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Surviving an Unexpected Diagnosis

One Woman’s Journey through Breast Cancer

A simple itch revealed a strange lump in Annemarie Morris Root’s breast. Annemarie wasn’t in the habit of performing monthly self-breast exams though she was diligent about having routine mammograms and visiting her gynecologist. Like many women who don’t have a family history of breast cancer, she wasn’t concerned about her risk.

Though she did consult with her husband in the morning and together they decided she would call her gynecologist, Dr. Susan C. Newhouse at Women’s Health Care. Annemarie was seen the same day and scheduled for an ultrasound that afternoon. The next day, she had a mammogram and biopsy.

“All of this was completed within two days from my initial phone call,” explained Annemarie. “I didn’t worry over the weekend. I’m a pretty optimistic person. I didn’t consider that I could have a cancerous tumor. I figured that worst case scenario it was a cyst and I may need surgery.”

The following week, Annemarie met with Peter Hartmann, MD, FACS, Medical Director of the Gerrish Breast Care Center at Anna Jaques Hospital, which is affiliated with Beth Israel Deaconess Medical Center.

“I casually walked in, told my husband to wait and that I’d be out shortly,” recalled Annemarie. “I soon after, he walked into the exam room. That’s when she learned that it was more than a cyst. Dr. Hartmann explained that the lump was stage I,” said Annemarie. “Some things you just don’t believe. But I wasn’t afraid. I just moved forward.”

A lumpectomy was an option, but she didn’t have much tissue. “I immediately thought, ‘I don’t need my breasts. They’ve been nothing but trouble and sorrow in my life,’ I decided then to have a double mastectomy,” Annemarie opted not to have plastic surgery. “My husband was very supportive. My health, recovery and survival were what mattered to both of us. There was going to be absolutely no affect on my quality of life. That’s a very fortunate place to be when making this kind of decision.”

Her surgery was scheduled for May 7th. “It was a very happy day and I figured her surgery was scheduled for May 7th, her youngest daughter’s birthday. “I was very happy and I figured it should be a lucky day.

From Diagnosis to Treatment

From her first appointment to the time of surgery, everything moved very quickly. “It’s very scary to hear you have cancer but I knew that survival was my priority. I have a family and I’m very selfish. It puts everything in perspective. I have no regrets.”

Immediately after her first appointment she met Kathy Porter, RN, DOCH, CRCP, Patient Navigator at the Center. In her role, Kathy provides support to women throughout their care for breast cancer or non-cancerous conditions.

“My goal is to minimize stress, provide emotional support, be available to answer questions and ease concerns. Should there be a diagnosis, I am here to support that woman every step of the journey and through recovery,” explained Kathy.

“I could tell Kathy anything,” said Annemarie. “She was a great help to my husband and me. She was always there through the ups and downs and helped me work through everything. There was a lot to understand in a short time and Kathy was able to explain the entire process. We knew what to expect and knew that we could come to her with anything.”

“The whole crew at the Gerrish Breast Care Center and Anna Jaques and the care they provided was unbelievable. They’re such a strong support team and they spread such calmness. It was easy to be strong and courageous,” said Annemarie. “They helped me have faith and I never got scared.”

"That’s why Anna Jaques Hospital invested $1.5 million to bring 3D Mammography to our Newburyport, Amesbury and Haverhill locations," said Mark Goldstein, President and CEO at Anna Jaques Hospital. “We believe that women deserve the most accurate mammogram available in the country today.”

When it comes down to it, women often let their health fall to the back of their mind. “Routine health care needs, such as breast exams, often get lost in the crazy shuffle of caring for families, working, managing the kids’ busy schedules and everything in between.”

At Anna Jaques, the caregivers want to make it easy for you to stay on schedule with routine mammograms. Our affiliation with Beth Israel Deaconess Medical Center (BIDMC) expands the breadth of clinical expertise available to patients, BIDMC oncology specialists are a part of patients’ multi-disciplinary care team, and participate in diagnostic and treatment planning for individual cases. Early detection is critical to survival. To stay ahead of breast cancer, it is important to assess and manage your personal risk.

