



The Freedom to Hear Better with Audiology Services

While many people are familiar with the common complaints that take them to the Ear, Nose & Throat specialist—such as ear infections or tonsillectomies—audiology may be a less familiar branch of care.

Audiologist Stephanie Maloney, Au.D., is part of the new team at Northwestern Ear, Nose and Throat. She offers a wide range of hearing-related services to patients of all ages. She holds a clinical doctorate in audiology with a focus on ear and hearing health.

Doctorate level studies include in depth focus on the mechanisms that allow you to hear from the outer ear through the nerves that send sound signals to your brain.

An audiologist is trained to identify origins of hearing loss, tinnitus, and balance disorders and can recommend a program to help any patient whether they be a newborn, or an older adult. Recommended treatment plans can include medial intervention, therapy, hearing aids or a combination, based on the needs of the patient.



Stephanie Maloney, Au.D.

Maloney became interested in audiology while serving in the Peace Corps in Mafraq, Jordan. She worked as a teacher's aide, planning to become a teacher for the deaf.

“That was an amazing experience. That’s where I got my passion for making sure that people with hearing loss can be fully integrated in their community, and be supported and get anything that they need to live whatever life they want to live.”

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Specialty Services
{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 or call our Community Relations Office at 524-1280.

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new surgeon joins NMC
 audiology services
 hearing aid clinic

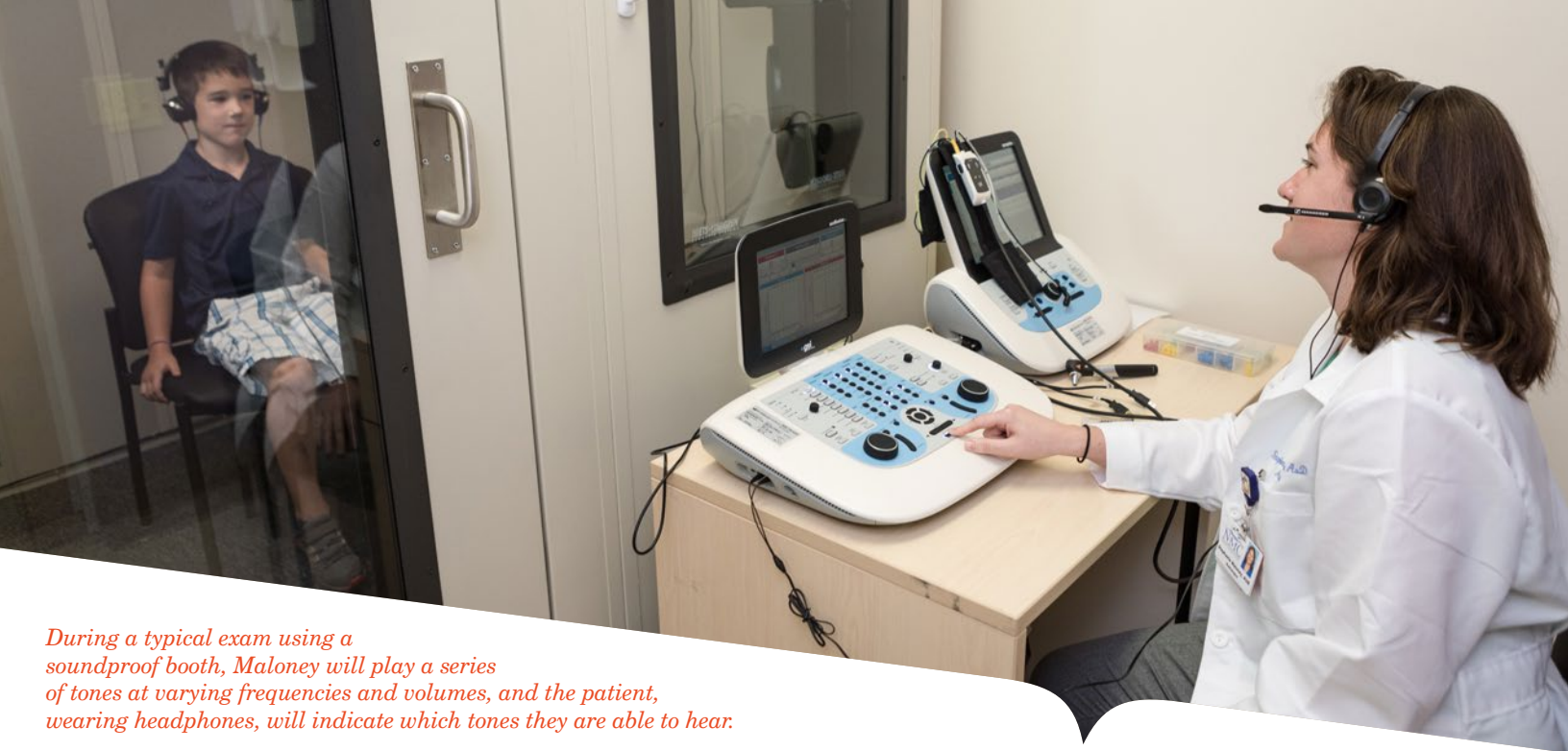
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neurology services now available at NMC
 telemedicine debut with occupational health

