ASPIRIN FOR PREVENTION: YES OR NO?
by Cardiologist Adam Kunin, MD
Let’s imagine a conversation with a patient and her doctor:
Patient: “Doc, should I start taking an aspirin a day to prevent a heart attack or stroke?”
Doctor: “Well, let’s sit down and talk about it...”
Why can’t the doctor come up with a simple one-sentence answer? What makes this so complicated? The reason is that aspirin is a powerful drug which has competing effects on the human body, some good and some bad. We like aspirin’s ability to prevent blood clots in places they are not wanted, such as the heart and the brain. What we don’t like is that same blood-thinning ability when it increases the chances of a bleeding problem, such as a bleeding ulcer.

A Little History
Aspirin is one of the oldest medicines in continuous human use. It dates back 3,500 years ago, where it is mentioned both by the ancient Greek physician Hippocrates and in Egyptian medical texts. Back then it was known as an extract of bark from the Willow tree. Bayer began selling the purified form, acetylsalicylic acid, in 1897.

The Good
In both men and women who have already had an event such as a heart attack, cardiac stent or bypass surgery, aspirin has been shown to decrease the chance of the next event. We know that taking it away, even for a short time such as for minor surgery, can increase the chance of a heart attack. We also know that treating a heart attack, or even a suspected stroke, aspirin has been shown to decrease the chance of the next event. We know that taking it away, even for a short time such as for minor surgery, can increase the chance of a heart attack.

On the other hand, trying to prevent a first heart attack with aspirin has a much smaller effect. It seems to reduce the chances of a first heart attack for men ages 45-79 by a modest 20%. For reasons that are not clear, the Women’s Health Study showed no significant heart attack benefit for women. Women ages 55-79, as well as men, do gain a small benefit in stroke reduction.

The Bad
If you have ever had a bleeding ulcer, or similar bleeding problem, then you probably know that aspirin, along with a long list of other medications such as Motrin, Advil, and various other “blood thinners,” will contribute to the chance of bleeding. That is the Achilles Heel of aspirin. The good news is that if you only take a baby aspirin a day, 81 mg, the bleeding risk is lower.

The Bottom Line
Let’s go back to our imaginary conversation. Where do we go from here? The U.S. Preventive Services Task Force[1] recommends the following:
A baby aspirin daily for men ages 45-79, for heart attack prevention when the benefit of preventing a heart attack outweighs the risk of causing a bleeding problem.
A baby aspirin daily for women ages 55-79, for stroke prevention when the benefit of preventing a stroke outweighs the risk of causing a bleeding problem.

Sound vague? It is. What is perfectly clear is that both men and women should talk with their doctor first before taking baby aspirin daily to prevent a heart attack or stroke.

COPLEY CLOSE-UP
Amy Fitzgerald - Generalist, Human Resources
Amy joined Copley’s Human Resources in February, 2014 bringing more than 10 years of experience in the Human Resources field. She holds a Professional in Human Resources Certification since 2008. As a generalist her duties include employee relations, worker’s compensation, ADAAA, staff development and trainings.

Where did you grow up?
I grew up in Eden, I moved here when I was 5 from Sheridan, California.

What is your favorite food?
I absolutely love a family recipe called enchilada caserole, basically an Mexican enchilada caserole.

What are your top three hobbies?
Hobbies, I may have time for them when my kids graduate. Right now, my spare time is spent cheering my head off during any of their many sporting events.

Johanne Jackson - UPH Outpatient Services Center
Jody provides support services to General Surgery, Urology and Cardiology. Her responsibilities range from greeting and routing patients to assisting as a scrub nurse in minor general surgery cases. Jody has been a part of the Copley family for a year and a half.

Where did you grow up?
I was born in Los Angeles, California. Moved to Marlboro, Vermont before moving to Florida where I lived for over 30 years. Four years ago I moved to Jeffersonville.

What is your favorite food?
Italian food used to be my favorite, but Cuban food is now my favorite food ever.

What are your top three hobbies?
I enjoy hiking, skiing (both cross country and downhill) and gardening.

COMMUNITY GOLF OUTING FARE...COPLEY 27th Annual Copley Scramble
For all levels and experience!
Saturday, July 12th
Copley Country Club
8:00am Shotgun Start

Your $125 player registration includes 18 holes of golf, luncheon and a tax deductible donation (golf carts not included).

