



## NMC Welcomes New Dermatologist

NMC is pleased to welcome Dr. Stephanie Neider to our staff, and to re-establish the practice of dermatology in our area.

Dr. Neider earned her MD from the Ohio State University Medical Center and comes to Vermont from Ohio where she worked in a dermatology practice. At Northwestern Dermatology in St. Albans she will see patients for a wide variety of healthcare needs, including skin cancer checks, treatment of skin cancer, acne, hair loss, warts, cosmetic dermatology, psoriasis, eczema, rashes/dermatitis and mole removal. One of her main focal areas is in prevention and early detection of skin cancer, an important topic in Northwestern Vermont.

The varied range of services is part of what Dr. Neider says she enjoys about the field of dermatology. She sees patients of all ages, and can help with issues ranging from wrinkles to basal cell carcinoma. She provides in-office skin cancer treatments, and will work hands-on in her practice located in the Northern Valley Eyecare building at 128 Fisher Pond Road in St. Albans. The Northwestern Dermatology practice will be located upstairs in that building, in newly renovated space not far from NMC's main campus.

Dr. Neider is likely to enjoy her first Vermont fall through outdoor hobbies – she likes hiking, biking and kayaking with her husband and three daughters.

To make an appointment with Northwestern Dermatology, call 524-9707.



**Establishing Northwestern Dermatology.**  
*{Dr. Stephanie Neider joins our staff}*

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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NMC worked throughout the summer and fall to create a dance video raising awareness of breast cancer and encouraging preventive screenings. Here, dancers assemble on the hospital's front lawn for the final taping session of the video, which was released in early October. The video features NMC staff from dozens of departments, filmed in various locations around the hospital - all wearing pink gloves. Cancer survivors on staff are highlighted in the video, which is danced to the song "Overcomer" by Mandisa. The video airs throughout October on Northwest Access TV, and you can find it on NMC's website at: [www.northwesternmedicalcenter.org](http://www.northwesternmedicalcenter.org).



Watch the full video online at [www.northwesternmedicalcenter.org/diagnostic-imaging/breast-cancer-awareness](http://www.northwesternmedicalcenter.org/diagnostic-imaging/breast-cancer-awareness).

## Community Forums Share Upcoming Project Details

Northwestern Medical Center will present our Master Facility Plan to community members at four upcoming events to be held in October and November. The presentations aim to inform our communities about the plans, and provide the opportunity for dialogue about these important plans.

Each session will include healthy, locally-sourced snacks and run from 7 to 8 p.m. Dates and locations are as follows:

**October 20th**

*St. Albans Town Educational Center*

**October 27th**

*Missisquoi Valley Union*

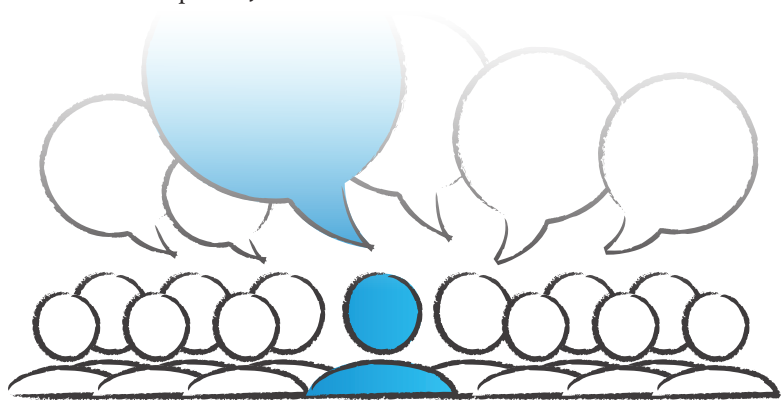
**October 28th**

*Enosburg Falls High School*

**November 17th**

*North Hero Elementary School.*

Please consider attending one of these events, and share the schedule with friends and neighbors. For more information about the meetings, contact Director of Development Jeff Moreau at 802-524-8467.



## Estate and Planned Giving Seminar

### NMC and VCF Team Up to Offer Free Event

Please join the Vermont Community Foundation and Northwestern Medical Center for a free seminar on estate and planned giving. Tom Smith, CFP®, will be the featured speaker at the event on Monday, November 9, which takes place from 6-7 p.m. in NMC's Green Mountain Room.

Learn strategies for reducing uncertainty in your long-term plans. Tom will reveal effective and creative ways to ensure the well-being of yourself and your family, while considering charities of your choice in your plans.

When planning for your family's future, learn how to:

- Avoid common estate and tax mistakes
- Control your own destiny
- Increase income with estate and charitable gift planning

For more information and to RSVP, contact Jeff Moreau, NMC Director of Development at 802-524-8467 or by e-mail at [jmoreau@nmcinc.org](mailto:jmoreau@nmcinc.org)

# NMC is a Leader in Preventing Lung Cancer

October is Breast Cancer Awareness month – a time when there is a great deal of publicity about that number one cancer in women. In fact, many of us know a lot about breast cancer including the importance of mammograms. What is less well known is that the number one cause of cancer death in Vermont and the second highest incidence of cancer in Franklin and Grand Isle among women and men is nearly completely preventable. It is Lung Cancer.

