

Supporting Women's Health

Topics:

- Health in the headlines
 - Latest on COVID-19
 - Latest on Monkeypox
- What is women's health?
- Mammograms
- Recommendations for screenings
- Digital experience
- Self-scheduling – how it works





Karen Hawkes, MS
VP of Operations
Northern Light Beacon
Health



Ed Gilkey, MD, MS, MBA,
CPE, Senior Physician
Executive, Northern
Light Beacon Health



Natalia Hall, MBA
Director Northern
Light Women's Health



Rachel Downs
Breast Cancer Survivor
Breast Cancer Advisory
Board, Northern Light
Cancer Care



Jen Castonguay, RTR, CT
Director Diagnostic
Services, Northern Light
SVH



Elizabeth Dennis, DO
Internal Medicine
Director Adult Cancer
Survivorship Program,
Northern Light Cancer
Care

Legal Disclosure:

The Coronavirus pandemic is an ongoing, continuously evolving situation.

Northern Light Health encourages everyone to follow federal and state governmental guidance and mandates.

The information presented in this session is provided for educational purposes only and is not meant to substitute professional or medical judgment. Northern Light Health does not know the particulars of your situation, so the information presented today is intended to be general in nature and may not apply to every individual situation.

Northern Light Health and the presenters make no guarantees or warranties regarding any information provided.

Ask us questions – give us feedback – this hour is for you

- Please use the Q and A function to ask your questions at anytime.