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wellness classes:
 aquatic exercise for arthritic conditions
 therapeutic yoga

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During a typical exam using a soundproof booth, Maloney will play a series of tones at varying frequencies and volumes, and the patient, wearing headphones, will indicate which tones they are able to hear.

Hearing Aid Clinic in Development



This fall, Northwestern Ear, Nose and Throat is considering a Hearing Aid Clinic service. Patients needing hearing devices would schedule appointments with Stephanie Maloney, Au.D., and be fitted for a device through NMC's hearing aid vendor. Maloney and the team at Northwestern ENT would walk patients through the process of evaluation, assessment, fitting, orientation and follow-up.

To learn more about this clinic, or to schedule a hearing test, call 802-524-1000.

Audiology Services

(Continued from cover)

In many cases, patients can make an appointment directly with an audiologist without a referral from a primary care provider. This means that if you have any hearing issues, you can quickly and conveniently get an appointment for care.

Maloney said she and Dr. Aydinyan work hand-in-hand to get to the root of any issue related to their specialties. Many patients of Northwestern Ear, Nose and Throat first see Dr. Kahren Aydinyan and then also have a visit with Maloney, but a direct appointment specifically for audiology care is also possible.

Originally from Pittsburgh, Maloney is new to Vermont, moving here over this past summer, and said she has enjoyed exploring Vermont's hikeable landscapes with her dog very much.

For more information about Audiology or to make a hearing appointment, call our office at 802-524-1000.

New Surgeon Joins Northwestern Associates in Surgery

NMC is pleased to welcome Dr. Anna Royer who recently joined Northwestern Associates in Surgery as a board-certified general surgeon. Dr. Royer trained in Tennessee but grew up in western Maine and so is returning to her New England roots.

She earned her MD at the Boston University School of Medicine and most recently worked at Central Maine Medical Center in Lewisto. She is excited to be at NMC in part because of its similarities to where she grew up.

"I think working at NMC and in Franklin County will give me an opportunity to develop a strong sense of community which is really important to me," said Dr. Royer.

Dr. Royer became interested in medicine at an early age. She worked with her father, a family practice physician, as his nurse's aide while in college. She is passionate about providing care in under-served areas and spent time caring for patients in both Lesotho in

southern Africa and in the Central American country of Guatemala. For the past several weeks, Dr. Royer has been working out of the office of Dr. Joseph Salomone, who retires this fall.

In October, she started seeing patients in the Northwestern Associates in Surgery office in Suite 1 of Doctors Office Commons. There she joins Dr. Mary Woodhouse as part of the well-established team there.

