



BROWN MEDICINE

Insider

Summer 2025

Division of Podiatry Advancing Foot and Ankle Care

Last year, Brown Medicine expanded its patient services with the launch of the Division of Podiatry. This addition reflects our continued commitment to providing comprehensive, personalized healthcare to the community, now with expert care dedicated to the foot and ankle.

Our podiatric team is composed of board-certified foot and ankle surgeons who are Fellows of the American College of Foot and Ankle Surgeons. They treat patients of all ages and manage a broad range of conditions, from common concerns like plantar fasciitis, heel pain, and ingrown toenails to more complex issues related to diabetes, vascular and dermatologic conditions, and chronic wounds. Many of the common injuries can be managed conservatively without surgery.

Persistent foot or ankle pain, especially anything lasting more than a week or two, should be evaluated by a podiatrist. Advanced imaging such as X-rays or MRIs, along with lab testing, can help identify the root cause and guide effective treatment.

Foot health plays a critical role in overall well-being and mobility. Proper stretching, supportive footwear, and early intervention are key, especially as we age. For those who are regularly active, replacing athletic shoes every six months is recommended to help prevent overuse injuries.

We're excited to offer this vital specialty at Brown Medicine and encourage patients not to overlook foot concerns that may affect their whole-body health.



To raise awareness about the new division, **Dr. Edmund DosRemedios** and **Dr. Louis Simeone** recently joined Barbara Morse on Studio 10 to discuss when to see a podiatrist, common conditions they treat, and tips on choosing the right summer shoes.



Dr. Edmund DosRemedios and **Dr. Louis Simeone** discuss the common conditions they treat, why to see a podiatrist, and how foot health relates to overall well-being.

Men's Health Week: A Time to Prioritize Your Well-Being

Observed each June, Men's Health Week serves as a reminder to raise awareness of preventable health issues and the importance of early detection and treatment.

Brown Medicine encourages men to take charge of their health by scheduling regular check-ups and routine screenings. Many of the most serious health risks facing men today include heart disease, lung cancer, prostate cancer, and colorectal cancer. These can often be prevented or effectively treated when caught early.

Heart disease remains the leading cause of death for men in the U.S. According to the National Cancer Institute, lung cancer claims more lives than any other form of cancer.

Colorectal and prostate cancer follow closely behind as the second and third most common causes of cancer-related deaths.

Routine screenings like blood pressure and cholesterol checks, colonoscopies, prostate exams, and lung cancer screenings for high-risk individuals can make a life-saving difference. If you haven't seen your provider recently, now is a great time to schedule an appointment.

Taking proactive steps today can lead to a **healthier tomorrow.**



Men's Health Checklist

Every Year:

- ✓ Annual physical exam
- ✓ Blood pressure check
- ✓ Skin check for unusual moles or growths

Every 1–3 Years (Based on Age & Risk):

- ✓ Cholesterol screening
- ✓ Blood glucose test (especially if overweight or family history of diabetes)
- ✓ Eye exam

Age-Appropriate Cancer Screenings:

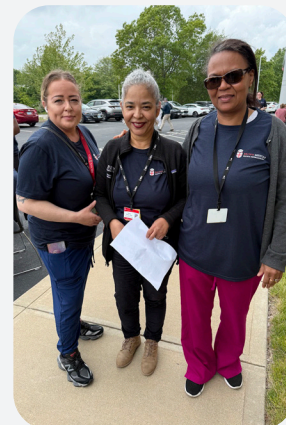
- ✓ Colonoscopy – Starting at age 45 (earlier if high risk)
- ✓ Prostate exam (PSA test) – Age 50+ or earlier if family history
- ✓ Lung cancer screening (low-dose CT) – For men aged 50–80 with a history of heavy smoking

Weekly Habits for Better Health:

- ✓ At least 150 minutes of moderate physical activity
- ✓ Eat a balanced diet rich in fruits, vegetables, whole grains, and lean protein
- ✓ Aim for 7–8 hours of quality sleep
- ✓ Avoid tobacco and limit alcohol

Brown Medicine Celebrates Employee Appreciation Week

Brown Medicine's Employee Appreciation Week was a time to come together in recognition of the outstanding contributions and accomplishments of our incredible team. The week concluded with food trucks for all employees to enjoy. We are deeply grateful for their continued dedication and the vital role they play in advancing healthcare across Rhode Island.



Celebrating in the Community

Brown Medicine was proud to participate in both Providence Pride Fest and the Annual Juneteenth Festival this June. It was a great opportunity to connect with so many members of the community, share in the festivities, and show our support. Thank you to everyone who stopped by, participated, and helped make these events so memorable!



Providence Pride Fest



Juneteenth Celebration

Leadership Academy Graduates

We are proud to celebrate seven Brown Medicine employees who graduated from the BPI Leadership Academy this June. The program is designed to cultivate core leadership qualities critical to success in an academic medical center, all while maintaining a strong focus on patient-centered care.

As part of their training, participants completed a Capstone Project, which they presented to Senior Management and colleagues. Their dedication and hard work during this time reflects their commitment to excellence in leadership and healthcare.

Congratulations to: Alicia Brennan, Alisha Crowley, MD, Andrew Foderaro, MD, Erin Tetreault, James Simmons, MD, Jisoo Lee, MD, and Laura Edmonds, MD.



Service Awards

Brown Medicine recently held its Service Awards to honor employees who have dedicated five or more years of service to the organization.

The event celebrated the commitment, loyalty, and contributions of team members across departments. Among those recognized was **Marie Rebello**, Certified Medical Coder, who has been with Brown Medicine for over 26 years and **Diane Holland**, Financial Affairs/Contract Administrator, who has been with us for 21 years. Their long-standing dedication exemplifies the spirit of excellence that drives our mission forward. We thank all our honorees and every member of our team for their continued hard work, passion, and service to our patients and community.



Employee of the Quarter

Congratulations to Margelys Lacen, **Employee of the Quarter!**

Brown Medicine is proud to recognize **Margelys Lacen** as our Employee of the Quarter for January–March 2025. Margelys is a Medical Assistant at East Providence Primary Care, where she is known for her compassion, professionalism, and unwavering dedication to patient care.

Colleagues describe Margelys as a “valuable asset to our practice,” noting her “compassion and empathy for patients” and “impressive expertise as an MA.”

We are grateful for her outstanding contributions to the team and the difference she makes every day.

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