



Health CURRENT

A Publication of Mount Desert Island Hospital

WINTER 2009

HEALTH CURRENT is published by Mount Desert Island Hospital, P.O. Box 8, Bar Harbor, ME 04609
Arthur Blank, *President/CEO*
Terry Musson, *Chairman of the Board*
Jeff Nichols, *Editor*
e-mail us at crdev@mdihospital.org
www.mdihospital.org

IN THIS ISSUE

PAGE 1

Adult Day Center to Open

New Procedure Uses Patient's Own Blood to Heal

PAGE 2

Financial Planning Seminar

Health Programs for the MDI Region

Exercise Program Stretches

Alfond College Grant Available for Newborns

PAGE 3

Workshop Focuses on Pandemic Flu

Maine CDC Targets Colorectal Cancer

PAGE 4

New Physicians Join MDI Hospital's Medical Staff

Nutrition Advice - More Meals!

Volunteers Work for MDI Hospital Organization

Adult Day Center to Open May 4th

With the May 4th opening of a new adult day center, seniors on MDI with memory loss will have a safe, peaceful place to enjoy meaningful activities under the guidance of trained, caring professionals.

Located adjacent to the new Community Health Center in Southwest Harbor, the spacious, light-filled facility will be staffed by one full-time certified nurse assistant and one full-time Program Coordinator, Debra Chalmers.

"The Center will provide a safe, comfortable environment where seniors with memory loss can socialize and enjoy activities under professional supervision," said Chalmers. "At the same time, this new facility provides important respite for caregivers," she added.

"We offer half day or whole day programs," said Chalmers. A light breakfast, complete lunch and snacks will be provided.

"The Center will foster and support a variety of interests and activities including painting, gar-

dening, fitness, current events and more," said Chalmers.

A secure garden next to the Center will provide a tranquil outdoor environment for relaxation and enjoyment of the natural surroundings.

Participants will be screened for medical diagnosis of memory loss and co-existing medical conditions.

"Our proximity to the health center will allow us to provide

comprehensive assessments, follow-up care, and counseling if it is needed," said Chalmers.

Administered by Birch Bay, the facility will also coordinate the services of other organizations such as the Maine Alzheimer's Association, Eastern Agency on Aging, and Island Connections.

For more information, call Debra Chalmers at 288-8014.



The adult day center for seniors with memory loss at the new Community Health Center is scheduled to open May 4th. The facility will offer a safe, comfortable environment where participants can enjoy meaningful activities under professional supervision.

New Procedure Uses Patient's Own Blood to Heal

Like a growing number of MDI residents, 59 year-old Jake Jacobson of Southwest Harbor keeps the aging process at bay through rigorous exercise. That was until last summer when, in the middle of training for the MDI Half Marathon, he injured in his Achilles tendon. Fortunately for Jacobson his friend and doctor Mark Kandutsch, MD, has introduced a groundbreaking new treatment that uses another natural process to help him avoid surgery and recover quickly from his injury.

Platelet-rich plasma therapy, or PRP, uses a small amount of the patient's own blood to activate the body's natural healing process. Already popular with professional



Dr. Mark Kandutsch, MD (right) looks at a container of platelet rich plasma from patient Jake Jacobson (left). The material, made by spinning the patient's own blood in a centrifuge, is then injected back into the patient at the site of chronic joint injuries, prompting the body's own natural healing process to occur.

See **PRP** on page 3

A publication of Mount Desert Island Hospital

10 Wayman Lane • P.O. Box 8 • Bar Harbor, ME 04609 • Main Switchboard 288-5081 • Emergency Department 288-8439 • TDD 288-8445

MDI HOSPITAL ORGANIZATION:

Birch Bay Retirement Village: 25 Village Inn Road, Bar Harbor - 288-8014

Cadillac Family Practice: 322 Main Street, Bar Harbor - 288-5119

Community Health Center: 16 Community Lane, Southwest Harbor - 244-5630

Cooper Gilmore Health Center: 17 Hancock Street, Bar Harbor - 288-5024

Down East Dermatology: 322 Main Street, Bar Harbor - 288-4177

Family Health Center: 9 Hancock Street, Bar Harbor - 288-5606

MDI Behavioral Health Center: 322 Main Street, Bar Harbor - 288-8604

MDI Orthopedics: 10 Wayman Lane, Bar Harbor - 288-0242

MDI Physical Therapy: 16 Community Lane, Southwest Harbor - 244-9716

NE Harbor Clinic (seasonal): Kimball Road, Northeast Harbor - 276-3331

Trenton Health Center: 394 Bar Harbor Road, Trenton - 667-5899

Women's Health Center: 8 Wayman Lane, Bar Harbor - 288-8100



PUBLIC HEALTH

Title - Smoking Cessation
Date/Time - By appointment
Presenter - Karen Dawson Yaeck, MDI Hospital Wellness Coordinator
Topic - Provides information to help smokers quit for life.
Cost - Free
To Register - Call 288-5081, ext. 1319

Title - Cancer Support Group
Date/Time - 1st Monday of each month, 5:00pm to 6:30pm
Presenter - Lynn Assaf, LCSW
Where - Bar Harbor Congregational Church, 29 Mount Desert St, Bar Harbor
Topic - Support group for cancer patients, survivors, adult family members
Cost - Free
To Register - Call 288-8604, ext. 1142 for info.

