

# what's happening

Maine Medical Center  
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## Holistic Medicine: a brief overview

At the annual meeting of the Friends of MMC on May 16, four physicians held a round table discussion about holistic medicine. One of the doctors, David Getson, M.D., of MMC's Emergency Department, also conducted a Grand Rounds on the subject in March. From these presentations, and from talking to Dr. Getson, we present the following overview of holistic medicine:

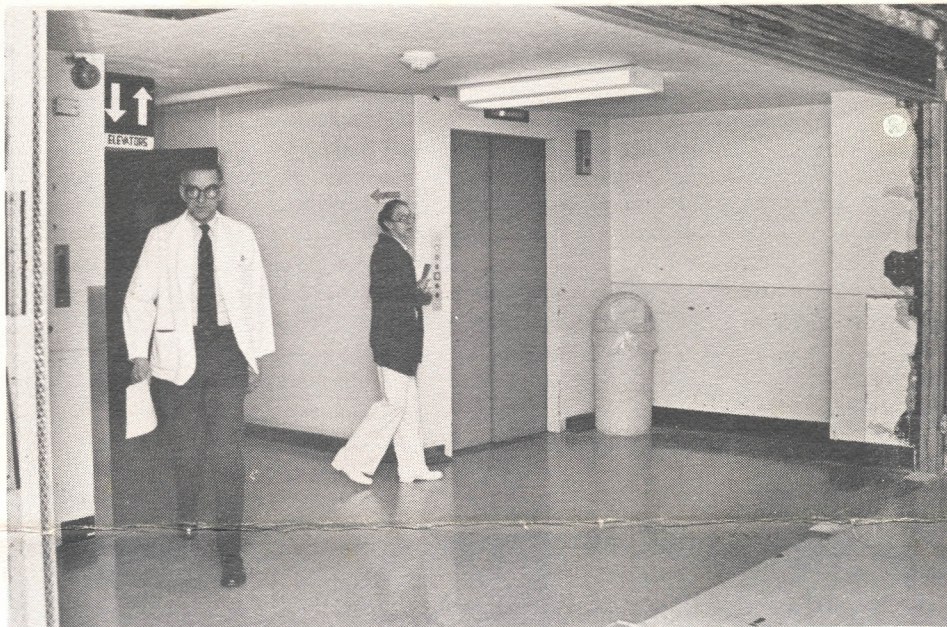
An old concept, holism has been applied to mathematics, theology, organic gardening, ecology, and now medicine. *Holistic* is derived from the Greek word *holos*, meaning the completeness of an entity as a whole. Simply stated, holism means "the whole is greater than the sum of the parts." The basis of holistic medicine is the belief that all health problems are related to a variety of causes that are inseparable from each other.

The holistic medicine idea is a system of health care that emphasizes patient responsibility for health and insists there is more to being healthy than just not being sick. This concept of "wellness" seeks to integrate all aspects of a person's life: physical, mental, and spiritual. Lifestyle, environment, nutrition, and emotional health are all seen to impact on physical health.

By its nature, holistic medicine is very concerned with the chronic "diseases of civilization" -- stress, heart attack, alcoholism, smoking, etc. What a person eats and drinks, what environmental problems he is exposed to (smog, chemical pollution, etc.), the amount and quality of physical exercise he obtains, and the social and psychological stresses he is subjected to are all highly important to the holistic physician.

Holistic medicine, say its practitioners,

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**FIND THE MISSING WALL.** The entrance to the ground floor corridor of the Maine General Building was substantially widened last week, to provide more space and ease traffic flow. The bulk of the work was done in one evening, causing some surprise to people arriving for work the next morning. (A/V Photo)

## Third Scarborough Conference June 16

More than 50 physicians and scientists from the world centers of blood protein research -- pioneers and current leaders in pre-natal diagnosis of spinal cord defects -- will attend the Third Scarborough Conference next week.

The participants will come to Scarborough from England, Sweden, Scotland, Denmark, West Germany and Canada, and from medical and research centers throughout the U.S. They will examine use of Alpha-Fetoprotein screening and ultrasonography in pre-natal diagnosis on a regional basis.

Scarborough III, its planners say, will extend concepts and augment information presented in two previous Scarborough conferences. Proceedings of "Scarborough I" in 1977 and

"Scarborough II" in 1978 have become standard texts for the continuing study of pre-natal diagnosis of neural tube defects and Alpha-Fetoprotein serum screening. World authorities on AFP screening -- including the Scottish geneticist who discovered the principles and developed the procedure in 1972 -- will participate in the June 16-18 sessions at the Atlantic House.

