



For event listings,
wellness notes, and
hospital news visit:

www.rfgh.net



@redingtonfairview



***Caring
for the
Community!***

In This Issue

RFGH Then & Now	2
Vascular Surgery	3
Community Health Classes ..	4
Breast Cancer Awareness	5
Pregnancy & Infant Loss.....	5
Best Places to Work in ME	6
Great American Smokeout....	6
Nutrition.....	7
Breast Cancer Study	8

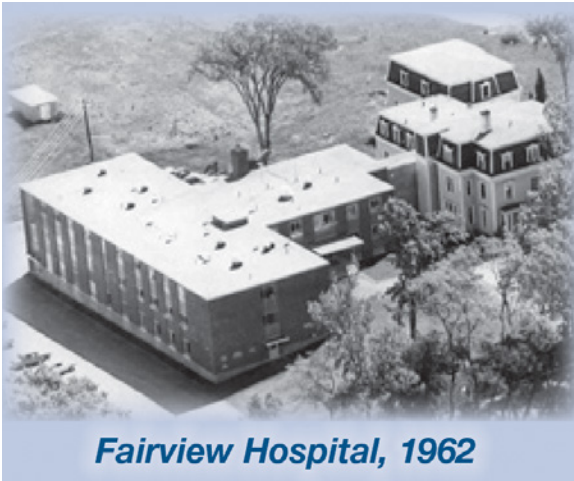
REACH FOR GOOD HEALTH!

- FALL 2024 -

A newsletter from Redington-Fairview General Hospital

RFGH Celebrates 55 Years of Caring for the Community!





Fairview Hospital, 1962

RFGH Then & Now



Redington-Fairview General Hospital (RFGH) was created from the merger of Redington Hospital and Fairview Hospital in 1969. Founded in a tradition of community service, and strengthened by a readiness to respond to change, RFGH looks forward to a bright future for our employees, medical staff, and those we proudly serve.

Expanding Care for our Community:

2019 - Stop the Bleed program begins

2021 - Low-Dose CT Lung Scanning & FibroScan Liver Testing services added

2022 - RFGH Upgrades to new electronic health record platform. Redington Podiatry practice begins seeing patients.

2023 - RFGH Spearheads PFAS Study

2024 - Philips state-of-the-art Patient Monitoring System deployed. Vascular Surgery Clinic added to service offerings.



RFGH Vascular Surgery Outpatient Clinic



Patients can now see a vascular surgeon for pre-operative and post-operative services, at RFGH in Skowhegan. Dr. Michael Neilson, a Maine native, is a board-certified vascular surgeon specializing in treating arteries and veins throughout the body. Dr. Neilson performs surgery at MaineGeneral's Alford Center for Health in Augusta and Thayer Center for Health in Waterville. He runs a Vascular Surgery Outpatient Clinic in the Redington General Surgery suite on the RFGH Campus, providing a convenient alternative for patients in our community before and after surgery.

Examples of services Dr. Neilson offers include carotid surgery to decrease the chance of stroke, aneurysm surgery to decrease the chance of aneurysm rupture, surgery in the lower extremities to decrease pain and possibly aid in wound healing, and treatments for painful varicose veins and spider veins. He is trained in the most up-to-date, minimally invasive procedures.

What can you do to help decrease the chance of developing these diseases? If you smoke, STOP! If you have diabetes make sure it is well controlled and visit your PCP regularly to ensure you are on all of the appropriate medicines.

