

# WHAT'S HAPPENING

A newsletter for the Maine Medical Center family

## March is Colorectal Cancer Awareness Month: Know The Basics

Cancer happens when some cells in the body are growing out of control. Colorectal cancer happens when those cancer cells are growing in the colon or rectum area of the body.

Both men and women can get colorectal cancer. Most colon cancers develop from polyps in the colon or rectum. A polyp is a growth of tissue that can turn into cancer.

Colorectal cancer may be preventable with screening tests, according to MaineHealth's Colorectal Work Group, which consists of doctors,

surgeons and clinical experts. Screening tests can find polyps before they are cancer. They can be easily removed to lower your risk of cancer.

Screening means having tests done early to try to

prevent cancer from developing or to treat it early. Regular screening is recommended for all adults who are 50 - 75 years old.

◦ If you are between the ages of 76 - 85 years old, ask your doctor if

you should be screened.

- African Americans should begin screening at 45 years old.
- Individuals with a first-degree relative with cancer should be screened with a colonoscopy 10 years prior to the age of the diagnosis of that relative.
- Patients with inflammatory bowel disease should discuss screening strategies with their doctor.

**COLORECTAL CANCER:  
PREVENTABLE.  
TREATABLE.  
BEATABLE.**

**DRESS IN BLUE ON MARCH 6**

*Wear blue on Friday, March 6, to support colorectal cancer awareness!  
Send photos of your department wearing blue to [mmcnews@mmc.org](mailto:mmcnews@mmc.org).*

## New Diabetes Prevention Program Sessions Begin This Week

**Monday, March 2  
12 – 1 p.m.**

**Scarborough Learning Resource Center**

**Monday, March 2  
7 – 8 p.m.**

**MMC Dana Center**

The MaineHealth Diabetes Prevention Program can help you develop the skills to make healthier choices and get the long-term support you need to stick with the changes. You'll feel better and inspire your family and friends to do the same.

The National Diabetes Prevention Program is a free program that meets for one year: once a week for 16 weeks, then bi-monthly or monthly for the rest of the year. A trained instructor will provide guidance and encouragement throughout the program. Please note: This program is not designed for people who have already been diagnosed with Type 2 diabetes.

**For more information, visit [mhprevention.coursetorm.com](http://mhprevention.coursetorm.com).**

# MaineHealth Library and Knowledge Services Launches Knowledge Connections Digital Repository

MaineHealth Library and Knowledge Services is creating an archive of the scholarly activity of clinicians and researchers across the health system, including newsletters, photographs and other information that may be of interest to colleagues and the public. We asked Library and Knowledge Services Director Dina McKelvy, MLS, AHIP, to tell us more about the project.

The screenshot shows the homepage of the MaineHealth Knowledge Connection digital repository. At the top, there is a navigation bar with the title 'MaineHealth Knowledge Connection' and the 'MaineHealth' logo. Below the navigation bar are links for 'Home', 'About', 'FAQ', and 'My Account'. The main content area is divided into several sections: 'Browse' with links to 'Collections', 'Disciplines', 'Authors', and 'Journal of Maine Medical Center'; 'Search' with a search bar, a dropdown menu for 'in this repository', and links for 'Advanced Search' and 'Notify me via email or RSS'; 'Browse Research' with a 'Follow' button and links to 'Research unit, center, or department', 'SelectedWorks Gallery', 'Expert Gallery', and 'Journal of Maine Medical Center'; 'At a Glance' with 'Top 10 Downloads' and 'Recent Additions'; and 'Paper of the Day' featuring a paper on 'Heparin induced thrombocytopenia treated with iloprost' by A.G. Hill, J.A. Marino, et al. On the right side, there are three circular icons labeled 'LEARN', 'SHARE', and 'CREATE' above a 'Library & Knowledge Services' banner.

## What kind of information can you find on MaineHealth Knowledge Connection?

The MaineHealth Knowledge Connection collects scholarly activity across the hospital system. We are collecting peer-reviewed, published work as well as unpublished research and process or quality improvement projects. The content might be in articles, books, book chapters, presentations, posters or videos. We have also started collecting newsletters and photographs of interest to the MaineHealth community – for example *What's Happening*.

## If someone has an item to submit to the digital repository, how can they do it?

Items can be submitted by contacting the library at [library@mmc.org](mailto:library@mmc.org) or 662-2202. We are also adding an intake form to the site that will allow visitors to submit their work. The submissions will then be reviewed for quality control and posted to the appropriate collection.

## Is the digital repository available to people outside of MaineHealth?

Yes! It is available to readers from around the world. However, it is also a valuable tool within MaineHealth. Our colleagues now

have a platform for sharing knowledge with each other.

## What's next for the library?

The library staff is working on several technical initiatives this year to improve access to resources and services across the MaineHealth hospitals that we serve. These include library portals with quality content to support patient care, education and research.

We continue to see growth in the information needs of our colleagues – for evidence-based decisions at the point of care, educational resources for every profession and research support for our clinicians and

scientists. It's an exciting time to be in the library!

## What did we miss that you want people to know?

We are a busy place! Our library space is well used by staff and learners with a door count of around 7,000 a month. Our website sees about 8,000 hits a month, not including the resources we provide in Epic and on mobile devices. A typical month includes 600 documents delivered, 60+ expert searches and interlibrary loans from libraries around the country and beyond.

Visit [mainehealth.libinsight.com/](http://mainehealth.libinsight.com/) library to see what we're up to!



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