

What's Happening



April 2007 | VOLUME 40, NUMBER 4

National Grant Extends PIER Program

The Robert Wood Johnson Foundation (RWJF) announced on April 10 that it will establish a national program office in Portland for the early detection of youth mental illness, thanks to research conducted over the past six years by Maine Medical Center and Spring Harbor Hospital psychiatric researcher William R. McFarlane, MD.

A world-renowned researcher, McFarlane has spent more than 30 years investigating ways to improve quality of life for individuals with serious mental illness, such as schizophrenia and other psychotic disorders.

The four-year, \$12.4 million grant from the nation's largest philanthropy devoted exclusively to health and healthcare

PIER GRANT CONTINUED ON PAGE 7



It may be spring, but winter hasn't retreated without a fight. Two powerful storms pounded southern Maine this month. Here, a blanket of snow covers the Western Promenade, outside the hospital. This storm brought heavy, wet snow, bringing down power lines and leaving many without electricity, heat, and hot water. The most recent storm – a coastal Nor'easter – blew in with 80 mile per hour wind gusts, astronomical high tides, and heavy, pelting rain. That storm, too, left thousands without power and caused significant flooding. According to the Portland Press Herald, only the ice storm of 1998, which caused 340,000 outages, knocked out power for more people around the state than the April 16 storm. AV photo.

MMC's Stroke Care Program Awarded Joint Commission Certification

Maine Medical Center is the first and, to date, only healthcare facility in Maine to earn distinction as a Primary Stroke Center from the Joint Commission, demonstrating that its stroke care program follows national standards and guidelines that can significantly improve outcomes for stroke patients. MMC has earned the Gold Seal of Approval from the Joint Commission for utilizing a standardized method of delivering integrated and coordinated clinical care based on criteria developed in conjunction with the American Stroke Association and the Brain Attack Coalition.

STROKE CONTINUED ON PAGE 5


Maine Medical Center
centered around you

www.mmc.org

Planning a trip?

Safely packing medications is easy if you know these helpful medication tips from the Northern New England Poison Center.

- Bring more than you need in case of travel delays.
- Pack medications in your carry-on luggage if you are flying, so that you will have access to them during your flight or if your luggage is lost.
- Store medications in the original containers. This is necessary to pass through airport security and border crossings, and prevents taking the wrong medication.
- Accurately count your pills before leaving. If the wrong person, child, or pet swallows the medication, this will help the poison center determine how much may have been ingested.
- Consult with your physician or pharmacist if you are traveling through several time zones to develop a specific plan to adjust the timing and dosage of your medications.
- If you are planning to visit a hot, humid climate, keep medications in a cool, dry place out of direct sunlight.
- If traveling by car, do not store medications in the glove compartment or trunk. Heat and humidity

Women and Stroke

Did you know that stroke kills twice as many women as breast cancer and is the leading cause of disability for women?

Many women do not know any of the traditional stroke risk factors (including high blood pressure, cigarette smoking, and diabetes) or warning signs (sudden severe headache, numbness, and trouble walking). You can take control and learn more about this important subject at an upcoming free community health program sponsored by Maine Medical Center, supported by an educational grant from Genentech.

The Women & Stroke Dialogue will take place on May 1 from 1915-2015 hours in Dana Classroom #7. The free event will feature a satellite presentation by distinguished neurologist Marilyn M. Rymer, MD, from the Mid-America Brain and Stroke Institute at Saint Luke's Hospital in Kansas City. Dr. Rymer is internationally recognized for her innovative research and treatment of stroke. Following the national broadcast, you will have the opportunity to ask questions about stroke with healthcare professionals from our own community.

Please plan to attend! It may just help save your life – or the life of someone you love. For more information, please call Darcy Evans-Karajin, Stroke Program Manager, 662-3406. ■

Annual Scrapbooking Event a Hit

The 2nd Annual Scrapbooking Fundraiser for The Barbara Bush Children's Hospital at Maine Medical Center was held on March 24 in Gorham. The event was attended by about 60 avid scrapbookers who spent the day working on their albums. They donated approximately 30-45 minutes of their time working on five, seven-by-seven inch albums donated for the event. Each album was created specifically for either a boy or girl and their interests. The event raised \$2,651 for the children's hospital. Special thanks to Churchill Caterers for donating their service for the event. Door prizes and raffles were donated by area businesses: Amato's, Hannaford's, Panera Bread, Subway, Shaw's, AC Moore, Creative Memories, Making Memories, and Karen Foster Design. ■

Children's Dental Health to Improve with New Foundation's Help

A new foundation aims to reduce the incidence of dental disease among Maine children. Medical and oral health leaders from throughout Maine and leaders of some of Maine's largest foundations announced a new \$12 million philanthropic foundation in late March that will focus on children's health, with a particular interest in oral health for children from birth to age three.

