At age 40, Michael Lord hasn’t required much in the way of health care. But when the Stoneham resident has needed Sunita Hanjura, MD, his primary care physician has been attentive and thoughtful.

That includes when she managed his troubling back problem. “It was because of a past injury—a fracture,” Mr. Lord explains. “Dr. Hanjura made a number of referrals for me to have MRIs, physical therapy and pain injections.”

“We were successful with conservative treatment,” notes Dr. Hanjura. “Both Michael and I wanted him to avoid surgery.”

There was another health condition that bothered Mr. Lord beginning in his college years. “I thought I had ADHD, because I couldn’t pay attention in class, despite wanting to do well,” he says, referring to attention deficit/hyperactivity disorder. “I had to re-read everything.

“I was nervous about entering the real world and getting a job. ADHD is the first thing Dr. Hanjura helped me with. She diagnosed me and prescribed a medication. When it made me anxious, she switched me to another, and it helped.

“In general, I appreciate how she takes a careful look at my medications,” he adds, “because whether it’s for ADHD or for pain, I’d rather not be on any medication long-term.” At one point, he was taking pain medication for his back pain—just enough to allow him to function, including at work. Mr. Lord works as an IT manager at an accounting firm.

“I never want to prescribe pain medication to a young person, so I always offer alternatives, prescribe the minimum dose and cut back on the medication as soon as possible,” says Dr. Hanjura.
During the years since Mr. Lord became a patient of Dr. Hanjura, his life has changed a great deal. “Michael got his first job, got married and has kids now,” she says. “He's a very nice young man. I enjoy watching patients beginning in their early adult years.”

“Dr. Hanjura is the only doctor I've had since college,” says Mr. Lord. “She’s very pleasant, she doesn’t rush me, and I trust her. Overall, I’m an active, healthy person, but I know she will keep an eye on everything, including the preventive screenings I will need. My father, mother and brother all go to Dr. Hanjura.”

The Lords are not the only family where multiple members follow each other to Emerson Primary Care Associates of Bedford. “Families often bring in other members,” says Dr. Hanjura. “It's heart-warming.”