

thrive

Autumn 2021

Appreciate Health. Enjoy Life.

Happy Trails

Hike for Your Health This Fall

Fallin' for Pollen

How to Cope With Seasonal Allergies

Snap, Crackle, Pop
Wear and Tear Injuries



st. joseph healthcare
St. Joseph Hospital

A Member of Covenant Health

Connect to Your Provider Any Time, Any Place

Request appointments,
prescription refills,
and communicate
with your care team
when it's most
convenient for you.

MyChart
ANYTIME • ANYPLACE

Sign Up for MyChart today. Convenience at your fingertips!

Contact us at 1.888.727.2017

**A member of the Covenant Health support team
is ready to help you register.**



st. Joseph healthcare
St. Joseph Hospital

A Member of Covenant Health

Autumn 2021



A Note from the President

Dear Friends,

Thank you for embracing *thrive!* We're happy to deliver this second issue, which is filled with the stories you wanted to see about striving to be healthier, taking time for self-care, enjoying what the local area has to offer and simplifying your daily life.

An important part of our Mission is being active members of our community. We want you to know that we're here to support you in whatever ways we can to improve your overall quality of life. In this issue, you'll learn more about:

- Preparing for your next appointment in "Check-up Checklist"
- Safely reaching new heights in "Happy Trails — Hike for Your Health This Fall"
- How you'll benefit from our new Outpatient Service Center in "It's All About Convenience"

We hope *thrive* inspires you to *Appreciate Health* and *Enjoy Life*. Thank you for your support.

Mary Prybylo, RN, MSN, FACHE
President, St. Joseph Hospital and
Senior Vice President, Covenant Health

- 2** Snap, Crackle, Pop
Wear and Tear Injuries, Also Known as Repetitive-use Injuries, are Increasing in Older Adults
- 4** Bangor's Bounty
Local and Coastal Says it All
- 5** The Mindful Five
Tap Into Your Five Senses This Fall
- 6** Check-up Checklist
Preparing for Your Appointment
- 8** Fallin' for Pollen
Seasonal Allergies and How to Cope
- 12** Welcome to the Family
Quarantine Companions
- 13** Street Mission
How One Nurse Brings Access to Health Care
- 14** Ask the Doctor
Brain Fog? Sensitivity to Cold? Maybe it's Your Thyroid
- 16** Happy Trails
Hike for Your Health This Fall
- 17** It's all About Convenience
Community Support Funds
New Outpatient Service Center

10 Prevention and Detection

October is Breast Cancer Awareness Month



Scan this QR code with your mobile device and schedule your screening today.

On the Cover

Edward O. and Mary Ellen Darling's valued support helped make the new Outpatient Service Center possible.

thrive Magazine content is for general information purposes only, and should not be used as medical/health advice or instruction. No recommendations are made to diagnose, test or provide treatment for any health ailment, medical condition or disease.



100 Ames Pond Drive, Suite 102
Tewksbury, MA 01876
(978) 312-4300

Vice President Corporate Communications **Karen Sullivan** / Vice President Marketing **Michelle Marshall**
Editor **Suzanne Dumaresq** / Creative Director **Sharon Elwell** / Executive Publisher **James Y. Davis**
Contributing Writers Chelsea Chambers, Suzanne Dumaresq, Rachel Evensen, Lindsey Grossman, Cheri Hinshelwood, Cherry Odom, Robert A. Poarch **Marketing Directors** Jason Gould, Bethany McKnight, Tim McMahon
Contributing Photographers Séan Alonzo Harris, Meg Moore, Jason Paige Smith



Jonathan Parker,
Maine State Game Warden

Snap, Crackle, Pop

Wear and Tear Injuries, Also Known as Repetitive-use Injuries, are Increasing in Adults

By Cheri Hinshelwood

This may be the first time in history we are seeing people in their 70s continue to be avid runners and athletes,” said Kenneth R. Morse, M.D., orthopedic surgeon, St. Joseph Healthcare.

People are enjoying their favorite activities more frequently and sticking with them later in life, which is leading to overusing certain body parts and more wear and tear injuries. This is especially true for single-sport athletes who do not allow their bodies to heal between seasons. These athletes are more prone to all types of injuries, no matter their age.

“There’s certainly a matter of nature and nurture with wear and tear injuries,” said Dr. Morse. “People are born with cartilage or ligament characteristics that are biologically determined, and if traumatic or repetitive-use injuries come into play, that can lead to increased joint damage.”