Andrew Klingenstein, of Potomac, MD, the Foundation's President, announced the launch of The Sadie and Harry Davis Foundation. He was joined at the event by his mother, Patricia Klingenstein (Sadie and

Harry Davis' only child), as well as by his father, John Klingenstein, and Nancy Simpkins, one of his three siblings.

The Sadie and Harry Davis Foundation convened a distinguished group of Maine medical, dental, and public health leaders over an 18-month period to explore how best to carry out its mission. With the advice of this group, the Foundation's Trustees – Sadie and Harry Davis' daughter, son-in-law, and four grandchildren – have decided to focus the majority of the Foundation's resources on improving the oral health of Maine children. More specifically, "the Foundation's goal is to significantly reduce the

Dental continued on page 5



Barbara Crowley, MD; John Klingenstein; Patricia Davis Klingenstein; Nancy Simpkins; Andrew Davis Klingenstein; Foundation President; and Sharon Rosen, Consultant, at the March 30 announcement in the Atrium on BBCH of a \$12 million philanthropic foundation that will focus on children's dental health. The Pediatric Clinic at BBCH is one of the partners in the oral health program. AV photo.

MaineHealth and MMC Join Forces to Fight Lung Disease

Maine Medical Center has joined forces with MaineHealth for this year's Trek Across Maine, June 15-17. The Trek is a three-day, 180-mile bicycle ride from Sunday River to Owl's Head. The Trek raises funds for the American Lung Association of Maine. Nearly ninety percent of the funds raised stay in Maine and the remainder help support nationwide education and research.

The MMC Freewheelers have been participating in the Trek for over 21 years! Last year, the Freewheelers raised over \$32,000. They have also agreed to lend their long-standing name, so the team will now be known as the MaineHealth Freewheelers. Many thanks to Sally Nason, Judy Gilman, and Donna McGrew for their leadership, enthusiasm, and dedication to the Trek Across Maine.

You will receive three points toward your WOW Rolling Rewards and qualified individuals can receive a \$15 rebate off the registration fee.

Please consider joining our team. For more information or to join, visit: <http://www.mainehealth.org/Events/Trek/index.asp>. ■

USM Nursing and Bayside Community Partnership

Each spring, the USM Nursing/Bayside Community Partnership organizes and runs a health fair to benefit the residents of the Bayside neighborhood and the surrounding area. Activities at the fair center around health promotion, safety, exercise, nutrition, dental hygiene, and a variety of other educational presentations and wellness screening opportunities.

This year's fair will include a 5K race to kick off the event on Saturday, May 19. The race will start promptly at 0915 hours where the East End Trail meets India/Fore Street. It will run along the East End Beach, across Tukey's Bridge, down by the Back Bay Cove, across Marginal Way, and will end on Oxford Street at the health fair.

Proceeds will benefit both the Bayside Community and the Laura Vogel Memorial Fund at Maine Medical Center. Laura Beth Vogel, 27, of Standish, died tragically in a vehicle accident on Jan. 4, 2007, while participating in a volunteer Health Outreach Program in the Dominican Republic, providing healthcare to remote villagers. For over five years

PARTNERSHIP CONTINUED ON PAGE 6

Automated Patient Tracking Coming to Brighton Surgical

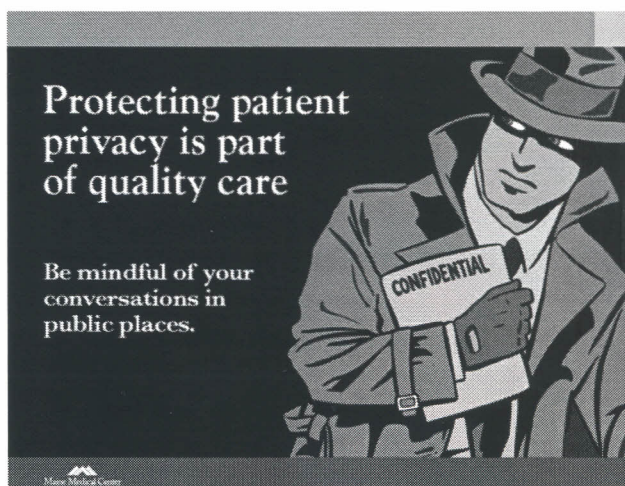
The Brighton SurgicalCenter's operating rooms (ORs) are soon going to have an automated tracking system that will assist staff in determining patient location and room/bed turnover, and let families know where in the periop process their loved ones are.