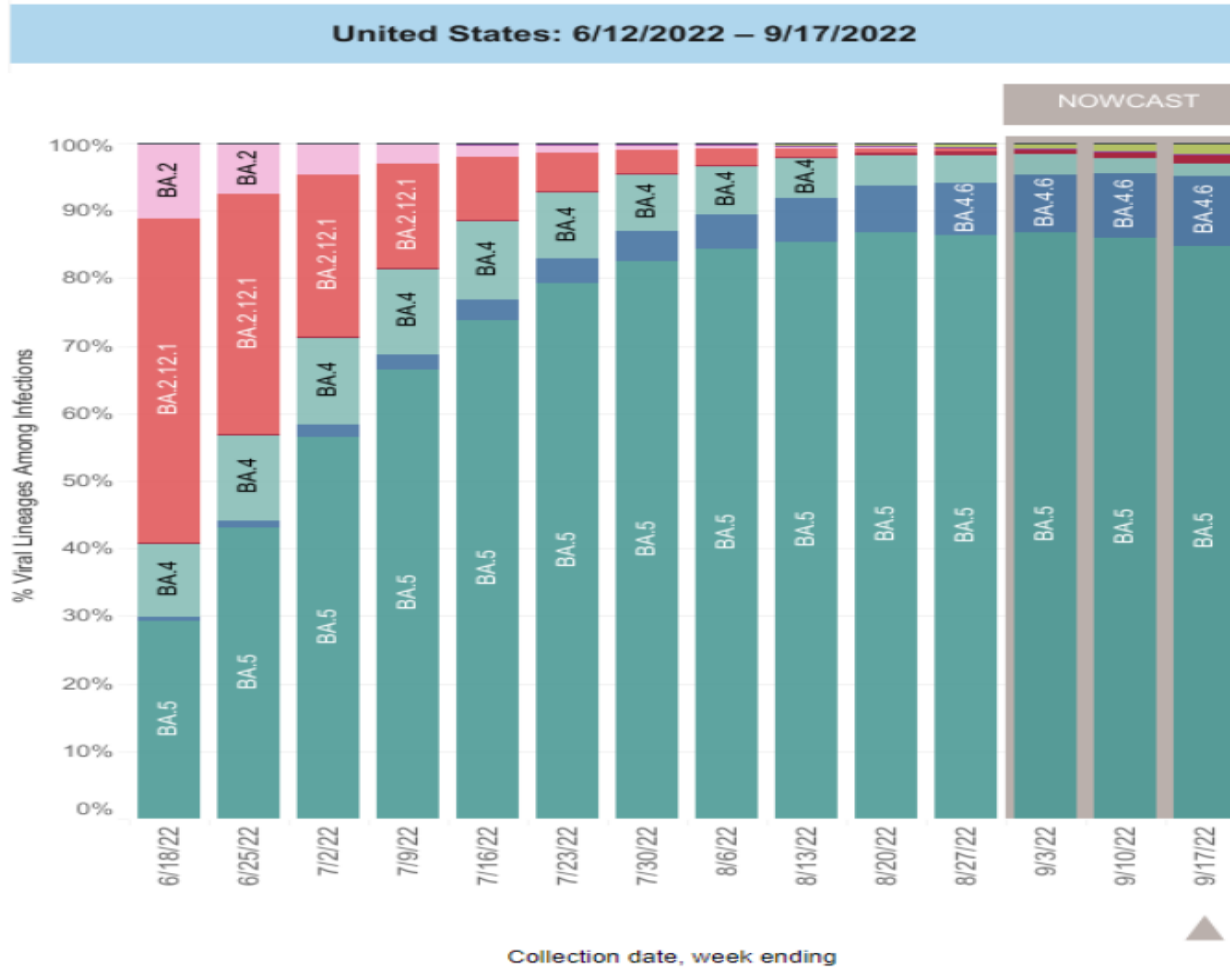
Page 1 of 1

1. I am able to apply the tools and guidance provided today to support my workplace and/or employees.*
 - Strongly Agree
 - Agree
 - Neutral
 - Disagree
 - Strongly Disagree
2. The information provided today was easy to understand and relevant.*
 - Strongly Agree
 - Agree
 - Neutral
 - Disagree
 - Strongly Disagree
3. How likely are you to recommend the Business to Business Zoom Conference series to a fellow colleague and / or Maine employer?*
- Very Likely
- Likely
- Neutral
- Unlikely
- Very Unlikely
4. How likely are you to attend one of our Business to Business Zoom Conferences in the future?*
- Very Likely
- Likely
- Neutral
- Unlikely
- Very Unlikely
5. What topic(s) would you like us to focus on in the future?

Done

Health in the headlines

COVID – 19 Current Subvariants



United States: 9/11/2022 – 9/17/2022 NOWCAST

USA

WHO label	Lineage #	US Class	%Total	95%PI
Omicron	BA.5	VOC	84.8%	83.2-86.3%
	BA.4.6	VOC	10.3%	9.1-11.7%
	BA.4	VOC	1.8%	1.6-1.9%
	BF.7	VOC	1.7%	1.2-2.4%
	BA.2.75	VOC	1.3%	0.8-2.2%
	BA.2.12.1	VOC	0.0%	0.0-0.0%
	BA.2	VOC	0.0%	0.0-0.0%
	B.1.1.529	VOC	0.0%	0.0-0.0%
	BA.1.1	VOC	0.0%	0.0-0.0%
Delta	B.1.617.2	VBM	0.0%	0.0-0.0%
Other	Other*		0.0%	0.0-0.0%

* Enumerated lineages are US VOC and lineages circulating above 1% nationally in at least one week period. "Other" represents the aggregation of lineages which are circulating <1% nationally during all weeks displayed.
 ** These data include Nowcast estimates, which are modeled projections that may differ from weighted estimates generated at later dates
 # AY.1-AY.133 and their sublineages are aggregated with B.1.617.2. BA.1, BA.3 and their sublineages (except BA.1.1 and its sublineages) are aggregated with B.1.1.529. Except BA.2.12.1, BA.2.75 and their sublineages, BA.2 sublineages are aggregated with BA.2. Except BA.4.6, sublineages of BA.4 are aggregated to BA.4. Except BF.7, sublineages of BA.5 are aggregated to BA.5. Sublineages of BA.1.1 and BA.2.75 are aggregated to the parental BA.1.1 and BA.2.75 respectively. Previously, BA.2.75 was aggregated with BA.2, and BF.7 was aggregated with BA.5.

COVID - 19

- Variants to pay attention to ...
 - BA.4 and BA.5 (currently predominant)
 - BA.2.75.2 (rising worldwide) – a great evader
 - BF.7 – one mutation more than BA.5 – also increased evasion
 - BA.4.6 – making a strong showing in US recently
- Metrics are improving in the US but ...
 - 24,000 hospitalized with 3,000 in ICU
 - 400 deaths per day
 - UK cases increased by 30% week over week and ... US has lagged UK by one month throughout pandemic
 - Wastewater shows increasing viral load - new subvariants becoming more numerous

COVID – 19: The Bottom Line

- Another surge is likely in a month or so
- What to do ...
 - Booster
 - High quality masks indoors
 - Physical distancing indoors
 - Wash hands
 - Sanitize surfaces
 - Good ventilation
 - Isolate if sick

Flu

- Two years of decreased infections due to widespread protective behaviors – diminished population immunity.
- Severe flu season in Australia – historically, northern hemisphere follows southern hemisphere pattern.
- US season expected to be severe – lower immunity, discontinued protective behaviors, track record in Australia.
- Like Australia, US season has started earlier. Predominant variant is also Influenza A subtype H3N2. Cases have already been reported in ME.
- This year, vaccination is very important and likely to be only moderately supported by population due to vaccination fatigue and lack of trust in CDC/government.
- Remember, 60,000 people die in the US each year from Influenza.

Monkeypox

- 25,000 cases in the US with 2 deaths.
- Predominantly MSM transmission, still.
- Cases are declining – probably due to behavior changes and vaccinations.
- 19 cases in US children – school, including hugging, not a concern for transmission.
- Most likely to continue to decline, with occasional flare-ups.

