Having quality healthcare close to home is invaluable. That’s why Hartford HealthCare and Backus Hospital now offer an expansive array of primary care options and specialty services in southern New London County.

From the Connecticut River into southeastern Rhode Island, Hartford HealthCare’s services provide advanced, coordinated care to promote health and improve quality of life.

**Services include:**
- Primary care
- Urgent care
- Cardiology
- Urology
- Women’s health
- Oncology and breast health
- Pediatrics
- General surgery
- Gastroenterology
- Physical and occupational rehabilitation
- Home healthcare
- Ambulatory surgery

If advanced care is needed, this shoreline network is seamlessly connected to the trusted expertise at Backus Hospital in Norwich or Hartford Hospital, the region’s leading tertiary care center.

Call 855.802.8080 or go to hartfordhealthcare.org/shoreline to connect to our providers and services.
Connect to healthier...conveniently near you.

**Primary Care**

**Hartford HealthCare Medical Group**

**Montville**
- 80 Norwich-New London Turnpike, Uncasville
- M-F: 8am–6pm
- 860.848.1297
- John Greeley, MD
- Linda Lacerte, MD
- Timothy Lassister, PA

**North Stonington**
- 82 Norwich-Westerly Road
- M: 7:30am–7pm
- T-F: 7:30am–5pm
- 860.599.9961
- Amanda Conti, MD
- Hartmut Doerwaldt, MD
- Kara Mignosa, PA-C
  - Also, Pediatric Primary Care

**East Lyme**
- 324 Flanders Road
- M–F: 8am–5pm
- 860.739.6953
- Richard Albrecht, MD
- Louise Hoagland, APRN
- Alok Mehta, PA
- Robert Welsch, MD

**New London**
- 270 Montauk Ave.
- M–F: 8:30am–5:30pm
- 860.442.0072
- Gary Bertman, MD
- Warren Fields, MD
- Jennifer Hardy, APRN
- Katherine Masoud, APRN
- James Scarles, MD

**Mystic**
- 200 Sandy Hollow Road
- M–F: 8am–5pm
- 860.572.8911
- Rosemary Bontempi, MD
- Warren Fields, MD
- Jennifer Hardy, APRN
- Katherine Masoud, APRN
- John Nelson, MD
- James Scarles, MD

**Waterford**
- 196 Parkway South, Suite 201B
- M–Th: 8am–6pm
- F: 7:30am–5pm
- 860.439.0636
- Jennifer Felicelli, PA-C
- Peter Gates, MD
- Gabrielle Pierce, PA-C

**Old Lyme**
- 8 Vista Drive
- M–Th: 8am–5pm
- F: 8am–4:30pm
- 860.434.8847
- Mary Cummings-Satti, MD
- Christina McLean, MD
- Anisha Parekh, MD
- Kristie Tapper, APRN

**Urgent Care**

Hartford HealthCare has partnered with GoHealth to create an urgent care experience centered around you. Check in online or simply walk in. Our urgent care centers are open seven days a week with extended hours, to make urgent care accessible and convenient. We treat non-life-threatening conditions such as:

- Colds or flu
- Fever
- Asthma
- Allergies
- Emphysema
- Minor skin lacerations, cuts
- Burns
- Urinary tract infections
- Sports injuries, sprains and strains

**New London GoHealth Urgent Care**
- 351 North Frontage Road
- M–F: 8am–8pm
- S–S: 9am–5pm
- 860.865.0934
- Howard Haronian, MD
- Stephen Kutz, MD
- Jon Scheiber, MD
  - Cardiovascular disease
  - Interventional cardiology

**Westerly, RI**

**Hartford HealthCare Medical Group**
- 45 Wells St.
- 401.596.4499
- Howard Haronian, MD
- Stephen Kutz, MD
- Jon Scheiber, MD
  - Cardiovascular disease
  - Interventional cardiology
  - Cardiac nuclear medicine
  - Echocardiography

**Specialty Care**

**Cardiology**

**Old Lyme**
- Hartford HealthCare Medical Group
- 8 Vista Drive
- 860.434.4975
- Mark Fiengo, DO
- Francis Mirecki, MD

**Mystic**
- Hartford HealthCare Medical Group
- 23 Clara Drive
- 401.596.4499
- Howard Haronian, MD
- Stephen Kutz, MD
- Jon Scheiber, MD
  - Cardiovascular disease
  - Interventional cardiology
  - Cardiac nuclear medicine
  - Echocardiography
Headache Care

Waterford
Hartford HealthCare Ayer Neuroscience Institute Headache Center
196 Parkway South, Suite 201B
860.696.2925
Kelly Heilman, APRN

Offering:
- Physical therapy geared toward helping relieve the pain of headaches
- Transcranial magnetic stimulation (TMS)
- Biobehavioral treatment such as biofeedback and cognitive behavior therapy, both of which are non-medication treatments
- Medication treatments including Botox and nerve blocks
- Research studies

Cancer Care

Waterford
Hartford HealthCare Medical Group Oncology and Hematology
196 Parkway South, Suite 303
860.443.4455
Sapna Khubchandani, MD
Nicole McKenzie, APRN
Valmarie Ramos, MD
- Advanced chemotherapy
- Diagnosis of blood diseases and cancers such as iron-deficiency anemia, hemophilia, sickle-cell disease, leukemia and lymphoma
- Treatment and Prevention

