

what's happening

Maine Medical Center
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State report cites cost of cigarettes

1,800 lives and \$10 million. That, by conservative estimates, is the cost of smoking in lives and health care expenditures each year in the State of Maine. The Division of Health Education of the Maine Department of Human Services released those figures recently in a landmark report titled "Smoking in Maine." It is the most comprehensive study of its type ever conducted in the state, using a statistically valid sampling of person-to-person interviews.

Acknowledging that any attempt to measure the health cost of smoking is crude and likely to be too low, the report uses only the most conservative of criteria in arriving at the figures. Only those cases where the cause of death has been "proven beyond any scientific doubt to be associated with cigarette smoking" were included, and included only when they were distinguishable as the *primary* cause of death.

Using these conservative guidelines, the authors of the study attributed to smoking varying percentages of deaths due to various causes. For instance, 83% of all lung and larynx cancer deaths, 70% of all lip and oral cavity deaths, 57% of all deaths from aortic aneurysms, and 42% of all deaths from peptic, gastric, and duodenal ulcers were attributed to smoking. In this manner, the study concluded that in 1980, 1,835 deaths in Maine were caused by cigarette smoking.

Who is doing all the smoking? The report says more than one third of Maine's residents smoke cigarettes (37% of the males and 33% of the females). These smokers consume about 114 million packs a year, spending \$86 million in the process. Maine women, on the average, smoke more than the national average for the same age groups. In fact, the report calls the

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THE STEEL FRAMEWORK for the three-story section of the Bypass Corridor is in place in the Food Services courtyard. When completed the "bypass" corridor will be the main corridor of the hospital on the ground floor.

Free classes aimed at pregnant diabetics

"The diabetic woman contemplating pregnancy must understand at the outset the demands pregnancy will place on her," according to perinatologist Marshall Carpenter, M.D., "because her own health and that of her fetus depend on early and continuous monitoring." The potential problems associated with a diabetic pregnancy -- diabetics have a two- to four-times higher probability of producing a defective newborn -- have given rise to a special May series of free classes in Maine Medical Center's outpatient clinics.

Taught by Diabetic Nurse Specialist Debra Perkins, RN, herself both a diabetic and a mother, the four sessions are designed to give pregnant diabetics and those contemplating pregnancy a

CLASSES, page 2



PEGGY COOPER, Food Services, was one of those who toured the Conley Laboratories during National Medical Laboratory Week.

MMC's Materials Management Department is proud of its Off-site Distribution Center (ODC), and to show it off on after nearly six months of operation, they're holding an

WARE OPEN ^HOUSE

**Friday, May 6, 1983
2:00 - 5:30 PM**

Not only are they throwing open the doors for employees, volunteers, and the medical staff, they've even arranged to get you there! A fifteen-passenger van will run between the Bramhall entrance and the ODC (on Fox Street, across town) on the half hour from 2:00 to 4:00 PM. For reservations on the van, contact Joyce Marshall at x2984.

ODC personnel will be on hand at the warehouse to describe its layout, purpose, and the way it's managed.

CCAMA bake sale benefits campaign

The Cumberland County Association of Medical Assistants held a bake sale recently to benefit the MMC Capital Campaign. The sale is yet another example of individuals and organizations volunteering their efforts to help "To Meet the Need."

According to Betsy Jo Whitcomb, President of CCAMA, the organization uses the hospital facilities and is cognizant of the needs, so this year they chose to give the proceeds of their annual bake sale to the Capital Campaign. They do have other projects, including a scholarship fund, but they thought the time was appropriate to aid the campaign. Mrs. Whitcomb, Vicky Bell, and Sandy Hodgkins coordinated the effort of 25 members who did all the baking and made the preparations for the sale.

CLASSES, from page 1_____ start on the road to a successful birth. "Early intervention is essential," Mrs. Perkins says, "because the critical period is the first five to seven weeks of pregnancy." This is because, according to Dr. Carpenter, the major structural development of the fetus takes place in that period, and on up to about 14 weeks.