In October 2014, Anna Jaques Hospital opened a new 3D Mammography unit, which invests $1.5 million to offer this state-of-the-art technology to our Newburyport, Amesbury and Haverhill locations. “That’s why Ann Jacques Hospital invested $1.5 million to bring 3D Mammography to our Newburyport, Amesbury and Haverhill locations,” said Mark Goldstein, President and CEO at Anna Jaques Hospital. “We believe that women deserve the most accurate mammogram available in the country today.”

When it comes down to it, women often let their health take a back seat. “Routine health care needs, such as breast exams, often get lost in the crazy shuffle of caring for families, working, managing the kids’ busy schedules and everything in between. Anna Jaques, the caregivers want to make it easy for you to stay on schedule with routine mammograms. Our affiliation with Beth Israel Deaconess Medical Center (BIDMC) expands the breadth of clinical expertise available to patients, BIDMC oncology specialists are a part of patients’ multi-disciplinary care team, and participate in diagnostic and treatment planning for individual cases. Early detection is critical to survival. To stay ahead of breast cancer, it is important to assess and manage your personal risk.

“A risk assessment will never prevent breast cancer. However, it is a powerful tool for estimating your risk. The information will help you and your doctor develop a screening and prevention plan specific to your health history. Taking this critical step could ultimately help you detect this disease early when it’s most treatable,” said Peter Hartmann, MD, FACS, Medical Director of the Gerrish Breast Care Center. Then, when you have a mammogram, make sure that you are accessing the most accurate technology. “We know that your health is critical to survival. To stay ahead of breast cancer, it is important to assess and manage your personal risk.”

The information will help you and your doctor develop a screening and prevention plan specific to your health history. Taking this critical step could ultimately help you detect this disease early when it’s most treatable, said Peter Hartmann, MD, FACS, Medical Director of the Gerrish Breast Care Center.
Planning Her Future, Pain Free

Two hip replacements later – Judy Jewett is loving life again

Like so many other individuals affected by arthritis, Judy Jewett was feeling helpless as the experiences she enjoyed most slipped away. Frequent nature walks with her husband had been replaced by memories. Physical therapy wasn’t working and she had exhausted her options. “I reached a point where I was faced with living in agony, or living life,” Judy said. “I was up and walking the same day as surgery. Four days after surgery, when the physical therapist came to my house, my mobility and flexibility were typical of recovery three weeks following surgery. That’s not me, that’s the care!” said Judy. “It was consistent, comprehensive and over-the-top exceptional. Everyone was phenomenal.”

“I feel like the things that give me life are all within my reach again thanks to Dr. Schwartz and the entire team at Anna Jaques,” said Judy. “It was a big decision to have the procedure yet I am absolutely confident it was the right step.”

At Anna Jaques, Judy was assigned one nurse from pre-surgery through surgery. “This really made a difference,” commented Judy. “Being able to build rapport with someone really eased my nerves.”

“I am so excited that I will be able to go walking in the parks with my husband again. Spring is by far my favorite season.”

Innovative Mako™ Procedure Brings Relief to Patients Suffering from Knee or Hip Pain

An estimated 27 million Americans age 25 and older have osteoarthritis (OA), commonly known as “wear and tear” arthritis. It is by far the most common type of arthritis and the percentage of people who have it increases with age.

“This is the most chronic condition affecting the joints, especially knees and hips,” said Michael Wack, MD, Orthopedic Surgeon at Seacoast Orthopedics. “As cartilage between the joints breaks down, pain, stiffness and swelling set in. Over time, people lose their ability to participate in many of their favorite activities and are forced to sit on the sideline of life.”

Anna Jaques orthopedic surgeons are now offering Mako™ Robotic Arm Assisted Surgery to give patients another option in their fight against this disease.

Mako™ Partial Knee Resurfacing

“People with early-to-mid-stage osteoarthritis often want to treat their knee because they don’t want or need a total knee replacement,” said Dr. Wack. “Now, that doesn’t have to be the case.”

The Mako™ Partial Knee Resurfacing procedure allows surgeons to resurface the damaged areas of the joint using the special robotic arm. This spares healthy bone and tissue. Benefits can include a more natural knee motion; smaller incisions, less scarring and less pain; a shorter hospital stay; and faster recovery.

