



Pre-registration is required. Please call 524-1234 (or email cfhw@nmcinc.org) to pre-register or receive more information on content. Programs are FREE unless otherwise indicated.

UPCOMING PROGRAMS

Yoga for Beginners

Wednesday, January 15 6:00 to 7:00 p.m.
If you're interested in trying yoga but unsure whether you'd like it give this free beginner's class a try.

Location: Northwestern Medical Center, Conference Room 1
Instructor: Suzanne Tremblay, NMC Lifestyle Medicine Supervisor
Pre-registration required: Call 524-1234 or email cfhw@nmcinc.org

Yoga with Northwestern Lifestyle Medicine

Tuesdays 6:30 to 8:00 p.m.

Location: Collins-Perley Sports Complex
Cost: \$12 per class or \$80 for 10 classes
Contact: Collins-Perley Sports Complex, 527-1202

Look Good Feel Better

Monday, December 2 4:30 to 6:00 p.m.
A free interactive demonstration for women who are experiencing appearance related side effects due to treatment.

Featuring: Carol Lumbra, Beautician, Rail City Salon and Bonnie Rainville, Beautician, Elite Body Boutique

Location: Northwestern Medical Center, Conference Room #1.
Program cost: Free
Pre-registration required: Call Olivia LaPorte @ 524-8479

Vermont Quit Network

Mondays, December 2, 9, 16 & 30, 2013 11:00 to Noon
Location: St. Albans Health Center (United Way Building)

Mondays, December 2, 9, 16 & 30, 2013 4:00 to 5:00 p.m.
Location: Swanton Village Apartments

A four-session series to help you successfully quit smoking. Vermont resident can get free patches, gum and lozenges.

Pre-Registration Required: Call Chari @ 524-8480

Healthier Living with Chronic Disease

Thursdays, Dec 5 - 26, 2013 & Jan 2 & 9 1:30 to 4:00 p.m.

Learn to feel better by learning how to deal with frustration, fatigue and pain, manage symptoms and medications, and improve strength and flexibility.

Facilitators: Various

Location: Four Winds, St. Albans

Pre-registration required: Call 782-5323 or 524-1031 or email hmessier@nmcinc.org

Cholesterol Class

Wednesday, December 11 and January 8 8:00 to 9:00 a.m.

This free monthly group discusses foods and eating habits that may help manage cholesterol levels. It includes practical suggestions for overcoming the barriers to eating in a heart healthy way.

Featuring: Kay Tran, Registered Dietitian, MS, CDE, NMC

Location: NMC, Cobblestone, Education Room

Pre-registration Required: Call 524-1234 or email cfhw@nmcinc.org

Breastfeeding: Keep It Simple

Wednesday, December 11 Noon to 1:30 p.m.

Location: Vermont Dept. of Health, 20 Houghton Street, St. Albans
Thursday, January 23 5:30 to 7:00 p.m.

Location: NMC, Family Birth Center Conference Room

Get information about getting started in the hospital, including creating an individual breastfeeding plan to share with your health care team. Hear from Vermont Department of Health staff about what to expect from your breastfed baby and who to call for help.

Featuring: Vermont Department of Health staff

Pre-registration Required: Call 524-7970

Living Strong in Vermont Program (light strength training)

Mondays and Wednesdays, 3:00 to 4:00 p.m.
January 6 through March 26

Tuesdays and Thursdays, 4:00 to 5:00 p.m.
January 7 through March 27

A free strength training course designed for those over age 50 to reduce the effects of osteoporosis, — but open to participants of all ages. A series of simple, chair-based or standing weight-bearing exercises helps bone and muscle strength. This is not an aerobics fitness program.

Featuring: CVAA Certified Instructors: Lynne Marie Villareal and Charlene Gless

Location: Hawk's Nest Senior Housing, Community Room, St. Albans

Pre-registration Required: Call 524-1234 or email cfhw@nmcinc.org

YMCA Diabetes Prevention Program

Thursdays, January 16 3:00 to 4:00 p.m.

Adults at high risk of developing type 2 diabetes learn to adopt and maintain healthy lifestyles by increasing physical activity, eating healthier, and losing a modest amount of weight. Sixteen free weekly one-hour sessions are followed by eight monthly sessions.

Location: Georgia Public Library

Pre-registration required: Call Debbie @ 524-1031 or for more information.

Healthier Living with Diabetes

Tuesdays, January 21 - February 25 1:30 to 4:00 p.m.

This workshop teaches how to manage the issues that go along with chronic disease.

Facilitators: Various

Location: Northwestern Medical Center

Pre-registration required: Call 524-1031 or email drobertson@nmcinc.org



Colon Cancer: 50 or Older? Get Screened!

Colorectal cancer remains one of the most frequently diagnosed malignancies in our area, and yet statistics show that the disease is often found in later stages that make it harder to treat. Data from NMC's patient population between 2008 and 2012 show that sixty-six percent of colon cancer cases are diagnosed in stages II, III or IV while just 25 percent are diagnosed in Stage I.

