



State-of-the-Art Ceramic Hip Replacements Improve Quality of Life

Mooers Forks Woman Feels “New Lease on Life”

For many years, Linda Larrow has suffered from osteoarthritis and sciatica, which have made it difficult for her to walk, get in and out of cars, and according to her, “made life seem impossible.” That is, until a year or two ago when she decided to do

something about it.

After being evaluated by Dr. Mitchell Rubinovich, it was determined that she was a candidate for a hip replacement and reconstruction. During hip reconstruction and replacement, diseased bone/cartilage is removed and replaced with artificial

implants that relieve pain and restore function. Knowing this, Mrs. Larrow researched hip replacements. She learned the type of replacement materials used, such as “titanium vs. ceramic,” and the probable longevity of each. It was then that she discovered that Dr. Rubinovich was the only surgeon in the North Country using the new Trident® ceramic hip implant.

“The new ceramic hip lasts longer and is stronger than traditional hip replacements,”

continued on page 2



Dr. Mitchell Rubinovich talks to his patient, Linda Larrow, about ceramic hip implants.

Inside This Issue

- Ceramic Hip Page 1
- Alice Hyde’s Legacy Page 2
- Most Wired Page 3
- Healthy News &
Tips to Use Page 4
- A New Surgical Choice
For Women at AHMC Page 6
- New Faces Page 8
- Healthy Visions Page 9
- Philanthropy Update Page 10
- Calendar Page 12



Alice Hyde's Continuing Legacy

One of our nursing home residents, Maurice Smith, shared with us his experiences from the past 101 years of living in the North Country. Born in Bangor, NY in 1903, Mr. Smith spent his entire life working, raising children with his wife of 72 years, and going to school in our area. In fact, one of the moments he clearly remembers is that in 1914, his school conducted a fundraiser to help establish Alice Hyde Medical Center. The students and their family members were asked to purchase a brick for 7 or 8 cents a piece that were used to actually build the first hospital in Malone. Despite money being very tight in that era, both Mr. Smith and his brother each bought one or two bricks, making them an integral part of what is today's Medical Center.

What a remarkable story—one that clearly demonstrates that our Medical Center was built by the community for the community. This one man's gift to all of us shows that it's been our community that has built, supported, and shaped Alice Hyde Medical Center. And, today, these same individuals live, work, or are cared for in this same health care organization. This is truly a legacy for Malone and the surrounding areas.

This edition of *To Your Health* offers a snapshot of the ever-evolving Alice Hyde Medical Center. In the past year, we have



John W. Johnson
President/CEO

brought state-of-the-art procedures to our community, like the ceramic hip, first laparoscopic supra-cervical hysterectomies, a new 16-slice CT Scan, and a pulmonary function lab, and again earned the distinction of being named one of the Most Wired Small and Rural Hospitals in the nation according to a survey by Hospitals & Health Networks, the journal of the American Hospital Association, McKesson Corporation, and the Healthcare Information and

It's been our community that has built, supported, and shaped Alice Hyde Medical Center.

Management Systems Society.

Healthy News and Tips, shaping the workforce for the future, and comments from our patients and their families are all included in this newsletter. Our goal is to keep you updated on what's happening at the Medical Center, seek your input, and

give you health information that you can use to stay healthy and manage your care.

Thank you for your support throughout the entire history of AHMC. We will continue to work hard to fulfill our commitment of providing high quality care with compassion and dignity to all those that we serve.

Ceramic Hip

continued from page 1

said Dr. Rubinovich. "After almost seven years of clinical trials, the availability of a new ceramic-on-ceramic bearing surface for hip reconstruction is a real breakthrough."

How is Mrs. Larrow doing after her surgery?

"I've had to take baby steps, but I'm able to do a lot more with one good leg than with two bad ones," she said. "I don't hurt as much and I am able to more easily get in and out of cars now."

In a year or so, Mrs. Larrow is planning to have the other hip replaced to further enhance her quality of life.

"I am so grateful that this procedure is available, and I truly appreciate the great care I received at Alice Hyde," said Mrs. Larrow. "All I can say is, if you have this problem—even if you're only in your 30s—don't wait to take care of it. Don't waste any years when a procedure like this is available."

For further information, contact Dr. Mitchell Rubinovich's office at 518-483-0977.

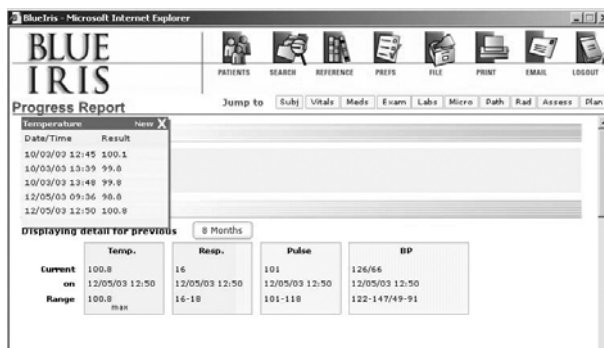
Most Wired

Alice Hyde Medical Center has been named one of the nation's twenty-five MOST WIRED—SMALL AND RURAL hospitals, according to the results of the 2004 Most Wired Survey and Benchmarking Study.