Mako™ Total Hip Replacement

Using the Mako™ Robotic Arm System during a total hip replacement enhances an orthopedic surgeon’s ability to accurately place and align a hip implant. “This is significant because it can reduce the likelihood of hip dislocation and provide a more consistent leg length,” explained Dr. Wack. “The procedure can also decrease the risk of the implant and bone rubbing together, ultimately increasing the lifetime of the implant.”

Find Out if Mako™ is Right for You!

The following orthopedic surgeons at Anna Jaques Hospital are specially trained and certified in Mako™ Robotic Arm Technology. To schedule a consultation, contact their practice or visit www.ajh.org/orthopedics.

Seacoast Orthopedics: 978-462-7555

Sports Medicine North: 978-818-6350

Find out if Mako™ is right for you at an upcoming FREE seminar. Call 978-463-1475 or register online at www.ajh.org/register.

Planning Her Future, Pain Free

Mako™ Makes the Difference

Long before her appointment, Judy had heard about Mako® and was intrigued about this robotic-arm assisted procedure but didn’t believe it would be covered by her insurance. When she met with Dr. Schwartz, he learned that she was a candidate and her insurance covered the procedure.

“Now, not one but two Mako® hip replacements later, I feel like I’m walking in a miracle,” reflects Judy who lives in Haverhill, MA, and returned to have her other hip replaced as soon as she was released from therapy for the first replacement.

At Anna Jaques, Judy was assigned one nurse from pre-surgery through surgery. “This really made a difference,” commented Judy. “Being able to build rapport with someone really eased my nerves.”

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This spring will be different than last for Judy. “I am so excited that I will be able to go walking in the parks with my husband again. Spring is by far my favorite season.”

Anna Jaques Hospital - 22 Highland Avenue, Newburyport, MA - 978-463-1000

Visit www.ajh.org/orthopedics to learn more about Mako.
Two New Services for Lung Disease to Help You Breathe Better

Anna Jaques has expanded services available on the hospital campus with the arrival of pulmonary and critical care specialist Dr. Daniel Kim, and his practice, Coastal Pulmonology (see pg. 8 for more about Dr. Kim). The hospital also now offers patients with lung disease a new Pulmonary Rehabilitation program to give them tools to improve their quality of life.

Coastal Pulmonology

Pulmonary medicine provides evaluation, diagnosis, treatment and long-term management for diseases of the lungs, including asthma, shortness of breath, chronic obstructive pulmonary disease (COPD), pulmonary hypertension and sleep disorders. Our services include our expert sleep lab, respiratory care for inpatients and diagnostic neurology.

Pulmonary and critical care specialist Daniel Kim, DO, cares for outpatients at Coastal Pulmonology on the Anna Jaques campus. Dr. Kim also sees patients staying overnight at the hospital in Intensive Care and on other inpatient units, and collaborates with physicians, nurses, and respiratory staff.

For appointments call 978-255-4217.

Pulmonary Rehabilitation

Pulmonary Rehabilitation in a 12-week individualized and supervised exercise program for people with lung disease, such as asthma, emphysema, COPD, sarcoidosis, or pulmonary fibrosis, or for those who have committed to stop smoking. Treatment over time produces measurable results, with rehabilitation offered in a positive and friendly environment with fellow patients who suffer from similar health issues. The program meets on Mondays, Wednesdays and Fridays for an hour and a half on the Anna Jaques Hospital campus. To learn more contact Sarah Melville, BS, RRT, of Pulmonary Rehabilitation at 978-463-1289.

Two thoracic surgeons, who are on staff at BIDMC and members of Harvard Medical Faculty Physicians, now see patients in Newburyport every other week, and if needed, coordinate thoracic surgery in Boston. They evaluate and treat conditions such as cancers of the lung and esophagus, heartburn and hiatal hernia, complex diseases impacting the windpipes, diseases in the lungs and area surrounding the heart including Chronic Obstructive Pulmonary Disease (COPD), and more.