In early May, MMC's Brighton SurgicalCenter will go-live with large monitor displays and software much like the NaviCare system at the Bramhall Campus. SmarTrack, unlike NaviCare, is integrated into the existing OR scheduling and billing system and will allow for notification of many predetermined needs for the patient and surgery, including cautions about previous difficulties or latex allergies.

The system will have color-coded patient identifiers that provide information to staff, surgeons, and the families, such as where the patient is and at what step they are in the process. The system will even identify when a family member is welcome to visit the patient at the bedside or when an important message is added to the patient's visit. Staff will be able to anticipate the needs and future arrivals by watching each patient's progress through system flags, including timers and alerts for outstanding tasks.

This automated system is being implemented in time for staff to get used to it before the move to the new Scarborough Surgery Center, later this summer. Future expansions of the software include more accurate and timely charting and billing.

A team of clinical staff and Information Services developers have worked for the past few months in preparation of this milestone in outpatient surgical care. ■



incidence of dental disease among the state's children by greatly increasing the number of young children (ages 0-3 ½) who receive preventive oral health care," says Klingenstein.

The Foundation's approach, which is endorsed by the Maine Dental Association, seeks to integrate early prevention oral health care into the fabric of medical and social services for very young children and their families. It is modeled closely after North Carolina's highly successful *Into the Mouths of Babies* program.

During the first two-year phase of the oral health initiative, the Foundation will provide training and funding for a diverse group of medical and social service organizations and settings representing the diversity of Maine's communities and regions. The initial partners in this initiative include:

- the Pediatric Clinic at The Barbara Bush Children's Hospital at Maine Medical Center, which serves a large immigrant population;
- the Maine-Dartmouth Family Practice Residency in Augusta and Fairfield, which trains family physicians with a particular focus on rural practice;
- Sebecook Valley Hospital in Pittsfield, which operates a community public health dental clinic;

- Waterville Pediatrics, a private pediatric practice which also has an office in Skowhegan; and
- the City of Bangor Department of Health and Welfare's Women, Infants, and Children (WIC) Program, which serves all of Penobscot and Piscataquis Counties.

The Foundation's support for this initial work will include funding for staff and materials, project coordination by a licensed dental hygienist, training in assessment and fluoride varnish application procedures, communication with MaineCare and private payors regarding project impact, and securing Continuing Medical Education credits for participation in program training.

In addition to the oral health initiative, the Foundation will make a limited number of small grants each year for projects that advance the health of Maine children more generally. ■

"Study after study shows that when you have a well-organized infrastructure in place to support proven clinical protocols, patient outcomes improve," says John R. Belden, MD, a vascular-trained neurologist who is medical director of MMC's stroke services. "Maine Medical Center has invested significant resources to put such an infrastructure in place for stroke care, and is evidence of our commitment to meet the specialized needs of stroke patients."

For referring physicians and their patients, this means streamlined access to comprehensive diagnostic, treatment, and rehabilitation resources for stroke, including specially-trained physicians and support staff who are on hand for administration of tissue plasminogen activator (tPA), the only FDA-approved thrombolytic agent for treating ischemic stroke within the first three hours of the onset of symptoms.

"Our tPA utilization has increased since strengthening the organization of our stroke management capabilities," Dr. Belden says, crediting the close collaboration between the multidisciplinary stroke program and MMC's Emergency Department for helping to get more patients into the stroke care pathway within the three-hour window for tPA administration. Equally important, he notes, MMC's outcomes are comparable to national benchmarks.

Reiki Clinic

Once again, as part of this year's Nurses Week activities, all direct care employees (nurses, CNAs, physicians, clinicians, etc.) are invited to experience and enjoy free 20-minute Reiki mini-sessions on Friday, May 11, in Dana Center Classroom 2.

