

## 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 one, with a full adult aspirin can start to break up the clot and make the heart attack smaller. That is the science behind the famous advertisements you have seen on TV.

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

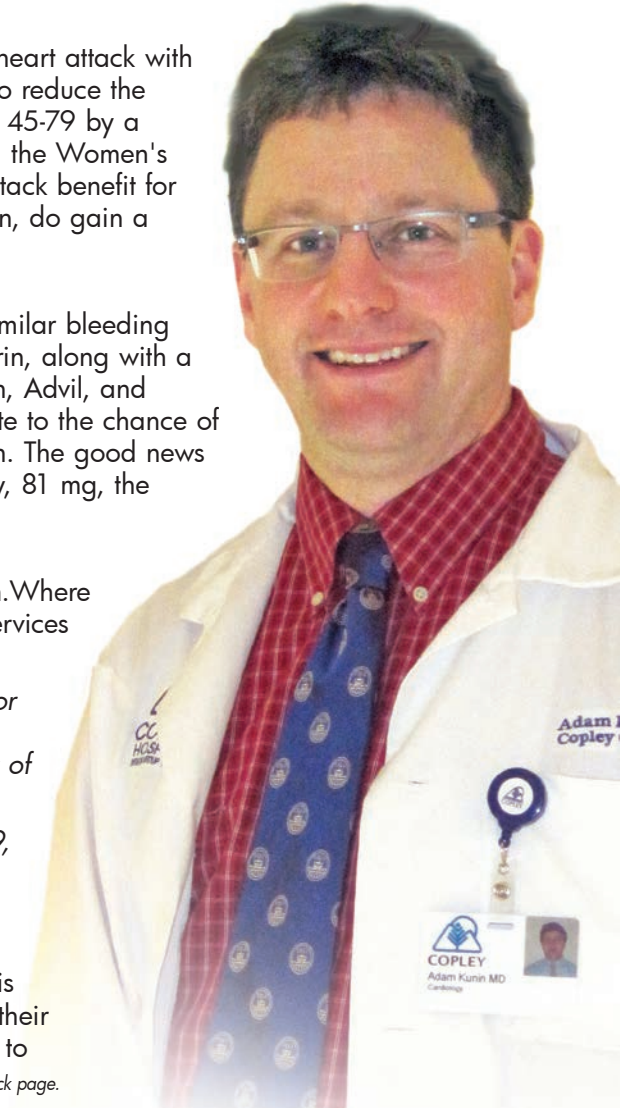
Let's go back to our imaginary conversation. Where do we go from here? The U.S. Preventive Services Task Force<sup>1</sup> recommends the following:

*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

*Continued on back page.*



## 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.

### Johanne Jackson - LPN Outpatient Services Center



Jody provides support services to General Surgeon, Patricia Jaqua, MD, as well as to Urology and Cardiology. Her responsibilities range from greeting and rooming 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.

<b>Where did you grow up?</b>	<b>Where did you grow up?</b>
I grew up in Eden, I moved here when I was 5 from Sheridan, California.	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.
<b>What is your favorite food?</b>	<b>What is your favorite food?</b>
I absolutely love a family recipe called Enchirita Casserole, basically a Mexican enchilada casserole.	Italian food used to be my favorite, but Cuban food is now my favorite food ever.
<b>What are your top three hobbies?</b>	<b>What are your top three hobbies?</b>
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.	I enjoy hiking, skiing (both cross country and downhill) and gardening.
<b>What is your favorite holiday and why?</b>	<b>What is your favorite holiday and why?</b>
Christmas, it is one of the few holidays where all of my family makes a point of being together.	Thanksgiving. This is my favorite because it's the time of year when we gather with those we love and cherish, to laugh, reminisce, and be thankful for all that we have in our lives.
<b>What is something about you that would be surprising to others?</b>	<b>What is something about you that would be surprising to others?</b>
It may surprise people that I would love to be a party planner. I love to plan events for people, birthdays, weddings, reunions, etc.	That I am a 10 year breast cancer survivor. That I am a single mom of three amazing, beautiful children that I have raised alone.
<b>What makes Copley a special place to work?</b>	<b>What makes Copley a special place to work?</b>
People work here because they want to work in a small community hospital where you can help and make a difference for your own neighbors.	Copley is a special place to work because it is a small country hospital with great personalized care.
<b>Why did you choose your field?</b>	<b>Why did you choose your field?</b>
I work in the field of HR because I enjoy being a resource and support system to employees.	I decided to go to nursing school so I could learn the skills necessary to be as much of a healing influence to others as nurses were to me.

## COMMUNITY GOLF OUTING FORE...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:

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Register online at  
[copleyvt.org/CopleyScramble](http://copleyvt.org/CopleyScramble)  
 or call 888-8302

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# COMMUNITY UPDATE



I am constantly moved by the extraordinary commitment of volunteers, our dedicated staff, and donors to Copley Hospital. During a recent celebration, someone said "It takes a village to run Copley" – driving home how much we rely on the very generous support of time, skills, and funding by many people throughout our community. Copley is a not-for-profit organization as well as being one of the largest year-round employers in the area. Working collaboratively with a variety of other healthcare providers, social service agencies, and area businesses, Copley contributes greatly to the quality of life we all enjoy. We couldn't do it without your help.

