

what's happening

Maine Medical Center
Portland, Maine 04102

November 7, 1984

Hemophiliacs told to be own best advocates

"The most important thing I can tell you to tell your child," Don Colburn told the group of parents, "is that he can do anything he wants to do." He was speaking to parents and friends of children with hemophilia. "Let him crawl, let him get strong," he said, emphasizing that a hemophiliac who understands his disease and takes care of himself can lead a full, normal life.

Colburn speaks from experience: he is a hemophiliac. He was the featured speaker at Hemophilia Day at Maine Medical Center October 26, held in conjunction with the semi-annual clinic of the

Maine Hemophilia Treatment Center. He wore "three hats" to the clinic: one as a hemophiliac, one as a long-time member and former Executive Director of the New England Hemophilia Association, and one as a representative of a pharmaceutical firm that makes medication for hemophilia.

A fervent patient advocate, Colburn says overprotective parents, uninformed friends' parents, and nervous prospective employers need to understand that hemophiliacs can do most anything they want. The way to make people understand, he says, is for hemophiliacs to learn everything they can about their condition and educate those around

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Smokers urged to heed Smokeout call

The Great American Smokeout is returning Thursday, November 15, and as in previous years smokers will be asked to "take a day off from smoking." The Smokeout is voluntary at Maine Medical Center, but *HealthStyles* is offering some assistance for smokers and spreading the word about help available from all sources:

- A Smokeout Day film festival in Cafeteria Conference Room A will offer continuous showings of four smoking films. "Why People Smoke" is an animated program about smoking, aimed at young people. "Ashes of Doom" is an anti-smoking message that gives a twist to the Dracula story. "To Breathe or Not to Breathe" gives viewers a chance to test their knowledge of smoking and health. "The Feminine Mistake" is a realistic look at what happens to women who smoke. The films run 9:30 AM - 2:30 PM and 5 - 6 PM.

- A *HealthStyles* Lunch & Learn program on smoking is scheduled for 12 Noon - 1 PM Thursday, November 15, in Classroom 3. Brian Dorsk, M.D., will talk about the hazards of smoking, and Mel Attfield, Ph.D., will discuss the smoking cessation program he offers through *HealthStyles*.

- *HealthStyles* is promoting the "Adopt a Smoker" program from the American Cancer Society. Nonsmokers or reformed smokers are asked to "adopt" a smoker for the Smokeout, lending moral support and a watchful eye to the smoker's efforts to quit. To make the adoption more meaningful, it is suggested that the nonsmoker give up something (coffee, sweets, etc.) for a day as an example for the smoker.

Adoption forms are available in the

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BOO... WHO? A young Pediatrics patient puckers up to plant a kiss on the green but friendly face of a Halloween witch who visited the unit on October 31. The witch and her costumed colleagues were, of course, the Cafeteria crew who used their break time to deliver apples, cider, and fun to patients. (A/V Photo)

Rotary House Fund continues to help

The Rotary House Fund has finished the first quarter of its third year of operation with a continuing record of success. The Rotary Club of Portland project began in 1982 with the goal of providing emergency housing for families of MMC patients, and proved so worthwhile that it was expanded to include Mercy Hospital and Osteopathic Hospital of Maine in its second year. The Rotary Club voted \$10,000 to continue support of the fund in 1984-85.

The first quarter report for 1984-85 shows the fund was used 17 times to assist MMC patients. Total expenditures of \$1,058 provided emergency housing for parents, siblings, spouses, grandparents, and one out-of-town patient who was receiving self-care training on an outpatient basis. Patients whose families received assistance came from Aroostook, Knox, Kennebec, Somerset, and Oxford counties, and from Missouri. Cases included a high-risk pregnancy, several Neonatal Intensive Care patients, a rehabilitation patient, and a multi-trauma case.

The fund is administered by the MMC Social Services Department, based on referrals from Admitting, Emergency, and Nursing. MMC pays for lodging at local hotels, and is reimbursed by the fund. Eligibility is determined by a variety of factors, as is the level of assistance given in a particular case.

Since its inception, the program has helped families of neonatal, obstetric, cardiac, pediatric, nephrology, trauma, and burn patients. The patients include representatives from almost all Maine counties and several states.

New Employees

ACCOUNTING: Vanessa Ann Maheu

NURSING: Susan Mulkern

CANCER REGISTRY: Janice M. Willis

FOOD SERVICES: Louise Arsenault, David M. Pettis, Theresa M. Savoy, Kathy A. Pottle

DATA MANAGEMENT: Stephen Assante

PATIENT ACCOUNTS: Diane Hatt

CSD: Tina L. Josephs

HOUSEKEEPING: Laurie A. King, Laura McDaniel

MEDICAL REHAB: Stephen Leighton

PHARMACY: Victoria Leighton

OR: Susan E. Malone



PHIL NELSON RESIGNED his post as Program Administrator for the Family Practice Center in September to start his own medical professional office management and staffing firm. Pictured with Phil at a coffee in his honor are John L. Randall, M.D., Chief of Family Practice, and Leonard Keilson, M.D., Director of Ambulatory Medicine. (A/V Photo)

Just the facts, just the facts

With the Great American Smokeout coming up November 15, here are some facts garnered from such sources as the Surgeon General of the United States, the American Cancer Society, and the Maine Department of Human Services:

- Cigarette smoking is a causal factor for coronary artery disease and arteriosclerotic peripheral vascular disease; cancer of the lung, larynx, oral cavity, and esophagus; and chronic bronchitis and emphysema.