Survey results found that these hospitals and health systems are making significant progress automating four core components of an electronic medical record (EMR)—current medical records, medical history, patient demographics and nurses' notes. The survey measures the nation's hospitals on their use of Internet technologies for quality, customer service, public health and safety, business processes and workforce issues.

"Our commitment to expand, automate, and enhance our clinical and financial systems, combined with a newly developed and seamless connectivity between physician offices and the medical center electronic medical records system contributed to this national recognition for two consecutive years. In addition, a new patient education system was launched to provide a convenient and confidential source for our employees to find health information for patients in the hospital," said John W. Johnson, AHMC President/CEO.

Results from the survey were used to name the 100 Most Wired, the 25 Most Improved, and the 25 Most Wireless. The survey also found that Most Wired hospitals have made considerable investments in other key technologies, such as radiology systems and picture archiving communi-



ties systems (PACS). Hospitals & Health Networks conducted the survey in cooperation with IDX Systems Corporation and the College of Healthcare Information Management Executives (CHIME).

"Top hospitals realize the power of the electronic medical record to improve quality, safety and the patient experience," says Alden Solovy, Executive Editor of Hospitals & Health Networks, the journal of the American Hospital Association (AHA), which has named the 100 Most Wired hospitals and health systems for the past six years. These hospitals are emphasizing clinical quality and patient services in their efforts to remain technology leaders, says Solovy.

"Health care technology continues to be a critical component of our health care delivery system," says Mark Wheeler, M.D., Chief Technical Architect, IDX Systems Corporation. "The 100 Most Wired hospitals not only demonstrate what is possible today, but also are proof of concept for the President's health information technology plan and the national health information infrastructure."

President Bush has pledged to establish an EMR system within 10 years and has

appointed an Information Technology coordinator to guide health care organizations toward improving IT infrastructure. Results from the 2004 survey show that the 100 Most Wired hospitals are striving to achieve this goal. The entire report is available at www.hhnmag.com.

Analysis from this year's survey results shows:

- 90% of the Most Wired provide access to the current medical record online;
- 87% offer access to the online medical history;
- 88% offer online access to patient demographics; and
- 69% offer online access to nurses' notes.

In addition, these hospitals are taking the lead in providing EMR for clinician review. Of the 2004 Most Wired hospitals:

- 88% offer online lab results review;
- 90% offer online radiology report review; and
- 84% have radiology image review.

The 100 Most Wired are the organizations that scored highest on the survey. The 25 Most Wireless are those that scored highest on the survey questions specific to wireless applications. The 25 Most Improved are organizations not appearing on the 100 Most Wired list whose score improved the most from 2003 to 2004.

The 25 Most Wired—Small and Rural are small and rural organizations not appearing

continued on page 6

Healthy News & Tips to Use

Would you ever sit down and eat 16 teaspoons of sugar?

- A 20 oz. bottle of soda contains 16 teaspoons of sugar.
- Soft drinks (soda, “fruit” drinks, sweetened teas, sports drinks, etc.) are the largest source of refined sugars in Americans' diets.
- For a typical child eating about 2,350 calories, health experts recommend eating no more than 13 teaspoons of refined sugar a day.
- Kids who drink more sodas and other soft drinks eat more calories and are more likely to be overweight.

Calories in soft drinks count too! So remember, when you drink a 20 oz. soda you are adding 250 calories to your daily caloric intake.

People tend to drink soda rather than choosing a healthier beverage, such as, low-fat milk; which can reduce your risk for bone fractures (osteoporosis) or 100% fruit juice, which can reduce your risk of cancer.

The sugar in soft drinks can cause tooth decay, and the acids eat away at enamel.

Twenty years ago, teenage boys drank twice the amount of milk as soft drinks, and girls drank 50% more milk than soft drinks. Today, teenagers drink twice as much soda as milk.

Fruit “drinks,” “beverages,” “ades,” and “cocktails” are essentially non-carbonated soda. Sunny Delight, Fruitopia, and others are only 5%-10% juice.

Recent Advances In Prostate Cancer Treatment

By: *Sun H. Liaw, M.D., FACRO*
Medical Director
Reddy Cancer Treatment Center

Prostate cancer is the most common form of cancer among American men. This year, over 200,000 men will be diagnosed with prostate cancer and 38,000 men will die from the disease. It is estimated that 1 in 10 men will hear the diagnosis in his lifetime.

