January 8, 2018

What’s Happening
A newsletter for the Maine Medical Center family

Small Steps Are Key to Improving Your Health in 2018

While so many people are unable to keep their New Year’s resolutions to live a healthier lifestyle, there are always those few who manage to stick to it. What do they have in common? Let’s Go! looked at the research and determined that success is typically built in small steps.

What that means is that you shouldn’t just say, “I’m going to eat better this year!” or, “I’m going to go to the gym more!” Instead, come up with a more specific goal and an action plan to achieve it.

Let’s Go! has identified four areas where small steps can lead to big improvements:

1. **Move More:** For instance, you can decide to walk 30 minutes a day in three, 10-minute increments.

   ‘Small Steps’
   Continued on Back

Casco Bay Surgery Joins Maine Medical Partners

Maine Medical Partners proudly welcomes Casco Bay Surgery to the largest medical group in Maine. On December 24, 2017, the practice changed its name to Maine Medical Partners – Surgical Care Casco Bay. Patients will continue to receive the same high level of patient-centered care that they have come to expect from Casco Bay over the last 26 years.

**Tom Brady, M.D.** is a regional leader in hernia repair and abdominal wall reconstruction. **Kirk Saghian, M.D.** specializes in bariatric surgery and is Medical Director of the MMC Weight & Wellness Program. **Roy Cobean, M.D.**, focuses on benign gastroesophageal junction surgery (GERD, hiatal hernia and achalasia), including bariatric surgery. **Cathel Macleod, M.D., Parker Roberts, M.D.,** and **Sara Mayo, M.D.**, are Maine’s only team of dedicated colon and rectal surgeons. The team’s surgeons perform their own upper and lower GI endoscopy and use advanced laparoscopic and robotic techniques.

‘Casco Bay’
Continued on Back

In a December article in Forbes, **Douglas Sawyer, M.D.**, chief of cardiology at Maine Medical Center, was named one of the “top 27 cardiologists in the country.” The top cardiologists were selected by Grand Rounds, a private company that uses a computer algorithm to determine which doctors engage in best practices.

“I am honored by this recognition, but I interpret this as a reflection of the talented people I have had the honor of working with throughout my career, including my colleagues here at Maine Medical Center. Their dedication to outstanding clinical care, educating future clinicians, supporting research and improving the health outcomes of our patients is unparalleled,” Dr. Sawyer said.

‘People News’
Continued on Back
MMC had a bit of a baby boom on New Year’s Day 2018. Six babies were born in the hospital’s East Tower. The first, named Jaxon, was delivered at 3:30 a.m. As far as we can tell, Jaxon was the first baby born in the state of Maine this year. His parents, Anya and Jason, were happy as can be with this start to their new year.

The excitement in the hospital didn’t stop for hours, as five more babies were born by the end of the day.

Congratulations to all our new parents of 2018!

**New Year, New Babies!**

Jaxon (with parents Anya and Jason) was born at 3:30 a.m.

MMC had a bit of a baby boom on New Year’s Day 2018. Six babies were born in the hospital’s East Tower.

The first, named Jaxon, was delivered at 3:30 a.m. As far as we can tell, Jaxon was the first baby born in the state of Maine this year. His parents, Anya and Jason, were happy as can be with this start to their new year.

The excitement in the hospital didn’t stop for hours, as five more babies were born by the end of the day.

Congratulations to all our new parents of 2018!

**People News**

David Lavoie, M.D., has joined Maine Medical Partners — Hospital Medicine and will be working at Stephens Memorial Hospital. He comes to MMP from Northern Maine Medical Center, where he served as Director, Department of Hospital Medicine. Dr. Lavoie received his medical degree from Dartmouth Medical School. He completed his residency at Saint Vincent Hospital in Worcester, M.A. Dr. Lavoie’s clinical interests include rural health, quality improvement and medical education. In his spare time, Dr. Lavoie enjoys mountaineering, fishing, reading and boating.

Laura Withers, M.D., has joined Maine Medical Partners — Acute Care Surgery. She is Board certified in surgical critical care and general surgery. Dr. Withers received her medical degree from New York Medical College and completed her residency at St. Luke’s-Roosevelt Hospital Center in the Department of Surgery. She completed a fellowship in trauma surgery and surgical critical care at Orlando Regional Medical Center. Clinically, she is particularly interested in burn care, wound care and trauma. She also donates time to global surgery volunteer work. In her spare time, Dr. Withers enjoys skiing, hiking and listening to live music.

Mahendra Mangray, M.D., of Maine Nephrology Associates, PA was newly appointed to the Maine Medical Center Medical Staff. Dr. Mangray received his medical degree from the University of the West Indies, Trinidad and will provide nephrology care.

Mark R. Lena, M.D., of St. Joseph Gastroenterology was newly appointed to the Maine Medical Center Medical Staff. Dr. Lena received his medical degree from Dartmouth Medical School and will provide gastroenterology care.

**Small Steps**

2. **Eat Real:** Try to fill half your plate with fruits and vegetables at every meal.
3. **Drink Water:** Decide to choose water at every meal and in between meals, too.
4. **Rest Up:** Resolve to go to bed at the same time every night with a goal of getting 7-9 hours of good sleep.

Once you have mastered one small step, add another. Over time, you may find you’ve made a significant change in your health.

For more information, visit the “adults” section of letsgo.org.

What’s Happening is published weekly by the Communications and Marketing Department.

Comments, questions, and story ideas: Caroline Cornish, Communications Manager

mmcnews@mmc.org