Central Maine Medical Center and the Central Maine Heart and Vascular Institute present

Mini-Medical School
a community education series on current healthcare issues

What is a Mini-Medical School?

“Mini-med schools” are a growing trend at research universities and medical schools across the country. They offer the public the opportunity to learn first-hand from doctors, researchers and other healthcare professionals about developments and current issues in medicine.

Presented by Central Maine Medical Center, central and western Maine’s resource hospital, and the Central Maine Heart and Vascular Institute, the region’s full-service cardiovascular care program, this six-part “mini-medical school” series will explore many of the latest discoveries and debates in medical science and how they impact an individual’s health.

A background in science or medicine is not necessary to attend any of the presentations. The general public is warmly invited to attend.

Anyone wishing to register for any or all of these programs, or seeking more information, is urged to:
• call 795-8448
• email prevention@cmhc.org
• www.cmmc.org/calendar/calendar.tml

This series of educational programs is being offered free of charge.

Interpreter services are available upon advance request.

This six-week series will address multiple healthcare topics focusing on the future of healthcare.

Wednesdays,
Starting October 6
Six-week Series
6:30 p.m. to 8 p.m.

Pettengill Hall,
Room G65, Bates College
Lewiston
MINI-MEDICAL SCHOOL
a community education series on
current healthcare issues

AGENDA

OCTOBER 6

“Exercise: The Best Medicine”

Medical fitness is increasingly being recognized as
an effective approach to improving long-term health,
and “exercise as a prescription” is a viable treatment
option for many individuals. Dr. Sedgwick will explore
the role of exercise in maintaining good health and
preventing chronic disease.

Peter E. Sedgwick, M.D., of Central Maine Sports
Medicine

OCTOBER 13

“Health Information Technology in Maine”

Patients expect their physicians to have instant access
to all of their health information. But is this expectation
realistic? Dr. Thomas will discuss how information
is kept secure and distributed in today’s information
technology environment.

Susan Thomas, M.D., an expert in the use of digital
technology in healthcare information management

OCTOBER 20

“Heading Home: The Transitional Care Model”

Transitional care - the movement of patients between
healthcare settings as their condition and needs change -
presents opportunities to lower cost and complica-
tions. Ms. Shackley will consider how comprehen-
sive planning, coordination and communication are
central components of research models being used as
templates for transitional care. Her presentation will
include information about Androscoggin Home Care &
Hospice and Central Maine Medical Center’s collab-
orative model that is improving transitional care for
heart failure patients.

Julie Shackley, president and chief executive officer of
Lewiston-based Androscoggin Home Care & Hospice

OCTOBER 27

“Star Trek Meets Grey’s Anatomy: Surgery in
the 21st Century”

Advances in minimally invasive procedures have result-
ed in a profound evolution of surgery. The minituriza-
tion of surgical devices, introduction of high dexterity
instruments, improvements in optics, and the use of
robots give today’s surgical suite little resemblance to
the operating room of a century ago.

Jamie Loggins, M.D., of Central Maine Bariatric
Surgery

NOVEMBER 3

“Health Reform and Public Health in Maine”

Dr. Mills will explore the public cost of chronic disease,
allocation of healthcare resources, and how public
policy addresses health issues.

Dora Anne Mills, M.D., director of the Maine Center for
Disease Control and Prevention

NOVEMBER 10

“Better Care, Lower Cost”

Evidence shows that a shift away from a traditional
healthcare approach to one that is more patient-
centered and coordinated results in better quality care
at lower cost. Dr. Claxton will talk about how modern
delivery systems can lead to improved patient outcomes
and more cost-effective healthcare.

Edmund Claxton, Jr., M.D., of the Central Maine Medi-
cal Center Family Medicine Residency Program

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