Prostate cancer generally grows slowly and is highly curable when detected early. In fact, if the cancer is caught while confined to the prostate, it is curable in four out of five cases. Unfortunately, there are rarely any signs and symptoms that you have the disease until it has advanced.

The prostate gland is located below the bladder and in front of the rectum. It surrounds the canal that carries urine from the bladder through the penis. Its function is to produce fluid that transports and nourishes sperm. The prostate requires testosterone, male hormones produced in the testicles, to function. The prostate is vulnerable to two common and unrelated problems as men age, enlargement and cancer.

Prostate cancer is most common in men over 65, but some men can develop it earlier. The definitive cause of prostate cancer is not known but it may be related to heredity, environmental exposure, or a high fat diet. The evidence is, as of yet, inconclusive.

Medical screening for prostate cancer is a two-part process. It includes a digital rectal examination, which is the physician using a gloved finger to feel the prostate for lumps and abnormalities, and a blood

test called prostate-specific antigen or PSA, that measures the level of a specific protein produced by prostate cancer cells in the blood stream. When combined, these two tests increase the chances of finding prostate cancer by 50% versus using them individually. The American Cancer Society's guidelines for screenings include:

- **Men over 40** should have a digital rectal exam as part of his annual physical
- **Men over 50** should also have the PSA blood test
- **Men in high-risk groups** (black men and men with a family history of the disease) should begin PSA testing earlier.

Prostate cancer is being detected at earlier stages and in younger men than was the case even 10 years ago due to an increased awareness and earlier screening programs for men over the age of 50.

Options available for patients include watchful waiting, hormonal therapy, radiation therapy or radical prostatectomy.



In 15 years of studies it is reported that radical surgery offers a slightly higher cancer survival rate in comparison to conventional radiotherapy. However, recent advances in radiation delivery, including 3-dimensional conformal radiotherapy and Intensity Modulated

Radiotherapy (IMRT) have attracted tremendous interest due to dramatically improved precision prostate treatment, sparing significant amounts of healthy tissue and side effects. The outcomes of this new treatment approach are expected to improve the long-term results. In addition, the new treatment method offers a good option for men who want to avoid invasive treatment methods, including radical surgery with its potential side-effect loss of sexual potency.

For men who are not candidates for radical surgery due to medical problems, radiotherapy is an excellent option.

Your Child's Teeth

It's never too early for good dental care. With regular check-ups and good dental habits your child can grow up to be cavity free. This begins with the proper care of baby/primary teeth and the understanding that how they are maintained will affect how the permanent teeth will erupt. Here are some guidelines and facts to help you care for your child's teeth:

- The bacteria in the plaque produces acid that eats away at teeth enamel
- Brushing removes plaque and prevents it from forming
- Begin brushing when your child's first tooth appears
- Begin with a very small amount of fluoride tooth paste
- As the child gets older they will develop the skill to do it themselves
- Observe your child to be sure it's being done right
- Floss your child's teeth daily and when he or she are old enough, a floss holder will be very helpful.
- Cavities can be prevented by using fluoride
- Ask your dentist if your community water is fluoridated
- Ask your dentist about fluoride supplements
- Fluoride can be provided to your child's adult teeth at their regular check ups

With proper home care, your child can develop lifetime habits that will promote a positive self-image.

Healthy Visions

New Visions Student from Alice Hyde Medical Center Receives National Scholarship

Meaghan McCarthy, an 18 year old senior at Franklin Academy, received word on St. Patrick's Day, from parents Will and Alison McCarthy, that she is the proud winner of a full tuition scholarship for Hobart & William Smith Colleges in Geneva, NY.

The Elizabeth Blackwell scholarship, established to honor the first female physician, Elizabeth Blackwell, is a national scholarship that will pay for all four years of Meaghan's pre-medical education. And, if she maintains a 3.5 GPA, she will be exempt from taking the MCATS, a rigorous test that most medical students must

take upon completion of their undergraduate studies. She has also been accepted to the SUNY Upstate Medical University in Syracuse, NY, where she will earn her medical degree.

"We are delighted and proud that Meaghan, one of the New Visions students from Alice Hyde Medical Center, has been chosen for this prestigious scholarship," said John Johnson, AHMC President and CEO.

The scholarship application process required a letter of recommendation, which she received from Dr. Barbara Whalen, an essay in which she explained her reasons for wanting to enter into the medical field, and the influences her community has had in that decision. Once she found out that she was one of five finalists, she had to undergo a three-hour interview in which she spoke about New Visions, a joint program conducted between Alice Hyde and BOCES.

"I believe that the time I spent at Alice Hyde Medical Center as part of New Visions really guided me to the medical field," said Meaghan. "I am so excited and grateful to Malone Central, to the community and to my family for the opportunity I've been given. It is so incredible and hard to believe. I am so blessed."