Anyone who provides direct care and/or service to patients/clients at MMC can contact Patricia Keene, Reiki Master/Teacher, at pkbodywork@hotmail.com or 782-3910 or 240-9974 to request time slots. Openings will run every 20 minutes from 0800-1700 hours. Reservations are strongly encouraged; however, there will be a few walk-in openings. ■

PARTNERSHIP FROM PAGE 4

she worked in the Neonatal Intensive Care Unit at Maine Medical Center as a Registered Nurse. Vogel was an inspiration for many. She exemplified this through her devotion for the care of premature newborns and their families at the hospital. She was very athletic and loved to participate in road races.

Please join in on May 19 for the first annual Bayside Community 5K and Health Fair to follow. ■

April Showers Bring May Flowers...and Allergies!

May is National Asthma and Allergy Awareness month. Do you, or does someone you love suffer from asthma? MaineHealth is home to the AH! Asthma Health Program, which provides:

- Patient support with a Certified Asthma Educator,
- Patient and Family Education Materials for adults and children,
- Maine Asthma Action Management Plans (which should be completed every six months by a healthcare provider),
- Maine Asthma Plans for Childcare/Preschool and Family, and Maine Asthma School Plans (which should be completed yearly by a healthcare provider), and
- AH! Asthma Camp for children.

For more information on the AH! Asthma Health Program, visit www.mainehealth.org/wow, click on "WOW! Health Resources", then "Health Conditions", and "Asthma Health".

Activities such as visiting an asthma educator for points toward your WOW! Rolling Rewards. To find out more about WOW! Rewards, to log your activities, or to take the Health-Quotient Risk Assessment visit www.mainehealth.org/wow.

May is also National High Blood Pressure Education Month. Earn more WOW! Rolling Rewards points by having your blood pressure checked yearly. ■

Celebrating Our Employees

Each year, we set aside a special time to recognize our Medical Center staff for the extraordinary care you deliver to our patients and their families. Your wonderful work continues, and we're very happy to once again celebrate what you do every day...

To each of you, my personal thanks. I know that you truly are what makes MMC a leader in quality healthcare, while keeping the patient and his or her family at the center of all we do.

--Vincent S. Conti,
President and Chief Executive Officer

will extend McFarlane’s *Portland Identification and Early Referral (PIER) Project*, a research and clinical treatment program that has shown great promise in preventing the onset of schizophrenia and other serious psychiatric illness among young people in Cumberland County since 2000. The grant also funds three additional research sites: Sacramento, California (led by the University of California, Davis); Ypsilanti, Michigan (led by the Washtenaw Community Health Organization); and Salem, Oregon (led by Mid-Valley Behavioral Care Network).

RWJF’s national program office, under the direction of McFarlane, will be called the *Early Detection and Intervention for the Prevention of Psychosis Program*.

Youth between the ages of 12 and 25 who have early symptoms of a psychotic disorder but have not yet developed an illness are the focus of the PIER program. Participants and their families receive one of two treatment plans. The experimental plan offers ongoing evidenced-based, psychosocial support and education, treatment, and medication. The comparison plan, designed for youth at much lower risk of illness, provides careful monitoring, support, and referral for further treatment, as needed.

“Most of the young people in our program have gone on to complete high school, enroll in college, or secure meaningful employment,” says McFarlane. “These achievements are very rare for a typical young person who has been diagnosed with schizophrenia and is in the throes of the illness. This is the strongest evidence to me that PIER works.”

The PIER model is founded in part on community-based prevention programs that have been successful in Australia,

PIER GRANT CONTINUED ON PAGE 8

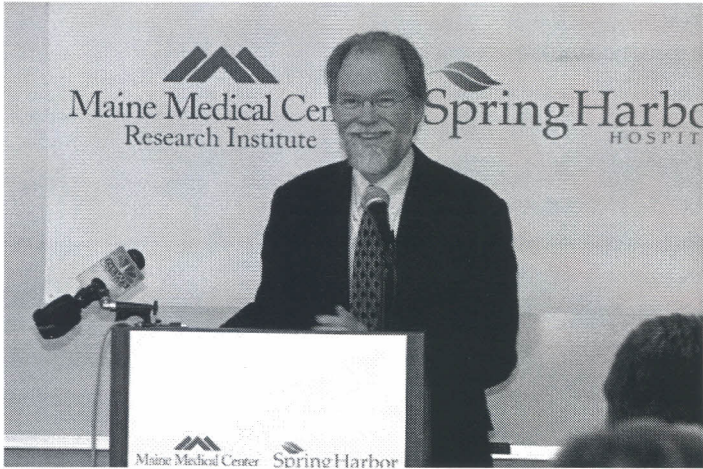
Southern Maine Heart Walk

Date: Sunday May 20
Registration: 0830 hours
Kick-Off: 0930 hours
Location: USM Sullivan Gym
(breakfast, kick-off & lunch),
choice of two walks around
Back Cove.