Thank you to our Scramble sponsors:
Presenting Sponsor: Stewart Construction
Platinum Sponsor: Hackett Valine & MacDonald
Gold Sponsor: Union Bank
Reception Sponsor: Metlife Resources
Hole Sponsors: Berry Dunn, Electric
Hole Sponsors: Northeast Delta Dental

Register online at copleyvt.org/CopleyScramble or call 888-8302

COPLEY HOSPITAL
The Newsletter of Copley Health Systems, Inc. • 528 Washington Highway, Morrisville, VT 05661 Spring 2014

Hickok & Boardman Retirement Solutions
Hackett Valine & MacDonald
Northeast Delta Dental
Volunteers Recognized for Service

It was wonderful to see so many of our hospital, Second Chance and Gift Shop volunteers at our annual Volunteer Appreciation Brunch. Trustee Nancy Putnam extended a special thanks on behalf of the entire board saying, “We thank you for your service to Copley — especially the special care you extend to our patients and staff.” Last year volunteers collectively donated more than 13,000 hours of their time! Several volunteers (pictured) were recognized for their extraordinary commitment of time in 2013.

Employees Honored at Annual Banquet

Registered Nurse Lynne Sudsbury was named Copley’s Employee of the Year. Honored for their 35 years of service were Surgical Services Shelly Boivin and Laboratory Phlebotomist Mary Boyce. Peter Kramer of Rehabilitation Services received a round of applause for his 40 years of service and Laboratory Technician Doreen Cleary was recognized for her 20 years. Joel Silverstein, MD, Chief Medical Officer, presented Adam Lasure of Information Technology with the Goddard Family Award and Surgical Services Meredith McGee, RN with the Edward French Memorial Award.

Optometrist Practice Changes Hands

After 45 years of practice, optometrist Dr. David Garbutt is retiring. He has transferred his practice to Dr. Francis (Frank) Finard, OD of Newport Optical. Dr. Finard is now seeing patients at 530 Washington Highway in Morrisville. The Morrisville office is a full-time second location for Dr. Finard and his associates.

Ophthalmologist Dr. Mark Iverson, who shared office space with Dr. Garbutt, continues to see patients in the Morrisville office.
A calendar of classes and screenings to help you live a healthier life
Register in advance online at copleyvt.org/wellnessclassesandevents or call 888-8369.

SUPPORT GROUP
Diabetes Support Group
June 26th, September 25th and October 23rd
6:30 – 8:00pm
Copley Hospital Wellness Center
Free
Call 888-8226
Diabetes Support Group is free and open to people with diabetes and their families. Meeting topics vary.

DIABETES EDUCATION
You & Your Diabetes
1:1 Consultations
Call 888-8226 for an appointment
Diabetes can cause long-term health problems. Work one on one with Copley’s Certified Diabetes Educator to learn how to control your blood sugar and reduce the impact diabetes can have on your health. Copley’s Diabetes Educator works in coordination with your physician.

FOR A HEALTHIER YOU
Healthier Living Workshops
August 5th – September 9th
1:00-3:30pm
Cambridge Health Clinic
The Healthier Living Workshop is an evidenced-based program that has been shown to improve your quality of life, and reduce unscheduled visits to your healthcare provider and admissions to the hospital. Classes are free and available in Cambridge, Hardwick, Morrisville and Stowe. All classes are open to family members and caregivers.

You can feel better by learning:
• how to deal with frustration, pain, fatigue, and isolation
• exercise techniques for maintaining and improving strength, flexibility, and endurance; use of medications
• how to communicate with health professionals, family, and friends
• nutrition and healthy lifestyles… and more!

To register for the Healthier Living Workshop, or for more information regarding the classes call 888-6026.

Chronic Pain Self-Management Workshop
August 6 – September 10th
6:00-8:30pm
Morrisville Family Health Care
Call 888-6026 to register or for more information
If you live with chronic pain, this class can help you better manage your condition. During this six-week class, we’ll debunk myths; create an action plan that works for you; improve your fitness through exercise; discover coping techniques for emotions and fatigue; and help you better manage your sleep, healthy eating and medications.

Cigarette Cessation Classes
Classes available in Morrisville and Stowe
Call 253-4853 for class listing and to register
It can be hard to quit smoking, but there is help when you’re ready to quit. This free 4-week session, will help teach you how to quit smoking for good. Free nicotine replacement will be available to participants.

LIFE SKILLS
HeartSaver for Beginners
September 16th
6:30 – 8:30pm
Copley Hospital
Fee: $30.00
This American Heart Association basic life support course covers adult, child, and infant CPR. Class also includes Automated External Defibrillator (AED) training.

AARP Smart Driver Class
July 13th, September 8th and November 10th
8:30am - 1:00pm
Copley Hospital
Fee: $15.00 AARP member / $20.00 AARP non member
This one-day, four-hour course is designed for drivers age 50 and older.

