



Heli-skier Peardon Donaghy is able to see better after surgery with Dr. Gregory Brophey of Northwestern Ophthalmology.

Clearer Vision for fresh tracks

An avid skier, Peardon Donaghy is especially enjoying this season as he plows through the fresh powder as a heli-skier. This fall, he had cataract surgery in both eyes and the 70-year-old said the change in his vision has been revelatory. "I could not be more thrilled," he said.

Donaghy has worn glasses most of his life, but over the past few years his vision deteriorated. Although he had started to get concerned about his vision while driving, it was his love of skiing that spurred him into action.

He chose Dr. Gregory Brophey of Northwestern Ophthalmology, having seen Dr. Brophey in the past for new glasses. Dr. Brophey is a board-certified ophthalmologist who has been on NMC's Medical Staff since 2008 and performed Donaghy's cataract surgeries in November.

When cataracts develop, the eye's natural lens becomes clouded, interfering with the lens' ability to focus light onto the retina. The result: previously sharp images become blurry, bright colors become dull and seeing at night becomes difficult. During cataract surgery, the cataract is

(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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The waiting area in the new clinic.

Cardiology & Pulmonology Clinic

Opening Doors in a New Space

In December, Northwestern Cardiology & Pulmonology opened in its newly renovated space located just off the main corridor of Northwestern Medical Center. The clinic is now located in space near the outpatient laboratory area, formerly the home of NMC's Health Information Management office.

The space was entirely refurbished and now features a much larger space for cardiology and pulmonology patients. The clinic offers six exam rooms, a reception and waiting area, nurse's station, EKG reading room and provider workspace. The clinic's team of providers includes Fletcher Allen physicians Dr. John Fitzgerald, Dr. Prospero Gogo, Dr. Joseph Winget along with Northwestern Pulmonology's Dr. Stephen Gorman.

Health Information Management moved into space in NMC's Conference Center wing.

For more information about Northwestern Cardiology & Pulmonology, call 802-524-8909.



One of the six exam rooms in the clinic.



**YOU CAN QUIT.
WE CAN HELP.**

New Year, New Quit Program

Now that you've gotten January under your belt and have finally started remembering to write 2014 on your checks, it's time to talk resolutions again. Normally, it's at the start of the year when we resolve to eat healthier and add activity into our lives. But, as the

weeks slip by, we can all use a reminder that improving our health takes ongoing commitment. There's no better time than today, and there's no better health improvement than working toward becoming tobacco-free.

This January marked the start of a new way to quit tobacco use – 802 Quits. 802 Quits offers all Vermonters a choice of effective and free cessation resources. People interested in making a quit attempt can get help over the phone, online, or in person. Free patches, gum and lozenges are also available to further boost the chances of success.

Northwestern Medical Center is proud to be a continued partner in the state's efforts to help all Vermonters successfully quit tobacco use. NMC's own Chari Andersen, RN, is the VT Quit Partner for Franklin and Grand Isle Counties. Throughout the year and across our region, the VT Quit Partner program offers in-person and group-setting cessation services. Find listings for these free classes on our website: northwesternmedicalcenter.org.

To get started on your path towards becoming tobacco-free, check out 802Quits.org, call for help at 1-800-QUIT-NOW, or contact Chari at NMC at 524-8480. Have a happy and healthy New Year... all year long.

QUIT HELP BY PHONE

Call 1-800-QUIT-NOW for free, personalized support

IN-PERSON QUIT HELP

Meet with your local Vermont Quit Partner to help you quit

ONLINE QUIT HELP

Online support from a community of experts and former smokers

QUIT YOUR WAY

Tips, tools, and advice to help you quit on your own

Advanced Practice in Primary Care:

Lifelong Caring for the Whole Family

Editor's Note: This is the first in a series of articles highlighting the teamwork in NMC's practices. The series will take a look at the role of Advanced Practice Providers in our area, in the many environments in which they work.

As a patient of Northwestern Georgia Health Center (NGHC), your care may be provided by one of the Advanced Practice Providers on staff: Sarah DeSilvey, FNP, David Spence, PA, or Ann Standish, FNP. These well-trained and friendly caregivers are part of the well-established team at NGHC which also includes Dr. Susan Saferstein, Dr. Miriam Sturgis and Dr. Carol Thayer.

Sarah DeSilvey is an Advanced Practice Registered Nurse who joined NGCH in 2012. DeSilvey's grandfather was a pediatrician and her father a cardiologist. Although she spent some time running her own farm in Montana, DeSilvey said that she eventually heard the call of the nursing profession loud and clear. She earned her Masters of Science in Nursing from the University of Vermont and is a Certified Family Nurse Practitioner through the American Academy of Nurse Practitioners. She also teaches pediatric nursing at the University of Vermont College of Nursing. But it's not just her advanced level of education and training that make DeSilvey such a valuable member of the team at NGCH – it's her passion for family practice.



She gets to know her patients deeply and loves the concept of following people's care from birth to the end of life. "It's a beautiful model," she says. "I believe in family practice. I tell people, 'I'm your person for life. Nothing's going to come between me and you.'"

As an APRN in a Primary Care setting, DeSilvey has patients of all ages, she even has whole families on her caseload at NGHC. She collaborates with the rest of the team, making use of other providers' specialties and experience, but is an independent clinician. In Vermont, Nurse Practitioners can practice independently once they complete their two-year residency which provides practice supervision at the outset of their career. After that, NPs are independently licensed practitioners and serve as wonderful options for primary care providers.

More importantly, DeSilvey's patients will be treated to her compassionate and dedicated care. "I believe in being the person that people can count on."