The risks are not inconsiderable. Congenital abnormalities, the kind arising from problems in early gestation, are more likely when the mother has a metabolic problem like diabetes. When there are other related conditions present, such as hypertension and kidney disease, the odds of producing a baby with a birth defect are as high as 20%, as opposed to a normal probability of 3-4%.

The mother is taking a risk as well, says Dr. Carpenter. "There is a growing feeling," he reports, "that pregnancy may accelerate some of the physical deterioration associated with diabetes, in the eyes, kidneys, and other areas."

The four educational sessions, open to all diabetics and their families, will include discussions of the disease and its impact on pregnancy, the intensive management necessary during pregnancy, the special expenses and demands of time and patience necessary, and what to expect with labor and delivery and postpartum. The classes are in conjunction with the High Risk Maternity Clinic at MMC, staffed by physicians from the high-risk service of the medical staff and by Ronnie Davis, CNM. The High Risk Clinic is one of some three dozen ongoing outpatient clinics at MMC.

Persons interested in attending the classes -- one each Thursday, May 5-26, 10:00-11:00 AM -- should contact Debra Perkins at Maine Medical Center, 871-0111, Wednesdays and Thursdays.

Regular free diabetic patient education classes are held every week at MMC. Designed for diabetics and their families, the five-session series (Monday-Friday) deals with the nature and management of the disease, to help patients live a comfortable life. For information, contact Georgette Carpenter or Debra Perkins at 871-0111.

Downeast Used Book Sale begins Thursday

Tomorrow is the day! The Eleventh Annual Downeast Used Book Sale begins Thursday, April 28, at 10:00 AM. Thousands of volumes on every conceivable subject will be on sale at bargain prices 10:00 AM-9:00 PM Thursday, 10:00 AM-6:00 PM Friday, and 9:00 AM-3:00 PM Saturday.

All proceeds from the sale go to benefit health education activities in Cumberland County, including the Health Sciences Library at Maine Medical Center. The sale is sponsored, organized, and run by the Auxiliary to the Cumberland County Medical Society, and all the books are donated by the public and small businesses.

SMOKING, from page 1_____

600% increase in the incidence of lung cancer deaths among Maine women since 1950 a "major women's health and public health issue" that has largely gone unnoticed.

Certain socioeconomic factors have an influence on whether or not a person smokes, according to the report. Generally, the higher the level of education the less likely a person is to smoke. Also, the poorer the person, the more likely he or she is to smoke, and a greater proportion of younger people smoke than older (perhaps due to higher mortality among middle-age smokers).

The good news is that nearly half of the men who have ever smoked have quit, as have two of every five women. A reported 95% of those who have quit did so on their own, and the report says more would quit in organized programs if more programs were available. An increase in the number of such programs, a revised rate structure for health insurance, and stepped-up education efforts are among the report's recommendations.

The irony of state government's role in the smoking issue is not lost on the report's authors. By their estimate, the State of Maine pays out \$1.62 million in smoking-related Medicaid claims and \$2.8 million in excess costs as the state's largest employer, and has made significant steps in other social and public health issues, but has not given appropriate attention to the much larger problem of cigarette smoking.

At the same time, the report notes, state government realizes \$24 million each year in cigarette taxes.

HIT US WITH YOUR BEST SHOT

The deadline for entering the 1983 Employee Photo Contest is May 13. Rules are posted on the ground floor bulletin board.