Please join the MMC walk team this year and make a difference in our state’s number-one killer, cardiovascular disease. Funds raised help support research and education that can save the life of someone you love! Please sign up for the walk on-line, design your own personalized webpage, and e-mail friends and family to support you at www.Southern-MaineHeartWalk.org. For more information, just call Katie Rooks, 653-3470. ■

Respiratory Accolades

For the fifth straight year, MMC’s Pulmonary and Critical Care Services have received *Quality Respiratory Care Recognition* from the American Association for Respiratory Care. Congratulations! ■



William R. McFarlane, MD, at an April 10 press conference to announce a \$12.4 million grant from the Robert Wood Johnson Foundation. The funding will establish a national program office in Portland for the early detection of youth mental illness. AV photo.

Nursing Scholarship Application Now Available

If you are an MMC employee who has successfully completed six months or more of service and are enrolled in a nursing program, you are eligible to apply for the nursing scholarship. Applications are available from the Department of Nursing's intranet page. New this year is the capability to complete applications on-line. Scholarship guidelines are provided as part of the application. While the application may be completed on-line, there are other requirements that will need to be submitted. The deadline for submitting applications is June 15. Scholarships will be awarded in late August. If you have any questions, please contact Suneela Nayak at 662-4588 or e-mail nayaks@mmc.org. ■

PIER GRANT FROM PAGE 7

the UK, and Scandinavia. All operate on the hypothesis that schizophrenia, when identified and treated during the "prodrome," or earliest sign of symptoms, can be prevented from developing into a lifelong, disabling illness. All also combine public education, professional training, and clinical intervention to help stem the progression of psychotic illness in the youth population.

A second critical component of the PIER approach is immediately and consistently engaging the families and friends of youth receiving treatment. This can include families supporting one another and sharing successes or friends learning how to help reduce stimuli for the young person. The systematic application of family psycho-educational intervention—an area in which McFarlane is considered the nation's leading expert—is a hallmark of the program.

A program of the Center for Psychiatric Research within the Maine Medical Center Research Institute (www.mmc.org), PIER is managed by Spring Harbor Hospital, a nonprofit psychiatric treatment network that serves thousands of individuals each year, including hundreds of youth who experience either first-time or episodic psychosis. PIER also is part of the *Glickman Family Center for Child & Adolescent Psychiatry*, the regional center of excellence for youth psychiatry. To learn more, call 1-866-857-6644 or visit www.springharbor.org. ■

STROKE FROM PAGE 5

In fact, a vital component of achieving Joint Commission certification as a Primary Stroke Center is the ability to track and compare performance measures such as complication rates, length of stay, and mortality. MMC is tracking 10 key outcome measures relating to ischemic stroke, four for hemorrhagic stroke, and six for transient ischemic attack (TIA).

"On all counts, MMC compares favorably with national benchmarks," Dr. Belden says. This data also is analyzed to evaluate ways to continually improve

performance and clinical practice, thereby improving treatment plans and patient care.

Notably, MMC also offers several leading-edge treatment options for appropriately selected ischemic stroke patients. These include intra-arterial tPA, whereby the clot-busting drug is delivered via catheter directly to the area of the blockage, and use of the MERCI (Mechanical Embolus Removal in Cerebral Ischemia) Retriever. This

STROKE CONTINUED ON PAGE 11

HR Corner

COBRA Notifications to Departing Residents

Resident physicians who are leaving the end of June will be mailed all relevant information on continuation of health, dental, and voluntary life insurances under COBRA during the first part of June. Please be sure we have your current address on file so that you will not miss this important mailing. COBRA provides for the continuation of coverage for up to 18 months from the date insurance ends. There is a 60-day window in which to return enrollment forms to the COBRA administrator. Questions regarding COBRA can be referred to the Employee Benefits Office at 662-2310.