Meaghan McCarthy

A New Surgical Choice for Women at AHMC

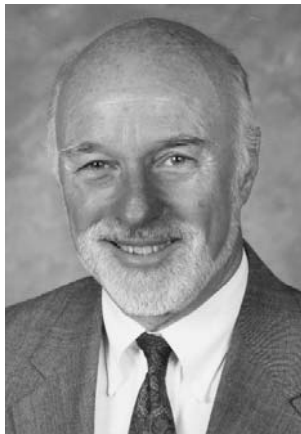
This spring, Dr. David Gorman, introduced perhaps one of the most significant surgical options to women in the North Country; he performed the area's first laparoscopic supra-cervical hysterectomy (LSH).

This procedure is unique in that the uterus is removed in small portions through three tiny incisions and the cervix is left intact.

Traditional vaginal or abdominal hysterectomies remove the uterus whole, resulting with weeks of painful recovery time and large scars. "There is no comparison between laparoscopic and vaginal or abdominal hysterectomies. This minimally invasive procedure reduces recovery time, pain, scarring, and bleeding markedly," said Gorman.

Kathy Madore and Victoria Garrow of Plattsburgh, NY both experienced years of excruciating menstrual pain and irregular bleeding, but are on their way to recovery after seeking Dr. Gorman's help. Madore and Garrow had positive experiences with this surgery. "Dr. Gorman did a remarkable job. I was amazed at how easy it was and that within a day and a half of my surgery I was self-sufficient," said Madore.

Only two incisions, approximately one half inch long one on either side of the pelvic area, and a tiny incision deep in the navel are used for an LSH. This is in sharp contrast to the traditional four to five inch



Dr. David Gorman

incision required for a total abdominal hysterectomy. "My scarring is minimal and I can't even see the third navel incision," Madore said.

The actual removal of the uterine tissue is accomplished utilizing an advanced technology instrument, a morcellator that reduces the large tissue mass such that it can be removed through the tiny incisions.

The supra-cervical hysterectomy is so named because the uterine tissue that is above (supra) the cervix is removed. Leaving the cervix dramatically reduces the incidence of post-operative pelvic infections, bladder dysfunction is lessened, and sex may be resumed within one week. Post-operative pain is dramatically reduced, hospitalization time for most patients is less than 24 hours, and resumption of almost all activities is a matter of days.

The only women who would not be considered for this laparoscopic procedure are those with uterine, ovarian, cervical cancer or untreated pre-cancerous lesions of the cervix, and those whose uteruses have dropped.

Dr. Giles Manley, Chief of Obstetrics and Gynecology at Baltimore Medical Center and Kaiser Permanente, trained Dr. Gorman in the laparoscopic supra-cervical procedure. To date, Dr. Gorman has performed more than twenty of these proce-

dures at Alice Hyde Medical Center.

I believe it is barbaric for any woman to have to experience a traditional hysterectomy where they are opened end to end. No woman should have to go through that. It is so important for women to know that they have this procedure as an option," said Miss Garrow.

For further information, contact Dr. Gorman's Malone office at 518-483-1015 or the Plattsburgh office at 518-563-8880.

Most Wired

continued from page 3

on the 100 Most Wired list that scored highest on the survey. As a result of a tie, 101 organizations are being recognized as the nation's Most Wired hospitals and health systems.

About the Most Wired Survey and Benchmarking Study

Hospitals & Health Networks, the journal of the American Hospital Association, conducts the Most Wired survey annually. IDX Systems Corporation is a leading provider of software, services and technologies for health care provider organizations. The College of Healthcare Information Management Executives (CHIME) was formed with the dual objective of serving the professional development needs of healthcare CIOs, and advocating the more effective use of information management within health care.

Pulmonary Lab Opens

Alice Hyde Medical Center (AHMC) expanded its cardiopulmonary services with the opening of a new Pulmonary Function Lab, which enhances the Medical Center's ability to measure how effectively the lungs perform and to monitor patients' response to treatment. Pulmonary Function Lab patients are tested and treated for common respiratory conditions, such as bronchitis, asthma, emphysema, and chronic obstructive lung disease, as ordered by their physician. Alice Hyde Medical Center physician, Dr. Adnan Abbasi, Pulmonologist, interprets test results to determine diagnosis.

"Given the increase in the incidence of asthma and other respiratory diseases, we felt it was critical that the Medical Center

have a state-of-the-art Lab for our patients and community members," said John Johnson, President/CEO of AHMC. "We are pleased to be able to further enhance our scope of services to North Country residents."

