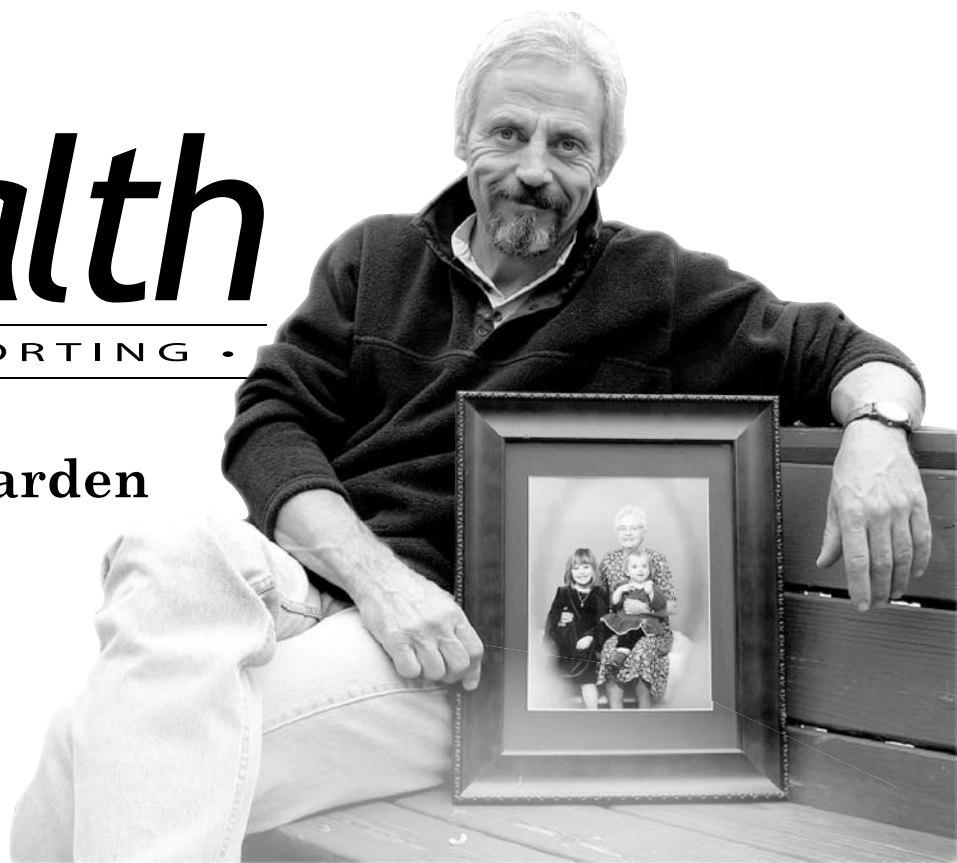


It's Your Health



• HEALTH CARE QUALITY REPORTING •



Wayne Ladd of Chelsea holds a picture of his late mother Uda Ladd and her grandchildren.

Uda's 'Ladd' Learns the Gift of the Garden

Wayne Ladd of Chelsea spent two days in Gifford Medical Center's Garden Room, sitting by his mother's bedside as she died. He fights tears as he talks about it, his easy smile temporarily vanishing.

A hard-working, no-nonsense woman, Uda Ladd was well-known in Chelsea. She delivered mail with her husband for 40 years and also ran a local upholstery shop, U.L. Upholstery. And Wayne, now the local mailman in his parents' place, was her only child.

When Uda's heart began to fail, her physician, Dr. Josh Plavin, told Wayne there wasn't much more medicine could do for the 83-year-old who declined life support. Dr. Plavin suggested the Garden Room, a special suite at Gifford where dying patients and their families are offered comfort and peace.

Uda was unconscious during her two-day stay in the Garden Room, but Wayne is thankful for his time spent there – or at least as thankful as he can be considering what he and his mother were going through.

"Every hospital should have a Garden Room," says Wayne. "It gives you privacy. If you're going through (the dying process), that's the place to do it."

"The nurses and the doctors and everybody there would just bend over backward," Wayne says. "I can't say enough good about Gifford. They really went the extra mile for me and my mother."