SENIOR HEALTH

Title - YES (Your Exercise Solution)
Date/Time - Tuesdays and Thursdays, 9am - 10am
Presenter - Kathy Mulligan, MDI Hospital Wellness Specialist
Topic - A mostly seated, low-impact exercise program for seniors, incorporating aerobic and strength training

Where - Malvern Belmont Estates
Cost - Free
To Register - Open to the public. Call 288-5081, ext. 1624 for more information

BEHAVIORAL HEALTH

Title - Aftercare
Date/Time - Mondays, 4:00pm - 5:30pm
Presenter - Amie Quirion, LCSW, CCS
Topic - Coping with addiction, relapse warning signs, identifying high-risk situations, goal setting
Where - MDI Behavioral Health Center, 322 Main Street, Bar Harbor
Cost - \$53/session (Most insurances accepted. Payment plans available)
To Register - Call 288-8604

Title - Intensive Outpatient Program
Date/Time - 10-weeks. On-going
Presenter - Dan Lorey, CCS; Amie Quirion, LCSW, CCS
Topic - Group, 1-on-1, and family counseling to help break the grip of drug and alcohol addiction
Where - MDI Behavioral Health Center, 322 Main Street, Bar Harbor
Cost - Call for details
To Register - Call 288-8604 for information.

For the latest information on MDI Hospital Health Education, Events & Activities, visit: www.mdihospital.org

YES Program Shakes It Up

By Kathy Mulligan - Wellness Specialist

Because the YES (Your Exercise Solution) class is a mostly seated exercise class it can be challenging to introduce new material. We have some people with balance issues, wheelchair bound, etc. I did feel, however, that in this group were participants willing to try some new material.

So a year ago, we decided to shake things up. Specifically, we added exercises designed to improve functional strength and balance and reduce stress.

Working with the Hospital's physical therapy department, we developed strength exercises targeting the hand, shoulder, and wrist.

Around the holidays my co-worker Karen Dawson Yaeck and I brought in a yoga instructor to lead the class in two sessions of seated yoga stretches.

And we added something called Chi Kung. Chi means "life-force energy" and "Kung" means development or cultivation, or "working with."

Chi Kung has been practiced in China for over three thousand years. It is a set of breathing and gentle movement exercises that promote health and tranquility.

We also use a few ballet exercises to strengthen our hips! Variety is the spice of life! We have a great time,

I really enjoy my group and think you will, too. If you are interested in



taking part in this fun, healthy exercise program aimed at seniors, we meet twice per week from 9am to 10am at Malvern Belmont estates in Bar Harbor. For more information, please call me at 288-5082, extension 1624.

Alfond College Grant Available for Newborns

Starting in January, babies born in Maine began receiving a gift that will help them enjoy a bright future. The Harold Alfond College Challenge Grant, named for the renowned Maine philanthropist, provides \$500 for each new baby to start a NextGen® account for education beyond high school.

NextGen is the name of the State of Maine's college savings program (also known as a Section 529 plan). Section 529 refers to the section of the Internal Revenue Code that provides unique tax advantages and other special features to encourage families to save for college.

The Finance Authority of Maine (FAME) is the Administrator of NextGen.

All new families whose babies are born at MDI Hospital receive a packet of information about the grant.

"This is a great program for Maine families," said Hospital President and CEO Art Blank. "We're glad to partner with FAME and the Harold Alfond Foundation to invest in the future of our children."

Harold Alfond is the late business entrepreneur, founder of Dexter Shoe Company, and Maine philanthropist who established the Harold Alfond Foundation, the first private foundation in Maine, in 1950.

For more information on the Harold Alfond College Challenge Grant, visit www.500forbaby.org on the web.

Is Your Financial House in Order?

Hospital to Host Seminar on Financial Planning

MDI Hospital is collaborating with local attorney, Chad Smith, to host a seminar on Wednesday, April 8th from 3:00 – 5:00 p.m. in Conference Room B titled, "Is Your Financial House In Order?" He will provide information and answer questions on wills, trusts, planned giving, and healthcare directives.