Changing Primary Care Physician

If you are enrolled in the Health Partners Plan and wish to change a primary care physician for yourself or a family member, you may do so directly with Anthem by calling 1-800-622-0797 or 822-5172. The change will be effective the first of the month after Anthem is notified of the change. There is no form required to be completed, and no need to inform the Employee Benefits Office, unless you have a question.

Prescription Benefit Tips

Try to use generic equivalent medications whenever possible in order to take advantage of the lowest prescription co-pay amount. For employees taking medications on a regular basis, your benefit dollars will stretch even further if your primary care physician writes your prescription for a 90-day supply, where possible. You will be able to obtain a 90-day supply of "maintenance" medications for only two co-pays, rather than three. For a generic med, a 90-day supply will cost only two co-pays, or \$20, instead of three co-pays, or \$30. In addition, if you purchase the generic versus a brand or non-formulary medication, your savings could be as much as \$40 per prescription. For more information on the safety and effectiveness of generic medications, go to www.anthem.com.

Health Care Spending Account

A reminder to employees who participate in the health care spending account: You may use your account to purchase certain over-the-counter health supplies such as: first aid kits or creams, bandages, pain relievers, cough drops and syrups, sinus medications, thermometers, and many other items. Just remember to keep your receipt so that you can submit it if requested. A

complete list of the allowable over-the-counter medications may be found on the HR/Benefits Link on the MMC Intranet home page.

Also, remember to use your debit card for allowable purchases and services! It is so much easier to present your card at the pharmacy or physician's office, rather than to have to file claims on paper by mail or fax to obtain reimbursement. Just save your receipts.

Upcoming Events:

403(b) Informational Sessions:

May 17, 1500-1600 hours,
Dana Center Classroom #6 ■

Pediatric Remembrance Service

For the fifth year, Maine Medical Center will host "Our Children Remembered," a pediatric remembrance service. Staff members, families, and friends will remember and honor those children whom we have been privileged to meet and care for during their life journey and who died in 2006. The program is on Thursday, April 26, in the Dana Auditorium at 1900 hours. If you have any questions, please contact Theresa McCluskey, 662-2541. ■

Marketplace

So that everyone has an opportunity to use the Marketplace, ads may be placed once. Repeats will be permitted only as space permits.

FOR SALE

1999 Ford Explorer. Red/silver power 4WD many features \$7,500. Call 885-9649 or 749-9102.

Maytag kitchen appliances, white, exc cond. Ceramic top stove, microwave, dishwasher, side-by-side 24 cu. Ft. refrig w/ice & water on door \$900 for all. Call 885-5862.

1994 Oldsmobile Cutlass Supreme. As is. \$500 OBO. Needs work. Call 899-0529 before 8:30 am or after 3:30 pm.

1999 VW Passat station wagon, 1.8 turbo. Leather, auto, moon roof, ABS brakes. Newly inspected, tuned and cleaned. 123K miles. Great family car. Asking \$5300. Call 828-2005, daytime, or 892-8227 evenings.

1998 Honda Civic LX 4-door Sedan. 5-speed manual 1 N/S owner. New muffler, inspection sticker thru 12/07. Averages 35+ MPG Power A/C Will include set of 2 snow tires 171k mi. Asking \$4500. Call 221-5311.

Full Size Real Pinball Machine! Close Encounters of the Third Kind. Nice condition, works great! \$650. Call 756-0405 OR 510-7651 eves.

Harley 98 xl 883 Sportster under 2K ml/black/xtra chrome/saddle bags/screaming eagle pipes/asking \$4500 OBO...call 799-7274. Leave message.

2001 Volvo S40 1.9 Turbo: loaded; leather, sunroof, climate control, 55K miles. \$8,500. Bob Knowles 878-3468.

2004 Volkswagen Jetta GLI. Only 24K miles. Turbo engine, sun roof, lots of extras. Great cond., 4 new tires. A great deal at \$16,000. Call 450-6760.

820t/treadmill from Fitness Gear. New Sept 06 too big for new living space. Paid \$500. Make offer.. it's yours! Call 799-7274, leave message.

Oriental carpets from the Middle East. All sizes in great shape. Also have some antique Chinese carpets. Something for everyone! Call 671-4723 for appointment or e-mail YankLady@aol.com.

Upright Bissell Vacuum cleaner w/ attachments. \$35. Call 774-4918.

Set of 4 Yokohama AVS tires 235/40/18 mounted on M3 wheels 18"x8". \$1600 OBO Call 899-4006.