As this newsletter goes to press, we are finalizing our FY2015 budget to present to the Green Mountain Care Board as well as our Certificate of Need application to build a new, integrated Surgical Suite. Our goal is to update our Operating Suite, which was last modernized 30 years ago. This new suite will provide critical infrastructure that will maximize efficiency and help enable Copley to continue meeting our area's spectrum of medical needs with our signature quality and warmth – and with the expert personal attention we each hope to receive when we need medical care.

I look forward to seeing you out and about.

*Melvyn Patashnick*

Mel Patashnick, President & CEO



## Employees Honored at Annual Banquet

Registered Nurse Lynn Suddaby 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 30 years. Joel Silverstein, MD, Chief Medical Officer, presented Adam Lesure of Information Technology with the Goddard Family Award and Surgical Services Meredith McGee, RN with the Edward French Memorial Award.

## 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.



Pictured front row (l to r) Addie Salls, Judy Ward, Jeannette Randolph, Irene Wilkins, Bob Ianni and Joyce LaRow. Second row (l to r) Ken Salls, Copley Health Systems President & CEO Mel Patashnick, Trustee Nancy Putnam, Donna Merriam, Foundation Committee member Clive Gray and Vice President Development and Community Relations Leah Hollenberger.

## Optometrist Practice Changes Hands



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

Ophthalmologist Dr. Mark Iverson, who shared office space with Dr. Garbutt, continues to see patients in the Morrisville office.



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### Our Vision

Copley Health Systems leads in providing lifelong comprehensive quality care with wellness at its core, and works collaboratively with our community to provide needed health care services.

### Our Mission

Copley Hospital is a not-for-profit healthcare provider whose purpose is to improve the health status of the people of the community by providing the highest quality of care regardless of the ability to pay.

### Our Core Values

- Compassion and respect for human dignity
- Commitment to professional competence
- Commitment to a spirit of service
- Honesty
- Confidentiality
- Good stewardship and careful administration

**Copley Health Systems**  
528 Washington  
Highway  
Morrisville, VT 05661  
802-888-8888  
www.copleyvt.org

The Copley Courier is published three times a year by the Community Relations Department.



**Your support helps us to be here when neighbors need us the most.**

Return this card to:  
**Copley Hospital – Development**  
528 Washington Highway  
Morrisville, VT 05661

Yes, I/we wish to support **Copley Hospital**

\$25  \$50  \$100  \$250  \$500  \$1,000 Other: \_\_\_\_\_

Check enclosed (Please make the check payable to **Copley Health Systems**) or Visa / Mastercard / American Express

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Please send me information on how to include Copley Hospital in my will

# WELLNESS CENTER

**A calendar of classes and screenings to help you live a healthier life**

**Register in advance online at [copleyvt.org/wellnessclassesandevents](http://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.

### Tobacco 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

& November 18th

6:30 – 8:30pm

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.

### Recertification Class

June 17th &

October 21st

6:30 – 7:30pm

Fee: \$15.00

### AARP Smart Driver Class

July 15th, 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

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



Every Monday and Thursday

9:00-10:00 a.m.

Copley Woodlands, Stowe

Fee: \$25 for 10 sessions

Call 253-7200

A blend of strength training, balance, stretching and free weights.

## MOVE OF THE MONTH



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

## 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.
- Left leg should be placed forward, foot on the ground with knee slightly bent.
- Press forward and down with your hips. 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](http://copleyvt.org/Rehabilitation)

## 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.*



## COPLEY WOODLANDS

## Independent Living in a Supportive Community



"I am a bridge player and before I knew it, I had a group of new friends."

Resident Pat Watson

"Copley Woodlands offers everything you would want for your loved ones."

Pat's daughter, Anne Bongiorno



For more information on leasing opportunities, or ownership, contact Site Manager Penny Davis 802-253-7200

or visit [copleywoodlands.com](http://copleywoodlands.com).

# HEALTHY RECIPE

## Grilled Veggie Melt on Polenta

Compliments of Copley's Executive Chef Steve Sprague

### Ingredients

- 8 Cups Vegetable Broth
- 2 ¼ 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 Mushroom
- 1 Cup Low-Fat Salad Dressing (Vinaigrette)
- 8 Slices Reduced Fat Cheese (of your choice)
- 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. Clean 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. Light your barbeque grill, when hot toss the vegetable slices with the salad dressing and grill for about 3 or 4 minutes per side, keep warm on a cookie sheet or top shelf of your grill. Cut the polenta into 8 squares. Brush with 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.



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**COPLEY HOSPITAL**

**888-8888**

**www.copleyvt.org**