Pulmonary function testing, lasting from thirty minutes to two hours, is a series of tests that include:

- Routine Spirometry Test, which identifies patients who might have obstructive or restrictive lung disease and helps physicians determine the severity of the diseases meanwhile providing future comparison should the patient show either improvement or deterioration.
- Lung Volume Test, which measures the total size of an individual's lungs and approximates the normal tidal breathing range.
- Diffusing Capacity Test, which measures how well the oxygen moves from a patient's lungs to the blood stream;

essentially measuring how well the lungs are working in their basic function.

- Maximum Voluntary Ventilation Test, a 12-second test, designed to see how well your breathing muscles work.
- Bronchial Challenge Test which is one method of assessing airway responsiveness.

The Pulmonary Function Lab is open for scheduling from 8:15 a.m. to 2:00 p.m. via AHMC's Community Wide Scheduling Office at 518-483-2500.

On the Cutting Edge of Medical Imaging Technology

Alice Hyde Medical Center recently acquired the Brilliance 16-Slice CT imaging system from Philips Medical System—making it one of only a few hospitals in the North Country with this leading edge technology.

CT scanning enables doctors to see a cross-section of x-ray images through a portion of the body. During a CT scan, an x-ray beam passes through the body and is recorded by electronic detectors. These detectors send the information to a computer where it is translated into very thin cross-sections or slices. The thinner the slice, the better the detail.

AHMC's new imaging technology opens the door to vastly improve medical care for patients and is the most significant and exciting advancement in multi-slice computed tomography (CT) in recent years. The Brilliance multi-slice CT system scans at breakthrough speed and produces image quality that is superior to other systems available today.

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Robin Brown, RRT, Director of Cardiopulmonary Services at Alice Hyde Medical Center, administers a plethysmography exam; also known as a pulmonary function test, on a patient. The purpose of the test is to diagnose respiratory conditions such as chronic obstructive lung disease, bronchitis, emphysema, and asthma.

Conventional CT requires that patients hold their breath and remain completely immobile during the scan, which can make it difficult to obtain an accurate image of some patients – particularly pediatric and geriatric patients. Because the Brilliance can scan so quickly – even in a single breath – these patients now have access to technology that facilitates timely and accurate diagnosis.

AHMC's new CT scanner significantly improves service for trauma patients, where speed of diagnosis and treatment can mean the difference between life and death. And, we can now provide the latest advanced vessel analysis, cardiac, and 3D endoscopy imaging techniques.

New Dental Center Opens

Frank Fuentes, DDS (Doctor of Dental Surgery) joined the Medical Staff at Alice Hyde Medical Center (AHMC) to provide dental services at Alice Hyde Medical Center's new Dental Center, located on the 2nd floor in the Campbell building at 130 Park Street in Malone (across from the Medical Center), and the Tower Health Center in St. Regis Falls. Both locations are equipped with state-of-the-art dental equipment, including digital radiography in the Malone location.

"We are excited that Dr. Fuentes is joining the Alice Hyde Medical Center Medical Staff," said John Johnson, AHMC President/CEO. "Patients will have access to a full range of family dental services at the Park Street center and the Tower Health Center in St. Regis Falls will provide a convenient option for those looking for dental care close to home."

"I chose to start a new practice in Malone because the challenge of building a practice from the ground up is exciting," said Dr. Fuentes. "I look forward to making a difference in an area that needs more dental service options."

Please call 481-2347 to schedule an appointment.

New Faces at Alice Hyde

Frank Fuentes, DDS

Frank Fuentes, DDS, comes to Malone following five-years of private practice in Clifton, New Jersey. He retired from the United States Navy, Dental Corps as a Commander in June of 1999 after 20 years of service, during which time he provided comprehensive dental care to all US Navy and Marine Corps personnel in the Pacific Fleet and around the world. Dr. Fuentes provides comprehensive dental services at Alice Hyde Medical Center's new Dental Center in Malone and at the Tower Health Center in St. Regis Falls.



Brian Connolly, MD

Brian Connolly, MD, board-certified in Family Medicine, was most recently an active member of the Departments of Emergency and Family Medicine at Buffalo General Hospital in Buffalo, New York, where he was also a Clinical Associate Professor. He completed his residency in Family Medicine as Chief Resident at St. Mary's Hospital in Montreal, Quebec. He received his Medical Degree from McGill University in Montreal, Quebec. Patients may call the Tower Health Center in St. Regis Falls at 518-856-0033 or the Bessette Health Center in Chateaugay at 518-497-6622 to schedule an appointment.



Vonda Johnson, MD

Vonda Johnson, MD, board-certified in Family Medicine, was most recently the Medical Director for the Deaconess Family Medicine Center in Buffalo, New York and a Clinical Assistant Professor in the Department of Family Medicine at the State University of New York at Buffalo. She completed her Family Medicine residency as Chief Resident at the State University of New York at Buffalo and received her Medical Degree from the State University of New York at Syracuse-College of Medicine in Syracuse, New York. Patients may call the Salmon River Health Center in Fort Covington at 518-358-3008 or the Dwyer Health Center in Moira at 518-529-7847 to schedule an appointment.