Franklin and Grand Isle residents are more likely to be diagnosed with Prostate Cancer (if you're a man) and breast cancer (if you're a woman). Unfortunately, it is lung cancer that is more likely to cause death. According to the Vermont Department of Health, the rate of lung cancer diagnosis annually is 85.8 per 100,000 people among men and 70.1 per 100,000 people among women in Franklin County and very similar in Grand Isle County. Northwestern Medical Center diagnoses an average of 20 lung cancers every year and we work with each of those individuals to connect them to the most appropriate treatment. Unfortunately, more than half of the lung cancers (52% in women and 61% in men) seen at NMC are Stage IV (4) cancers, which means they are the most advanced forms of that particular cancer.

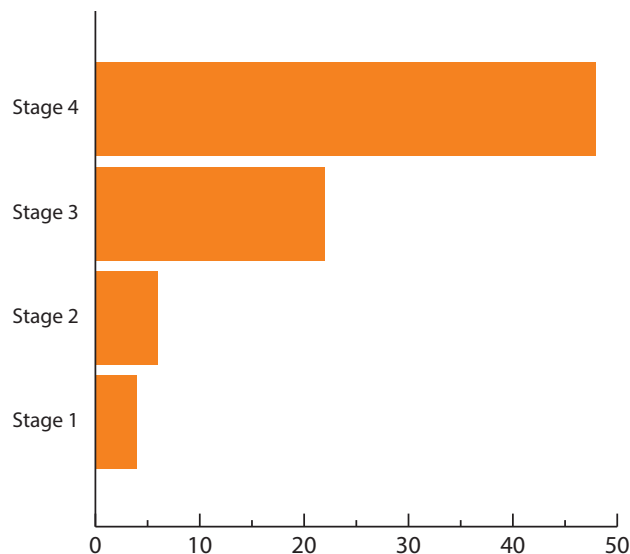
Unlike many cancers that have a very complex mix of risk factors making prevention of the disease challenging, 90% of lung cancers are caused in some way by smoking, whether the individual is a smoker or has exposure to secondhand smoke.

But that is also the good news. Lung cancer, for so many individuals, is completely preventable. If youth never started smoking and all those who did smoke started on their path towards quitting immediately, many, many cancer deaths due to lung cancer could be completely eliminated. And that's good news.

NMC works diligently to lead, support and implement tobacco use prevention and cessation efforts. NMC is a participant in Vermont's 802Quits cessation initiative including housing our region's own VT Quit Partner, Chari Andersen, RN. Chari offers group and one-on-one coaching support to any of our region's tobacco user in supporting them through a successful quit attempt. NMC also promotes Vermont's over-the-phone and online quit support known as 802Quits. Similar to working with a Quit Partner, tobacco users will find effective coaching throughout a quit attempt. For all tobacco users, regardless of which service is chosen, cessation services are free and nicotine patches, gum and lozenges are also free. The quit services may be accessed by: calling Chari @ 524-8480, by calling 1-800-QUIT-NOW for the phone coaching or online at [www.802Quits.org](http://www.802Quits.org).

NMC has also participates in the prevention of tobacco use by hosting and supporting the Franklin Grand Isle Tobacco Prevention Coalition since 2001. This Coalition's work is to promote cessation region-wide, but also support policies and interventions that prevent youth from using tobacco and decrease the harms from secondhand smoke. That work has included creating and transitioning to smoke-free public place policies, smoke-free worksite policies and smoke-free multi-unit housing. That work also includes working to counter the influences of the tobacco companies including promotions and advertisements at tobacco retail establishments.

Through all of these efforts, NMC and its partners in cessation and prevention have successfully decreased the adult and youth tobacco use rates in our region. That will translate into lower lung cancer rates, among many other cancers, lung diseases and heart disease as well.



This data from 2011-2014 on lung cancer cases at NMC shows that diagnosis most often occurs at late stages.

The third Thursday in November is the Great American Smokeout, which leads into efforts to quitting as a New Year's Resolution, and even quitting for a loved one as Valentine's Day nears. We have our opportunity to nearly eliminate lung cancer deaths by addressing tobacco use. If you or someone you know is a tobacco user, please consider making a quit attempt. It could save your life.

## Crest Road Relocation COMPLETED

In September, NMC put the finishing touches on the project that relocated Crest Road. The project moved the road closer to the Doctors Office Commons building, improving traffic flow and traffic safety on campus, and creating additional parking spaces for greater patient and visitor convenience.





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

## OCTOBER & NOVEMBER PROGRAMS

### Cancer Exercise Rehab Group

Every Tuesday and Thursday 11 a.m. to 12:30 p.m.

A physical therapy evaluation is required to assure that the client is able to participate. This class pin points the common needs of patients. This includes decreased range of motion, decreased strength, cancer related fatigue and lymphedema.