- In Maine alone, smoking costs 1,800 lives and \$10 million dollars in health care expenditures each year (not to mention the \$86 million a year Mainers spend to purchase the cigarettes). Nationally, 350,000 deaths each year are attributed to smoking.

- Estimates indicate that 10% of the medial expenditures in the United States are tobacco-related.

- Lung cancer will soon overtake breast cancer as the number one cancer killer of women.

- Cigarettes are the cause of more than one-third of all fire deaths. In 1981, cigarettes ignited over 63,000 homes, killed over 2,000 people in fires, injured

4,000 more, and caused \$305 million in property damage.

- Nicotine, a psychoactive drug, reaches the brain of a smoker within six seconds of being inhaled. This is twice as fast as mainlined heroin makes the journey.

- Nicotine is also found in the breast milk of nursing mothers who smoke.

- Smoking is not a habit. It is an addiction.

- Only a third of smokers gain weight when they quit. A third actually lose weight by combining quitting with a general fitness program.

- Generally, a smoker's risks return to nearly normal after ten years off cigarettes.





AT HEMOPHILIA DAY October 26 (from left): guest speaker and Cutter Biological representative Donald Colburn, his wife Kathy Keenan, Cutter representative Jerry Genesio, Bill Vincent (a hemophiliac who spoke about his experiences and treatment), and Hemophilia Nurse Coordinator for the Maine Hemophilia Treatment Center Gail K. Cinelli, RN. (A/V Photo)

This is the week to order food. . .

Moving along in the schedule of the EAC food discount program, this is the week for placing orders. All orders must be completed, accompanied by a check or money order, and in the hands of the appropriate EAC coordinator by Noon on Friday, November 9.

Food ordered this week will be delivered on Thursday of next week.

Order forms are available from the EAC coordinators. Employees in the Cardiology and Cardiac Catheterization areas should note their new coordinator is Ann Johnson.

Lists of all coordinators are posted in the Cafeteria and on the EAC bulletin board.



Continuing Education

Nursing Staff Development

- *Psychosocial Assessment of the Cancer Patient and Family*, Peg Bradstreet, RNC, MS
Wednesday, November 14
4-5 PM
Classroom R1

SMOKEOUT, from page one ———
HealthStyles office in Personnel and in the Cafeteria.

- "I Quit Survival Kits" are available in the Cafeteria on Smokeout Day. They contain munchies and oral substitutes to help would-be quitters get through the day.
- There will be a treat for one-and-all in the Cafeteria during the Smokeout: Cold Turkey Sandwiches. Maybe you could buy one for the smoker you adopted?

Time now to plan on next estate seminars

The Maine Medical Center Deferred Giving Committee announces two estate planning seminars, open to the public without charge, on a first-come, first-served basis. Because seating will be limited, admission will be by advance reservation and numbered ticket.

Saturday, January 19, 1985 9:30 AM – 2:00 PM, "The Elements of Estate Planning," presented by a panel of local experts. **Tuesdays, March 12, 19, and 26, 1985 6:30 – 9:30 PM**, Seminar series XV, presented by Terry D. Mayo.

Those wishing further information are invited to write or call the MMC Development Office, 22 Bramhall Street, Portland, Maine 04102, 871-2669.

COLBURN, from page one ———
them. That goes for physicians as well, too many of whom Colburn says just don't know enough about hemophilia.

It was an ill-informed physician and a visit from a New England Hemophilia Association representative that put Colburn on his present course. He was receiving what turned out to be inappropriate therapy, and was generally not doing well with his disease. The NEHA representative convinced him to visit another doctor, and that was the beginning of an experience that "turned my life around." From the new doctor he got state-of-the-art therapy, and from NEHA he learned he was not alone.

Now Colburn tells hemophiliacs that "each of you has an opportunity to turn someone's life around, and help yourself in the bargain." He sees his involvement in NEHA as a repaying of the debt he owed the representative who visited him, and says the work is immensely rewarding. "Parents of hemophiliacs," he says "are especially happy to see an adult hemophiliac. I'm living proof their kids can make it."

The October 26 Hemophilia Clinic was the first to include a speaker; it was also the first clinic day for Gail Cinelli, RN, the new Hemophilia Nurse Coordinator for the Maine program. She has been on board for two months, getting to know the patients and planning an active future for the program and the 120 Maine hemophiliacs it serves. She is doing one home visit each week, organizing support groups and workshops, and working with health professionals across the state.

Mrs. Cinelli is a graduate of Texas Women's University in Houston, at the Texas Medical Center, and has been in Maine for eight years. She has been a childbirth educator, a staff nurse at MMC, and worked in a private physician's office.

