

# WHAT'S HAPPENING

A newsletter for the Maine Medical Center family

## MMC Awarded Advanced Certification for Comprehensive Stroke Centers by Joint Commission

Maine Medical Center has been certified by The Joint Commission and the American Heart Association-American Stroke Association as a Comprehensive Stroke Center (CSC), the highest level of stroke certification a hospital can receive. MMC is the first hospital in Maine to join the elite group of certified Comprehensive Stroke Centers in the United States.

“This certification recognizes the excellence our care team provides patients every day,” said Joel Botler, M.D., MMC’s chief medical officer. “MMC is committed to continually living up to the Joint Commission’s

high standards.”

The Joint Commission’s Gold Seal of Approval® and the American Heart Association/American Stroke Association’s Heart-Check mark for Advanced Certification for Comprehensive Stroke Centers certifies MMC has the infrastructure, staff and training standards to support state-of-the-art care for the most complex stroke cases.

To be eligible for CSC certification, a hospital must demonstrate compliance with stroke-related standards as a Primary Stroke Center. It also must:



*Jane Morris, M.D., (right) looks over images with resident Matthew Spanier, M.D.*

- Have advanced imaging capabilities
- Have 24/7 availability of specialized surgical and medical treatments for complex stroke cases, including endovascular treatments
- Provide staff with education to ensure they can diagnose and treat complex stroke cases

*‘Comprehensive Stroke’  
Continued on Back*

## World-Class Doctors Treat World-Class Athletes



*Krystian Bigosinski, M.D.,  
at the 2018 World Cup*



*F. Lincoln Avery, M.D.,  
at the 2009 World Cup*

As U.S. athletes hit the slopes during the Olympic Games, two doctors with MMP – Orthopedics and Sports Medicine will be watching very closely.

F. Lincoln Avery, M.D., has been traveling with the U.S. Alpine Men’s and Women’s Ski Teams to World Cup events since 1989.

Krystian Bigosinski, M.D., meanwhile, just returned

from working with the U.S. Cross-Country Team in at the World Cup in Austria at the beginning of the month.

Dr. Avery’s interest in working with the U.S. team came naturally — he was a college downhill ski racer.

*‘World Cup Doctors’  
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## *'World Cup Doctors'* *From Front*

When he knew he wanted to work in sports medicine, getting started with the U.S. team made a lot of sense.

"There weren't a lot of physicians from the ski racing community covering World Cup athletes back then," Dr. Avery said.

Over the years, he's worked with top athletes, including gold medalists Picabo Street and Lindsey Vonn.

"Sitting down, having dinner with them, you get to know them as real people," said Dr. Avery. "When you see them at the Olympics, it's surreal."

Dr. Bigosinski comes from an endurance sport background and is an avid skier, so developing a relationship with the cross-country ski team was a natural fit. Five years later, he's glad he did.

"The skiers are very welcoming and glad to have medical staff there," he said.

## *'Comprehensive Stroke'* *From Front*

"Over the last decade we have put together a stroke team that can care for the sickest stroke patients in Maine and New Hampshire 24/7 on a level that is matched by only a few hospitals in this country," said Robert Ecker, M.D., the director of endovascular and cerebrovascular neurosurgery at MMC.

"Attaining Comprehensive Stroke Center status is a testament to the commitment Maine Medical Center has to ensuring we are providing the best care possible for patients suffering from cerebrovascular disease," said Jane Morris, M.D., medical director of the MMC Stroke and Telestroke Network. "It has taken years of dedica-

tion, collaboration and multidisciplinary engagement to get us where we are today."

Hospitals throughout the MaineHealth system also benefit from MMC's CSC certification. MaineHealth has developed a system in which patients treated in their local hospital's emergency department can be transferred to MMC for specialized care when needed.

"Having Joint Commission certification shows all the systems are in place to get patients the proper care in the highest quality manner," said Robert Stein, M.D., the medical director of the Primary Stroke Center at Pen Bay Hospital in Rockport. "It's well recognized throughout the state what a great job Dr. Ecker and Dr. Morris do leading this program."

## Staying Healthy On Skis

Top athletes aren't the only ones who need to take care of their bodies this ski season, of course. Doctors Lincoln Avery and Krystian Bigosinski have some tips on staying healthy and on knowing when to see a doctor.

### Cross-Country Skiers:

- Cross train in the off-season with strength training. This will protect your joints once winter rolls around. Strengthening your hips, core, back and shoulders in the off-season will help prevent injury and allow you to ski for longer periods with less soreness.
- Balance is critical in cross country skiing. Balance and agility training both on and off the skis is really important. Exercises using a balance ball or single-legged exercises are great for this.
- Get a lesson from a pro. Cross-country skiing is a lot more than just walking on skis. Taking a lesson or two to get started will not only help you start enjoying the sport; it may prevent bad technique that could lead to injuries.

### Downhill Skiers:

ACL tears are the most common serious injury to the knee that occur as a result of downhill skiing. As these are "normal loads that are applied to the knee abnormally", most ski bindings will not release in the event of an ACL-tearing fall.

- Don't fight the fall. Often it is trying to avoid falling that leads to the abnormal body position that sets up this injury.
- Don't fall backwards or "in the rear seat" with the weight far to the rear. Falling and sitting on the back of your skis will likely injure your knee.
- Don't try to dig a ski edge in to stop yourself during a fall unless a serious collision is imminent. Relax and keep your knees bent as you slide, trying not to get up until you stop moving.
- Ski with your arms forward, as your body weight tends to move to where your hands are.
- Try to keep your weight evenly balanced on both skis, avoiding a wide ski stance.



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