GIFFORD CAN HELP

A Dignified End

Gifford Medical Center has an Advanced Illness Care Team comprised of doctors, nurses, a social worker, administrators, a physical therapist and a palliative care nurse manager dedicated to providing patients with advanced illness the best comprehensive care possible. That care includes listening carefully to patients' wishes, pain management, home doctors' visits in some cases and stays in Gifford's Garden Room in other instances.

The Garden Room, a garden-side suite, includes a family room and information packet to help the patient and family better understand the grieving process and begin making end of life decisions.

Gifford's commitment to end-of-life care is unique. The team believes as much compassion and care should be provided at the end of life as at the beginning and throughout life.

Tear off the information below for reference.

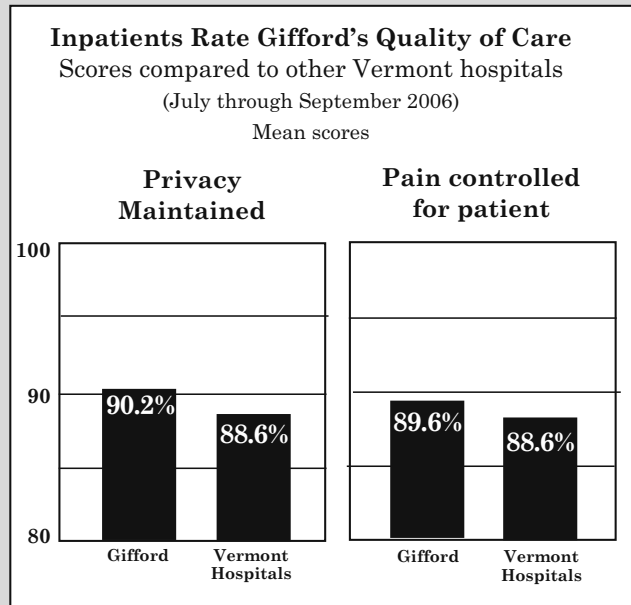


QUALITY HEALTH CARE AT GIFFORD

Comfort, Privacy Score High

One goal of end-of-life care at Gifford Medical Center is making the dying process as comfortable and private as possible for patients, and also for families.

The chart shows how Gifford inpatients ranked us in privacy and pain management as compared to other Vermont hospitals whose patients completed the same survey.



Tear off & keep!

Get the team on your side

Gifford's Advanced Illness Care Team has been uniquely created to help patients in advanced illness.

"We're looking to make the dying process as comfortable as possible and to relieve as much suffering as possible for the patient and family," says team member Dr. David Pattison, who is certified by the American Board of Hospice and Palliative Care Medicine.

To learn more about this special service, call 728-2270.



Gifford
Medical Center

44 South Main Street
Randolph, Vermont

Share your end-of-life wishes

Advance Directives tell family, friends and your health-care provider your treatment wishes in the event you are unable to state them yourself. If you have completed an Advance Directive form, please bring that form to your medical provider or to the Health Information Management office at Gifford between 8 a.m. and 4:30 p.m. weekdays. The form will be electronically scanned into your medical record. Call Health Information at 728-2223.

If you have not yet completed a form or want to learn more, call social worker Sandy Conrad today at 728-2270.



Susan Westbrook is Back in Action

Susan Westbrook of Randolph doesn't fit the osteoporosis mold. She's not the thin "older" woman that one pictures. In fact, over the years as she bemoaned a few extra pounds, her daughter would joke, "At least, you won't have osteoporosis."

But that is exactly what Susan has. Diagnosed in her 50s, an always-active, healthy-eating Susan attended a health fair in Randolph years ago now and had a bone density screening on her heel. "They listed me as 'at risk,'" she remembers.

Her Gifford doctor, Brent Burgee, recommended a more extensive bone density scan that confirmed the osteoporosis.

Since, Susan has been taking medication to stop bone loss, attended Gifford's ***Backs in Action*** class and continues her healthy lifestyle.

Susan encourages other women to be aware of the disease and get bone density screenings – early. If Susan had waited, her bone loss would have been far greater.

Susan Westbrook encourages early detection of osteoporosis.



