

# Insights

*your health and your hospital*



## Taking a Unified Approach to Online Access to Health Records

In May, Northwestern Medical Center launches a new approach to accessing your health information online with a single Patient Portal for use by hospital patients as well as patients of NMC’s physician practices and specialty clinics. In the past, NMC used two separate portals – one for inpatient records and one for outpatient information. The unified approach will streamline information access for both patients and healthcare providers.

“There is a lot to gain from a communications-sharing standpoint. It ultimately benefits the patients greatly,” said Dr. Gregory Brophrey of Northwestern Ophthalmology. He gave an example of how the change is a positive one for his eye patients. If a patient who is hospitalized develops an eye issue, Dr. Brophrey can now review that patient’s medical history in a single record, making it more efficient for him to gather background. Thus, when he eventually meets with that patient, he would have a clearer view of the details of care delivered in the hospital.

The change in portal means that NMC’s Physician Practice Portal closes effective April 17. Patients will access all medial record information through the Meditech Patient Portal – a single location with easy online access that includes an free mobile app – Mhealth (available for free from the Apple App Store or Google Play.)

Patients who have never used the Meditech Portal will need to create a new portal account to access health records online. NMC Health Information Management Department will be reaching out to such patients to provide information needed to set up portal access. For help setting up or accessing your account, contact Health Information Management (HIM) at 802-524-1060. If you are currently using the Meditech Portal, no further action is required.



A view of MHealth, the mobile app for NMC’s Patient Portal.

**Easy Access**  
*{we do that here}*

NMC publishes Insights on a bimonthly basis to help our neighbors have a better understanding of their primary care hospital. If you have questions or comments about this publication, please email [insights@nmcinc.org](mailto:insights@nmcinc.org) or call our Community Relations Office at 524-1280.

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## Healthy Eating to Prevent Diverticulosis

We often hear the recommendation to eat a diet high in fiber, which offers health benefits like maintaining a healthy weight, reducing risk of diabetes, heart disease and even some types of cancer. But did you know that a fiber-rich diet can also help prevent diverticulosis?

This condition occurs when pockets form in the walls of your digestive tract. The inner layer of intestine can push through weak spots in the outer lining, making them bulge out into little pockets. This often occurs in your colon, something that Dr. Anna Royer sees during colonoscopies she performs as a general surgeon with Northwestern Associates in Surgery.

A screening colonoscopy can help find the condition which sometimes causes no observable symptoms in patients, she says. When the pockets get inflamed, patients experience diverticulitis – which can cause belly pain, bloating, constipation or diarrhea.

In the past, healthcare providers recommended that people with diverticulosis avoid eating nuts and seeds, but recent research shows that these foods do not harm people with diverticulosis. So how do we prevent diverticulosis? Here are some recommendations:

- Eat a high-fiber diet
- Don't smoke
- Maintain a healthy weight
- Maintain healthy bowel function

If you do have diverticulitis, your healthcare provider will likely treat the condition with rest, fluids and antibiotics. Dr. Royer recommends regular conversations with your provider about your bowel health and diet to have an opportunity to diagnose diverticulosis before it becomes a serious health issue. Some people who are frequently treated with antibiotics for repeated bouts of diverticulosis may want to explore surgery to prevent recurrences, but a healthy digestive system is always the best medicine.



**Dr. Anna Royer,**  
*general surgeon with  
Northwestern  
Associates in Surgery*

**Dr. Royer sees patients  
for a wide range of  
surgical needs including  
abdominal surgery,  
hernia repair,  
colonoscopy, and many  
other services.**

## How Much Fiber do you need?

**Dietary Fiber**, found mainly in fruits, vegetables, whole grains and legumes — is probably best known for its ability to prevent or relieve constipation. But foods containing fiber can provide other health benefits as well, such as helping to maintain a healthy weight and lowering your risk of diabetes, heart disease and some types of cancer.

