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EXPANDED ORTHOPEDIC DEPARTMENT AIMS TO IMPROVE PATIENT EXPERIENCE AND OUTCOMES

On January 1, 2017, SVMC Orthopedics opened with a new roster of board-certified orthopedists and a new approach to care.

Joining Matthew Nofziger, MD, a member of the SVMC medical staff since 2004, is Jonathan Cluett, MD; Suk Namkoong, MD; and James R. Whittum, MD, all of whom previously practiced at Orthopedic Associates of Northern Berkshire in North Adams, MA (bios inside).

Operating out of a newly renovated office space, SVMC Orthopedics is poised to exceed the orthopedic needs of the community in terms of quality and level of patient-focused care.

“This expansion is important and essential to the SVHC mission to provide exceptional care,” says Dr. Cluett. “Not only will we be able to see patients in a more timely manner, we’ll be able to provide them with new treatment and surgical options.”

Among the priorities the orthopedic team is implementing is a truly patient-centric approach to care.



SVMC Orthopedics provider Jonathan Cluett, MD, and patient.

Cluett explains, “Our goal is to provide the best continuum of care to patients from the first appointment to any post-acute care. This means being accessible to patients and referring physicians, decreasing the variability of care, and providing the highest quality care and treatment options possible.”

New services to be offered by the team include anterior hip replacement, knee replacement, and shoulder replacement.

Cluett notes, “In the past patients often had to travel an hour or more to receive these types of procedures. We now have several providers who can provide those services here, allowing the patient to receive comprehensive care from one facility and have the luxury of being close to home.”

In addition to the new surgical procedures, the orthopedic team will continue to offer care and management of sports injuries, arthritis, fracture management, rotator cuff repair, arthroscopic surgery, and surgeries on hands, wrists, feet, elbows, and ankles.

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SVMC's board-certified orthopedic providers Matt Nofziger, MD; Jim Whittum, MD; Jon Cluett, MD; and Suk Namkoong, MD

ABOUT THE SVMC ORTHOPEDIC TEAM

Dr. Jonathan Cluett studied biology at Williams College, graduating cum laude in 1996. He studied medicine at Columbia University College of Physicians and Surgeons in New York, graduating with his medical degree in 2000. Dr. Cluett completed a 5-year residency in orthopedic surgery at George Washington University Hospital in Washington, DC, followed by a sports medicine and arthroscopy fellowship with the Santa Monica Orthopaedic & Sports Medicine Group in California.

Originally from Seoul, South Korea, Dr. Suk Namkoong attended Princeton University for his undergraduate education, earning a bachelor of science in 1994. He went on to earn his medical degree from New York University School of Medicine in 1998. He completed a residency in orthopedic surgery at Stony Brook University Hospital, where he was awarded Resident of the Year. He also received fellowship training in sports medicine at New York University Hospital for Joint Diseases from 2003 to 2004.

A native of Indiana, Dr. Nofziger received his undergraduate education at Goshen College in Indiana and his medical degree from Indiana University School of Medicine. He completed an internship at Lancaster General Hospital in Pennsylvania, a residency at Fort Wayne Medical Center in Indiana, and a fellowship at Nirschl Orthopedic Clinic in Virginia.

Dr. James Whittum graduated cum laude from Kenyon College in Gambier, Ohio, with an undergraduate degree in biology in 1984. He attended Wright State University School of Medicine in Dayton, Ohio, where he received numerous honors and awards for his academic achievements. Dr. Whittum completed a 4-year orthopedic surgery residency at the University of Illinois College of Medicine in Chicago from 1990 to 1994.

**FOR MORE INFORMATION ABOUT
ORTHOPEDICS AT SVMC, CALL 802-442-6314.**

RADIATION THERAPY AT SVMC

SVMC RADIOLOGIC THERAPISTS COMPLETE VISIONRT TRAINING

Earlier this year, Southwestern Vermont Medical Center (SVMC) became one of the first hospitals in the area to be equipped with the latest in linear accelerator (linac) technology.

More recently, SVMC's Radiologic Therapists completed advanced training in VisionRT on the linac.

According to Radiation Oncologist Matthew Vernon, MD, the training ensures the department is maximizing the capabilities of the technology. "In particular," he notes, "the training in Deep Breath Hold Inspiration (DBHI) will be particularly useful in the treatment of patients with breast cancer."

Using the technique with the VisionRT enables the radiation therapist to instruct the patient to inhale or exhale so as to move the heart away from the area to be treated. The VisionRT screen allows the therapist to see the positioning and determine when the patient is within the predetermined positional tolerance. Radiation is then administered for approximately 20 seconds at a time, with patients breathing between administrations of radiation.

The precision of the administration is important as, according to research, for left breast cancer patients, radiation therapy involving a mean dose to the heart of 3 Gy increases the patient's risk of death from ischemic heart disease before the age of 80 years by over 26%¹. A recent study with 20 patients being treated with DIBH led to 0% of patients exhibiting heart damage following radiation therapy², contrasting with a similar study showing 27% incidence of heart damage using standard methods³.

"This technique, known as the deep-inspiration breath-hold technique, is extremely helpful in minimizing radiation exposure to healthy neighboring organs such as the heart, especially in left-sided breast cancer cases. The breath-hold lifts the breast upward away from the heart, so the exposure of the heart to radiation is minimized. I am excited our staff has completed this advanced training so we can begin utilizing some of these advanced techniques to maximize the capabilities of our technology, to the benefit of our patients."