Dr. Royer and her husband look forward to life in Vermont, and plan to raise sheep. The two met while on a marathon team, raising funds for the Leukemia and Lymphoma Society. They continue to train together and enjoy running.

Dr. Royer will see patients for a wide range of surgical needs including abdominal surgery, hernia repair, colonoscopy, and many other services. To make an appointment with Dr. Royer at Northwestern Associates in Surgery, call 802-524-8974.



Dr. Anna Royer

Neurology Services Now Available on NMC Campus

NMC opened a new Neurology Clinic in September, operating one day each week in the medical clinic space at the front of our campus.

The new service features Dr. Edward Boyer, who will see patients on Thursdays.

Neurology is the medical specialty treating issues relating to the brain, spinal cord, and nerves. As a neurologist, Dr. Boyer will be caring for patients experiencing a range of conditions including:

- Alzheimer's disease and related dementias;
- Epilepsy;
- Headaches;
- Movement disorders, such as Parkinson's disease;
- Multiple sclerosis;
- Neuromuscular disorders;
- And strokes.

This specialty clinic is a collaboration between NMC and the University of Vermont Medical Center (UVMMC) – an example of

how a community hospital such as NMC and a tertiary care center can work together to provide the right care at the right time in the right setting.

NMC's new medical clinic space – located just off the main hospital entrance - offers state-of-the-art flexible facilities that allow us to offer rotating specialty clinics like neurology.

Dr. Boyer completed his Neurology Residency and his Clinical Neurophysiology Fellowship at the University of Vermont Medical Center (UVMMC).

He earned his medical degree from the Ross University School of Medicine in Dominica and his undergraduate degree is from Lehigh University in Pennsylvania. For more information about neurology at NMC, please call 802-752-1352.



Dr. Edward Boyer



Dr. Susan Carol uses a computer to remotely consult with a patient.

Healthcare Innovation: **Northwestern Occupational Health Debuts Telemedicine**

Northwestern Occupational Health (NOH) recently began providing telemedicine visits for injured worker care for two Vermont businesses, saving time and travel for their employees.

NOH frequently works with employers to prevent worker injuries and help care for staff who do get hurt on the job.

Dr. Susan Carol is the Medical Director for NOH and she said that common injuries include back and shoulder ailments that can come from lifting in awkward positions.

Dr. Carol and her team help workers develop a plan to heal their injuries and get them back to work, sometimes including physical therapy exercises.

Telemedicine, or remote computer based visits, can be used for follow-up appointments where a simple check in is all that is needed. With specialized software installed at the business site, employees can use a computer in a private room to connect with

Dr. Carol, whose office is located in the Cobblestone Health Commons at NMC. Dr. Carol can watch patients execute some range of motion exercises and assess their progress over the computer – having met in person in previous appointments.

NOH is currently working with Smugglers Notch Resort and a business in Newport, both of which would otherwise require long drives to St. Albans for appointments.

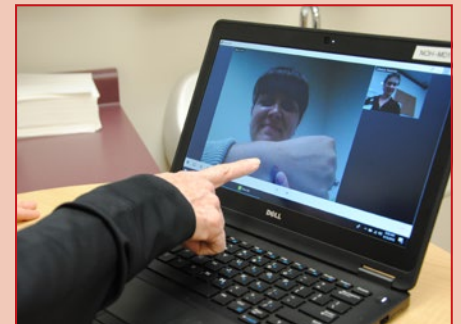
“Telemedicine is a great time and money saver ... No longer does it take a team member 2 to 2.5 hours for a follow up appointment. From Smuggs the drive time to and from an appointment is significantly longer than the actual encounter. This is great way to reduce lost productivity.”

