

It's Your Health



• HEALTH CARE QUALITY REPORTING •

Janet Osha is Living Proof

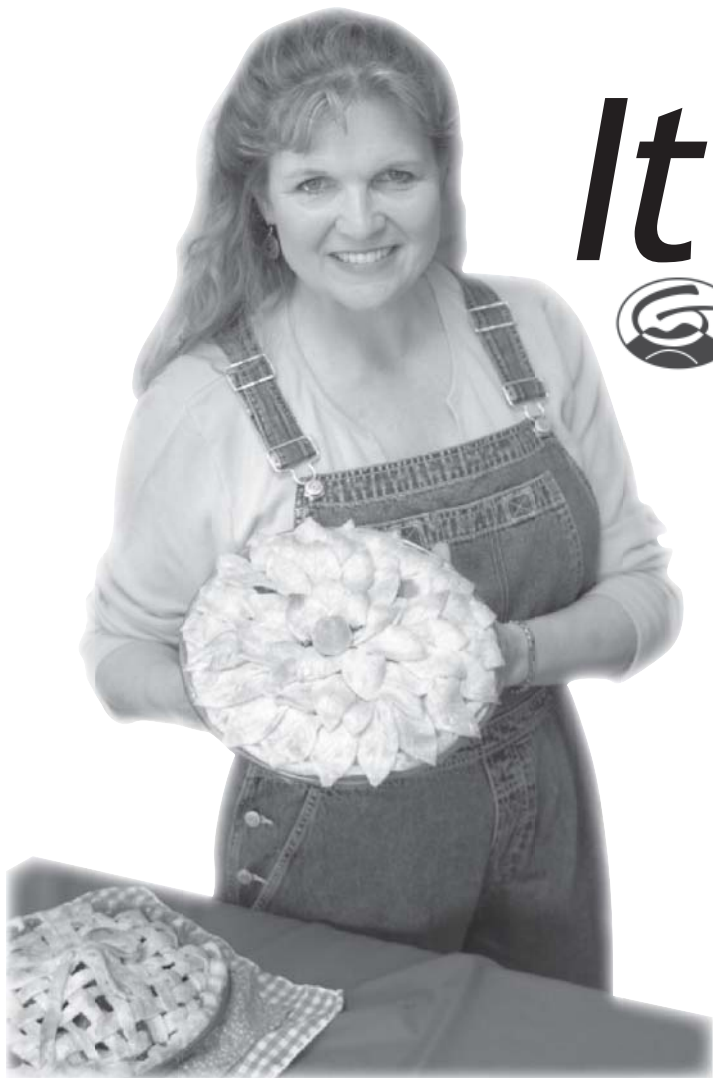
"My 2004 annual mammogram was a lifesaving event. My cancer was detected at a very early stage. Dr. Maury Smith and his staff treated every issue of my recovery. Throughout the treatment, they cared for me as a whole person," says Janet Osha of Braintree.

Janet's cancer wasn't an actual lump, so it could only have been detected by a mammogram. She says, "Do not put it off. Tell everyone you know who is due for a mammogram to schedule their appointment today. I have become a 'mammogram nag' because I have the health history that proves that early detection can prevent a life-threatening situation."

Doctors estimate that more than 500,000 women in the United States have

undiagnosed breast cancer that could be detected by mammography—an X-ray technique used to study the breasts. Mammography can detect some types of breast cancer long before these growths become large enough to be felt during a physical exam. When growths are found in this early stage, they are easier to treat—or can be cured.

Find more information about mammograms and recommendations from The American Cancer Society at www.cancer.org.



Janet Osha, CFM Corporation administrative assistant, and professional portrait photographer, is seen here with her award-winning apple pies.

GIFFORD CAN HELP

Mammograms Each Year

Gifford Medical Center is working aggressively to ensure that women are aware that they should receive mammograms each year.

For the fifth consecutive year, Gifford has been awarded Avon grant money to educate and refer area women to low-cost or free mammograms and clinical breast exams. For more information on Gifford's Breast Health Program, call **Jane Harness at 728-2317**.

