

LOWN NORTH STAR NEWSLETTER



March 2026

Dear Lown Community,

I first met and interviewed with Professor Bernard Lown 33 years ago. At the time, I knew he was a world-renowned cardiologist—the inventor of the defibrillator and founder of the first coronary care unit. He specialized in arrhythmia and sudden cardiac death and was regarded as an exceptional clinician, scientist, and researcher. What I did not yet appreciate was his profound insight into the human condition and his remarkable humanitarian work. (Please read his book, *'The Lost Art of Healing'*).

A graduate of Johns Hopkins Medical School in 1945, Dr. Lown moved to Boston a few years later and quickly made an extraordinary impact. Together with Dr. Tom Graboys, Lown Cardiology Group was established—an academic affiliate of Harvard Medical School and Harvard School of Public Health.

Over the past 50 years this medical group has survived and thrived. We have been widely recognized for promoting evidence-based preventive strategies—focusing on the human rather than the technological, diagnosing through careful listening before testing, and using language that affirms rather than alarms.

Dr. Lown passed away in 2021, shortly before his 100th birthday. He had retired in his late 80's, leaving behind a legacy of clinical care, research and generations of master clinicians.

LOWN GROUP NOW: In today's environment of rising costs and declining reimbursement- fiscal pressures that encourage more procedures and less personal interaction- we recognized that to preserve the highest quality of care, we needed to transition to a formal membership-based practice.

Our five cardiologists are now joined by five outstanding primary care physicians, a natural evolution toward becoming the multispecialty Lown Group.

Our vision is to maintain a legacy of this exceptional care, continue teaching the next generation of clinicians, and expand our outreach and education efforts, not only to our patients, but also to the broader community.

The medical landscape continues to evolve, while more information than ever is accessible to patients and providers, misinformation and confusion are also on the rise.



Knowing and trusting your physician over time is invaluable. We are committed to continuing the 50-year legacy of Lown Group, to growth, to collaborating and learning from each other, and most importantly, to care for our patients over time. We are privileged to participate and collaborate in your journey of health.

Yours in health,

Dr. Brian Bilchik, on behalf of the staff and physicians of Lown Group

Behind the Scenes: Featuring Our Lown Nursing Leads

Helene - Lead Nurse for Cardiology

For fifty years, Helene has been a cornerstone of the Lown Group. Her skill, compassion, and wise judgment have made her an indispensable member of our Lown family. Generations of patients have known her as a steady guide, a reassuring voice, and a true partner in their Cardiology care. As supervisor of our Cardiology Medical Assistants, she has set the bar high!

Helene's guiding philosophy is simple yet profound: "optimism is the secret to a long and happy life".

Renata - Lead Nurse for Primary Care

Renata is a lifelong learner with an MBA in Healthcare and Innovation. She is currently completing her Doctor of Nursing Practice (DNP) as a Family Nurse Practitioner, with a clinical focus on geriatrics and case management. Her work is guided by a deep appreciation for what supports a high quality of life for our patients: preventive care, nutrition, physical activity, and sustainable healthy habits. Renata brings a thoughtful, patient-centered approach to her role, with a strong emphasis on care coordination.

Outside of work, Renata enjoys staying active, taking long walks with her dog, listening to music, and unwinding with a good movie. She believes that balance, movement, and connection are essential components of a healthy and fulfilling life.

What does an average day at Lown Group look like for Renata and Helene?

An average day for a nurse at Lown Group is highly dynamic: balancing patient care, clinical tasks, and constant communication as the leaders for their clinical specialties. Nurses typically start by leading a huddle with our Medical Assistants, providing ongoing education and training, assessing patients, administering medications, drawing labs, answering clinical questions, coordinating with physicians, and providing emotional support.

If your next visit brings you to Helene or Renata, or if you simply cross paths with them in the hallway, please take a moment to say hello!