The conference has been planned by Dr. James E. Haddow, associate medical director of the Foundation for Blood Research, Scarborough, and Dr. James N. Macri, director of the Neural Tube Laboratory, University Hospital, Stonybrook, N.Y. Dr. Ian Porter, director of the Birth Defects Institute, New York Department of Health, Albany, N.Y., will serve as conference chairman.

Dr. Haddow said participants will examine regional applications of AFP

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**HOLISTIC**, from page one  
ers, "encompasses all safe modalities of diagnosis and treatment, including drugs and surgery, emphasizing the necessity of looking at the whole person." An extensive inventory of the patient's lifestyle is the foundation for holistic treatment. "Body, mind, and spirit" must be "in tune" before wellness can exist.

The emphasis on lifestyle leads some to think the traditional methods of medicine -- medical history, physical examination, and lab tests -- are ignored. But C. Norman Shealy, M.D., Ph.D., President of the American Holistic Medical Association, emphasizes that a holistic physician must practice an acceptable standard of traditional medicine *before* practicing holistic medicine. "M.D.s and D.O.s," he says, "are the only health professionals who are adequately trained to make a comprehensive diagnosis -- to know when a serious illness *requires* a drug or surgery to maintain or save a life."

Many of the doubts about the holistic philosophy among traditional physicians and the general public stems from what Dr. Getson calls the "Calif-

ornia connection." Exotic healing methods like herbalism and foot reflexology, practiced with a cult flavor, are touted as "holistic" by their unlicensed, profit-seeking practitioners, hurting the credibility of legitimate practitioners. There may be a place for some of the more exotic treatments, Dr. Getson acknowledges, but only a trained, licensed physician can determine if and when they are appropriate in the total treatment of a patient. "Holism is a very scientific concept," he says, "not a religion or a cult."

Holistic medicine is a client-oriented discipline, as opposed to a practice centering on the healer. The doctor is very much present and involved, but the primary responsibility rests with the patient. This, and the emphasis on the whole person, are what set holistic medicine apart.

The principles espoused by the holistic philosophy are far from new. Elements of holistic thought can be found in the Bible, early Eastern philosophy, Greek literature, and in other early writings. Even in modern times, the basic concept has been around for a while. In its 1946 charter, the UN's

## MMC CARPOOL PROJECT

Application forms and maps for the Maine Medical Center Carpool Project will be distributed with paychecks on Thursday, June 12. Extra copies are available at the Public Information Office, and a set will be posted on the bulletin board on the ground floor.

If you're interested in forming a carpool, just fill out an application and return it to the Public Information Office. We'll match you up with others who travel the same route and work the same hours, and provide you with as wide a range of options as possible. The final choice, of course, is yours.

Should we be unable to match you up within the hospital, don't give up hope. We'll get in touch with other employers in the area and look for a match, or even tap into the state's Rideshare program. If you want to carpool, we'll do everything possible to find a way.

If you want help looking at where you live in relation to someone else, there are maps available for

viewing in the Public Information Office. You may find that a slight alteration in your route will be all that is necessary to make a match work.

Bear in mind that carpooling need not be a full-time commitment. An arrangement for one or two days a week might be best for you; just note that on the application form. Also, you needn't stick with carpooling if it doesn't work out, but it's worth a try at least.

A special consideration for those who use the million dollar bridge from South Portland to get to work is the impending closing of the bridge for repairs. Carpooling may help ease the extra burden of the longer trip around to the other bridge.

If you have any other suggestions for the Carpool Project, please note them at the bottom of the application form or call the office at 2196. The more we can custom-tailor this project to your needs, the better it will work.

## EAC News

... June 14 is Flag Day, and the EAC will observe the occasion with a flag ceremony at 9:00 AM on Friday, June 13. Chairman Art Stevenson will do the honors, and Chaplain Simpson will give the invocation.

... the Second Annual EAC Lobster Raffle has begun! Tickets are now on sale, at 5 for \$1. Five winners will be drawn on June 27, and each will receive five one-pound lobsters just in time for the 4th of July. Tickets are available from any EAC member.

World Health Organization defines "health" as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity."

The American Hospital Association is supporting the idea of Health Promotion, urging hospitals to provide consumer-oriented health education to their communities. Teaching people to keep themselves healthy is a practice derived from the "wellness education" promoted by John W. Travis, M.D., one of the early holistic practitioners.