FOR MMC EMPLOYEES

Blue Cross/Blue Shield
Blue Alliance

OPEN ENROLLMENT

November 1 - 30, 1984

See or Call

Employee Benefits Office
x2973

Marketplace

FOR RENT: 1 BR apt., private location in Yarmouth. All utilities, plus extras. \$450/mo. Security deposit, no pets. Call 846-4583.

FOR RENT: 2 BR apt. Recently renovated. Year-round in Old Orchard Beach. \$350/mo. plus utils. Call 934-4098.

FOR RENT: Guest house, Saddleback ski area in Ranglely. Avail. Christmas ski-week. Sleeps 4-5 comfortably. \$420/wk. Call 799-1780.

FOR RENT: Garage space. Call 775-2234 days, keep trying.

FOR SALE: Cape Elizabeth saltwater farmhouse. All remodeled, attached shed and barn. Walk to Crescent Beach. 2.4 acres with pond and pool. \$170,000. Call 767-3133.

ROOMMATE WANTED: Single female to share 1 BR apt. in North Deering area. Call 773-4025 and keep trying.

FOR SALE: Perfect Christmas gift for kids. Brand new Cabbage Patch boy preemie. Asking \$29.39. Also, handmade outfit for preemie, \$10. Brand new Cabbage Patch girl with short hair and pacifier. Asking \$34.64. Sales slips avail. Cash, no checks. Call 934-5489 from 5-8 PM. Serious inquiries only. Can be delivered within reason.

FOR SALE: Solid maple drop-leaf table (seats 8) and 4 matching ladderback chairs, plus attractive open maple hutch with 3 drawers. Solid construction. \$350 for all. Call 774-1836.

FOR SALE: To loving homes, preferably with children, A.K.C. Collie puppies. They are 18 weeks old and have had shots and are certified clear eyed by certified canine ophthalmologist. Both parents have been shown and are on the premises. These happy, healthy puppies would be perfect companions or show prospects. Call 727-3304 after 5 PM.

FOR SALE: Two steel-belted radial snow tires on Honda wheels. Size 175/70 SR 13. Will fit Prelude or Accord. \$70 or best offer. Call 655-4240.

FOR SALE: U.S. stove model #16FB coal/wood. Used 1 season, paid \$280; now \$195. Also, 9 ft. x 6 ft. 6 in., 4 lite garage door, only \$75. Call 655-4019 anytime.

FOR SALE: Gold draw drapes. Covers (very full) 16 ft. of glass doors. Thermal lined. \$200 new; asking \$80. Call 627-4628.

FOR SALE: Hobie 16 (sail number in 700s) on trailer with gear box. Sails need some repairs. \$1,500 or best offer. Call 773-4112.

FOR SALE: Black metal and chrome exam table. \$50 or best offer. Call 775-3526.

FOR SALE: 1975 maroon Camaro with 4-sp. trans., 38,000 miles on rebuilt engine, new radials, rear louver, no rust, clean interior. \$2,500. Please call 353-4745 after 6 PM.

FOR SALE: 1980 Datsun pick-up with cap, 62,000 miles, new paint, runs great. \$3,750 or best offer. Call 637-2415.

FOR SALE: 1982 Subaru GL hatchback with AM/FM stereo cassette, 25,000 miles. \$5,100. Call 797-5515 and leave message.

FOR SALE: 1978 Subaru GL, 5-sp. with 78,000 miles, new stereo tape deck, snow tires, new muffler system. Best offer over \$1,000. Call 797-3784 or 797-8155 and leave message.

FOR SALE: 1976 Pinto. No rust! 43,000 miles, in excellent condition with AM/FM, A/C. Call 797-9576 and keep trying.

FOR SALE OR LEASE: Registered half-Arab mare, 14.3 hands, chestnut, white markings, 4½ yrs. old, trained for trail and beginning equitation. Has potential for driving or jumping. Experienced rider or intermediate who will be taking lessons preferred. Call Judy B. x2203 or 443-5695 eves.

FOR SALE: All season radials (1 pr.), 13 in., P155/80 tires. Call 773-1671.

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WHAT'S HAPPENING is published every Wednesday at Maine Medical Center, Portland, Maine 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 Public Information Office, MMC, Portland, ME 04102. Barbara Burns, Editor.

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WANTED: Undercover winter storage for 16 ft. boat. Call 767-3438.

WANTED: Used Selectric II typewriter in good condition. Call 775-1168.

BABYSITTING: Experienced mature woman will babysit weekdays for babies or toddlers in Westbrook home. References supplied. Call 854-8912.

FREE: Beautiful black and white male cat, 1½ yrs. old. I'm an indoor and outdoor cat who loves people and my name is Sunny. Please call 772-6018 or 774-0299.

FREE: To good home(s) 2 spayed female cats; 1 black, 1 gray tiger. Very affectionate. Call 773-4217 days.

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Murphology

WYSZKOWSKI'S SECOND LAW

Anything can be made to work if you fiddle with it long enough.

MANN'S FOURTH LAW OF MEDICATION

The frequency of dosage is in direct proportion to cost.

Corollary

Cost per tablet is inversely proportional to tablet size.

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