REGISTRATION FOR THE "Bacterial Meningitis Symposium 1983 -- Advances in Diagnosis and Treatment" was a standing-room only two hundred nineteen. Sponsored by the MMC Infectious Diseases Division, the event was held at the Downtown Holiday Inn. (A/V Photo)



MURIEL GENZLINGER, left, has retired from the board of the Visiting Board of Children's Hospital and from her voluntary job as manager of MMC's Flower Box. In appreciation of her years of service the Visiting Board presented Mrs. Genzlinger with a painting of a Maine coastal scene. Doing the honors is Board president **Anne Strahan**. Mrs. Genzlinger and her husband are leaving the state for retirement in Philadelphia. (A/V Photo)

Nursing Continuing Education Programs

- *Impairment of Skin Integrity Due to Second and Third Degree Burns*, Mary Blanco, RN, and Janice Spindler, RN, Burn Unit.

May 5, 1983

8:00-9:00 AM
2:00-3:00 PM

R9 Conf. Rm.
R9 Conf. Rm.

For further information, please contact Staff Development at x2397.

Housekeeping to sell a large pile of cloth

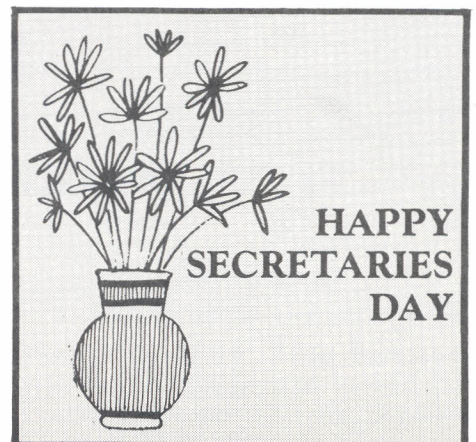
800 yards of surplus drapery material has accumulated in Housekeeping, and they'd like to get rid of it. So, on April 29 and May 13, for employees only, there will be a drapery material sale in the Housekeeping Office area. It comes in solid colors -- blue, gray, and beige -- and will be sold on a first-come, first-served basis for \$1.50/yard.

The times are 9:30 AM-3:00 PM both days.

Armstrongs to chair Major Gifts Division

Mr. and Mrs. Thomas M. Armstrong of Falmouth have been named to head the Major Gifts Division of the Maine Medical Center Capital Campaign, "To Meet the Need." According to Vincent B. Welch, Esq., Campaign Chairman, the Armstrongs will be responsible for securing gifts in the \$25,000 to \$50,000 range from individuals, businesses, and organizations. In making the appointment, Welch pointed out that the Armstrongs are indeed the ideal couple to lead this important Division.

Both Tom and Rachel Armstrong are involved in many philanthropic efforts. Although both served on the MMC Development Committee, their individual interests vary. Mr. Armstrong is a former trustee at the Waynflete School and is a trustee at the Holderness School. At Waynflete, he participated in the Project '70s capital campaign. He also was active in similar charitable work at Yale. Mrs. Armstrong served as a trustee at Westbrook College and the Portland Museum of Art, with the latter being a focal point of many of her charitable interests. Mr. and Mrs. Armstrong are graduates of Yale and Pine Manor respectively.



Marketplace

FOR RENT: House on Cushings Island for July, preferably the whole month. 2 baths, 4 BR, fireplace and porches. Fifteen-minute ferry ride from Portland. Commuter schedule. Call 772-0868.

FOR SALE: 1979 Ford F 100 pickup truck, standard, one owner, 50,000 mi. \$3,000. Call 797-9066.

FOR SALE: 1980 Mercury Bobcat, 2-door hatchback, auto. trans., 53,000 miles, good condition. Asking \$3,600. Call 929-5388 after 5 PM.

FOR SALE: Queen-size mattress, box-spring and frame, \$30; Sears sewing machine in table, \$25; lounge with foam rubber mattresses and bolsters (sleeps 2), \$25. Call 767-4031 eves.

FOR SALE: Emerson stereo with 8-track, AM/FM radio/cassette, and turntable. All in one. \$75, no speakers. Call 775-3299.

FOR SALE: Sailors -- retrofit an existing winch to a self-trailer for \$20. Compute your savings with 16K Timex Sinclair computer, complete for \$80. Call 2633.