Easy access to schedule your vaccine, booster, or Flu shot

[COVID-19 \(Coronavirus\) Portal - Public Vaccination \(northernlighthealth.org\)](https://northernlighthealth.org/COVID-19)

 Northern Light Health.

Public Vaccination

COVID-19 Vaccination and Booster Eligibility Updates

Booster dose appointments for Pfizer, Moderna, and Johnson & Johnson COVID-19 vaccines are now available for people 18 and over who meet criteria.

People 5 years or older are currently eligible to schedule a COVID-19 vaccination.

Important:

- Community members under age 18 who would like to be vaccinated, must have a parent or guardian complete and initial the online scheduling form on their behalf.
- In addition to scheduling a vaccine using the online process, patients under 18 are required to bring a completed consent to treat forms signed by their parent or guardian to their appointment.
- Patients under the age of 16 must be accompanied by a parent or guardian to their vaccination.
- If you have any questions please call: **207-204-8551***

**Long distance or carrier fees may apply.*

Scheduling your vaccination:

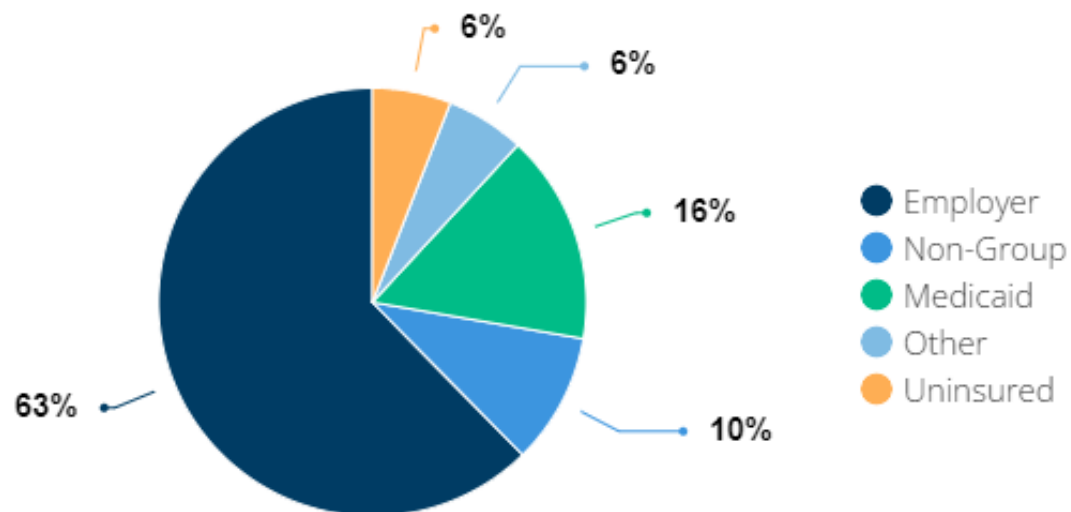
- If you cannot find an appointment that works for you at a Northern Light Health location, please visit the [state COVID-19 vaccination sites list](#).
- Please print your appointment confirmation and bring it with you. Vaccination candidates will receive an email confirming their vaccination location

Poll Question 1:

Why you should invest in women's health

The Critical Role of an Employer to Support Women's Health

Health Insurance Coverage of Women Ages 19-64, 2020, Maine



57% of the American work force is comprised of women

Note: Other includes Medicare, TRICARE, and other sources of coverage. Percentages may not sum to 100% due to rounding. N/A: Estimates with relative standard errors greater than 30% are not provided

Source: KFF, State Health Facts, [Health Insurance Coverage of Women 19-64](#), based on the Census Bureau's March Current Population Survey (CPS: Annual Social and Economic Supplements), 2021.

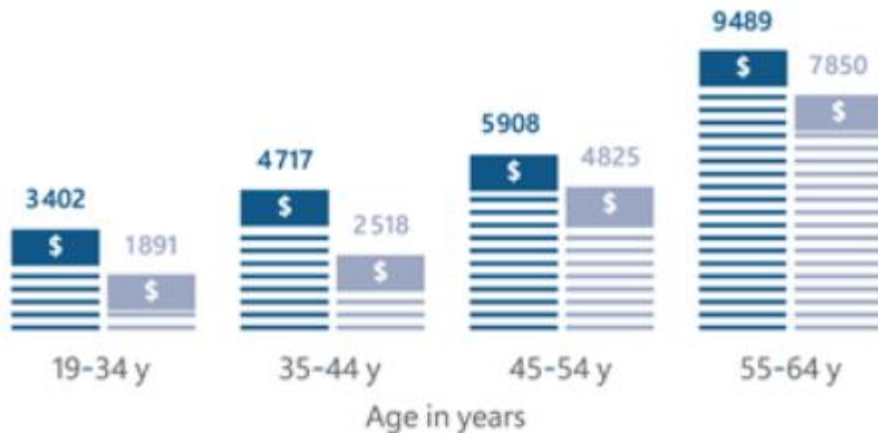


Women seeking care...