New Faces at Alice Hyde

Janel Bohman, Medical Staff Coordinator

Janel Bohman has recently been appointed Medical Staff Coordinator. Mrs. Bohman will oversee Medical Staff Quality Improvement,



the preparation and documentation of Medical Staff committee reports, and the credentialing and privileging of physicians and allied practitioners. Most recently, she was Director of Volunteers at the Medical Center. Janel has a degree in Business and Marketing from SUNY Plattsburgh. Prior to joining Alice Hyde Medical Center, she was the Human Resource Specialist at Syracuse University.

Rebecca Livernois, Director of Volunteers

Rebecca Livernois has joined Alice Hyde Medical Center as the Director of Volunteers. She is responsible for coordinating all volunteer efforts at the Medical Center. Previously, she was a substance abuse counselor at North Star Industries in

Malone. She graduated in 1978 with a business diploma after studying Office Practice at the North Franklin Educational Center at Franklin Academy in Malone. Mrs. Livernois oversees approximately 80 volunteers each month and coordinates their hours and services to the Medical Center. Her main responsibilities include recruiting new volunteers, scheduling and coordinating junior and adult volunteers, evaluating and coordinating recognition programs and she also supports the Medical Center's Auxiliary with their activities.



Kudos to AHMC Staff!

Alice Hyde Medical Center likes to hear from our patients! Here's what some of them told us in recent surveys:

- "The emergency response team appeared at the scene, literally within minutes."
- "Your staff responded to everyone's needs... immediately and with the utmost professional care and courtesy..."
- The staff at your hospital...showed what a group of highly trained professionals can do and do effectively in an emergency situation."
- "I had the opportunity to experience the exceptional compassion, professionalism and extraordinary skills delivered by the hospital staff showing commitment in caring and serving our diverse needs..."
- "We found our unexpected trip to your hospital fantastic...the courtesy and helpfulness of the staff made our visit pleasant...we know we have a great place to go."
- "...always very nice and accommodating..."
- "...love the care they (the medical staff) have for people..."
- "never have to wait long...I always tell people to go to the Tower Health Center..."
- "they are always willing to listen and help."

Fletcher Allen Cardiac Care

Fletcher Allen Celebrates 50 Years of Providing Cardiac Care

In 1949, a young physician, Burton Tabakin, came to the University of Vermont and the Mary Fletcher Hospital — a predecessor organization of Fletcher Allen Health Care — to do a residency in medicine.

Dr. Tabakin specialized in cardiology and became one of the first cardiologists at the hospital. He started the Department of Cardiology, and in 1954, founded the Cardio-Pulmonary Laboratory where the first cardiac catheterizations were performed at the hospital.

continued on page 10

Fletcher Allen

Cardiac Care

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continued from page 9

Prior to cardiac catheterization, there weren't many tools a cardiologist could use to diagnose a patient. "We depended very much on the physical exam of the patient," Dr. Tabakin said. "We would listen to their heart sounds."

Cardiac catheterization opened up a whole new world in cardiac medicine. Using a catheter threaded through a vein into the heart, cardiologists could measure the amount of blood pumping through the heart. They could determine the location of a stenotic, or closed valve.

Reaching Out

In 1958, Arthur Levy, M.D., came to the Mary Fletcher Hospital as a medical resident and then, as a cardiology fellow. A native of Saranac Lake, N.Y., Dr. Levy was particularly interested in bringing advances in cardiology to practicing physicians in the surrounding region.

He, along with Dr. Tabakin and John Hanson, M.D. — another cardiologist at the Mary Fletcher Hospital — started holding a monthly teaching session called "An Evening in Cardiology" that attracted physicians from throughout the region.

In 1975, two physicians, Bert Davis, M.D., and Alfred Hartmann, M.D., from Malone, N.Y., asked Dr. Levy if Mary Fletcher Hospital cardiologists could help them upgrade cardiology services in Malone. This led to a monthly teaching clinic at Alice Hyde Medical Center, which was held continuously for 29 years and continues today.

"The relationship was important for New York physicians because we provided a tertiary care center which was close by," Dr. Tabakin said. "But it was equally important for us because to develop the

kind of sophisticated programs we have in cardiology, one must have a certain number of patients."

This relationship was the first of many to develop between Fletcher Allen and hospitals and physicians throughout Vermont and northern New York.

Cardiac Care Today

Today, a team of 15 cardiologists at University Cardiology Associates — a physician group made up of cardiologists and researchers at Fletcher Allen and the University of Vermont College of Medicine — provide care for more than 15,000 ambulatory and hospitalized patients each year. Cardiac interventionalists perform more than 5,000 cardiac catheterization procedures annually. And, Fletcher Allen's cardiothoracic surgeons perform more than 600 open-heart surgeries every year.