FOR SALE: 23' O'Day Int'l. Tempest, 3 sets of sails, spinnaker, trapeze, trailer. \$4,200. Call between 9 AM-1 PM, 846-4032.

FOR SALE: Whirlpool apt.-size electric dryer, 110 volts. Exc. cond., coppertone. \$95. Call 892-6186 after 4 PM.

FOR SALE: 1982 Chevy Cavalier, 2-dr. coupe, 4 spd., silver with blue cloth interior. Gorgeous car. 24,000 miles. \$6,500 firm, replacement cost, \$8,000+. Call Bob Audet at 2811.

FOR SALE: Bureau w/mirror and matching headboard/footboard, \$75 or best offer; full-size mattress and spring, \$40. Moving, must sell. Call 773-1080 after 6 PM.

FOR SALE: 8-foot aluminium pickup truck cap. Good cond. Asking \$80. Call 934-9956.

FOR SALE: 1979 Subaru DL. 4 spd., 55,000 miles, maroon, 2-dr., AM/FM, new radials, rustproofing. \$3,300. Call 781-5140.

FOR SALE: Classic Guild guitar, F48 acoustic. All solid hardwoods, exc. cond. Comes with hardshell case, strap, etc. Asking 400 or best offer. Call Jana Abner at 774-3366 eves.

FOR SALE: Burlington Mobile Home, 1981, 14 x 70, 2 BR, 2 baths, clean. On huge space in adults-only park, 20 mins. to center of Portland. Has skirting, shed, deck and all appliances. No sales tax, no closing fee. Assumable and owner can help finance the down payment. Under \$400 per mo. (includes park rent). Call 892-5012.

FOR SALE: 1979 Saab 99 GL, 4 speed, 48,000 miles, AM/FM radio-cassette, Michelin radials, fog lights, exc. cond., \$5,900. Call 774-8464. If no answer, call 775-3064.

WANTED: M/F roommate to share 3 BR apt., Munjoy Hill. \$125/mo. includes heat. Nice view. Call 774-2067 after 4 PM.

WANTED: Young professional female looking for same to share 2 BR apt. Prefer nonsmoker. One half of \$375, includes heat. Call 773-8999.

WANTED: Day care or babysitter in immediate vicinity of MMC for 40-hour week beginning mid-June. Call 774-7029.

WANTED: To rent, small furnished efficiency apt. near MMC for UVM student, June, July and August. Call x2226.

WANTED: Room or 1 BR apt. by student intern for June, July and August. If possible, close to MMC. Call collect after 6 PM (401) 353-4146. Ask for Chris.

WANTED: Psychiatrist to share office space, office management and clerical services. Computer services and A/V recording equipment available; some consulting group practice possible. Contact Dr. Ronald Breazeale, 773-7993.

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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.

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WANTED: Lady to share homey, quiet house with same. Scenic area of Portland, near ocean. Large yard, parking. No cigarettes or pets, please. Call 772-3468 after 5 PM.

WANTED: Female roommate, May 1, near MMC. \$142/mo. includes heat. Call 774-7965.

WANTED: Mature woman, nonsmoker, has pleasant, comfortable room for rent to same, in modest home within easy walk of MMC. Should like pets. Kitchen privileges, reasonable rate. Call 772-1185, keep trying.

INTERIOR PAINTING & PAPERING, reasonable rates. Call Joe at 773-0934.

GUITAR LESSONS offered in classical, jazz, blues and finger-picking styles. Call John Johnstone at 774-4205.

New Employees

LINEN PROCESSING: Leon S. Ross, Jr.

FOOD SERVICE: Denise A. Langella, McGrath J. Scott

OPERATING ROOM: Elizabeth A. Blake

PATIENT ACCOUNTS: Patricia A. Johnson

PHLEBOTOMY: Nancy G. Johansen

PULMONARY MEDICINE: Judith L. Stiles

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