Women Incur Greater Health Care Costs, Particularly During the Reproductive Years

● Women ● Men

Average health spending per capita by age, 2015



Women Who Do Not Have a Regular Clinician Are Less Likely to Receive Certain Preventive Services

	Have a regular clinician	No regular clinician
Mammogram (ages 40-64 y)	75%	43%
Pap test	69%	53%
Talked to clinician about diet, exercise, or nutrition	80%	55%
Talked to clinician about mental health issues	56%	38%
Talked to clinician about smoking	52%	45%

NOTES: Mammogram and pap in prior 2 years. Clinician counseling in past 3 years.

Authors: Usha Ranji, MS; Alina Salganicoff, PhD; and David Rousseau, MPH; for the Kaiser Family Foundation.

Notes: Among women aged 18-64 unless otherwise noted. All data are from 2017.

Source: Kaiser Family Foundation analysis. Original data and detailed source information are available at: kff.org/JAMA_6-11-2019.

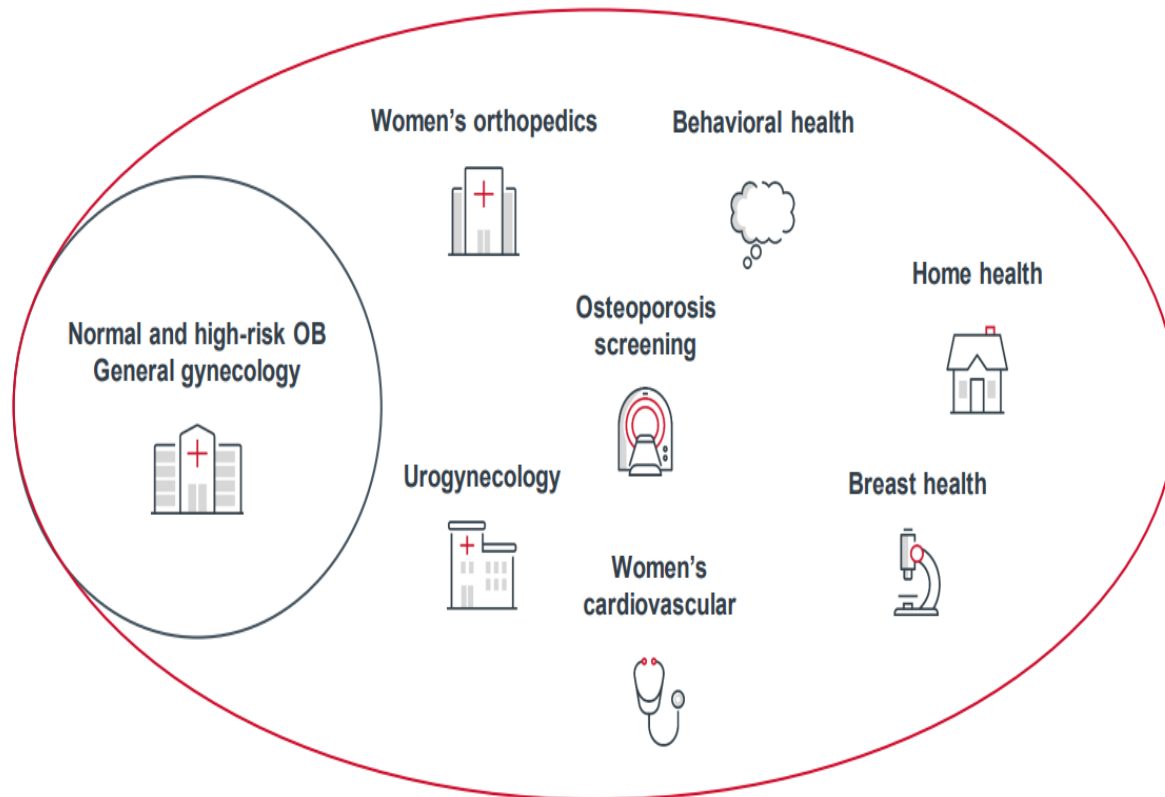
Please cite as: *JAMA*. 2019;321(22):2154. 10.1001/jama.2019.5271



What is women's health? How do we access it?