"We have a long-standing problem," says Dr. Peter Burke a pathologist at NMC for 25 years. "The majority of our patients are coming in too late," he says.

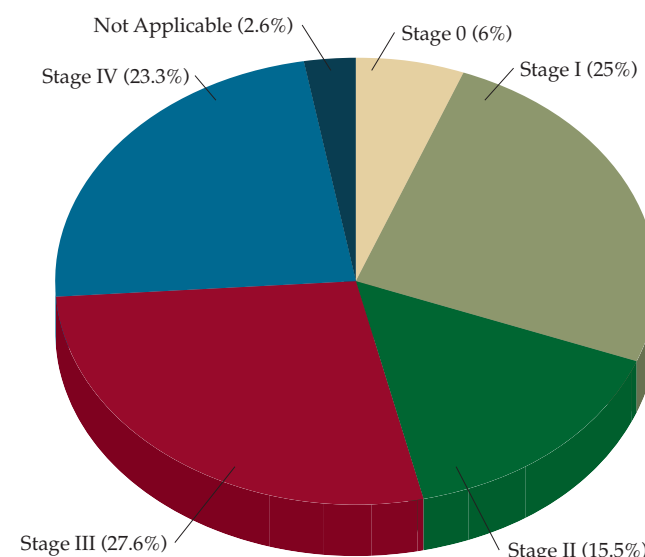
Diagnosis at stage 0 or Stage I can mean catching the abnormal cells before they start to grow into polyps or removing polyps to prevent their development into cancer. This makes colorectal cancer one that NMC aims to highlight for attention and prevention. "It's the one we could do most to fix," says Dr. Burke.

Despite American Cancer Society recommendations that people age 50 begin receiving a colonoscopy, local people often do not seek medical help until they experience symptoms. Unfortunately, those symptoms can mean that cancer has already developed.

When thinking about why the trend continues toward late-stage identification of disease, Dr. Burke says that Vermonters are often hesitant to discuss their health or to seek care. "People are very stoic," he says, and may not ask their primary care physician about preventive screenings.

People may also fear the colonoscopy test that is used to help find

Earlier Detection Is Critical



precancerous growths in the colon or rectum. Dr. Burke says that the most trying part of the test is the preparation, which requires cleaning out the colon. However, when weighed against the possibility of failing to diagnose a colon cancer, the discomfort is a small price to pay.

Misinformation about colorectal cancer can also keep people from seeking early care. [\(Continued on page 3.\)](#)

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 or call our Community Services Office at 524-1280.

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Sarah DeSilvey, an Advanced Practice Registered Nurse at the Northwestern Georgia Health Center.

Vital Partners in Exceptional Care

Nurse Practitioners and Physician Assistants

Nurse Practitioners and Physician Assistants play an integral role in our health care system --- they are a growing part of the team of providers who deliver exceptional care in our community.

“They really are invaluable to the practices,” says Dr. Audrey von Lepel, an Internal Medicine specialist at Fairfax Associates in Medicine. Dr. von Lepel has both a Nurse Practitioner (NP) and a Physician Assistant (PA) in her Fairfax practice and she said they are incredible resources. Doctors sometimes can find themselves in independent “silos,” but NPs and PAs help create a team atmosphere, providing a sounding board for all the providers in a practice. They also offer great energy and a fresh perspective, says Dr. von Lepel.

You may notice a growing number of these advanced practice providers (APPs) in the community, as Dr. von Lepel pointed out nearly every practice in Franklin County employs APPs. Five years ago, NMC employed seven NPs and PAs, and this year the hospital employees 30. You’ll find APPs in primary care offices like Northwestern Primary Care, NOTCH, Cold Hollow Family Practice, Northwestern Georgia Health center and more. They are a vital part of the NMC Hospitalist program and you’ll also find them in specialist offices like Northwestern Orthopaedics who uses a team model that includes an Orthopaedic Surgeon, Physician Assistant and Medical Assistant to share the

coordinated care of the patient. Dr. Leonard Tremblay is a doctor at Northwestern Obstetrics and Gynecology who came to Vermont from Canada where Advanced Practice Providers are not used. His experience here, in an office with a Nurse Practitioner, has been very positive.



Laura LaFreniere is one of the Nurse Practitioners on NMC’s Hospitalist Team.

Nurse Practitioners and Physician Assistants know their fields very well and add greater depth to health care teams to enable more time spent with patients, says Dr. Tremblay.

A NP is an advance practice nurse who has earned a specialized Master’s Degree or Doctoral Degree to provide a broad array of healthcare services while working with a collaborating physician. A PA is a state-licensed health care professional who practices medicine under the supervision of a physician.

Capabilities of Nurse Practitioners & Physician Assistants

- Assessing patients and performing physical exams,
- Ordering lab tests and diagnostic exams,
- Diagnosing illnesses and injury
- Developing treatment plans,
- Prescribing medications,
- Counseling and educating patients,
- And more, depending on training and clinical setting.