Welcome New Providers

Michael Neilson, MD



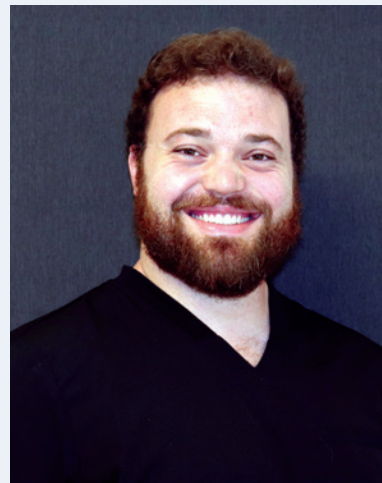
RFGH Vascular Surgery Clinic

46 Fairview Ave
Medical Suite 223
Skowhegan, ME
(207) 474-7045

Michael Neilson, MD is board-certified in Vascular Surgery and provides an outpatient clinic

at RFGH. A graduate of Tufts University School of Medicine, Dr. Neilson completed residencies in General Surgery and Integrated Vascular Surgery at Maine Medical Center.

Christopher Stewart, DO



RFGH Emergency Department

46 Fairview Ave
Skowhegan, ME
(207) 474-5121

Christopher Stewart, DO is an Emergency Medicine physician. Dr. Stewart earned his Doctor

of Osteopathic Medicine degree from Rocky Vista University and completed a residency in Emergency Medicine at Henry Ford Health System.

Community Health Education Classes

UNDERSTANDING BREASTFEEDING

Tuesday, November 19
4:30 – 6:30 pm at RFGH

This free in-person class covers how breastfeeding works, getting the best start, latching on, breastfeeding positions, when to feed your baby, getting enough milk, breast care, and breastfeeding lifestyle.

SAFE SITTER

Monday, December 30
9:30 am – 3:30 pm at RFGH

This free in-person class is for students in 6th grade and up. This class teaches safety skills, childcare skills, first aid and rescue skills, CPR, and life and business skills.

UNDERSTANDING YOUR NEWBORN

Wednesday, December 4
4:30pm – 6:30 pm at RFGH

This free in-person class covers newborn traits, newborn behaviors, crying and comforting, feeding, diapering, bathing, nail care, dressing, newborn health, and newborn safety.

CIRCLE OF STRENGTH

3rd Thursday of the Month
5:00 – 6:00 pm
at RFGH

This in-person support group is for anyone who has been affected by cancer. To sign-up, please call the Oncology Services Department at (207) 858-2129.

UNDERSTANDING BIRTH

Monday, January 13 & 20
4:30 – 7:00 pm both days
at RFGH

This free in-person class will cover pregnancy, labor, birth stories, comfort techniques, medical procedures, cesarean births, newborns, and postpartum.

FOR MORE INFORMATION & TO SIGN UP CONTACT:

Brittney Dunphy
RFGH Community Health
Education
(207) 858-2318
bdunphy@rfgh.net

October is Breast Cancer Awareness and Pregnancy & Infant Loss Awareness Month

By Brittney Dunphy, RFGH Community Health Educator

For many people, October is about bringing awareness to causes that have likely affected their lives in a tremendous way. Two major awareness campaigns occur in October, Breast Cancer and Pregnancy & Infant Loss.

Breast Cancer

Breast cancer is the most common type of cancer for women in the United States – 30% of all cancer among women is breast cancer. But, it is important to know that men can get breast cancer too.

Breast cancer happens when cells in the breasts start to grow out of control. Most of the lumps found in breasts are not cancer, these are called benign. But, sometimes lumps are cancer. These are called malignant. Approximately 15% of women diagnosed with breast cancer have a family history of the disease. Other risk factors can include hormones and lifestyle behaviors.

Sometimes genes or hormones can cause it. Other times, certain lifestyle behaviors (i.e. what you eat and how much you exercise) can increase your chances of getting breast cancer. Breast cancer usually happens in middle-aged and older adult women, and is usually diagnosed around age 62, but can also occur in younger women.

Finding breast cancer early is one of the best ways to prevent death from the disease. Breast cancer is found through screening tests, like mammograms and breast exams (by your doctor or yourself). Talk with your doctor about the importance of screening tests today!