Mr. Smith is a graduate of the University of Maine Law School,

and a former Maine assistant attorney general who has been practicing estate planning and real estate law in Bar Harbor since 1973.

If you would like to attend, please contact Brenda Sprague in the MDI Hospital Public Affairs Department at 288-5082, ext. 1198 or at brenda.sprague@mdihospital.org. Please respond by Monday, April 6th.

Winter Recipes - Hearty & Healthy

Turkey Meatloaf

Ingredients

- 3/4 cup quick-cooking oats
- 1/2 cup skim milk
- 1 medium onion, peeled
- 2 pounds ground turkey breast
- 1/2 cup chopped red bell pepper
- 2 eggs, beaten
- 2 teaspoons Worcestershire sauce
- 1/4 cup ketchup
- 1/2 teaspoon salt
- Freshly ground black pepper
- 1 (8-ounce) can tomato sauce

Directions

Preheat the oven to 350 degrees.

In a small bowl, stir together the oats and milk. Thinly slice 1/4 of the onion and set aside. Finely chop the remaining onion. In a

large bowl combine the turkey, oat mixture, chopped onion, bell pepper, eggs, Worcestershire sauce, ketchup, salt and a few grinds of pepper. Mix just until well combined.

Transfer to a 9 by 13-inch baking dish and shape into a loaf 5 inches wide and 2 1/2 inches high. Pour the tomato sauce over the meatloaf and sprinkle with the sliced onions. Bake for 1 hour or until an instant-read thermometer registers 160 degrees.

Remove from the oven and let rest for 10 to 15 minutes before slicing.

Servings: 8
 Calories: 205
 Total Fat: 3.5 g
 Protein: 32 g

Fettuccine with Creamy Red Pepper-Feta Sauce

Ingredients

- 2 tablespoons olive oil
- 1 small onion, chopped
- 2 to 3 garlic cloves, peeled and chopped
- 1 (16-ounce) jar roasted red peppers, drained and chopped
- 1/2 cup low-sodium chicken stock or vegetable stock
- 1 cup crumbled feta cheese or a 6-ounce block
- 1 pound whole-wheat fettuccine
- Salt
- Freshly ground black pepper
- 2 tablespoons chopped fresh parsley leaves.

Directions

Heat the oil in a heavy skillet over medium-high heat. Saute onion and garlic until soft,

about 10 minutes. Add roasted peppers and saute until heated through. Remove from heat and let cool slightly. Place mixture in the bowl of a food processor with stock and all but 2 tablespoons of the feta. Process until combined and smooth, about 30 seconds.

Cook pasta according to package directions. Drain, reserving 1/2 cup pasta water. Toss pasta with sauce, adding pasta water by the tablespoon, if needed. Sauce should cling nicely to pasta. Season with salt and pepper, to taste. Divide among pasta bowls. Sprinkle with parsley and remaining feta cheese.

Servings: 6
 Calories: 470
 Total Fat: 11 g
 Protein: 18 g

Workshop Previews Local Impact of Pandemic Flu

Nearly 100 people from various walks of life attended a day-long workshop on the implications of a worldwide pandemic flu.

A collaborative effort of local organizations including MDI Hospital, the February 12th event was held at the MDI Biological Laboratory.

Titled "The Sky is Falling," the workshop was designed to give people background information on avian flu, considered by experts as the likely source of the next worldwide flu outbreak. The event was also intended to help people understand how to maintain public services and business activity during and after a pandemic episode.

The workshop began with an overview by Kristine Perkins, Executive Director of the Maine Center for Disease Control and Prevention.

Perkins noted that despite the advantages of better health care and communications, today's pop-

ulation is, in some ways, less prepared than previous generations.

"We're more dependent. We don't routinely sustain ourselves," she said. She added that people today are generally unprepared to be quarantined in their homes, or to have services interrupted for long periods of time.

Perkins explained that a global flu outbreak will be made more likely by virtue of worldwide travel.

"Hitting Home," a role play featuring local "actors" playing the roles of local health, law and government officials, demonstrated how a worldwide outbreak of flu would impact the local community.

Officials report that the H5N1 flu, or avian flu, is the likely source of the next worldwide pandemic flu outbreak. Having spread within bird populations and from birds to humans, H5N1 has yet to mutate into a form that spreads from human to human.

However, experts agree that if

that happens, it has potential to cause a worldwide outbreak of the deadly virus. And with fatality rate of over 50%, the consequences are frightening to many.

To confront this threat and help MDI communities prepare for large scale disasters, the local organizations hosting this event will continue monthly meetings, held for the past two years, to plan and develop educational initiatives.