GIFFORD CAN HELP

New Bone Density Machines

Osteoporosis is a disease that leads to bone fragility. Gifford has just added two new state-of-the art, non-invasive bone density machines able to diagnose osteoporosis earlier and closer to home for patients in this area. Years ago, it wasn't until bones broke that osteoporosis was detected. Now, Medicare typically covers a bone density test every two years for women over age 65.

The hospital has also offered ***Backs In Action*** – an eight-week class that is taught by physical therapists with diet and calcium information available from a Gifford dietitian. Posture, core strengthening, balance, back protection techniques and walking are topics.

Measure Your Osteoporosis Risk

Most at risk are women who are:

- White and Asian
- Of advanced age
- Of low body weight
- Of low lifetime calcium intake
- Vitamin D deficient
- Smokers
- Excessive drinkers
- Inactive
- Estrogen deficient
- Prone to fractures
- From a family with a history of osteoporosis
- Using medications that cause bone loss

Cory is Manning His Diabetes

It was problems with his vision that first alerted Barnard's Cory Manning that something could be amiss with his health. Cory visited his eye doctor in December of 2005 and got a new contact lens prescription, but just two weeks later was having trouble seeing once again. The eye doctor referred Cory to his primary care provider, Bethel Health Center's Nurse Practitioner Eileen Murphy, and she verified through a blood test what the eye doctor had suspected – 36-year-old Cory had diabetes.

Diabetes is a disease in which glucose levels are above normal. Cory's A1C count – a measurement for proper blood glucose – at 16.9 percent was "through the roof," says Cory, who suffers type 2 diabetes. Seven percent or below is considered normal.

When we talked to Cory in September his A1C level had fallen to a remarkable 6.5 percent, thanks to Gifford's Diabetes Clinic, diabetes classes he took at Gifford, medication prescribed by his provider and his hard work.

Cory visited Diabetes Nurse Educator Sherry



Cory Manning of Barnard turned help from Gifford's Diabetes Clinic into success.

Barnard and Dietitian Laurel Ross at Gifford to find out how best to control his diabetes.

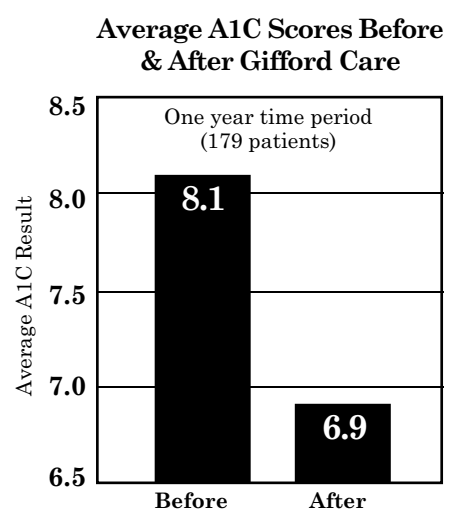
"Basically," he says, "you should eat what you're supposed to." He'll eat sugar-free Jell-O or a pickle rather than a chocolate bar. "Dill pickles have become a friend."

He also bought an elliptical trainer and has lost 25 pounds. "It's gotten me on the right track," says Cory of his diet and exercise routine and care he got at Gifford.

QUALITY HEALTH CARE AT GIFFORD

Seeing Results

The American Diabetes Association currently recommends an A1C goal of less than 7 percent. This chart shows patients' average A1C when they first visited Gifford's Diabetes Clinic and then the average levels following our help.



SAVE THIS INFORMATION



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 OB/GYN & MIDWIFERY**
Randolph 728-2401

Think you're at risk for diabetes or osteoporosis?

Take charge of your health.

Call your Gifford provider today for an appointment – especially if it has been awhile since you've visited us.

GIFFORD CAN HELP

You Are Not Alone

Gifford Medical Center for more than 20 years has provided diabetes patients support and care from a team of experts. The hospital offers:



- Diabetes Clinic that helps patients make and maintain lifestyle changes
- Free diabetes support group on the fourth Tuesday of each month from 4-5 p.m.
- Diabetes courses
- Diabetes Education Expo in early November for Diabetes Awareness Month
- Follow-up calls from providers reminding patients of needed care and testing

DIABETES NURSE EDUCATOR: SHERRY BARNARD 728-2295