— Tom McGrail, Safety Director at Smugglers' Notch Resort

One Newport business found NOH's patient-focused approach is as valuable as the time saved. "It was important to us to find an occupational health doctor that we can trust; that understands our company and has a desire just as we do to effectively and safely rehabilitate any injured worker that will result in them returning to work on full duty. We have been so pleased with the service that NMC has provided to us so far," said their HR director.

This innovative time-saver may grow more popular. In the future, NOH may be able to use telemedicine for visits with newly injured workers, in select pre-screened cases.

“This works out well in a rural community,” said Dr. Carol in a recent interview on NMC's Health Beat public access TV show. “I think this really has a lot of potential for the future.”



Close-up view of a patient demonstrating motion range to Dr. Carol.

INSIGHTS TO HEALTH

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



Featured Program

Aquatic Exercise for Arthritic Conditions (for new attendees)

Wednesday, October 17

5:30 to 6:30 p.m.

Do you have arthritis and have a hard time exercising because of pain in your joints? Come learn about the amazing benefits of aquatic exercise to help ease your pain! We will discuss these benefits and then perform guided exercises with NMC physical therapists to head you in the right direction! This class is for people who have not attended this class in the past. Limited to 45 attendees.

Location: Branon's Pool

Pre-registration Required: Contact Brittany at 802-524-8477 or blapan@nmcinc.org.

Therapeutic Yoga

Tuesdays 5:15 to 6:15 p.m.

Starts Tuesday, October 23 and runs for six weeks

Certified yoga instructor and physical therapist Katherine Lowe will lead you through a 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. The series will run for six weeks starting October 23 and finishing on Tuesday, November 27. Register early - class size is limited to 12 people.

Location: NMC Exercise Room

Fee: \$60.00 pay online through our new online reservation system, or pay in full at the first class to reserve your spot

Cancer Rehab Exercise Class

Tuesdays & Thursdays 8:00 to 11:00 a.m.

This ongoing class pinpoints the common needs of patients, which include decreased range of motion, decreased strength, and cancer-related fatigue. A physical therapy evaluation is required to assure that the client is able to participate.

Featuring: Wendy Lawrence, certified NMC Oncology Rehab Physical Therapist

Location: NMC Rehab gym, Cobblestone Building

Registration: Call 802-524-10641

Fee: Free for the first 8 weeks, then \$40

Breastfeeding and You

Wednesday, November 14 6:00 to 7:30 p.m.

Welcome to the Department of Health's FREE Breastfeeding Prep Class for you, family members, and other moms-to-be to plan for breastfeeding your newborn in the first month of life. Personalize your breastfeeding plan, line up your support, go over the basics, ask questions and get real-life answers. You can do it, WIC can help!

Location: NMC, Family Birth Center Conference Room

Registration: Please call 524-7971

Improving Balance in the Pool

Wednesday, November 14 5:30 to 6:30 p.m.

Would you like to learn how the exercising in the water can help to improve your balance? There are many ways!! We can teach you how to safely work to improve your balance in the pool. Join NMC PTs to learn more! Class size is limited to 25.

Location: Branon's Pool

Pre-Registration Required: Contact Brittany at 802-524-8477 or blapan@nmcinc.org to register or for more information.

Walk with a Doc

Saturday, November 10 9:00 to 10:00 a.m.

Location: Hard'Ack in St. Albans

Saturday, December 8 9:00 to 10:00 a.m.

Location: Missisquoi Wildlife Refuge in Swanton

This fall, take a step toward better health! Join local healthcare providers for this free and fun walking program. It's a great way to start your weekends by making strides toward a healthier lifestyle.

Walk with a Doc programs are held every second Saturday of the month from September through December. The walks start at 9:00 am and last about an hour. Upcoming walks take place on Saturday, November 10 at Hard'Ack in St. Albans and on Saturday, December 8 at the Missisquoi Wildlife Refuge in Swanton.

At each session you will learn about important health topics from the provider leading the walk, build new connections and enjoy an informal, relaxed walk at your own pace. For more information visit NMC's Wellness Event Calendar.