The group, known as the MDI Pan Flu Workgroup, includes Acadia National Park, American Red Cross, College of the Atlantic, Healthy Acadia, League of Towns, Mount Desert Island Hospital, Mount Desert Nursing Association, Southwest Harbor/Tremont Ambulance Service, The Jackson Laboratory, Town of Bar Harbor, and Town of Mount Desert.

More information on the avian flu is available online at http://www.maine.gov/dhhs/boh/pandemic_flu_info.htm

athletes, PRP is gaining acceptance as a treatment for recreational athletes, yet it is still not in widespread use in Maine. In fact, Dr. Kandutsch is the only provider to offer this treatment north of Portland.

PRP can be used to treat tendonopathy, tendonosis, acute and chronic muscle strain, ligament sprains and intra-articular injuries, and joint pain caused by osteoarthritis and knee meniscus damage not severe enough to make surgery the only option. Because studies reveal that the technique helps regenerate ligament and tendon fibers, it could shorten rehabilitation time and possibly avoid surgery.

The process involves placing a small amount of the patient's blood in a filtration system or centrifuge that rotates at high speed, separating red blood cells from the platelets that release proteins and other particles involved in the body's self-healing process. A teaspoon or two of the remaining substance is then injected into the damaged area.

The high concentration of platelets — from 3 to 10 times that of normal blood — often prompts the growth of new soft-tissue or bone cells. Because the substance is injected where blood would rarely go otherwise, it can deliver the healing properties of platelets without triggering the clotting response for which platelets are typically known.

"There is little chance for rejection or allergic reaction because the substance comes from the patient's own body," explained Dr. Kandutsch. "The injection carries far less chance for infection than an incision and leaves no scar. It takes only about 20 minutes, with a considerably shorter recovery time than surgery," he added.

Offering PRP is natural progression for Dr. Kandutsch. He has been providing prolotherapy, another injection-based therapy that engages the body's own healing process, for 19 years.

"I think it's a big deal that MDI Hospital has given official clinical privileges to alternative treatments like prolotherapy and PRP," said Dr. Kandutsch.

While professional athletes like Pittsburgh Steelers Hines Ward and Troy Polamalu, used the treatment before winning the Super Bowl, people like Jake Jacobson are just happy to be able to get back to an active lifestyle.

For information on PRP, contact Dr. Kandutsch at Cadillac Family Practice in Bar Harbor at 288-5119

Maine CDC Targets Colorectal Cancer

As many as 800 Mainers develop colorectal cancer each year, and over 300 die annually from the disease. The Maine Center for Disease Control and Prevention (CDC) estimates that regular screening could prevent as many as 60% of those fatalities.

To raise awareness of the disease, the Maine CDC has begun an information campaign to encourage people to take advantage of the life-saving screening.

With help from organizations like Healthy Acadia, the CDC is also trying to educate health care providers on national screening guidelines. To fund its efforts, Healthy Acadia has received a \$4000 grant.

"We have begun working with primary care practices on the Island to assess how they educate and refer patients for screening and, when possible, we provide them with patient educa-

tion information," explained Healthy Acadia Executive Director Doug Michael.

"We're working together with Mount Desert Island Hospital and Health Centers to support a consistent, evidence-based approach to screening and education," said Michael.

Colorectal Cancer, which is cancer of the colon and rectum, is the second leading cancer killer in the United States.

According to the CDC, Maine has the fourth highest colon cancer incidence rate in the U.S. and the 8th highest rate of fatality among all states.

"Colorectal cancer is one of the most detectable forms of cancer," said Michael. "In fact, with early detection, colorectal cancer is 90% treatable."

Colorectal cancer affects both men and women.

A personal history of colon cancer or intestinal polyps, and

diseases such as chronic ulcerative colitis, Crohn's Disease and Inflammatory Bowel Disease may increase one's risk of colorectal cancer.

Other risk factors include a family history of the disease, smoking, heavy alcohol use, and a high fat diet and non-active lifestyle.

"One of the big problems with colorectal cancer," said Michael, "is that it often occurs without symptoms, which makes regular screening that much more important."

Screening is recommended every five to ten years, starting at age 50 for people at average risk. Earlier screening is recommended for people with certain risk factors.

For more information on the prevention of colorectal cancer, contact your physician or visit <http://maine.gov/dhhs/bohdcfh/mcr/prevent/colorectal.htm> on the web.

Please use this response form to request more information about MDI Hospital and giving opportunities.

- I want to learn more about making an IRA rollover gift to the Hospital.
- Please send me information about including Mount Desert Island Hospital in my Will.
- I would like information about gifts that pay income and provide tax savings.
- I have provided for Mount Desert Island Hospital in my Will or other Estate Plans.

NAME: _____ ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____

Mail this form to Office of Philanthropy, Mount Desert Island Hospital, PO Box 8, Bar Harbor, ME 04609