Each year, Peardon Donaghy takes a trip to ski out west. This season, he looks forward to a clearer view, thanks to improved vision made possible by cataract surgery.

Heli-skier (continued from pg. 1)

broken up using an instrument inserted in a tiny incision. The cataract pieces are removed and a new lens is then inserted through the same incision. Dr. Brophey performs the outpatient surgery at NMC and uses the less-invasive approach of phacoemulsification. The process takes just ten minutes and — with topical anesthesia — there is less risk of bruising around the eye or hemorrhaging behind the eye that can be caused by needle injections.

After his surgeries, the difference in vision amazed Donaghy. His distance vision is now a perfect 20/20 without glasses, a huge improvement over his previous glasses prescription which was approximately a -7.00. Donaghy lives in North Hero and joked that he never realized New York State was so close by. He can now identify the birds he encounters on his bird-watching trips with his wife, rather than seeing just small brown shapes, and he can appreciate the exact shade of his newly-painted walls at home.

Donaghy said his cataract surgeries went beautifully and his recovery process was quick and easy, giving him immediate improved results. He's now eager to head out on one of his annual trips to British Columbia where he skis west of the Canadian Rockies. He's already been skiing at Stowe post-surgery and had a great experience, being able to see subtle terrain cues in the flattest of light. But his heli-skiing trips are even more about the scenery, in the untouched terrain of Canada's majestic mountains. "I am so looking forward to it," he said.

For more information about eye surgery at NMC, call Northwestern Ophthalmology at 524-4274. Northwestern Ophthalmology is located at 53 Fairfax Road in St. Albans.



VISIT STAFF FROM NMC
PRACTICES AT THE EXPO!

Free Admission

MARCH 14, 15 & 16
AT COLLINS PERLEY SPORTS
& FITNESS CENTER



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.

FEBRUARY & MARCH PROGRAMS

The Basics: Memory Loss, Dementia And Alzheimer's

Tuesday, February 18, 2014

4-5:30 p.m.

If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This covers detection, causes and risk factors, stages of the disease, treatment and resources.

Location: NMC, Conference Room #1

Program Cost: Free

Yoga with Northwestern Lifestyle Medicine

Tuesdays

6:30 to 8:00 p.m.

Location: Collins-Perley Sports Complex

Program Cost: \$12 per class, or \$80 for 10 classes

Contact: Collins-Perley Sports Complex at 527-1202

802Quits (formerly Vermont Quit Network)

Freshstart (tobacco cessation class)

Mondays, March 10, 17, 24, 31, 2014

10 to 11 a.m.

A 4-session series to help successfully quit smoking. Vermont resident can get free patches, gum and lozenges.

Location: Swanton School Apartments

Pre-registration Required: Call Chari @ 524-8480.

Diabetes and You

Mondays, March 3, 10, 17, 24, 31, 2014

9:30 to 11:30 a.m.

A five-part, ten-hour group education program that includes telephone follow-up sessions for people with diabetes and their families.

Location: Northwestern Medical Center, Conference Room 2

Facilitator: Deb Robertson, RN, BSN, CDE, NMC

Program Cost: Call for pricing information

Pre-registration Required: Call 524-1031

Program Size: Limited to 15

Breastfeeding: Keep it Simple

Tuesday, February 18

Noon to 1:30 p.m.

Location: Vermont Department of Health, 20 Houghton St, St. Albans

Wednesday, March 26

5:30 to 7:00 p.m.

Location: NMC, Family Birth Center Conference Room

Learn how your body makes milk, what to expect, tips for getting nursing off to a great start and who to call if you need support or help.

Speaker: Vermont Department of Health staff

Program Cost: Free

Pre-registration required: Call 524-7970

Cholesterol Class

Wednesday, February 12 and March 12, 2014

8:00 to 9:00 a.m.

This monthly group discusses foods and eating habits that may help to

manage cholesterol levels.

Location: NMC Cobblestone, Education Room

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

Program Cost: Free

Pre-registration Required: Call 524-1234

Healthier Living with Chronic Disease

Fridays, March 7, 14, 21, 28 & April 4, 11

1 to 3:30 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.

Location: Georgia Public Library

Program Cost: Free

Pre-registration Required: Call 782-5323 or 524-1031

YMCA Diabetes Prevention Program

Fridays, starting March 7

1 to 2 p.m.

Adults at high risk of developing type 2 diabetes get help adopting and maintaining healthy lifestyles by increasing physical activity, eating healthier, and losing a modest amount of weight.

Location: Enosburg Health Center

Program Cost: Free

Pre-registration Required: Call Debbie at 524-1031

Look Good Feel Better

Monday, April 7, 2014

4:30 to 6:00 p.m.

This program is a free interactive demonstration for women who are experiencing appearance related side effects due to treatment.

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

Location: NMC, Conference Room #1.

Program Cost: Free

Pre-registration Required: Call Olivia LaPorte at 524-8479.

Childbirth Education Classes

6 Week Preparation for You & Your Baby

Mondays, March 3 7 to 9 p.m.

Cost: \$105

Refresher Class

Monday, March 17 7 to 9 p.m.

Cost: \$25

Birth and Beyond

Saturday, March 1 8:30 a.m. to 4:30 p.m.

Cost: \$90

Newborn 101

Sunday, February 23 or March 23

11:00 a.m. to 12:30 p.m.

This course provides information for "the 4th trimester," the 3 months following birth. Find out what to expect after you come home with your new baby. Couples with babies are welcome.

Program Cost: \$30 per couple (Baby's 2 primary care-providers)

Speakers: Mari Stuart-Bullock, RN, IBCLC (lactation consultant)

Location: Franklin County Home Health, 3 Home Health Circle, St. Albans

Pre-registration Required: Call 527-7531