What is Women's Health

Definition of women's health extended beyond OB/GYN



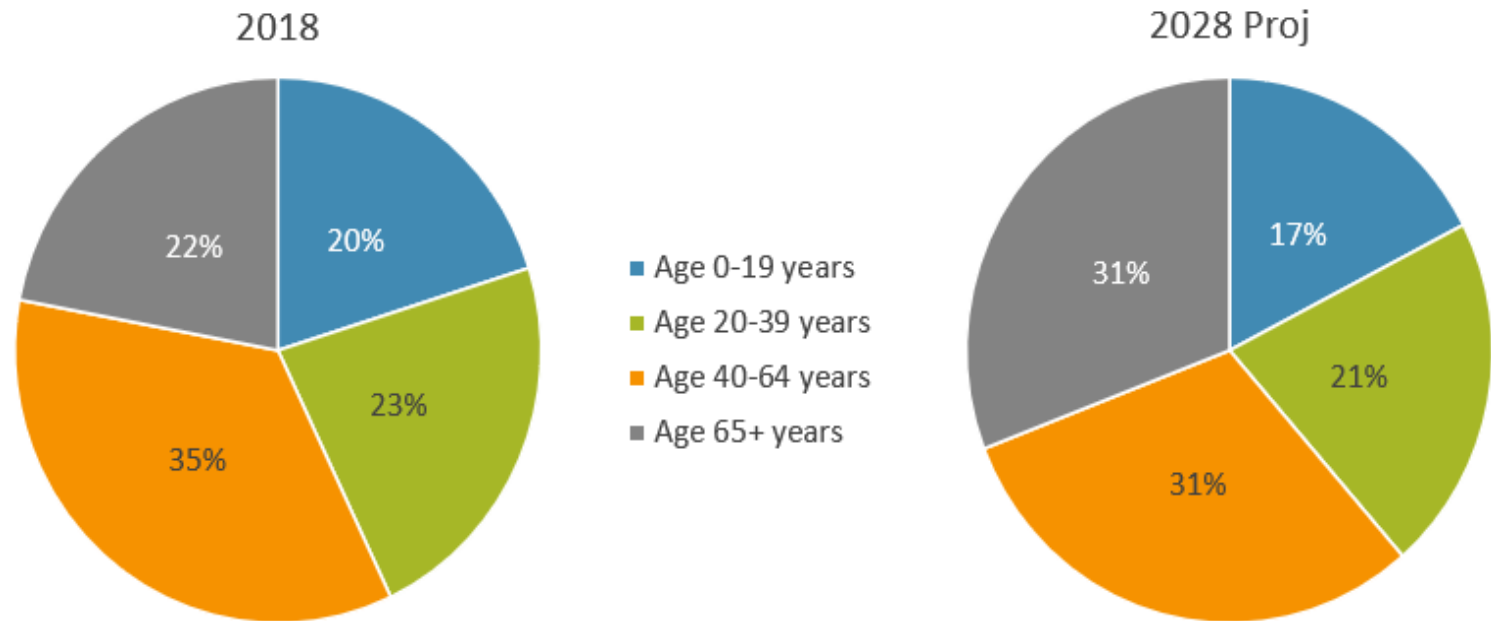
Women have a unique set of healthcare challenges and are at higher risk of developing certain conditions and diseases than men. A few of the most common are:

- Heart disease
- Stroke
- Diabetes
- Maternal health issues
- UTI
- Sexual health
- Breast cancer
- Osteoporosis

Local Women's Health



Maine Female Population by Age Group, 2018 and 2028



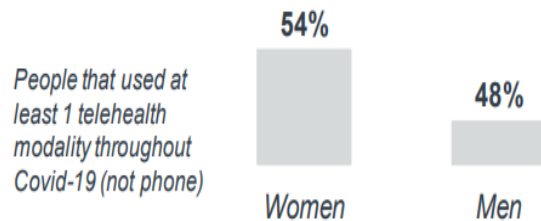
How to Access Care for Women

Women embracing, leading use of telehealth



Telehealth adoption increases during Covid-19 pandemic

- Providers increased telehealth usage, including for OB-GYN and behavioral health services
- Patients become more tech-savvy and the generations that grew up with digital technology are now adults and having children



Women often happier with and more likely to use telehealth services than men

70%

OF WOMEN SATISFIED WITH TELEMEDICINE ENCOUNTER

7 out of 10 women in Austria were very satisfied with their telemedicine encounter compared to 59% of men

58.5%

OF WOMEN'S PRIMARY CARE VISITS WERE CONDUCTED VIRTUALLY

Almost 6 out of 10 women used telemedicine for primary care visits during Covid-19 compared to 42% of men

48%

Of women think that a **'one-stop-shop' clinic** for all routine women's health services would improve access

42%

Of women think that more **flexible appointment times** would improve their access to women's services

35%

Of women think that **more time with health care professionals** would improve their use of services

Services in your community



Women's Health

Blue Hill and Maine Coast Hospitals offer high-quality obstetric, midwifery, and gynecological services to women throughout their lives.

Paying thoughtful attention to your health issues, focusing on preventative medical care, and providing the information you need to make wise healthcare decisions, our physicians and midwives help women stay healthy at any age.