Training

Nurse Practitioner:

- Must hold an RN degree
- Complete an advanced degree from an approved graduate nursing program
- Pass a state licensing exam
- Pass a national certification exam
- In Vermont, coursework must include a supervised clinical component of a minimum 500 hours as well as advanced pharmacotherapeutics, advanced patient assessment and advanced pathophysiology

Physician Assistant:

- Must complete an accredited PA program (24-32 months long, typically requiring at least four years of college and health care experience prior to admission)
- Pass a national certification exam
- Obtain state authorization to practice

According to the American Nurses Association, approximately 60 to 80 percent of primary and preventive care can be performed by Nurse Practitioners. (See sidebar for more information).

Both Dr. Tremblay and Dr. von Lepel applauded the outstanding work done by local NPs and PAs. “We’d really like to say thank you. Without them, we couldn’t take care of the community,” says Dr. von Lepel.

Dr. Corrigan Honored

Deogracias “Deo” P. Esguerra, MD
Service Award Presented at Med Staff Dinner

Dr. Michael Corrigan, a St. Albans Family Medicine specialist was honored in November with the third annual Deogracias “Deo” P. Esguerra, MD Service Award at Northwestern Medical Center’s Medical Staff Appreciation Dinner.



Jill Berry Bowen, NMC’s Chief Executive Officer, called Dr. Corrigan a fitting addition to the group of esteemed honorees who earned the award in years past, a list that includes Dr. Fred Holmes and Dr. Frank Zsoldos.

In presenting the award, NMC Chief Medical Officer Dr. Lowrey Sullivan noted that Dr. Corrigan participates in the NMC Auxiliary’s Cardiac Capers each year, is an active runner who has completed more than 20 marathons, likes to sugar, fly fish and to hunt. Dr. Corrigan has a true passion for teaching, Dr. Sullivan said, had has hosted more than 120 medical students in his office over the years. In 2012, he was honored with the Family Medicine Award for Excellence in Teaching from the Department of Family Medicine at UVM.

Dr. Fred Holmes had this to say of Dr. Corrigan: “Mike is really the last of that generation of doctors who loves what he does, works hard, makes house calls and quietly goes to the office very day to take extraordinary care of people.”

Bowen and Dr. Sullivan were joined in presenting the award to Dr. Corrigan by NMC’s Board President, Paul Clark, NMC’s President of the Medical Staff Dr. David Groening, and last year’s recipient Dr. Frank Zsoldos. Dr. Zsoldos called Dr. Corrigan a devoted, dedicated doctor who is also a wonderful person to work with.

Dr. Corrigan was out of town and unable to attend the Appreciation Dinner, but accepted the honor via a pre-recorded video. Dr. Corrigan’s wife Janice accepted the award on his behalf.

Drug Take-Backs

More than 1,100 community members attended local screenings of the Bess O’Brien documentary “The Hungry Heart,” and more than a hundred attended follow-up forums. It is clear that people in our area are ready and willing to talk about prescription drug abuse.

While the film raises awareness, you may be asking: What can I do to help? One important step is to secure your medications.

Lieutenant Judy Dunn of SACPDP says that studies show the majority of abused prescription drugs come from family and friends, including from the home medicine cabinet. The St. Albans City Police Department will take any unwanted pills 24 hours a day, seven days a week, and has acted as a prescription drug repository since 2008.

The DEA collected 3,429 pounds of medication statewide at a recent drug take-back event on October 26 – a step in the right direction since medicines that languish in home cabinets are susceptible to diversion, misuse, and abuse.

For more information about drug take-back events or dropping off medications at the city police barracks, contact the St. Albans City Police Department at 524-2166.



Healthy Hearts on the Move

Saturday, February 1st - 9 a.m. to noon
St. Albans Town Educational Center

Mark your calendars for this second annual heart-healthy event, featuring:

- Free Health Screenings
- Fitness Activities
- Educational Booths
- Free Massages, Food and Kids Fun!

www.northwesternmedicalcenter.org

(Continued from *Colon Cancer*)

- **Myth:** I don’t need to worry about colon cancer, I’m too young.
- **Fact:** While most colon cancers occur after age 50, between 2008 and 2012, nine percent of diagnoses at NMC were for people between 40 and 49 years of age.
- **Myth:** Colon cancer is a man’s disease
- **Fact:** The most recent NMC’s statistics show that cases of cancer were evenly split between men and women
- **Myth:** It’s better not to get tested for colorectal cancer because it’s deadly anyway.

- **Fact:** Colorectal cancer is often highly treatable. If it’s found and treated early (while it’s small and before it has spread), the 5-year survival rate is about 90%.

Dr. Burke stresses that talking to your doctor at regular checkups is a good way to find out information about cancer or any preventive screenings that might be appropriate for your age or for your personal or family history.