



Dr. Novikov Wellness & Skin Care
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Newsletter
November 2023



Happy THANKSGIVING

Thank you for choosing us as part of your healthcare team. Your loyalty and trust mean a lot to us. We appreciate your continued patient referrals and positive feedback as our practice grows.

In observance of the Thanksgiving holiday, our office will be closed on November 23-24.

Lymphedema & wound care

Lymphedema is a chronic medical condition characterized by the accumulation of excess lymphatic fluid, causing swelling in specific body parts, usually the arms or legs. This condition often develops as a result of damage or removal of lymph nodes and vessels, such as during cancer treatment or surgical procedures. It can have a significant impact on wound care and healing outcomes. This is because the condition affects the lymphatic system, which plays a crucial role in the body's ability to heal wounds.

Some active strategies individuals can employ to manage symptoms include exercise, proper skin care, diet/nutrition, and lymphatic drainage.

To mitigate the impact of lymphedema, patients should work closely with healthcare professionals, including wound care specialists and lymphedema therapists. A multidisciplinary approach can help address the unique challenges posed, reduce the risk of complications, and improve wound healing outcomes. Proper wound care, infection prevention, compression therapy, and ongoing monitoring are key components of managing wounds in the presence of lymphedema.

What's your favorite go-to fall food as it gets colder outside?

Here's how our staff responded:

Dr. Novikov: steamed squash from garden

Taylor: *chili*

Emily: *apple crisp*

Henry: *butternut squash soup*

Joy: *pumpkin spice latte*

Connie: *hot pot*

Ellen: *chili with chips*

Liz: *roasted root vegetable soup*



The benefits of collaboration between specialists

In the realm of healthcare, collaboration between specialists often yields the best results for patients. The emphasis on patient education from all healthcare providers involved is vital as it empowers patients to take an active role in their recovery.

The close collaboration between specialists ensures that the treatment plan is customized to each patient's unique needs.

Moreover, the emotional support provided by this partnership cannot be underestimated. Patients often face anxiety, frustration, and depression when dealing with chronic wounds or injuries. Having a team of specialists working in tandem offers reassurance and a sense of progress, motivating patients to adhere to their treatment plans.

This collaborative approach among specialists can lead to faster healing, improved mobility, and a better overall quality of life for patients. The power of teamwork in the field of healthcare is beneficial.

How a surgeon can help with scar management

Scar management is a set of medical and surgical approaches aimed at minimizing the appearance and potential functional issues associated with scars. Scars can result from various factors, such as surgeries, injuries, burns, acne, or other skin conditions. A dermatologic surgeon is a medical professional who focuses on the surgical treatment of skin-related issues, including scar management. Here's what a surgeon can help you with in terms of scar management.

- assessment & diagnosis
- treatment planning
- surgical intervention
- advice & education

It's essential to consult a qualified physician to determine the best scar management approach for your specific situation.