Summary of Services:

- Well care
- Treatment of menstrual difficulties, heavy periods
- Personalized prenatal care and delivery in Ellsworth (offering pain management including Epidural)
- Experienced OB support for high-risk pregnancy, c-sections
- Family planning
- Infertility
- Gynecological surgery
- Menopause management
- Treatment of incontinence
- Osteoporosis management
- Connected to local specialized breast care including 3-D mammography, oncology, and breast surgery
- Rapid, convenient referrals to specialists within and beyond Northern Light Health

Northern Light Maine Coast Hospital
50 Union Street Ellsworth, Maine 04803
Phone: 207.664.3650

Northern Light Blue Hill Hospital
65 Water Street Blue Hill, Maine 04814
Phone: 207.574.3540



Women's Health

Women's health at every stage of life.
Northern Light Women's Health offers personalized, comprehensive, quality obstetric and gynecological care for women. We are committed to women's health care needs at every stage of their lives. Offering both obstetric and gynecological care, including routine and high-risk services.



Ann Anderson, MD
Education | University of Michigan Medical School
Residency | University of Michigan Hospital System
Certification | American Board of Obstetrics and Gynecology



Leigh Remis, MD
Education | University of Connecticut School of Medicine
Residency | Long Valley Hospital
Certification | American Board of Obstetrics and Gynecology

Northern Light Women's Health
417 State Street, Waterford, Maine 04261
Bangor, ME 04901

Diagnosis and treatment for:

- Pre-conception counseling
- Prenatal Care for low and high-risk obstetrics including amniocentesis, chorionic and ultrasounds
- Gynecologic care which includes wellness and family planning
- Management of birth control such as Nexplanon, IUD, hormonal birth control, natural methods and sterilization
- Management of abnormal or heavy menstrual cycles
- In-office gynecologic procedure such as dilation and curettage, hysteroscopy, LEEP, colposcopy, endometrial biopsy, endometrial ablation and pregnancy termination
- Minimally invasive surgery include laparoscopy, robotics, hysteroscopy
- Abdominal gynecologic surgery
- Urinary incontinence - conservative and surgical management
- Pelvic floor - conservative and surgical management
- Management of Menopause
- Evaluation and management of infertility



Northern Light Women's Health

Northern Light Women's Health and Birthing Services



Northern Light Birthing at Mayo Hospital works in coordination with Northern Light Women's Health, and the Northern Light Health Centers in Dover-Foxcroft and Milo, to provide extraordinary, personalized service close to home through your pregnancy and delivery.

Northern Light Health Centers in Dover-Foxcroft and Milo



Other programs offered through the department include the New Mother's Support Group, sibling classes, and ongoing breastfeeding support. The staff can provide the latest information on breastfeeding supplies and breast-feeding. We offer free tours of the department - just call ahead and schedule a convenient time.

Other Services and Support

- Behavioral Health
- Emergency Care
- Imaging
- Pharmacy
- Primary Care
- Financial assistance program and counseling (contact us at: 564-1615)

If you are pregnant or are trying to become pregnant, please visit northernlighthealth.org/Mayo-Obstetrics to learn more and to schedule your appointment with our birthing team.

Birthing/Prenatal Care Locations

Northern Light Birthing
801 W. Main St., Dover-Foxcroft, ME 04242
Dover-Foxcroft 207.564.4392

Northern Light Health Center - Milo
105 Park St., Milo, ME 04843
Milo 207.543.3752

Northern Light Primary Care - Dover-Foxcroft
801 W. Main St., Northern Light Health Center, Dover-Foxcroft, ME 04242
Dover-Foxcroft 207.564.4344

Northern Light Women's Health
801 W. Main St., Suite 500, Dover-Foxcroft, ME 04242
Dover-Foxcroft 207.564.4171



Women's Health

We know that every woman is different, and we provide care that is personalized and based on your unique needs.

Northern Light OB/GYN

- Our team of doctors and midwives take care of women of all ages. We provide a wide range of gynecological care as well as care throughout your pregnancy and delivery.
- Gynecology Services**
- Female Preventative Health Care
 - In-office Pelvic Ultrasound
 - Birth Control Management
 - Management of Abnormal Uterine Bleeding
 - Endometrial Ablation
 - Urinary Incontinence Care
 - Gynecological Surgeries
 - D&C
 - LEEP, Cervical Cones and Cryotherapy
 - Adolescent and Teen (A&T) Care
 - Minimally Invasive Gynecology Procedures
 - Colposcopies
 - Urogynecology Surgeries
 - Urinary Incontinence Sling Surgery
 - Intrauterine Insemination

Obstetric Services

- Prenatal Care Management
- In-office OB Ultrasounds
- Vaginal & Cesarean Deliveries
- Postpartum Management
- Management of High-Risk Pregnancy and Delivery

Northern Light Women's Health

Our Women's Health practice is a primary care service devoted to women-friendly, women-centered, and women-relevant care. In addition to primary care, we offer all routine gynecological care.