FOR RENT

Westbrook: 1st fl. 1 & 2 BR w/ lg fenced yard, plenty of pkg & storage, carpeted, modern w/ Victorian features \$850/mo. Call 929-3817.

East End 1 BR \$750/mo incl H & HW N/S N/P Call 831-5682.

Cape Eliz. Contemporary cottage 2BR, study, 2BA w/ gourmet K \$1575 + util. Call 767-3413.

West End: 1st fl 2 BR w/ hdwd N/S N/P 1 yr lease \$1300/mo + 1st & Last + deposit, inc util. Call 415-6521.

Portland: 6 rooms, 2 BR apt. many features. Call 807-7739.

Westbrook 2 BR, 1 BA \$900/mo w/ H&HW Call 831-7054.

In-town Portland, Pine St. near Charlton. 3rd fl. 2 BR in owner occupied Victorian building. Pkg, closets, H/W, N/P Lease, refs. \$875/mo. Call 774-5317.

Westgate area: 3BR apt. w/K, pantry, LR, DR & pkg for 2. \$975/mo. Util & heat extra. Call 761-2919 after 6 pm.

West end 2 fl apt 3 BR, period details N/S N/P \$1200/mo. Call 767-3102.

Portland. Convenient to MMC. 2nd fl., sunny 2 BR+ study, lg K, LR & DR, hdwd, private W/D, live high-speed internet. Unfurn. or furn. option. Availability negotiable. N/S. Owner occupied. \$990/+ util. Call 761-7995 or shigleyr@maine.rr.com.

So. Ptld, Thornton Heights house. Newly remodeled 3 BR, 1 BA w/hdwd on extra lot. N/P, N/S. \$1,200/mo. + util. & sec. Call 878-5567.

Apt. in beautiful Tuscany Italy. 1 lg BR. Kit., BA, & outdoor patio. Located in old historic hillside village. Near Florence, Luca, and Pisa. \$675/wk. Call 767-3915 for more information.

Portland, Highlands: Lg 3BR, 2LRs/fplc, DR, hdwd, Lg. Kit. w/ pantry, stove & refrig., DW, W/D pkg, storage, N/S, N/P. \$1250/mo. 828-5497.

West End: 2BR apt, gas heat, hdwd, coin-op laundry, N/S, N/P. Avail. 5/1. \$850/mo. + util. & sec. dep. Please call 781-5071 or 831-2540.

CONTINUED ON BACK PAGE

- can degrade medications.
- If involved in water activities, be sure that medications are kept cool, secure and in a waterproof container.
- Keep your purse or suitcase out of reach of children and pets.
- Always carry a complete list of your medicines (including prescription, over-the-counter and dietary supplements), the doses, and your physician's and pharmacist's telephone numbers.
- Wear a medical-alert bracelet or necklace if you have allergies.
- Remember to call 1-800-222-1222, a free, confidential 24-hour national hotline for poison emergencies, prevention tips or medication questions. This telephone number is active throughout the United States. ■

tiny corkscrew-shaped device is the only FDA-cleared device for removing blood clots from the brain. Also delivered via arterial catheter, the Retriever penetrates and captures a clot so that it can be removed through a second catheter in the neck, restoring blood flow to the brain.

Intra-arterial tPA delivery expands the window for treatment to as much as six hours after onset of symptoms, and the MERCI Retriever can be used within eight hours. But these interventions are not appropriate for every stroke patient, stresses MMC neuroradiologist Eddie Kwan, MD.

"There are very specific inclusion/exclusion criteria for these procedures, such as time of presentation and what imaging reveals about how much of the brain can be salvaged," he says, which further underscores the urgency of seeking immediate medical attention when stroke symptoms appear.

Dr. Kwan also notes that MMC has a growing body of experience and successful outcomes in endovascular treatment of hemorrhagic stroke – specifically the repair of intracranial ruptured aneurysms – performing 40 to 50 of these procedures annually. While hemorrhagic strokes account for only about 20

percent of all strokes, they are frequently more fatal than ischemic strokes – making this treatment option an invaluable addition to MMC's armamentarium of stroke care resources.

Another essential component of stroke care is rehabilitation. MMC and the New England Rehabilitation Hospital of Portland (NERHP) work closely together to give patients a seamless continuum of care as they recover from a stroke. Currently, MMC treats more than 400 stroke patients each year; an estimated 75 percent of these patients are transferred to NERHP for ongoing stroke care.