Fletcher Allen recently upgraded two of its cardiac catheterization laboratories and its electrophysiology laboratory — replacing outdated and aging equipment with new equipment that uses digital technology to produce images of a patient's arteries, helping physicians better determine where treatment is needed.

The electrophysiology lab was expanded with improved sight lines and an "open" design allowing for more efficient communication. It includes the latest digital mapping equipment, as well as a new biplane x-ray, which affords significantly more detailed views of the patient's heart, aiding physicians during diagnosis and while performing cardiac ablations — a procedure used to treat atrial fibrillation, or irregular heart beat. Another feature is a special area designed expressly for the education of other physicians from around the country.

"We are proud of the progress we have made in the past 50 years, and the relationships we have formed with physicians and hospitals throughout Vermont and Northern New York," said David Schneider, M.D., director of Cardiology at Fletcher

Allen Health Care. "We look forward to continuing and strengthening those relationships over the next 50 years as we work to provide the best possible care for patients."

For more information about Fletcher Allen's cardiology services, call (802) 847-3734 or visit www.FletcherAllen.org.

Philanthropy

Update

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GIFTS FOR SPECIAL OCCASION

In honor of Robert and Laura Dechene Bessette Matrimony:

Pam and Jerry Bessette
Christine LaDuke
Chateaugay Central Special Ed. Teachers
Chateaugay Central Teachers Assn.
Jacqueline Butterfield
Mildred B. Dechene
George & Mary Carlisto
Anna Kendall & Lucy Betts
William & Kitty Bessette
Shannon Bessette
Bill Salie
Kristen Bessette
Bill & Michelle Bessette
Reta & Arnold Wamback

MEMORIALS:

Neola Todd — by Barbara H. Duesberg
Pamela Bowen —

Matthew G. Merante For HDU
Jennifer Merante
Patricia Gale
G. Wiedmeier
David & MaryEllen McKane
Sharon Gleason
Susan Wilder & Richard Teigen
Darrell L. Bowen Esq.
Bertha & Francis Leavitt
James Corigliano
Janice R. Krisak-Neumann
Anna M. Abare
Sandra Abbott Mason
Peter Luvera
Sandra A. Makarwicz
Janice Clark
Susan L. Wilder
Janine M. Dubosh
Leo & Barbara Dishaw
David & Lucille Bowen
Ms. Lesa R. Wiedmeier
Gertrude Bowen
Patricia Gale



Gerald & Glenda Landry
Sally J. Elmer
William & Sharon Gleason
Jennifer Merante

Lucille Raville – by Reddy Cancer Center

Margaret & Joseph Wescott
Kevin & Mary Hart
Frances Raville
Suzanne & Raymond Robideau
Kenneth R. Maneely
H. Adele Ungerer
Gerald & Shirley Johnson
John & Julia Kress
North Star Behavioral Health
Sean & Laurel Semanick
Michael & Patricia Lorraine
Sean & Laurel Semanick
Deb & Wade Neels
Robert & Marlena DeWitt
Upstate Correctional Facility Employees
Thomas & Suzanne LaRocque
Jack & Inge Hinman
Steven & Paula L'Ecuyer
Jill & Chris Companion
Local Union No. 83/Binghamton
Jean Learned Vivlamore

Ray Sullivan – by

Barehill Correctional Facility
Charles Machabee
Davis School Sunshine Fund
George Candido
Andree M. Tower
Jerry Dumont Estate
Constance Halley
Laurel Fredeen
Chester Buyhoff
Bonnie Safford
Anita Krollman
Patricia Black
Betty LaHart
Kathleen Evans

Marjorie Hastings – by

William & Loretta Brockway
Mary Ellen Burke
Howard & Danise Gratton

Richard Ryan – by Christine LaDuke

Ryan Scott – by Francis & Lynda Jones

Marion Avery – by

Leonardo Dishman, MD
Rajiv Shah, MD & Anjni Bhagat, MD

CHARITABLE CONTRIBUTION:

Hatch, Leonard & Naples
Estate of Marion A. Reyome –
by Richard L. Reyome
Estate of Frederica Purdy

CIRCLE OF FRIENDS Renewals

Lois H. Thomas
Elona Smith
Laura Dechene Bessette
Stuart Child
John & Joyce Taylor
Gordon & Rosemary Hiscock
William & Carol Dirolf
M. K. Tulloch

Lilyan MacKenzie
Ralph and Trudy Kriff
Dorothy Dufrane

New Circle of Friends:

Karen Overfield
Elizabeth A. Tyson
Ginger Carriero

New ALICE CLUB

Employee Donations:

Ginger Carriero
Karen Overfield
Elizabeth A. Tyson

ALICE CLUB Renewal Memberships:

Marilyn Gokey

Elaine Gale
Cheryl Crinklaw

GENERAL GIFTS TO HDU:

Agnes Perry
Kidney & Urology Foundation Grant

GENERAL GIFTS TO NURSING

HOME ACTIVITIES FUND:

Vivian Richards
Mary Hart
Ann Hammond in Memory of Myrtle Tolan
Paul & Rose Kloiber in Memory of
Myrtle Tolan
Kenneth & Shirley Fullom in Memory of
Myrtle Tolan
Lois R. Light in Memory of Anna Roberts

I would like to contribute in the category checked:

I would like to donate: \$100 \$50 \$25 Other: _____

Enclosed is \$ _____

I prefer to pledge \$ _____ ; my first payment of \$ _____ is enclosed.

Please charge my: MasterCard # _____

Visa # _____

Expires: _____ / _____

Name as it appears on card _____

I/we have included the AHMC in my/our estate plan.

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone () _____

Business Phone () _____

Special Gift Requests:

In Memory of: _____

A Get Well Wish: _____

Honoring a Special Occasion: _____

Name _____

Please send a gift card (amount of gift not included)

Name _____

Address _____

City _____ State _____ Zip _____

**A gift to Alice Hyde Medical Center is tax deductible to the full extent allowed by law.*



Calendar of Events

Community Wellness Programs

Al-Anon

Date: every Sunday

Time: 10:30 – 11:30am

Meeting Place: AHMC Main Floor Conference Room

Alcoholic Anonymous

Date: every Sunday

Time: 9:00 – 10:00am

8:00 – 9:00pm

Meeting Place: AHMC Main Floor Conference Room

Eye on the Community Radio Program

Date: first Sunday and last Saturday of each month

Time: Saturday 7:00 – 7:30am – WICY 1490am

Radio Sunday 6:00 – 6:30am – Wild Country

96.5 FM Radio, 94.7 Hits FM Radio

Alzheimers Support Group

Date: first Wednesday of every month

Time: 7:00pm

Meeting Place: North Country Home Services

Celebrate Life

support group for the caregivers and families of cancer survivors

Date: first Thursday of every month

Time: 7:00 – 8:30pm

Meeting Place: AHMC Main Floor Conference Room

Diabetes Education Program

Contact: Hallie Garland/ Anne Slocum

Phone: 481-2427 or 481-2280

Date: Six-week session

Time: 5:30 – 8:30pm

Meeting Place: AHMC New Cafeteria Conference Room

Diabetes Support Group

Date: third Thursday of every month

Time: 7:00 – 8:00pm

Meeting Place: AHMC New Cafeteria Conference Room

Hospice Bereavement Services

Contact: Chris LaRose

Phone: 483-3200



Alice Hyde Medical Center

an affiliate of Fletcher Allen Health Care

P.O. Box 729
133 Park Street
Malone, New York 12953

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12953
Permit No. 35

POSTAL PATRON

Date: varies

Time: varies

Meeting Place: Throughout Franklin County

Lamaze Classes

Date: ongoing; every Monday for six weeks (two weeks between sessions)

Time: 7:00 – 9:30pm

Meeting Place: AHMC Education Classroom 015

Narcotics Anonymous

Date: every Monday

Time: 4:00pm

Meeting Place: St. Joseph's Church, crying room

Date: every Friday

Time: 6:30pm

Meeting Place: Malone Adult Center, Morton Street

Organ Donor/Recipient Support Group

Date: first Monday of every month

Time: 7:00 – 8:30pm

Meeting Place: AHMC Main Floor Conference Room

Dialysis Support Group

Date: second Thursday every month

Time: 7:00 – 8:30pm

Meeting Place: AHMC Main Floor Conference Room

“Man to Man” Prostate Cancer Support Group

Contact: Reddy Cancer Treatment Center

Phone: 483-9190

Date: first Tuesday of every month

Time: 7:00 – 8:30pm

Meeting Place: AHMC Main Floor Conference Room

Small Souls Support

Bereavement support group for parents or family dealing with fetal or neo-natal death

Contact: Debbie Warren

Phone: 481-2247

Meeting Place: Group meets upon request

Cardiac Support Group

Date: first Wednesday of every month

Time: 6:00 – 8:00pm

Meeting Place: AHMC Main Floor Conference Room

Weight Watchers

Date: every Monday night

Time: 6:30pm until weigh in is completed

Meeting Place: AHMC Cafeteria

Weight Watchers - Massena

Date: every Thursday and every Saturday

Time: Thursday 5:00 – 6:00pm;

Saturday 8:15 – 9:00am

Meeting Place: St Lawrence Center Mall (across from Deb's store; behind the empty store front)