- Services include:**
- Wellness and preventative care
 - Routine physicals and health screenings
 - Immunizations
 - Sports physicals
 - Menopause counseling
 - Gynecological and family planning services including: IUD insertion, pregnancy testing, breast and pelvic exams

Our Women and Children's Unit

Staff in our Women and Children's unit provides extraordinary, personalized care for you during your labor, delivery and recovery. They also care for women recovering from certain surgical procedures and hospitalized pediatric patients.



Waterford



OB/GYN
100 Academy Street
Presque Isle, ME 04769
Office: 207.768.9544

Women's Health
100 Academy Street
Presque Isle, ME 04769
Office: 207.768.9536

Providers

William Bradford, MD, FACOG



Nishan (Nick) Chobanian, MD, FACOG



Stephanie Doucette, DO



Danielle Gagnon, MD, FACOG



Hannah Jones, MD



Helen Price-Wharf, FNP



Our providers work with the team at Northern Light Birthing.

100 Kennedy Memorial Drive, Suite 104
Medical Arts Building
Waterville

Office: 207.872.5529

www.northernlighthealth.org/Inland-Hospital

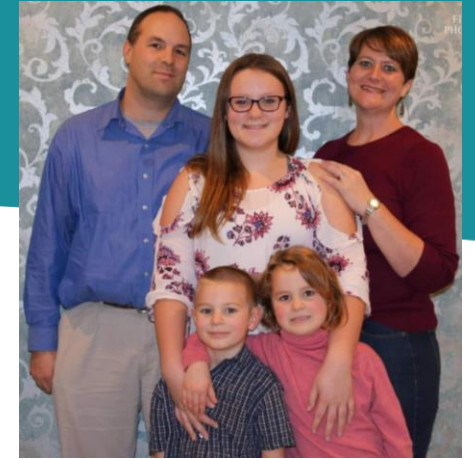
Northern Light Women's Health



Fighting cancer is a team sport – Rachel's story

The day our family changed forever

- Mom of three young children
 - 13
 - Five
 - Four
- Work from home employee
 - Normalizing cancer for kids' sake
 - Including kids in treatments
 - Making holidays fun
- Husband works fulltime outside of home
- October 23, 2017
 - found lump in breast
- October 24, 2017
 - mammogram and ultrasound
- October 31, 2017
 - Cancer diagnosis
- November 3
 - Lumpectomy
- November 30, 2017
 - First round of chemotherapy, five rounds total
- Radiation, 36 treatments
 - Five days a week for seven weeks and one day in a row



Fast forward five years and

Cancer doesn't end when treatments are over

- Working outside of home
- Follow up appointments
- Residual effects of treatments

Cancer Advisory Board

- Survivorship Program

What are recommendations for screenings for women?

Screening Recommendations

American Cancer Society

- **Age 40-44:** Option to start annual screening
- **Age 45-54:** Annual screening
- **Age 55 and older*:** Option to go to every other year or continue annual screening

*Screening should continue as long as patient is in good health & expected to live at least another 10 years

<https://www.cancer.org/cancer/breast-cancer.html>

US Preventative Task Force

- **Age 40-49:** Individual choice to start every other year screenings
- **Age 50-74:** Every other year screening
- **Age 75 and older:** No formal recommendation

<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/breast-cancer-screening>

**It's important to know your risk factors
and discuss the proper guidelines with your healthcare provider**

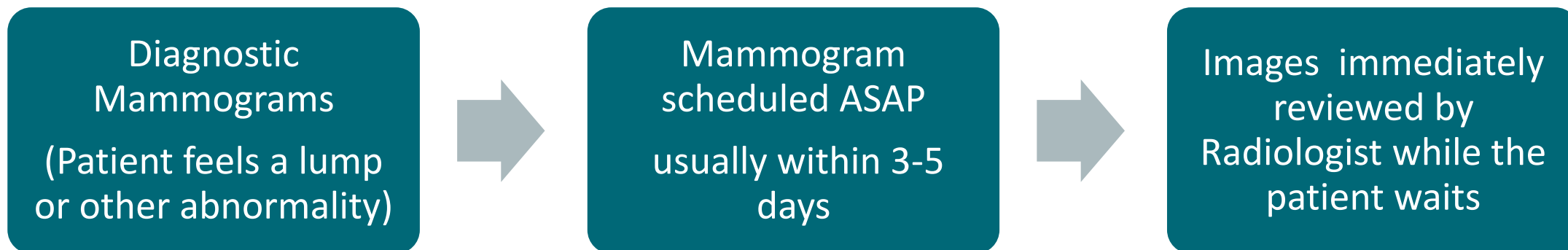
You pick a time and date that works for you how to access our Mammogram Services

Direct Book

- online
- at your convenience
- an available time that works best for you
- <https://northernlighthealth.org/scheduleamammogram>

Walk in

- Many of our locations offer walk in services for screening mammograms



Why supporting women and their health should be a priority

Prevention

- Obesity
- Alcohol intake
- Physical inactivity



Survivorship



- Definition
- Phases
- Prevalence
- Importance
- Survivorship Care

Poll Question 2:

Roundtable discussion – Please use Q and A to ask your questions



Karen Hawkes, MS
VP of Operations
Northern Light Beacon
Health



Ed Gilkey, MD, MS, MBA,
CPE, Senior Physician
Executive, Northern
Light Beacon Health



Natalia Hall, MBA
Director Northern
Light Women's Health



Rachel Downs
Breast Cancer Survivor
Breast Cancer Advisory
Board, Northern Light
Cancer Care



Jen Castonguay, RTR, CT
Director Diagnostic
Services, Northern Light
SVH



Elizabeth Dennis, DO
Internal Medicine
Director Adult Cancer
Survivorship Program,
Northern Light Cancer
Care

Tools you can use:

<https://northernlighthealth.org/Resources/Safe-Return-to-Business>



Good Health Is Good Business – Business to Business Zoom Conference Series

Learn how to support your employees and your customers to make a successful return to business.

Resources / Good Health Is Good Business – Business to Business Zoom Conference Series

Good Health Is Good Business – Business to Business Zoom Conference Series

As an employer, we are right here with you, navigating the same uncharted COVID-19 waters you are. We have learned a thing or two along the way and we want to share with you. As a healthcare system, Northern Light Health has in-house experts who can offer guidance to help you safely welcome your employees, customers, volunteers, and students. We are working through these concerns every day in our ten hospitals and at our more than 100 other locations across Maine. We look forward to helping you!

One-hour Zoom Conferences Twice a Month on Thursdays at 11am

[Register for the September 8 Meeting here](#)

Attendees are asked to join the conference by Zoom and listen to audio using your computer only. Please do not dial in while also connected via your computer. The dial-in number is for those not joining by computer. This will help accommodate a larger number of participants. See you Thursday!

[View Past and Upcoming Meetings, Download Resources, and Watch Informational Videos](#)

September 8, 2022

August 11, 2022

Register and save the date for Thursday, November 10 and December 8

- November 10
The Emotional, Physical, and Financial Cost of Diabetes
- December 8
Collectively improving quality of life across Maine

GOOD HEALTH IS GOOD BUSINESS

Learn how to support your employees and your customers to operate a safe and healthy business.

NOVEMBER 10 at 11 am



PLEASE REGISTER
BY CLICKING HERE
BEFORE JOINING THE MEETING

The Zoom meeting ID will be sent to
you upon registering

The Emotional, Physical, and Financial Cost of Diabetes

TOPICS

- Health in the headlines
- Prevalence, symptoms, and significance
- Prediabetes – what you need to know
- What can employers do?
- Nutrition therapy counseling
- Effects of chronic disease on mental health

Panelists:

Jim Jarvis, MD, FAAFP
Senior Physician Executive, Incident Command
Northern Light Health
Director, Clinical Education
Northern Light Eastern Maine Medical Center

Lynn Nuti, NP
Diabetes, Nutritional counseling
Northern Light Maine Coast Hospital

Amy Henderson
Manager, Clinical Nutrition and Counseling
Northern Light Maine Coast Hospital

Rick Redmond, LCSW
AVP Access and Service Line Development
Northern Light Acadia

Onycha Carlson
Nutrition Specialist
Northern Light Beacon Health

Moderated by:
Ed Gilkey, MD, MS, MBA, CPE
Senior Physician Executive,
Northern Light Beacon Health

Attendees are asked to join the conference by Zoom and listen to audio using your computer only. Please do not dial in while also connected via your computer. The dial-in number is for those not joining by computer. This will help accommodate a larger number of participants. **See you Thursday!**

Please contact Lanie Abbott for more information labbott@northernlight.org

DECEMBER 8 at 11 am



PLEASE REGISTER
BY CLICKING HERE
BEFORE JOINING THE MEETING

The Zoom meeting ID will be sent to you upon registering

Panelists:

Jim Jarvis, MD, FAAFP
Senior Physician Executive, Incident Command, Northern Light Health
Director, Clinical Education, Northern Light Eastern Maine Medical Center

• More panelists to be announced

Moderated by:
Karen Hawkes, MS
VP of Operations, Northern Light Beacon Health

Collectively improving quality of life across Maine

- Health in the headlines
- Social Determinants of Health
 - What are they, How do they impact health, What to look for / notice
- Healthcare and Community Partnerships to improve health
- Findhelp.org

Legal Disclosure:

The Coronavirus pandemic is an ongoing, continuously evolving situation.

Northern Light Health encourages everyone to follow federal and state governmental guidance and mandates.

The information presented in this session is provided for educational purposes only and is not meant to substitute professional or medical judgment. Northern Light Health does not know the particulars of your situation, so the information presented today is intended to be general in nature and may not apply to every individual situation.

Northern Light Health and the presenters make no guarantees or warranties regarding any information provided.