



For Immediate Release
June 13, 2019

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CHA to Recognize Gaylord Specialty Healthcare's Anna Tirado, MD, as a Healthcare Hero

WALLINGFORD – At its 101st Annual Meeting on Thursday, June 20, 2019, the Connecticut Hospital Association (CHA) will recognize Anna Tirado, MD, Gaylord Specialty Healthcare, as a 2019 Healthcare Hero. She was nominated by Tara Knapp for this award.

Twenty-four years ago, the life and practice of Dr. Tirado changed in the blink of an eye. The highly regarded gynecologist was diagnosed with leukemia and nearly lost her life. She was left with several permanent disabilities, including the loss of full mobility in her hands, as a result of her aggressive treatments. She took a leave of absence from work for two years as she recovered and underwent outpatient rehabilitation at Gaylord Specialty Healthcare.

"I am lucky to be alive," she said. "I came out of this illness with a disability that changed my practice, not my heart."

After her return to work, Dr. Tirado resolved to find something to add to her life - and her practice - to counterbalance what was "taken away from me." She was approached by Gaylord's Spinal Cord Injury program director, who asked if she would help launch and staff a new Gaylord's Gynecological Clinic for Women with Disabilities.

"I knew that women with profound disabilities such as a spinal cord injury are considerably less apt to seek regular gynecological care. As someone with disabilities myself, I immediately said yes," she said.

For the last two decades, Dr. Tirado has balanced her job as a gynecologist at County Obstetrics & Gynecology Group with office hours for patients at the Gaylord Gynecological Clinic for Women with Disabilities. She sees approximately 10-15 patients a month at the Gaylord clinic. Each patient receives care well beyond the time and scope that would be expected at a typical gynecological visit.

Gaylord Specialty Healthcare pays for Dr. Tirado's services. However, she donates all money back to Gaylord Specialty Healthcare, as she has considered it her pro-bono work for the last 20 years!

CHA's Healthcare Heroes award was developed in 2002 to celebrate the invaluable contributions of healthcare workers, both to their field and to the community at large. Now in its 17th year, the presentation of the Healthcare Heroes awards has become a highlight of CHA's Annual Meeting.



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About CHA

The Connecticut Hospital Association has been dedicated to serving Connecticut's hospitals and health systems since 1919. Through state and federal advocacy, CHA represents the interests of Connecticut's hospitals and health systems on key healthcare issues in the areas of quality and patient safety, access and coverage, workforce, community health, health equity, and hospital reimbursement.