**Featuring:** Wendy Lawrence, certified NMC Oncology Rehab Physical Therapist

**Location:** NMC Rehab gym, Cobblestone Building

**Pre-registration Required:** Call 524-1064

**Cost:** Free for the first 8 weeks, then \$40 for open gym access

### Living Strong in Vermont Program

#### Light Strength Training

Mondays and Wednesdays, starting October 5 3 to 4 p.m.

Tuesdays and Thursdays, starting October 6 4 to 5 p.m.

This strength training course has been designed for those over the age of 50 to reduce the effects of osteoporosis, but participants of all ages are welcome. Through a series of simple chair based or standing weight bearing exercises, you will build bone and muscle strength. This is not an aerobics fitness program. Participant must have had a physical exam in the past year and will need their physician's approval to participate.

**CVAA Certified Instructors:** Lynne Marie Villareal, Louise Doyle & Charlene Gless

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

**Cost:** Free

**Pre-registration Required:** Call 524-1234 or email [cfhw@nmcinc.org](mailto:cfhw@nmcinc.org)

### Mental Health First Aid (MHFA) Classes

Members of the community can learn more about mental health disorders by attending one of the Mental Health First Aid (MHFA) classes presented by Northwestern Counseling & Support Services. The MHFA Program will help you to recognize the signs of a person in need.

**Program Time:** 5:30 to 8:00 p.m.

**Location:** Northwestern Counseling & Support Services, Main Office, Main Conference Room

**Cost:** \$100 for series, \$50 for Franklin and Grand Isle County residents, of 6 MHFA modules includes the cost of materials.

**Program Size:** Limited to 20 participants

**Pre-registration Required:** Contact Trisha at 393-6406 or [Trisha.Ketchum@ncssins.org](mailto:Trisha.Ketchum@ncssins.org).

**MHFA Introduction and Overview**

October 6

**Depression**

October 13

**Anxiety Disorders**

October 20

**Psychosis**

October 27

**Substance Use Disorders**

November 3

**Children's Disorders**

November 10

### Cholesterol Class

Wednesday, October 14 8:30 to 9:00 a.m.

Discuss foods and eating habits to help to manage cholesterol levels. The class includes practical suggestions for overcoming the barriers to eating in a heart healthy way. Topics touch on saturated and unsaturated fats, fiber, portion sizes and other American Heart Association guidelines.

**Location:** Northwestern Medical Center, Cobblestone, Cardiac Rehab Gym

**Speaker:** Kay Tran, Registered Dietitian, MS, CDE, Northwestern Medical Center

**Program Size:** Limited Seating

**Pre-registration Required:** Call 524-1234 or email [cfhw@nmcinc.org](mailto:cfhw@nmcinc.org)

### AARP Smart Driver Course

Saturday, October 17 8:30 a.m. to 1 p.m.

This 4 hour refresher course is open to all drivers 50 years and older. The curriculum addresses the normal physical changes brought on by the aging process, how these changes can affect driving ability and then offers ways to compensate for those changes.

**Speakers:** Doug Masson, AARP instructor

**Location:** Northwestern Medical Center, Green Mountain Room

**Preregistration Required:** Call Doug at 802-644-8310

**Cost:** \$15 for AARP members and \$20 for non-members

### Diabetes and You

Saturdays, October 17 to November 14, 2015 9:30 to 11:30 a.m.

This self-management educational program is a five part, ten hour group education program, plus telephone follow-up sessions for people with diabetes and their families. The program is accredited by the American Diabetes Association.

**Location:** Northwestern Medical Center, Green Mountain Room

**Facilitator:** Deb Robertson, RN, BSN, CDE, Northwestern Medical Center

**Cost:** Call 524-1031 for pricing information

**Pre-registration Required:** Call 524-1031 or email [drobotson@nmcinc.org](mailto:drobotson@nmcinc.org)

**Program Size:** Limited to 15

### Breastfeeding and You

You are invited to the Department of Health's FREE Breastfeeding Prep class. 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. Personalize your breastfeeding plan, line up your support, go over the basics, ask questions and get real-life answers.

Thursday, October 15 6:00 to 7:30 p.m.

**Location:** Northwestern Medical Center, Family Birth Center Conference Room

Friday, November 6 Noon to 1:30 p.m.

**Location:** Vermont Department of Health, 27 Federal St., St. Albans

### Vermont Quit Network: Freshstart

#### Tobacco Cessation Class

Tuesdays, November 3, 10, 17 & 24 11 a.m. to Noon

Join others for this 4-session series to help you successfully quit smoking. Sessions include: understanding why you have an addiction and how to quit; mastering the first few days, mastering obstacles; and staying quit and enjoying it forever. As a Vermont resident, you can get free patches, gum & lozenges.

**Location:** Northwestern Medical Center, Grand Isle Room

**Pre-registration Required:** Call Chari at 524-8480.

### Saturday Childbirth Education Workshop

Saturday, November 7 8:30 a.m. to 4:30 p.m.

Join other expectant parents in a day-long Saturday Workshop to prepare for the birth and care of your baby. You will learn about labor, birth, medications in labor, and relaxation and breathing techniques. You can also enroll in an optional breastfeeding class held on the Monday evening following your workshop.

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

**Cost:** \$90

**Pre-registration Required:** Call 527-7531

