

WHAT'S HAPPENING

A newsletter for the Maine Medical Center family

Patients Find Nitrous Oxide Helps Patients Cope with Labor Pain



Sarah Kellogg (right, with her son, Eli) said nitrous oxide helped her cope with labor.

The decision whether or not to get an epidural to help with labor pain can be a difficult one for expectant mothers. Some women are very comfortable with the idea of the procedure, but others are wary of potential complications or simply want as few drugs in their system as possible. What many women don't realize is that epidurals aren't their only option when it comes to pain relief during labor. Nitrous oxide is a low-intervention form of pain relief that mothers can control themselves.

Nitrous oxide is a gas that, when combined with oxygen, can be safely inhaled by a woman using a mask that

she can take on and off herself. It helps the body relax and temporarily lessens the pain of labor. Nitrous oxide has no impact on the baby and its effects are short-lived, allowing a mother complete control over her dosage.

"People like choices," said Janet Oliver, RNC, who has coached many moms through labor using nitrous oxide at MMC's Family Birth Center. "The nice part about nitrous oxide is that it is not stored in a mom's body, so if she decides she wants to use an epidural later, she can still do that."

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PEOPLE NEWS



Melanie Leu, MD, FAAFP, FACMG has joined Maine Medical Partners — Pediatric Specialty

Care, Division of Genetics. Dr. Leu has been Board certified in Family Medicine and Medical Genetics and Genomics. She received her medical degree from Case Western Reserve University School of Medicine and completed her residency at The Ohio State University. She completed her fellowship in Genetics at University of Pittsburgh Medical Center.

Dr. Leu served in the Air Force as a family physician and critical care air transport physician.

Her clinical interests include cardiogenetics, pharmacogenomics, and neurogenetics. She is also interested in the care of children with differences in sexual differentiation and in counseling and guiding their families. Her prior career as a family physician makes her uniquely qualified to provide continuity of care for individuals with known genetic conditions from

childhood into adulthood.



Nicholas Colacchio, MD, has joined Maine Medical Partners — Orthopedics & Sports Medicine.

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'Nitrous Oxide'
From Front

Sarah Kellogg learned about nitrous oxide when she told her obstetrician that she was hoping not to use an epidural, if possible.

“My doctor taught me some techniques about how to focus on my breathing using nitrous oxide, and that was really helpful,” Kellogg said. “Nitrous oxide did not take away all the pain of labor, but it made me feel like I could cope with it.”

Some women who use nitrous oxide experience side effects such as nausea, vomiting or dizziness.

Oliver said all of those side effects are treatable in the delivery room.

MMC, where patients have been using nitrous oxide during labor for more than two years, is the only hospital in Portland offering the option.

“People often think that you either get an epidural or you can’t have pain relief at all,” Oliver said. “This is another option women should know about that that is safe for them and their babies.”

Flu Blitz Schedule 10/22 - 10/26

MaineHealth employees, MMC volunteers and MMC badged health care workers may all receive free flu shots at the P1A bypass at 22 Bramhall St.

Schedule:

Monday, Oct. 22 - 8:30 a.m. - 11:30 a.m.

Tuesday, Oct. 23 - 8:30 a.m. - 11:30 a.m.

Wednesday, Oct. 24 - 8:30 a.m. - 11:30 a.m.

Thursday, Oct. 25 - 8:30 a.m. - 11:30 a.m.

Friday, Oct. 26 - 8:30 a.m. - 11:30 a.m.

'People News'
From Front

Dr. Colacchio is a native of Vermont and graduated from Middlebury College. He received his medical degree from Columbia University College of Physicians and Surgeons in New York City and completed his residency in orthopedic surgery at New England Baptist Hospital and Tufts Medical Center in Boston. He completed an adult reconstructive fellowship at OrthoCarolina in Charlotte, NC.

Dr. Colacchio’s clinical interests include primary hip and knee replacements, complex revision hip and

knee replacements, periprosthetic fractures and lower extremity trauma. He will be focusing on adult joint reconstruction, specifically hip and knee arthroplasty.



Bram Geller, MD, has recently joined Maine Medical Partners — MaineHealth Cardiology. He completed

his fellowship in Cardiology at the Hospital of the University of Pennsylvania/Perelman School of Medicine in Philadelphia. He also completed an advanced fellowship in cardiac critical care medicine while at the University of Pennsylvania. He did his internal medicine training at Brigham and Women’s Hospital/Harvard Medical School in Boston. His Doctorate of Medicine is from the University of Massachusetts Medical School, and he graduated with a Bachelor’s Degree in chemistry from Colby College.

Throughout his training, he received multiple honors

and awards. Dr. Geller has been a health care provider in Malawi and led community service trips to Grenada and Australia, along with volunteering his time at community clinics.

Clinically, he enjoys taking care of patients with a wide variety of cardiac problems.

Stephen Jacobs, MD, of InterMed Pediatrics Yarmouth Health Center was newly appointed to the Maine Medical Center Medical Staff. Dr. Jacobs received his medical degree from Rutgers New Jersey Medical School and will provide general pediatrics care.



Maine Medical Center
MaineHealth

WHAT’S HAPPENING IS PUBLISHED WEEKLY BY THE COMMUNICATIONS AND MARKETING DEPARTMENT

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