¹ Darby et al. Risk of Ischemic Heart Disease in Women after Radiotherapy for Breast Cancer. *N Engl J Med* 2013; 368:987-998

² As according to: 'Prospective Assessment of Deep Inspiration Breath Hold to Prevent Radiation-Associated Cardiac Perfusion Defects in Patients with Left-Sided Breast Cancer', T.M. Zagar et al., UNC, 2015. Full study not yet published.

³ Marks et al. The incidence and functional consequences of RT-associated cardiac perfusion defects. *Int. J. Radiation Oncology Biol. Phys.*, Vol. 63, No. 1, pp. 214-223, 2005

GASTROENTEROLOGY AT SVMC

STATE-OF-THE-ART ERCP AND EUS TECHNOLOGY AND EXPANDED STAFFING

Over the past 10 months, SVMC's Gastroenterology department has been dramatically transformed and updated in almost every way to provide better access to care, state of the art imaging and diagnostics, and greater patient safety and comfort.

Last year Drs. Ashley Maranino and Adnan Sohail joined the practice, staffing the department with two new full-time providers. Stephanie Sauer, NP, joined in January 2017.

As Dr. Maranino states, "With the expanded staffing, we're now able to see significantly more patients. Our streamlined system allows us to schedule and see patients in a more timely manner — often the day after we receive their referral. Plus, we're now able to accommodate patients who have a preference as to the gender of their provider."

In addition to enhanced staffing, the department's undergone some physical transformation. A half-million dollar construction effort provides better workflow and more efficient reprocessing of scopes. The addition of Automated Endoscopic Reprocessors elevates the level of disinfection and allows the department to exceed all standards related to infection control. A separate scope storage room is equipped with a HEPA-filtration system and hanging closets designed to store scopes in a vertical position.



State-of-the-art ERCP and EUS technology offers better imaging and diagnostics.



SVMC Gastroenterology providers Stephanie Sauer, FNP, APRN; Ashley Maranino, MD; and Adnan Sohail, MD

On the diagnostic side, the acquisition of the latest generation scopes for two advanced procedures—EUS (endoscopic ultrasound) and ERCP (endoscopic retrograde cholangiopancreatography)—has brought the hospital's gastroenterology care to a level on par with many significantly larger facilities.

Dr. Sohail, who trained for an additional year on how to use the both the EUS and ERCP on top of his gastroenterology residency, explains the advantages of the technology.

"The EUS is particularly useful in the diagnosis of pancreatic biliary malignancy and obtaining tissue for diagnosis," he says. "We can biopsy masses in the abdomen, pancreas, liver, stomach, and thoracic cavity."

He adds, "The fact that we now have this technology here at SVMC is a huge advantage to our patients. They no longer have to travel or be transported to other facilities for care, and we have the results immediately. And because you're staying in one system, the insurance process is easier, and there's better follow-up.

"We're a small hospital with big technology; we can be much more flexible in getting patients in and seen. If a referring physician wants to have a patient seen quickly, we are able to adjust our schedules and make that patient a priority."

FOR MORE INFORMATION ON SVMC'S GASTROENTEROLOGY SERVICES AND TECHNOLOGY, CALL THE DIRECTOR OF ENDOSCOPY AND GASTROENTEROLOGY SERVICES AT 802-447-5622.

Southwestern Vermont Medical Center
ATTN: Communications Office
100 Hospital Drive
Bennington, VT 05201

SVMC UROLOGY EXPANDS STAFF AND SERVICES

In early 2017 SVMC Urology will add a new provider to its roster. Dr. Andrew Cowder, formerly of Monument Urology, will join Dr. Anthony Donaldson in the hospital-based practice setting.

Cowder has served on the SVMC medical staff since 2002 and operated a private practice since 2004. The addition of Cowder to the SVMC Urology team greatly enhances patient access to the practice and services.

According to Donaldson, “With our expanded capacity we’re now able to see urgent cases immediately and most others within a week of receiving a referral.”

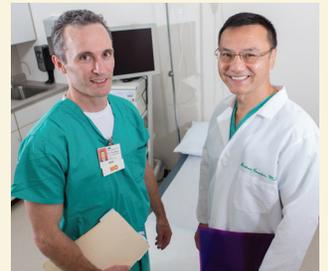
Later in 2017, the practice will acquire a new 3D laparoscopic vision system. “This is a very sophisticated piece of technology,” says Cowder, “that will enable us to perform complex procedures such as partial nephrectomy or a prostatectomy, that, in the past, patients needed to travel an hour or more to receive. It’s a benefit to the patient and to the provider to have the full scope of necessary care be provided in a single setting.”

In addition to advanced procedures, SVMC Urology provides general urology services, diagnostic testing, minimally invasive laparoscopic procedures as well as treatment for stress and urge incontinence and malignancy of the kidney, ureter, prostate, and testicles. The practice is equipped with an incontinence suite offering in-office urodynamics. The practice’s in-hospital location affords patients convenient access to x-rays and lab work all on the same floor.

To receive this newsletter electronically, e-mail powerfulmedicine@svhealthcare.org.

To refer a patient or request a consultation with one of our specialists,
call **802-447-5007 Monday through Friday, 8 AM – 5 PM.**

Information concerning our specialists can also be found online at
svhealthcare.org/medical-practices.



*SVMC Urology providers
Anthony Donaldson, MD,
and Andrew Cowder, MD*