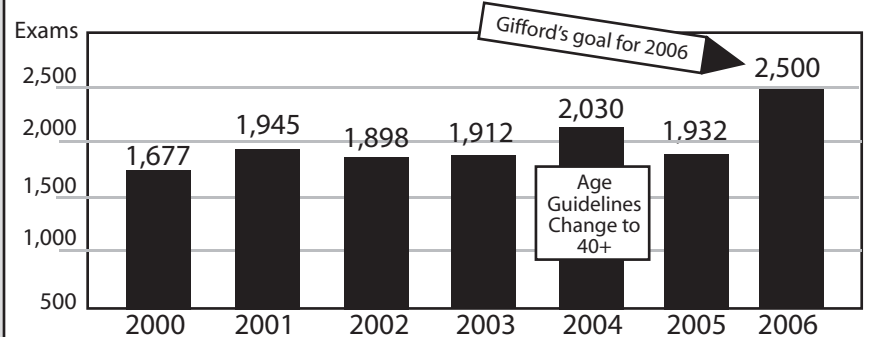
QUALITY HEALTH CARE AT GIFFORD

Early Detection is Vital

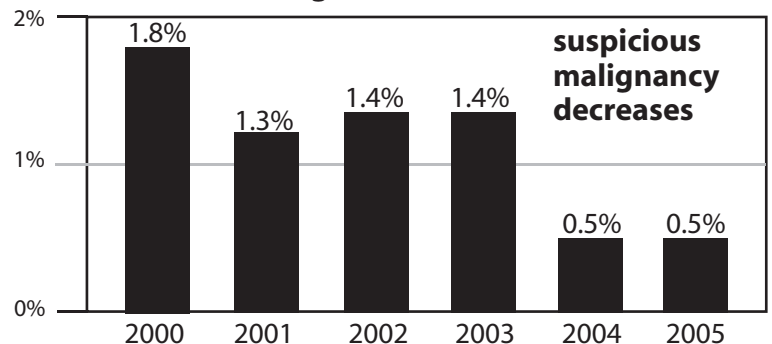
The American Cancer Society recommends that "women age 40 and older should have a mammogram every year."

Since April 2002, Gifford has reached more than 5,800 women with information about the importance of early detection of breast cancer. We have referred 1,473 women for mammograms and over 1,200 women for clinical breast exams.

Gifford is working hard to increase the number of women receiving mammograms



Gifford is making a difference —



Early detection and regular screenings are a woman's best protection.

Gifford Medical Center is your partner in health. The American Cancer Society recommends:

Age 20 to 39:

Have a clinical breast exam by a health care provider every three years. Do a breast self-exam every month.

Age 40+:

Have a mammogram and a clinical breast exam every year. Do a breast self-exam every month.

A mammogram is only one component of good breast health. Monthly self-exams and an annual physical with your provider should also be part of your health care plan.



If you have questions about mammograms or breast cancer, please call Jane Harness, Gifford's breast care coordinator at 728-2317.

If you have financial concerns, The *Ladies First* program offers free mammograms for income-eligible Vermont women. Call Michele Packard at 728-2323 for information.

You can schedule appointments, including some Saturday times, by calling 728-2214.



Gifford
Medical Center

44 South Main Street
Randolph, Vermont



Heart Attack Care at Gifford

A heart attack (also called an acute myocardial infarction or MI) occurs when blood to some part of the heart is blocked. Irreversible injury to the heart muscle usually occurs if medical help is not received promptly.

When a patient comes in to our Emergency Department with signs and symptoms of a heart attack, our treatment goals are to decrease demands on the heart and prevent and treat complications.

The diagnosis of a heart attack must be made by a doctor who has examined the patient and studied the results of laboratory tests and an electrocardiogram (EKG).

If the doctor finds enough evidence that a patient is having a heart attack, then appropriate treatments will be initiated.

The Emergency Department

physician works closely with cardiologists from Fletcher Allen Health Care and Dartmouth-Hitchcock Medical Center. Medications and treatments are begun immediately. Patients who need emergency intervention, such as cardiac catheterization, are transferred promptly for care.

American Heart Association guidelines for emergency management of a heart attack recommend giving aspirin, clot inhibitors or beta-blockers within the first 24 hours of admission.

If you are experiencing one or more symptoms of a heart attack (listed below), call 911 and come immediately to the hospital. Our Emergency Department physicians and nurses are all certified in Advanced Cardiac Life Support and will promptly evaluate your symptoms and begin treatment as necessary.

Braintree Resident Ray Boule Quits for Himself

Ray Boule is a sophomore at Castleton State College this year. He quit smoking during his senior year in high school. "I quit in order to have a long, healthy and happy future," he says. His active life includes working and balancing a challenging college career.