According to Leslie Gardzina, NMC's Registered Dietician, here are recommended daily amounts of fiber you need in your diet:

- |                                                        |                                                 |
|--------------------------------------------------------|-------------------------------------------------|
| • Men 50 years and younger: 38 grams (g) fiber per day | • Women 50 years and younger: 25g fiber per day |
| • Men 51 years and older: 30g fiber per day            | • Women 51 years and older: 21g fiber per day   |

### **Great Sources of Fiber:**

- |                                                |                    |
|------------------------------------------------|--------------------|
| • beans (black beans, kidney beans, chickpeas) | • apples           |
| • lentils                                      | • berries          |
| • bran cereal                                  | • bananas          |
| • quinoa                                       | • green peas       |
| • oatmeal                                      | • carrots          |
| • pears                                        | • beets            |
|                                                | • broccoli         |
|                                                | • artichoke        |
|                                                | • brussels sprouts |

# “The Logger” Rusty DeWees To Speak at Scholarship Dinner

Rusty DeWees – A.K.A. The Logger – will be the guest speaker at this year’s Health Professions Scholarship Dinner in May. DeWees is an entertainer, comedic artist and actor who grew up in Stowe and trained at the George Lorin Actors Theatre School and the Lee Strasberg Institute. He is best known for this one-man comedy show THE LOGGER which has been described as “blue collar comedy meets Prairie Home Companion.”



*“The Logger”  
Rusty DeWees*

**American actor, producer and writer. He works regionally in Vermont, Off-Broadway, in television, and films. He is best known for his one-man comedy show, The Logger**

Wenner and former NMC Chief Financial Officer Peter Georgeopoulos initiated the fund and its rededication honored Wenner’s long-standing commitment to encouraging health professions. The event includes a cocktail hour in the lovely reception space at the Tyler Place, a guest speaker and dinner.

**Tickets are \$60 per person. To purchase a ticket, contact Kate Laddison, Community Relations Specialist, at 524-1239 or email [kladdison@nmcinc.org](mailto:kladdison@nmcinc.org).**

This year’s scholarship dinner takes place Wednesday, May 22 at the Tyler Place Family Resort in Highgate. Each spring, NMC hosts the annual Scholarship Dinner as the primary fundraising event to benefit the Martin H. Wenner, MD, Health Education Fund. Consider joining us for this black-tie optional event which supports high quality healthcare in our community.

The dinner provides the opportunity to award scholarships to high school seniors from Franklin County High Schools who are entering collegiate study in a health care field. This scholarship is not based on financial need but rather awarded based on a student’s academic performance and community service.

The Fund began as the NMC Health Professions Scholarship, established in 1987. In 2003, the fund was renamed and dedicated to Dr. Martin Wenner, a retired general surgeon who passed away in August 2009 following a battle with pancreatic cancer. Dr.



## Community Partners Classic: June 21

Join us for the annual Community Partners Classic Golf tournament, this year on Friday, June 21 at the Champlain Country Club. This tournament supports both Northwestern Medical Center and Northwestern Counseling and Support services, two agencies dedicated to the health and wellness of our community.

This year’s tournament features just one flight of golf and so make your team reservations now! The tournament continues to provide a fantastic luncheon, on-course contests, a wine pull, hole-in-one opportunities and more!

Thank you to our lead sponsors for the event, including: Peoples Trust Company, A.N. Deringer, AN AllianceBernstein, New England Air Systems, Quorum Health Resources, and The Richards Group.

**Teams of four players can register for \$400 online at: [northwesternmedicalcenter.org/event/community-partners-classic-2019](http://northwesternmedicalcenter.org/event/community-partners-classic-2019)  
Or, contact Erin Ward in NMC’s Community Relations office at 802-521-1280 or [eward@nmcinc.org](mailto:eward@nmcinc.org).**

# INSIGHTS TO HEALTH

Your guide to local healthy programs, classes, and more!