In essence, these are the essentials of a holistic program of health: proper diet, exercise, and daily relaxation (meditation, prayer, or "centering"). More of the program has self-regulation -- moderate use of alcohol, no smoking, good breakfast and balanced diet, positive attitude, regular exercise -- as its emphasis. Of course, proper continuing medical care is essential.

As Dr. Getson points out, the holistic program is simple common sense, and the end as well as the means differs little from good traditional medicine. "After all," he says, "holistic medicine is rooted in traditional medicine, and could never replace it. It's merely a re-direction of emphasis to the patient and his responsibility. The same diagnostic procedures and the same drugs and surgery are used where appropriate, and other techniques are used where they fit the patient's needs."

In short, Holistic Medicine is a recent re-emergence of an old idea: that the human being is a three-fold entity -- body, mind, and spirit -- and all three must be considered in the total health picture of the individual.

# Above & Beyond

... to the unidentified MMC employee who helped a choking person in the Cafeteria Friday, May 30. Your prompt use of the Heimlich manuever may have saved a life. And to the others who were on hand: you all handled the situation well. If we knew who you all were, we'd thank you by name. Well done.

## Corporators to meet

The semi-annual meeting of the Maine Medical Center's Board of Corporators is set for Wednesday, June 11. It will be held from 2:30 PM to 5:00 PM in Classrooms 3 & 4.

After the business meeting, MMC's new Vice President for Nursing, Judith Stone, RN, will speak on *NURSING... IT'S COMING OF AGE*. She will highlight the development of nursing care at MMC over the past several years.

## Thanks...

*This poem is dedicated to Drs. Eve Lausier and Paul Lausier, who are, in our eyes, two of the finest and kindest doctors anywhere.*

*"A Gift of Love"*

*When we went to buy it, we discovered it  
wasn't to be found  
Not in any size or at any price  
It couldn't be wrapped in paper, or tied with  
a bow  
But, the sound of a child laughing can bring  
it to mind,  
Or the sight of a friend's hand in time of  
need or sorrow.  
It can only be given, and so, this gift we give  
to both of you:  
"a gift of love"*

*With many thanks from a mother who realizes she could have lost her son, and from a son who was critically ill, and was able under their excellent care and skill to go home well again. Our sincere thanks also to Drs. Whitney and Bove, the nurses, unit clerks, and other personnel on P3A and R1, the emergency ward, Xray department, lab, cafeteria, and housekeeping department, and my many friends I have worked with these 19 years.*

*Two very happy people,  
Grace Dec, N.A.  
Outpatient Dept.  
and  
her son, Phil*

**The Emergency Department waiting room needs toys suitable for small children. Anyone wishing to donate may leave the items at the Volunteer Office.**



**HELEN FARNSWORTH**, who retired as Secretary Supervisor in the Emergency Department after 25 years at MMC, is pictured enjoying her retirement coffee May 30. Helen shares a smile with Chief of Emergency Medicine **Frank Lawrence, M.D.** (above) and displays her award (below), flanked by Emergency Department Head Nurse Jean Atherton, RN, Associate Vice President Edward McGeachey, and other friends and colleagues. (A/V Photo)



## Personnel to expand hours for 3rd shift

In an effort to provide better service to 2nd- and 3rd- shift employees, Personnel will be open until midnight on Tuesdays and Wednesdays, effective this week.

From 7:30 AM to 5:00 PM, the Personnel Office will be open, and from then until midnight, a representative will be in the Admitting area. Regular hours, 8:00 AM to 5:00 PM, will continue in effect on other days. As before, Personnel will arrange to provide services at any time, given prior notice.

## Please Note

All Licensed Practical Nurses *must* furnish their Head Nurse with their current license to practice no later than June 30, 1980. Any LPN failing to show a current license by then will not be permitted to work until proof of license is provided.

**FOOD SERVICE  
EMPLOYEE OF THE WEEK**  
is  
**MAUREEN McDONOUGH**  
Dietary Aide

**SCARBOROUGH**, from page one screening and ultrasonography in the diagnosis of birth defects during the second three months of pregnancy. He said that because AFP screening is moving toward general use, and because ultrasound technology is becoming widely available, "this is a particularly appropriate time to review existing knowledge, to look at new knowledge, and to synthesize this collective information so that we may better understand how to put it to work for the benefit of patients on a regional basis."

The AFP Project, a unit within the Foundation for Blood Research, currently screens about a quarter of the annual pregnancies in Maine. The testing initially involves examination of blood serum for elevated values of Alpha-Fetoprotein, and if indicated, further examination of serum, ultrasound examination of the fetus and possible study of the amniotic fluid surrounding it. The complete procedure currently identifies about 80 percent of pregnancies involving spina bifida or anencephaly.