Treatment and care of patients who have benign (non-cancerous) and malignant (cancerous) thoracic diseases, includes:

- Screening, diagnosis and staging for cancers of the lung and esophagus
- Neuronal disease (conditions affecting the lining of the chest cavity), such as effusions or masses
- Advanced care for complex airway diseases
- Chronic Obstructive Pulmonary Disease (COPD) treatment
- Empysema treatment
- Benign esophageal disease, such as heartburn, hiatal hernia and achalasia
- Gastroesophageal Reflux Disease (GERD) treatment

“Going through life without being able to breathe is extremely stressful and almost unbearable,” said Dr. Siddhu Gangadharam, Chief of the Division of Thoracic Surgery and Interventional Pulmonology. “We see patients every day who say they have been given their life back; it’s really an amazing transformation. It’s quite rewarding to see that.

Once treated for their condition, patients are also able to exercise again, which helps them shed extra pounds and improve their overall health. [ Anna Jaques’ clinical affiliation with Beth Israel Deaconess Medical Center has brought specialized thoracic care to Newburyport. ]

Get the Facts About COPD

What does COPD feel like?

Chronic Obstructive Pulmonary Disease (COPD) can include chronic bronchitis and emphysema, two conditions that cause different symptoms. Because COPD is usually a progressive disease, more of your airways can become narrowed or blocked over time. Quitting smoking is the only thing that can slow the progression of COPD.

Some symptoms of COPD may include:

- Shortness of breath
- Wheezing
- Chronic cough with mucus
- A feeling of tightness in the chest

COPD flare-ups (also called exacerbations) are times when symptoms worsen.

With COPD, you may experience symptoms flare-ups when you may develop new symptoms or feel your usual symptoms worse. COPD flare-ups can be unpredictable and disruptive, and may lead to hospitalization. As COPD progresses, airway inflammation can become more severe, increased inflammation can promote COPD symptom flare-ups. Each new flare-up can increase your risk of having another flare-up in the future.

If you experience a mild COPD flare-up, call your doctor.

Mild flare-ups may include increased shortness of breath or coughing, more wheezing than normal, or more phlegm or mucus than usual when you cough.

If you experience a severe flare-up, call 911 & your doctor immediately.

Severe flare-ups can include feelings of tightness in the chest, blue lips or fingers, confusion, drowsiness, and extreme shortness of breath or coughing.

How is COPD managed or treated?

No treatment can stop the progression of COPD, but maintenance treatments can help you breathe easier, and some can even help reduce your risk of COPD flare-ups. One of the main goals of COPD treatment is to open obstructed airways. There are two main types of inhaled COPD medicines that can help with this. They are called long-acting “maintenance” medicines and short-acting “rescue” medicines. Be sure to talk to your doctor about both of them before prescribing COPD medicine. Long-acting COPD medicines can also reduce your risk of flare-ups and improve lung function.

*Adapted from www.knowcopd.com

Coughing? Trouble breathing? Heartburn? Call 978-463-1374 and ask your PCP for a referral.
With 150 physicians on staff, including more than 30 primary care doctors, finding a physician who is right for you is quick and easy at www.ajh.org

Coastal Pulmonology
21 Highland Avenue, Suite A, Newburyport, MA
Appointments: 978-255-4177

Daniel Kim, DO
Board Certified in Pulmonary Medicine and Critical Care
Clinical Interests: Pulmonary critical care medicine, Medical School: A.T. Still University, College of Osteopathic Medicine
Residency: National Naval Medical Center
Fellowship: Walter Reed National Military Medical Center

“I have always enjoyed the outdoors and welcome every opportunity to spend in my backyard gardening, surrounded by nature and enjoying music.” — Dr. Kim

Interventional Radiology
Anna Jaques Hospital, 21 Highland Ave, Newburyport, MA
Appointments: 978-463-1422

Lawrence M. Casha, MD
Board Certified in Vascular and Interventional Radiology
Clinical Interests: Dialysis support, oncology support, venous support, abscess drainage, implantation procedures
Medical Degree: New York Medical College
Residency: Madigan Army Medical Center
Fellowship: Massachusetts General Hospital