Urology

Waterford
Hartford HealthCare Tallwood Urology and Kidney Institute
196 Parkway South, Suite 201A
860.443.0622
David Crawley, MD
Richard Fraser, MD
Anthony Quinn, MD
Steven Schoenberger, MD

Full range of treatment and surgery for conditions including:
- Prostate, kidney and bladder cancer
- Enlarged prostate
- Incontinence and over-active bladder
- Pediatric urologic surgery
- Kidney stones
- Vasectomy and no-scalpel vasectomy
- Fertility and erectile function

Colorectal Surgery

Waterford Surgery
196 Parkway South, Waterford
860.204.9126
Sergio Casillas, MD

Rehabilitation

Waterford
Backus Hospital Rehabilitation Network
196 Parkway South, Suite 202
860.447.0417
- The premier rehabilitation provider in Connecticut — known for its commitment to high-quality, customer-focused outcomes.
- Specialists, including orthopedics, oncology, headache management, women’s health and sports medicine.

Home Care

Hartford HealthCare at Home
1.800.HOMECARE (1.800.466.3227)
Hartford HealthCare provides in-home nursing, therapy and personal care services following hospital stays, for surgical recovery, and for help with recovery from short term or long-term illness to achieve maximum independence. Specialties include cardiac, respiratory, rehabilitation (physical and occupational therapy) and wound care. Hartford HealthCare at Home Behavioral Health and Dementia Program provides specialized programs for those diagnosed with dementia or Alzheimer’s disease.
- Specialists, including orthopedics, oncology, headache management, women’s health and sports medicine.
- Certified Dementia Specialists and behavioral health nurses on staff: Physical therapists, occupational therapists, social workers, speech therapists
- Assessment
- Medication management
- Support and teaching
- Connection to community services
These services are covered by Medicare for those who qualify.

Also:

Hospice Services
Compassionate in-home multidisciplinary approach to care focusing on pain and symptom management. We offer dignity, comfort and the best quality of life for the patients’ final months of life.

Behavioral Health

Groton
Hartford HealthCare Behavioral Health Network
CARE PLUS
1353 Gold Star Highway
860.449.9947
Adults 18+
- Compassionate care for addiction and recovery
- Partial hospitalization and intensive outpatient treatment
- MATCH (Medication-Assisted Treatment Close to Home)

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Just a year ago, a Backus Hospital colorectal surgeon and his nurse practitioner started coaching their colorectal surgical patients to get in the best possible shape weeks before they even entered the operating room, with the belief that preparing or “training” for surgery would help them achieve the best possible results.

Not only has this approach – called Enhanced Recovery After Surgery (ERAS) – worked, the statistics compiled by Dr. Sergio Casillas and Claudette Faucher-Charles, APRN, show patients:

- Left the hospital faster
- Had normal stomach functioning faster
- Used less pain medication

“It’s incredible the difference we’ve noticed in the patient surgical experience,” Casillas says.

The pair created a retrospective database to track the outcomes of surgery before ERAS was adopted and patients having the same procedures after ERAS. The results, Casillas notes, have led them to change the way they do some things.

“It’s a dynamic process and we’ve made some changes. For example, a lot more patients are leaving within 24 hours after surgery now because we know we don’t have to wait for them to have a bowel movement. The statistics showed us that,” he explains.

In February 2017, Casillas and Faucher-Charles started helping patients prepare for surgery by coaching them to start eating healthier foods, increasing their physical activity and cutting back on smoking and alcohol use. At the same time, Faucher-Charles was educating Backus staff about the tenets of ERAS so they would be able to help care for patients from surgery through recovery.

“It amazes me the stake every nursing unit has taken in ERAS,” Casillas says. “They’re getting people up and walking, they’re limiting the IV narcotics – everybody is really committed to this. It’s changing the culture and it’s working.”

The pair also credits Casillas’ use of the daVinci™ surgical robot with helping to improve surgical outcomes and patient satisfaction.

“The superior technology of this platform is allowing us to perform complex cases with a minimally invasive approach, resulting in less trauma and faster recovery”, Dr. Casillas explains, noting that about 70 percent of colorectal patients now have robotic surgery versus just 37 percent before ERAS was adopted.

Perhaps the most eye-opening statistic they’ve uncovered relates to patient opioid use for pain control after surgery.

“Before ERAS, about 76 percent of patients used a combination of intravenous and oral opioids for pain,” Faucher-Charles reports. “With ERAS and using the minimally-invasive approach with the da Vinci, we have seen a 48.6-percent reduction in that number. In addition, the patients who did not require any opioid pain relievers jumped from 2.1 percent before ERAS to 12 percent after ERAS, which is a dramatic increase.”

The statistics reflect the dedication at Backus to providing outstanding surgical care, according to Donna Handley, president of the hospital.

“The statistics from our first year with ERAS are outstanding and speak to the commitment of Dr. Casillas and the entire surgical team to ensuring the best possible results, as well as our efforts to continuously improve how we provide care to our patients,” she says.