"New England Rehabilitation Hospital itself is applying for Disease-Specific Certification in Stroke from the Joint Commission," notes Darcy Evans-Karajin, BA, BS, who serves as the stroke program manager for both MMC and NERHP. "This initiative is evidence of our shared commitment to foster better outcomes for stroke care."

Ultimately, she stresses, better outcomes start with getting stroke patients into the right care pathway at the right time. "Educating patients to recognize stroke symptoms and to seek immediate medical attention is so very important," she says. "This is where primary care physicians can play a vital role, since they're on the front lines of patient care." ■

Calendar

April 26

Pediatric
Remembrance Service
See story, p. 9

May 1

Women & Stroke Dialogue
See story, p. 2

May 19

8th Annual
Women's Wellness Day
Sheraton Hotel, S. Portland
FMI: 885-8570 or 781-1730

May 20

Southern Maine
Heart Walk
See story, p. 7

June 8

Herbs, Drugs, Supplements
& the Body
MMC Dana Center
0715 – 1615 hours
FMI: 662-2290

June 15

Deadline for nursing
scholarship application
See story, p. 8

June 15-17

23rd Annual
Trek Across Maine
See story, p. 3

84 Park Avenue, Portland. 3-
BR Convenient, Hdwd, 1st Fl.
Facing Deering Oaks Park, Coin
Op W/D, \$1100/heated. Call
712-0771.

Woodfords Corner: 2 BR, Gas
heat \$900 + util. + sec. Please
call
712-0771.

507 Cumberland Ave., 1 BR w/
off-st. pkg. hdwd, Coin Op W/D,
\$700 + util. + sec. Call 712-0771.

Portland West End. 2 BR, 2nd fl.
w/deck. On-site pkg Avail. 5/1.
\$900 + utilities. Call 603-466-
5215 or email brosnan@ncia.net.

Portland. Lg 1 BR apt. w/ hdwd,
LR, DR w/built ins. Galley K
w/new cabinets. Avail. 6/1.
\$975/mo + H/HW. N/S. Call
671-4723.

So. Ptld – 6 mo or 1 yr. rental
2 BR Cape, partially furnished,
cozy with lg backyard, N/S, N/P.
\$1100/mo. + util. Call 799-0594

Portland. 1 BR Hdwd Close to
MMC \$825/mo w/H&HW. Call
671-9451.

SEASONAL RENTAL

Ocean front cottage Harpswell,
2 BR, 4 season open LR/DR area
overlooking the ocean. Sleeps 4-
6. Deck, FR, galley K, \$750 peak/
\$600 off peak N/S Call 5559 or
797-8919.

Beautiful new 4 BR/2 BA Windham
home (sleeps 8-10) on Big Sebago,
sandy beach Avail. thru 6/15 for
\$1300/mo or weekly starting 6/23
for \$2000/wk. Call 892-1663.

Cumberland Foreside. Summer
months, Studio or full house;
negotiable terms. Call 232-5963.

REAL ESTATE FOR SALE

2BR/1BA 1st floor Condo many
new features. K/new granite &
cabinets, SS appl., EIK, granite.
LR & DR, Hdwd, BA w/Lux.
Whirlpool tub & separate enclosed
shower. Full basement w/ storage
and W/D hookup. Off-st. Pkg,
Low Condo Fees. \$199,900. Call
or email for more info and photos.
878-2028 or terryb@gwi.net.

Deering. Dutch Colonial 4 BR, 1.5
BA, LR, DR, eat in kitchen w/gas
fireplace and slider to large deck w/
hot-tub. Screened front porch and
fenced in yard and security system.
\$219,000. Call 761-4209.

Scarborough: 3 BR, 2 BA, LR, FR,
DR & eat-in K, deck & 3 season
porch, garage new heat system,
electrical & windows, asking
\$249,900 and \$5,000 bonus back if
closed by 6/1/07. Call 883-1654. ■



Maine Medical Center

22 Bramhall Street
Portland, ME 04102-3175

The MaineHealth® Family

What's Happening is published the third week of the month at Maine Medical Center for members of the hospital community and for friends of the institution throughout Maine and northern New England.

Comments, questions and suggestions may be addressed to the Office of Public Information, MMC, 22 Bramhall Street, Portland, Maine 04102-3175. (207) 662-2196.
Editor: Abby Greenfield