Pregnancy & Infant Loss

Pregnancy and Infant Loss affects every 1 in 4 women. This means that we have all met someone who has experienced pregnancy and/or infant loss, even if we do not know it. In most states, pregnancy loss before 20 weeks is considered a miscarriage and a pregnancy loss after 20 weeks is considered a stillbirth. Infant loss is when a child dies before their first birthday.

Those who experience pregnancy and infant loss often feel hopeless and like nobody around them understands what they are going through. Ask your healthcare provider for a referral to counseling or support services in your area.

Other Fast Facts:

- Researchers have found that breast cancer cases have been rising about 0.6% every year.
- About 42,250 women will die from breast cancer every year in the US.
- There is a 13% chance that a woman will get breast cancer in her lifetime.
- Black women have the highest death rate from breast cancer.
- White, Asian and Pacific Islander women are more likely to have breast cancer that does not spread to other areas of their body.
- Asian and Pacific Islander women have the lowest death rate from breast cancer.

Other Fast Facts:

- About 10%-20% of all known pregnancies end in a miscarriage, most happening by the first 13 weeks of pregnancy
- In the US, 21,000 babies are stillborn every year
- About 5 out of 1,000 babies born in the US will not live to see their first birthday
- Non-Hispanic Black women and American Indian/Alaska Native women are 2x more likely to experience stillbirth than other races
- Non-Hispanic Black women have the highest rate of infant loss than other races

RFGH Named One of the 2024 Best Places to Work in Maine

The Maine State Council of the Society for Human Resource Management, Best Companies Group, and BridgeTower Media have named Redington-Fairview General Hospital as one of the Best Places to Work in Maine for 2024.



"We are extremely proud to receive the Best Places to Work in Maine designation for 2024," said RFGH Human Resources Director, Rachel Grant. "The hospital administration would like to thank all of our employees for everything they have done to make RFGH a successful and great place to work. We are fortunate to have such an incredible team."

Best Places to Work in Maine identifies, recognizes, and honors the best places of employment in Maine. To be considered, companies must have at least 15 full-time or part-time employees working in Maine; be a for-profit or not-for-profit business or government entity; be a publicly or privately held business; have a facility in the state of Maine; and be in business for a minimum of one year.

There were two parts used to determine the rankings. The first consisted of evaluating each nominated company's workplace policies, practices, and demographics, worth approximately 25 percent of the total evaluation. The second part consisted of an employee survey to measure the employee experience, which consisted of 75 percent of the total. The combined scores determined the top companies and the final rankings.

"The 2024 Best Places to Work in Maine have created workplaces that inspire success. They put their employees' welfare first, creating a positive work environment for all," said Suzanne Fischer-Huettner, managing director of BridgeTower Media for the East Division. "BridgeTower Media joins the Maine State Council of the Society for Human Resource Management and the Best Companies Group in recognizing these stellar organizations."

A photograph of two men high-fiving outdoors. The man on the left is older with grey hair, wearing a light blue long-sleeved shirt. The man on the right is younger with a beard, wearing a green t-shirt. They are both smiling and looking at each other. The background shows trees and a grassy area.

**Congrats on making
a commitment to
quitting smoking.**

**AMERICAN
Cancer
Society** **GREAT • AMERICAN
SMOKEOUT** **Somerset
Public Health** **YOU
MATTER**

**GREAT AMERICAN
SMOKEOUT**

Let the Great American Smokeout, November 21, be your day to start your journey toward a smoke-free life.

Did you know? Getting help through counseling and medications doubles or even triples your chances of quitting successfully.

Visit **QuitLink.com** or call
1-800-QUIT-NOW
to learn more.

**MAINE
QUITLINK.COM
1-800-QUIT-NOW**

Oatmeal - A Healthy Choice

By Tricia Sprengel, MS, RD, LD, RFGH Dietitian

Oatmeal is a healthy and affordable breakfast choice. All types of oatmeal: steel cut, rolled, quick cooking, and instant are considered whole grains, and all should be more or less equal in terms of their basic nutritional properties. Oatmeal provides 150 calories, 4 grams fiber, and 5 grams protein per half cup serving. The one exception would be the heavily processed presweetened packets of flavored oatmeal which contain added sugar and often artificial ingredients.