**Helene Glaser,
Registered Nurse**



**Renata Morales,
Registered Nurse**

Getting the Most Out of Your Annual Visit

Written by Our Lown Primary Care Physician Team

Annual Visits with your primary care team can be a sacred time to step back and reflect on your overall health. By setting aside this dedicated time, we can improve chronic conditions and focus on disease prevention. During the visit, your primary care physician will review chronic medical conditions, medications, allergies, family history, and lifestyle risk factors. We will personalize preventative health screening to ensure you are up to date with the latest evidence-based health guidelines for disease prevention and health promotion.

Here is how you can prepare for and get the most out of your annual visit.

1. Review your problem list, medications and allergies in Patient Gateway prior to the visit. Please let us know if anything is incorrect or outdated. We want your medical chart to be an accurate representation of your health.
2. List any over the counter supplements you are taking, including the name, dose and frequency. Better yet, bring the medications to your visit for review.
3. Share copies of medical consultations, tests or vaccines you have completed outside our system to ensure we have a comprehensive understanding of your health. You can send this to us via Patient Gateway or bring copies to your visit.
4. If you are monitoring blood pressure or blood sugar at home, please bring those readings as well as your at-home device with you to the visit.
5. Take time to reflect on your health priorities and concerns prior to the visit. Consider asking loved ones if they have any concerns about your health that should be discussed with the medical team. Make a list to remember to address everything during the visit. Many of our patients message this list via Patient Gateway before the visit or bring the list to the appointment.

While we are always happy to address new concerns at the annual visit, we encourage you to reach out to us right away if you are having a new or worsening medical concern. Please do not wait for the annual visit. We would much rather see you sooner to ensure that you stay healthy and feel your best.

As primary care providers, we look forward to annual visits with our patients. It is a time for us to reflect on your health, plan for the future, and focus on disease prevention and wellness. We also enjoy hearing personal and family updates and seeing photos of recent activities.

Please do not hesitate to reach out to our team if you need to schedule your annual visit. Our goal is to provide you with proactive, personalized, preventive care – and the annual visit is a great opportunity to work on this together.

Supporting Your Body During Allergy Season

Seasonal allergies can flare as trees, grasses, and flowers bloom in spring. A few simple habits can make a meaningful difference. If symptoms are persistent or worsening, contact your Low physician for additional guidance.

Here are a few helpful ways to support your body this season:

- Hydrate well — Moist mucous membranes are less reactive and help clear allergens more effectively.
- Clean your living space regularly — Vacuuming with a HEPA filter and wiping down surfaces reduces pollen that settles indoors.
- Consider a saline nasal rinse — Many people find that rinsing allergens from nasal passages provides relief, though it's best to ask a clinician if it's appropriate for you.
- Manage indoor air quality — Air purifiers with HEPA filters can help reduce airborne irritants.

Save the date: Monday, April 13th | 2:30–3:30 PM

Join us for our next Low Group webinar, where two of our Low physicians, Dr. Nadaa Ali and Dr. Jennifer Kaufman, will take a deeper look at seasonal allergies and share practical strategies for navigating symptoms this spring.

Spinach and Feta Frittata

Try this quick and easy Greek-inspired spinach and feta frittata from our friends at [Pom Health](#).

Talk to your Low physician at your next visit if you are interested in learning more about personalized, virtual nutrition support through Pom Health.

METHOD:

Preheat oven to 400.

In a bowl, whisk eggs with milk, salt and black pepper. Heat the olive oil in an ovenproof frying pan on medium heat and gently fry off the onion and garlic until softened.

Add the nutmeg and stir.

Add the spinach and let it wilt down before seasoning with salt and a squeeze and zesting of lemon.

Add the dill followed by half of the feta crumbled all over.

Add the eggs all over along with the remaining feta.

Place the entire pan in the oven for 25-30 minutes.

Remove, let cool, slice, and enjoy!

This recipe serves 4-6.

INGREDIENTS:

- 10 eggs, whisked
- Half a cup milk of choice
- 2 tbsps olive oil
- 1 onion, finely diced
- 4 garlic cloves, crushed
- 2 tsps ground nutmeg
- 10oz spinach
- 1 small bunch fresh dill, chopped
- A squeeze of lemon and lemon zest
- 7oz feta