

WHAT'S HAPPENING

A newsletter for the Maine Medical Center family



Jeffrey Florman, MD, and Anand Rugbani, MD, remove a brain tumor using 5 ALA.

Innovative Medicine Allows Maine Medical Center Surgeons to Better See, Remove Brain Tumors

Maine Medical Center recently became one of the first hospitals in the country to try an innovative new way to “see” brain tumors, allowing surgeons to remove more of the tumor and give patients a better quality of life.

When someone with a brain tumor drinks the medicine 5 ALA, their tumor lights up under a special light, and surgeons can see everywhere it’s hiding.

“We are very excited to have this new tool that



Image of a brain tumor. These tumors can often have “fingers” that embed themselves in the brain, making them hard to find.

many of us believe will really revolutionize and change the way we take out these tumors,” said Jeffrey Florman, MD, who

completed MMC’s first surgery using 5 ALA. “We think it’s really going to help people.”

Dress Blue for Colorectal Cancer Awareness

March is Colorectal Cancer Awareness Month, and colleagues across the Maine-Health system marked its beginning by participating in National Dress in Blue Day on March 1.

Colorectal cancer is the second most common cancer in the U.S. in men and women combined, but screening tests can prevent it from developing or allow it to be treated before it becomes fatal. Most colon cancers develop from polyps or growths in the colon or rectum. Colorectal cancer screening tests can detect cancer, remove precancerous polyps and lower your risk of cancer.

- Regular screening is recommended for all adults 50- to 75-years old
- If you are between 76- and 85-years old, ask your doctor if you should be screened.

*‘Colorectal Cancer’
Continued on Back*

*'Colorectal Cancer'
From Front*

- African-Americans should begin screening at 45-years old.
- Those with a first degree relative with cancer should have a colonoscopy 10 years prior to the age of diagnosis of their first degree

- relative.
 - Patients with Inflammatory bowel disease (IBD) should discuss screening strategies with their doctor.
- Ask your doctor which type of screening test is right for you and how often you should be screened for colorectal cancer.



Colleagues throughout the MaineHealth system dress in blue to show their support for colorectal cancer awareness.



Kimberly Wakefield holds her new baby, Kora Pham, at MMC's birth center. Kora is wearing one of the 200 knit hats MMC received from the American Heart Association in February as part of its Little Hats, Big Hearts campaign to promote awareness of congenital heart defects. To learn more, visit www.heart.org.

PEOPLE NEWS

Joel Wolinsky, MD, of Intranerve, was newly appointed to the Maine Medical Center Medical Staff.

Medicine and will provide neurology care.

Dr. Wolinsky received his medical degree from Boston University School of



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