## Therapeutic Yoga

**Tuesdays, May 7 to May 28**

**Tuesdays, June 4 to June 25**

**5:15 PM – 6:15 PM**

Certified Yoga Instructor and Physical Therapist Katherine Lowe will lead you through a monthly series of yoga postures, poses and breathing techniques designed to ease the stress, anxiety and discomfort associated with pain. Yoga can assist in enhancing our mind-body connection. No previous yoga experience is necessary.

Location: NMC Exercise Room

Cost: \$40 monthly pay in full online or at 1<sup>st</sup> class to reserve your spot

Class size limited to: 12 people

## Diabetes and You

**Tuesdays, April 16 to May 14 1:00 to 3:00 pm**

Join us at this self-management educational series for people with diabetes and their families, proven to help people improve control of this disease. Learn how to keep diabetes from controlling your life and improve your blood sugar control to feel better and delay or prevent complications.

Location: NMC Grand Isle Room

Pre-Registration Required: Contact Deborah Robertson at 524-1031

Cost: NMC will bill your insurance for the course fee. Scholarships available. No one will be turned away for lack of ability to pay.

## Chronic Disease Management

**Mondays, May 20-June 24 9:30 am – 12:00 pm**

This program offers support to help people with chronic diseases manage and improve their health. The program focuses on topics that come up when dealing with any chronic condition.

Location: NMC Grand Isle Room

Contact: Deana Chase



## Featured Event

### Community Partners Classic

**Friday, June 21 starts at 7:00 am**

From hole contests, to a blackjack table, to hot dogs on the course, there is plenty of fun throughout this tournament. With a wine draw and a fabulous luncheon for all, there is sure to be something for everyone! More details on previous (page 3).

Registration: 7:00 am in the Clubhouse – Coffee and breakfast available. Please note: Registration this year will take place in the Clubhouse.

Shotgun Start: 8:00 am sharp!

Luncheon: 1:30 pm with awards and announcements

To register: contact Erin Ward at 802-521-1280 or [eward@nmcinc.org](mailto:eward@nmcinc.org).

## Movement for Parkinson's

**Friday, April 19**

**Friday, May 17**

**10:00 to 11:00 am**

This class is for people with Parkinson's (wheel chair bound as well as able to stand participants), their care partners and/or others interested in participating. Dance techniques engage participants' minds and bodies through many styles of dance, while exploring stretching, muscle strengthening, postural stability, and rhythm through instruction and energizing music. The class is offered in a relaxed social environment that emphasizes enjoyment, fun and creativity, with an eye towards connecting with the community. No dance experience required.

Location: Homestead at Pillsbury Manor

Registration/Info: (802) 881-9673 or email [saramcm28@gmail.com](mailto:saramcm28@gmail.com) (Sarah) or [patrica\\_rugg18@comcast.net](mailto:patrica_rugg18@comcast.net) (Patty Rugg)

Cost: Free! Donations are accepted to cover transportation costs for the instructor.

## All Levels of Fitness Class

**Tuesdays, May 14 - June 6 5:30 - 6:15 pm**

Resistance Training Classes for Beginners and Intermediates: This course is for individuals who prefer working in a small class setting under the guidance of a Certified Health Professional. This class offers a perfect combination of strength & cardiovascular training as well as flexibility. We'll rotate through exercise stations and strength training while focusing on proper technique. You'll set the intensity of your exercise. Master each technique as you advance through the program on your way to increased strength and confidence. At the end of the program we will encourage you to join a local gym or just re-enroll for another session until you are ready to be on your own. We'll help you with an easy transition no matter where you choose to continue your fitness goals. This is an ongoing program and newcomers are welcome at any time. Classes are 45 minutes.

Location: Cobblestone Health Commons, PT Gym

Cost: \$40 monthly. RSVP online at [northwesternmedicalcenter.org/event](http://northwesternmedicalcenter.org/event) or call 802-524-8485 if you have questions

