



Dr. Novikov Wellness & Skin Care
318 Main Street
Northborough, MA
www.northborodoctor.com
508-936-1657

Newsletter
September 2023



We have a new Physician Assistant



Our provider team is growing! We welcome our newest Physician Assistant Emily Phaneuf on September 11.

Emily prioritizes building relationships with her patients while treating their health concerns and understanding the importance of quality of life.

Her interest in medicine started in her early teen years. She rowed competitively and was always intrigued with how the body works and how athletic performance can be improved.

Emily's personal experience as a patient in a setting where she interacted with a lot of medical professionals helped her to solidify her own path to becoming a physician assistant.

"I am excited to learn from Dr. Novikov and gain exposure to wound based care," said Emily. "The nursing home experience is unique. I enjoy working with elderly patients and being able to provide bedside care to them week after week and to develop those patient relationships."

Read more on our website about our newest provider.

Good Circulation Is

Important To Wound Healing

Good circulation is an important factor in the process of wound healing. It plays a pivotal role in delivering essential nutrients and oxygen to the injured area, while also removing waste products and toxins. When blood circulation is compromised, the body's ability to repair and regenerate tissue is hindered. This can lead to delayed healing and increased risk of infection.

Ways To Improve Circulation And Enhance The Wound Healing Process include

- staying active
- eating a healthy diet
- staying hydrated
- avoid smoking
- manage chronic conditions like diabetes
- use compression garments as directed by your doctor.

Successful patient experience

Building a positive patient experience starts before the patient enters the medical office and impacts them after they leave. It is based on communication, trust, and meeting a patient's health care expectations. We take it seriously!

"One of the essential qualities of the clinician is interest in humanity, for the secret of the care of the patient is in caring for the patient" -- Dr. Francis W. Peabody in a 1926 speech to Harvard med students.

Building community partnerships

The practice continues to be a part of the community it serves. Recently, Dr. Novikov spoke to the *Business Forward Female* group of the Corridor 9/495 Regional Chamber of Commerce at their summer event.



If you could have a super power, what would it be?

Here's how our staff responded:

Dr. Novikov: *ability to heal all wounds*

Taylor: *teleporting*

Paige: *shape shifting*

Emily: *invisibility*

Henry: *flying*

Joy: *flying*

Connie: *to understand all languages*

Jhansi: *telekinesis*

Ellen: *to be proficient in all languages*

Liz: *mind reading*

Asha: *shape shifting*