PARENTING PROGRAMS
Childbirth Education Classes
June 12th – July 24th
August 7th – September 11th
6:00-8:00pm
Copley Hospital
Fee: $110.00 (covered by most insurance plans)
Join other expectant parents for this six-week class. You’ll gain knowledge, confidence and increased comfort so you can be actively involved in the birth experience. You’ll also learn basic infant CPR and valuable nutritional information for mom and newborn.

Infant CPR & Nutritional Information
June 12th
6:00-8:00pm
Fee: $10.00
Learn basic infant CPR instruction and nutritional information.

REHABILITATION PROGRAMS
Cardiac Rehabilitation
Call 888-8230 for an appointment
This twelve-week comprehensive outpatient program improves your quality of life following heart events.

Pulmonary Rehabilitation
Call 888-8230 for an appointment
If you live with a disease affecting the lungs, pulmonary rehabilitation can help you.

EXERCISE CLASS
Pilates
September 16th
6:30-8:00pm
Copley Hospital
Fee: $10.00
Learn more about Pilates and its benefits at this class.

Hip Flexor Stretch
• Note: Use a second chair in front to help maintain balance.
• Stand in front of a chair or bench about knee height.
• Place a pillow on the chair.
• Place your right lower leg and knee on the pillow. Keep trunk upright but don’t arch your back. The stretch should be felt on the right side near the front pocket of your pants.
• Hold for 20-30 seconds.
• Perform 2-3 repetitions for each side of your body.

Follow our Move of the Month online at: copleyvt.org/Rehabilitation

Move of the Month
Copley certified athletic trainer Vin Faraci demonstrates a stretch that should be done on a regular basis to keep us flexible and prevent injury.

LACiNg Up FOR CANCER
Saturday, June 21st  11:00am
Trackside at Peoples Academy High School
“Giving Cancer the Boot” is the theme for this year’s walk that benefits Lamoille Area Cancer Network. This yearly event continues to be a signature event for Copley and our community. Copley Hospital is pleased to join the many local businesses and individuals supporting this annual community walk.

Team Copley pictured at their site.

COPELY WOODLANDS
Independent Living in a Supportive Community
“In a bridge player and before I knew it, I had a group of new friends.”
Resident Pat Watson
Pat’s daughter, Anne Bongiorno
“Copley Woodlands offers everything you would want for your loved ones.”
Site Manager Penny Davis
For more information on leasing opportunities, or ownership, contact
802-253-7200
or visit
copleywoodlands.com.
HEALTHY RECIPE
Grilled Veggie Melt on Polenta
Compliments of Copley’s Executive Chef Steve Sprague

Ingredients
8 Cups Vegetable Broth
2 1/4 Cups Polenta
2 Tbsp Butter
1/2 Cup Shredded Low-Fat Cheese
1 Each of the Following Vegetables: Zucchini, Summer Squash, Japanese Eggplant, Sweet Potato, Red Bell Pepper, Green Bell Pepper, Yellow Bell Pepper and 8 medium Portobello Mushrooms

Note: Polenta is made of cornmeal and looks similar to grits, but can be
Salt and Pepper for Flavoring (not an ingredient that is necessary)

Bring the vegetable broth to a boil and slowly whisk in the polenta to avoid any lumps. Reduce the heat and cook slowly according to the package directions. Some cook in as little as 10 minutes, others take up to 40 minutes. When cooked, stir in some salt and pepper, butter and shredded cheese. Lightly oil or spray 2 glass baking dishes and transfer the polenta into them. Smooth the tops and refrigerate for 2 hours. When ready, preheat the vegetables, peel the sweet potato, cut the pepper in half and remove the seeds. Remove the stems from the mushrooms and save for another use.

Brush off the mushroom caps and scrape out the gills. Slice the zucchini, summer squash, eggplant and sweet potato into 8 slices each. Lightly barbeque grill, when hot toss the vegetable slices with the salad dressing and grill until browned on both sides. Arrange the vegetables on top of the polenta squares with the Portobello mushrooms on top. Place a slice of cheese on top of each pile and allow to melt. Serve hot.

Recipe yields 8 servings.

Note: Polenta is made of cornmeal and looks similar to grits, but can be baked, fried or grilled. Look for it in the baking aisle or near rice or in the Italian food section of your grocery store.

Aspirin for prevention: yes or no?” continued from front page.

avoid a heart attack or stroke. You and your medical provider need to weigh the pros and cons based on your individual circumstances. There is no magic pill to prevent heart attacks or strokes; it involves a holistic comprehensive perspective. Working with your doctor, you will find what works best for you.

[1] The U.S. Preventative Services Task Force is an independent panel of primary care providers that conducts scientific evidence reviews of clinical preventive health care services and develops recommendations for primary care clinicians and health systems.