Mark Twain said, "Quitting smoking is easy. I've done it a thousand times." Quitting and staying smoke-free is hard. That is because nicotine, the drug found in tobacco, is highly addictive.

The U.S. Surgeon General has stated, "Smoking cessation represents the single most important step that smokers can take to enhance the length and quality of their lives." About half of all smokers who continue to smoke will end up dying from a smoking-related illness (cancers, lung disease, heart and vessel disease).

Smoking damages nearly every organ in the human body, is linked to at least 10 different cancers, and accounts for some 30 percent of all cancer deaths. And it costs billions of dollars each year. Yet one in four Americans still light up.

No matter what your age or how long you've smoked, quitting will help you live longer.

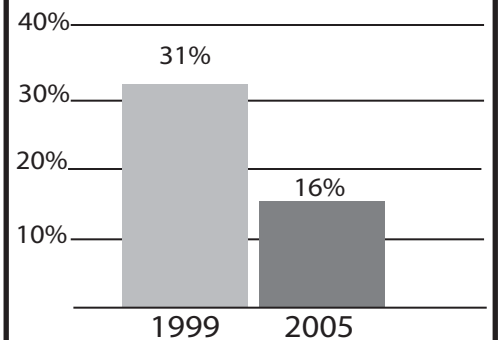
At Gifford, Susan Delattre and Kim Hannon-Brobst work diligently with area youth and adults. Cut out the information below to get ready, get set and STOP!



**GOOD NEWS IN VERMONT:
8 out of 10 Teens
DO NOT SMOKE**

QUALITY HEALTH CARE AT GIFFORD

The total of Vermont teens who smoke has decreased. Gifford has been working diligently with area youth ages 5 to 18.



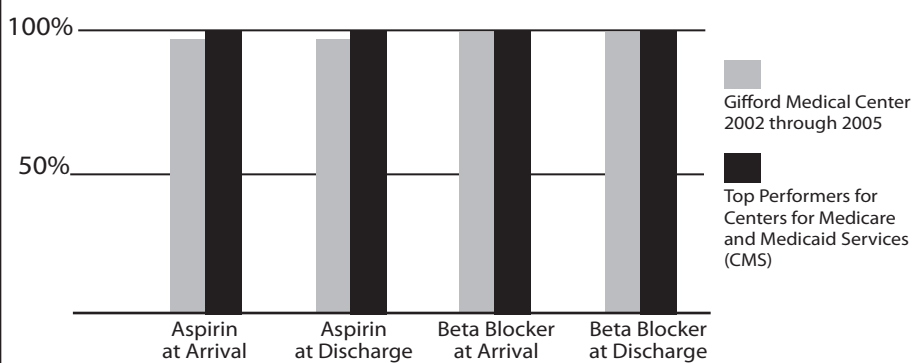
Signs of Heart Attack

GIFFORD CAN HELP

- Uncomfortable pressure, fullness, or pain in the chest lasting more than a few minutes
- Pain spreading to the shoulders, neck, arms or jaw
- Chest discomfort with lightheadedness, fainting, nausea or shortness of breath
- Anxiety, or paleness and sweaty skin
- Irregular heart rate

**CALL
911**

QUALITY HEALTH CARE AT GIFFORD



This graph represents the heart attack care received at Gifford Medical Center for patients with documented Acute Myocardial Infarct from October 2002 through December 2005.

Cut & Keep!



**Gifford
Medical Center**

- GIFFORD PRIMARY CARE**
44 South Main Street
Randolph 728-2442
- BETHEL HEALTH CENTER**
1823 Route 107, Bethel..... 234-9913
- CHELSEA HEALTH CENTER**
356 Route 110, Chelsea 685-4400
- ROCHESTER HEALTH CENTER**
235 South Main Street
Rochester..... 767-3704
- SHARON HEALTH CENTER**
Route 14, Sharon 763-8000

GIFFORD CAN HELP

Ready, Set . . . STOP!

You can talk to someone about your habit. Gifford's *Be Tobacco Free* Program includes:

- **Free local one-on-one coaching in person** or on the phone
- **Local classes** to help you stop smoking
- **Patches** or other nicotine replacement therapy at reduced cost or **free**
- **Free coaching at home** to help you stop smoking around children

If you have questions about smoking cessation, please call Susan Delattre, tobacco cessation coordinator, at 728-2118.

Make an appointment today with your health care provider.



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Medical Center**

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Randolph, Vermont