Fiber is oatmeal's main health attribute.

Fiber is good for so many things throughout the digestive tract. For example, in the stomach and small intestine, fiber helps slow down food processing and absorption in ways that promote fullness and slow the body's insulin response. In the large intestine, fiber feeds beneficial gut bacteria and promotes a healthy microbiome. Oats contain large amounts of a specific type of fiber called beta glucan, which studies have consistently linked to healthier cholesterol scores and a reduced risk for diabetes and cardiovascular disease.

Apple Cinnamon Oatmeal with an Egg Recipe

In the autumn when the leaves start to change and the temperatures drop, a warm breakfast of oatmeal with flavors of cinnamon and apple is just what you need to satisfy and fuel you in the morning. This recipe is for oatmeal fans who want more protein in their breakfast. The addition of the egg and maple syrup or sugar makes it taste somewhat like a bread pudding. A high protein breakfast can help you to feel full longer as protein takes longer to digest than carbohydrate and also stabilizes blood sugar levels to prevent a midmorning crash. Adding Greek yogurt and an egg to your oatmeal does the trick resulting in 17 grams of protein per serving.



Ingredients:

- 1 large egg
- 1/3 cup milk
- 1/3 cup quick-cooking oats
- 1/4 cup finely chopped apple
- 1 tablespoon of maple syrup or brown sugar (optional)
- 1/4 teaspoon cinnamon
- 1/4 cup vanilla Greek yogurt

Instructions:

1. Beat the egg and milk in a 2 cup microwave safe bowl until blended. Stir in the oats, apple, maple syrup and cinnamon.
2. Microwave on high until the liquid is absorbed and the egg is set, approximately 2 minutes.
3. Stir and top with yogurt and enjoy!

Nutrition: 350 calories, 13 grams fat, 5 grams saturated fat, 35 grams carbohydrate, 8 grams sugar, 17 grams protein
Courtesy of Oldways (www.OldwaysPT.org)



46 Fairview Avenue
Skowhegan, ME 04976

Breast Cancer Screening Online Study

Dartmouth Health is testing a breast cancer screening support tool in communities with environmental exposures such as PFAS. This 30-minute, online study involves viewing a tool that helps women make choices about breast cancer screening and completing 2 surveys. Participants will be eligible to enter a raffle for one of five \$200 gift cards.

This study is for women who are age 39-49, have not had breast cancer, and live in the Maine counties of Kennebec, Waldo, Somerset, or Penobscot.

**For more information,
scan this QR code:**



**Or, visit this link:
<https://tinyurl.com/dccpfas>**

For more information about this newsletter, please contact Carol Steward at 207.474.5121, ext. 2319.

Redington-Fairview General Hospital publishes the opinions of expert authorities in many fields; but the use of these opinions is no substitute for medical and other professional services to suit your specific personal needs. Always consult a competent professional for answers to your specific questions.

RFGH is an independent, critical access community hospital, located in Skowhegan, Maine. RFGH has provided quality, comprehensive health services to the residents of Somerset County since 1952. A member of the Maine Hospital Association, RFGH offers community-based primary care, pediatric care, surgical and specialty services, rehabilitation, community health education, and 24-hour emergency medical services.

The RFGH family includes: Redington Medical Primary Care (RMPC), RMPC Norridgewock Health Center, Somerset Primary Care, Redington Family Practice, Skowhegan Family Medicine, Redington Pediatrics, Redington Cardiology, Redington Endocrinology, Redington Gastroenterology, Redington General Surgery, Redington Neurology, Redington OB/GYN, Redington Orthopedic Surgery, Redington Podiatry, RFGH Oncology, RFGH Vascular Surgery Clinic, RFGH Rehabilitation & Fitness Services, Somerset Sports & Fitness, and Somerset Public Health.