul's hip surgery. As Paul says, "It was getting progressively worse, but I wanted to postpone it until my wife's knee surgery was complete. I'm doing much better now. The therapists are doing a great job helping me regain my strength and balance. I am hoping I can get back to my woodworking shop and even go sailing this summer."

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The Center provides the most advanced level of orthopedic care in the region. It is staffed with highly skilled, board-certified orthopedic surgeons and specially trained nurses and therapists. The Center has been designated as a Blue Distinction Center by the Massachusetts Blue Cross and Blue Shield for knee and hip replacement.

**For more information on the Center, visit [www.hallmarkhealth.org](http://www.hallmarkhealth.org) and select "Clinical Programs."**



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