The Third Scarborough Conference will occupy three days, the first two devoted to working group sessions and the third to presentation of conclusions to the group at large. The written summary statement of each working group will be finalized and published and will constitute an updated "text" of the AFP screening process and its ramifications for other researchers and obstetricians throughout the world.

A fourth day at the Atlantic House, June 19, will be devoted to a conference workshop with reports from working group leaders before physicians and other health professionals. Members of the New England Regional Genetics Group will attend this workshop, as will counterparts from New York State.

## Marketplace

**FOR RENT:** Efficiency apt. at 12 Deering St. Heated, full bath, parking. \$180/mo. Call 774-5332 eves.

**FOR RENT:** Vaughan St. first floor, 2 - 3 bdrms., LR, study, DR, kit., sunporch, 1½ baths, 3 frpls., parking, laundry, no pets. \$525/mo & utils. Call 774-1562 eves.

**FOR RENT:** 2 rm. apt., bath w/shower tub. \$200/mo. includes heat & hot water. Call 775-1942.

**FOR RENT:** 2 - 3 rm. apts. w/shower tub. 1st floor - \$265/mo. includes heat & hot water. 2nd floor - \$275/mo. includes heat & hot water. Call 775-1942.

**FOR RENT:** Western Prom area, large, newly renovated duplex. 2 bdrms., full kit. & bath. & skylit LR, w/w carpet, woodstove, sundeck, adults, no pets. References. \$425/mo. Call 772-7660 after 6 p.m.

**FOR RENT:** July 1. First floor 4 rm. apt., carpeted, ex. cond., parking, walk to MMC, Sec. dep. \$250/mo. & utils. Call 892-6085.

**FOR RENT:** Available this Fall. 4 bdrm. home at Prout's Neck, 2 back from beach. \$400/mo. & utils. Lease & sec. dep. Call 799-1867 or 883-4972.

**FOR SALE:** Mahogany dining table, pedestal, ex. cond. \$125. Call 892-6085.

**FOR SALE:** Antique bookcase with glass doors, executive walnut desk, 9,000 BTU air-conditioner, 2 mirrors. Call 774-8115.

**FOR SALE:** Bits and pieces yard sale: 11 Beacon St., Portland. June 14 & 15, 10 a.m. to 4 p.m.

**FOR SALE:** Olive green, vinyl recliner chair, good condition, \$40. 2 bureaus antique blue w/porcelain knobs - one w/mirror, \$45 for both. Call 773-5406 after 5 p.m.

**FOR SALE:** 13' boat - trailer - motor (electric start, many extras). Call 657-4612 after 7 p.m. or weekends.

**FOR SALE:** 1978 Honda Accord, 28,000 miles, ex. cond. \$5,400. Call 772-5293.

## what's happening

**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 the Editor, Public Information Office, MMC, Portland, Me., 04102. Barbara Burns, Editor.

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**FOR SALE:** Armchair, desk, end table, ski rack, bicycle rack, old couch, call 773-9063 eves. or see sidewalk sale June 14 at 302 Brackett St.

**FOR SALE:** 7½ boxes of natural black Vt. slate flooring. Call before 7 a.m. 799-4601 or 775-3661.

**FOR SUBLET:** June - Aug., Western Prom, 3 rms. w/outside deck, water view, lovely Victorian house. \$360/mo. includes all utils. Call 774-4125.

**LOST:** Pink Littman Stethoscope. Initials E.M.C. scratched in. Contact Esther Cleveland on P3CD.

**ROOMMATE WANTED:** 2 looking for 3rd to share 3 bdrm., 3rd floor apt. w/in walking distance of MMC. \$320/mo. includes heat & hot water. Call 774-4753.

**ROOMMATE WANTED:** To share spacious and modern Vaughan St. apt. w/2 females. Own bdrm. & ½ bath. \$175/mo. & utils. Call 774-1343 eves.

## Murphology

### LAW OF LIFE'S HIGHWAY

*If everything is coming your way, you're in the wrong lane.*

### DREW'S LAW OF HIGHWAY BIOLOGY

*The first bug to hit a clean windshield lands directly in front of your eyes.*

## New Employees

**INVENTORY MANAGEMENT** Robert Weiss, Jr.

**MEDICAL RECORDS** Doris Gardner  
**NURSING** Karen Pearson

**PERSONNEL** Dorothy Bakiewicz

**PHLEBOTOMY** Nancy Dean, Joseph Isgro, Nan Jackson, Carolyn Lyford

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