“I look forward to building lasting relationships with each of my patients and their families as we work together to improve health and maintain wellbeing.” — Dr. Casha

Gabriele Southgate, MD
Board Certified in Internal Medicine, Hematology, and Medical Oncology
Clinical Interests: Breast cancer, lung cancer, gastrointestinal cancer, anemia, lymphomas, benign and malignant blood disorders, thrombosis
Medical School: University of Hamburg Medical School, Germany
Residency: University of Massachusetts Medical School
Fellowship: St. Elizabeth Medical Center, Tufts University School of Medicine

“I have always enjoyed the outdoors and welcome every opportunity to spend in my backyard gardening, surrounded by nature and enjoying music.” — Dr. Southgate

Welcome Hematologist/Oncologist
Gabriele Southgate, MD

To provide comprehensive cancer care to the community.

BIDHC - Amesbury
2 Gardall Avenue, Amesbury, MA
Appointments: 978-388-1400

Anavera Lopes, MD
Board Certified in Family Practice, Primary Care (PCP)
Clinical Interests: Family medicine, internal medicine
Medical Degree: St. Louis University College of Medicine, Baguio City, Benguet, Philippines
Residency: University of Massachusetts Medical School
Fellowship: St. Elizabeth Medical Center, Tufts University School of Medicine

“I have a strong interest in social health issues such as substance abuse prevention and a need for mindfulness among the addiction.” — Dr. Lopes

BIDHC - Haverhill Family Medicine
215 Summer Street, Patient Entrance is 44 Mill Street, Haverhill, MA
Appointments: 978-521-2106

Michael Guidi, DO
Board Certified in Family Practice, Primary Care (PCP)
Clinical Interests: Family practice, geriatric medicine, pediatric medicine, sports medicine
Medical Degree: New England College of Osteopathic Medicine
Residency: Baystate Medical Center of New York
Fellowship: Beverly Hospital

“I have strong interest in social health issues such as substance abuse prevention and a need for mindfulness among the addiction.” — Dr. Guidi

BIDH - Haverhill
215 Summer Street, Patient Entrance is 44 Mill Street, Haverhill, MA
Appointments: 978-373-6450

Maysabel Aponte, MD
Board Certified in Internal Medicine, Primary Care (PCP)
Clinical Interests: Women's health, cardiovascular disease, preventative medicine
Medical School: University of Puerto Rico School of Medicine, Rio Piedras, Puerto Rico
Residency: Adult University District Hospital (University of Puerto Rico Medical Sciences), San Juan, Puerto Rico
Languages: Spanish and English

Did you know Anna Jaques has family practice physicians, internal medicine physicians, and pediatricians in Amesbury, Bxford, Georgetown, Haverhill, Middleton, Newburyport, Newburyport, Rowley, and Salisbury? Find a physician near your neighborhood at www.ajh.org
**Nurture Nutritional Eating**

### Model Healthy Eating Habits for Your Children

Children may be picky eaters and the vegetable they tolerate today may be old news tomorrow. Their eating habits are unpredictable and that’s normal. Your eating habits, however, are a major influence in forming their food habits.

Marit Pywell, RDN, CDE, a nutritionist at Anna Jaques Hospital, shared five habits that will have your child feeling great while leaving a lasting impression on the kids.

1. **Eat a small, balanced breakfast every day within 90 minutes of waking up.** This gays your metabolism going so your body can burn calories at an optimal rate. Make sure your breakfast consists of complex carbs and lean protein.

2. **Avoid going more than four hours without eating.** If you aren’t eating a meal, have a small snack with protein to prevent your metabolism from slowing down. You don’t want to overextend yourself and become too hungry.

3. **Include lean protein with all of your meals and snacks.** Lean protein helps you feel full and includes foods such as lean meats, fish and poultry; cheese (low fat cheese is best); yogurt, nuts, peanut butter, soy, eggs, and beans.

4. **Follow the balanced plate model when planning your lunch and dinner.** Fill up on non-starchy vegetables such as green salads, broccoli and carrots. Remember, peas, corn and potatoes count as starch.

5. **Before eating an unplanned snack or meal, ask yourself, “Am I really hungry or am I bored, stressed or looking for some emotional comfort from food?” Avoid emotional eating by distracting the children in your life from food habits.

### Carb + Protein = Healthy Snack Combination

Here are some adult and kid-friendly snack combinations to get you started:

- **1 oz. string cheese or 1/2 cup nuts and a small piece of fruit**
- **Carrots, cherry tomatoes, cucumber or celery sticks with 2 Tbsp. hummus or 2 Tbsp. salad dressing**
- **Popcorn trial mix 1 cup of popcorn mixed with 1/2 cup of nuts and 1 Tbsp. dried cranberries**
- **3 Tbsp. ham, 1/4 cup tan, chicken, or egg salad with a 4” whole wheat pita bread**
- **Freeze a cup of flavored yogurt and have as a frozen yogurt or popsicle**

### Support Groups Bring Comfort

**Airways – A Pulmonary Support Group**

Individuals with chronic lung disease, such as Chronic Obstructive Pulmonary Disease (COPD) are encouraged to attend this group. Each session will focus on a specific topic, such as nutrition, and anatomy and physiology of the lungs. This group offers attendees the opportunity to connect with individuals facing this disease and is open to the public.

**Hosted by:** Pulmonary Rehab at Anna Jaques

**When:** 10:00 – 11:45 am, Tuesdays

**Where:** Higgins Conference Room, A/JH, Free

**RSVPs are encouraged, but walk-ins are welcome!**

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5. **Before eating an unplanned snack or meal, ask yourself, “Am I really hungry or am I bored, stressed or looking for some emotional comfort from food?” Avoid emotional eating by distracting yourself for 20 minutes.

Be sure to combine healthy eating with at least 5 days of a 30-minute exercise routine that gets your heart rate up. Remember, modeling these behaviors is as great for the kids as it is for you!
Making A Farmers’ Market Meal
There’s something almost magical about a Farmers’ Market… the atmosphere, the anticipation of seeing which delicious and nutritious foods are available, and the promise of whipping up an amazing farm-fresh meal when you get home. Seasonal fruits and veggies as well as specialty foods such as breads, cheese and pasta are often available at area markets. You can create simple meals rich in flavor like the one-pot veggie pasta recipe below.

Anna Jaques proudly sponsors The Newburyport Farmers’ Market year-round.

One-Pot Veggie Pasta

**Ingredients**
- 4 cups low-sodium chicken stock
- 8 oz. fettuccine or spaghetti, uncooked
- 1 small onion, halved and sliced thin
- 1 lb. broccoli crowns, cut into large florets (about 2 cups)
- 1.5 oz. asparagus, ends broken off and cut into 2" pieces
- 4-8 oz. sliced cremini mushrooms (about 1-2 cups)
- 4 cups fresh baby spinach
- 5 large cloves garlic, minced
- ¼ tsp. crushed red pepper flakes (less for milder heat; more to increase heat)
- 1 tsp. kosher salt
- ½ tsp. freshly ground black pepper
- 2 Tbsp. extra virgin olive oil
- 1 small handful fresh parsley, chopped (about ½ cup)
- ¼ cup heavy whipping cream
- 2 Tbsp. grated Parmesan cheese
- 2 tsp. freshly grated lemon zest

**Instructions**
- Add the broth, pasta, onion, broccoli, asparagus, mushrooms, garlic, red pepper flakes, salt and pepper to a large pot set over high heat.
- Drizzle the olive oil over the top.
- As soon as it comes to a boil, set the timer for 7 minutes and start tossing constantly with long-handled tongs.
- Continue boiling and tossing.
- As soon as the 7 minutes is up, add the parsley, heavy whipping cream, Parmesan, and lemon zest and continue cooking, tossing constantly, for 1-2 more minutes, until the pasta and veggies appear tender.
- Remove from heat.
- Allow pasta to sit for a couple of minutes to cool; the sauce will continue to thicken during that time.
- Garnish with additional Parmesan cheese and a fresh parsley sprig.

Makes 6 servings: Per serving: 230 calories, 7.5g total fat, 31g carbohydrate, 9g protein