These injuries happen over time. Constant stress or strain placed on certain parts of our body — normally tendons, joints and muscles — can lead to arthritis, inflammation of bursae or tendons or tears to connective tissue or muscle.

“The damage can begin immediately,” Dr. Morse explained. “It’s just a matter of when you begin feeling the symptoms.”

Other factors like smoking, being overweight or playing a single sport are key contributors. Being overweight, for example, puts a significant strain on your knees.

For bone and cartilage to remain healthy joints, they must have the proper nutrition, and smoking deprives all tissue of needed oxygen. For this reason, smokers are 1.5 times more likely to suffer overuse injuries, such as bursitis or tendonitis, than nonsmokers.

While many wear and tear injuries are associated with sports like running, tennis, golf or basketball, repeating certain movements while at work can also bring about this kind of injury. Simple everyday motions like typing, standing for long hours on hard surfaces or lifting boxes overhead can lead to joint injuries.

One of the most common wear and tear knee injuries is a meniscus tear. Wearing down the meniscus over time is part of degenerative arthritis that may affect the rest of your knee.

“Meniscus tears can occur with little trauma,” said Dr. Morse. “People may notice their knee suddenly becomes wobbly or gives way without warning or simply has pain with twisting or turning.”

Signs of Overuse Injuries

- Persistent inflammation
- Pain or swelling in the joint
- Snapping and popping, tingling or numbness
- Loss of motion
- Aching pain or discomfort consistently after an activity

Ways to Avoid Overuse Injuries

Some of the best ways to avoid injury is to work smarter. Start slowly when engaging in a new physical activity and warm up your muscles, tendons and joints each time. Vary your workout activities to include lower-impact activities such as swimming, biking, walking or kayaking. Activities with less pounding are easier on your bones, joints and connective tissues. If you do enjoy running or basketball, consider varying your surface. For example, runners can find ergonomic tracks with more bounce built in and invest in quality running shoes. Finally, listen to your body’s aches and pains, maintain a healthy weight and stop smoking to improve stresses on your joints.

If you do suffer chronic aches and pains, consider treating with RICE — rest, ice, compression and elevation of the injury. If pain persists, see your provider.



Bangor's Bounty

Local and Coastal Says it All

By Cherry Odom, BSN, RN, NPJ-BC

Local wild blueberries and vegetables, along with coastal lobster and other seafood, provide basic ingredients for many of Maine's favorite fall dishes. The regional potato harvest in Aroostook County also supplies a low-cost staple used in popular potato chowder recipes, explained Pete Merritt, director of food and nutrition services at St. Joseph Healthcare.

Tasty Nutrition

"For us, it is all about quality, healthy choices and comfort food," said Merritt. "We want our patients to eat well, because it is such an important part of the healing process. The hospital staff work so hard. They often eat on the run, so we need to keep them fueled for their shift. And we want visitors to be pleasantly surprised with the food."

Pickles, Muffins and Pancakes

One of the hospital's most requested menu items is mustard pickles made from a recipe given to Head Chef Matthew Quint by a parishioner who attended his family's church. "I brought the recipe to work eight years ago," he said. "It is a fall favorite and a great way to use extra cucumbers from the garden."

Late summer blueberries are added to muffins for patients and to pancakes served in the cafeteria. Quint shared that blueberries are easily frozen on a cookie sheet, later placed in freezer bags and enjoyed throughout the fall and winter.

In Appreciation

Last year, as a special treat at the annual employee appreciation picnic, Mary Prybylo, president of St. Joseph Hospital and senior vice president, Covenant Health, treated staff to lobster rolls. "One thousand lobster rolls, which we made ourselves with over 300 pounds of fresh lobster meat, were served in one day," said Quint. "It's just one way we can thank everyone for their dedication during the COVID-19 pandemic and celebrate our Maine roots."

Quick and Easy Mustard Pickles

No cooking or canning required

Ingredients

7 fresh cucumbers
1 quart white vinegar
1 quart water
½ cup sugar
½ cup salt
½ cup dry mustard



Preparation

Cut cucumbers in ½-inch half-moon slices or spears. Place them in glass jars or stainless steel containers with lids. Mix all other ingredients and pour over cucumbers, making sure all are covered. Be sure the inside of the cucumber is exposed to the brine, then refrigerate. The mustard pickles will be ready to eat in 24 to 48 hours – if you can wait that long. Use within two to four weeks.



The Mindful Five

Tap Into Your Five Senses This Fall

By Suzanne Dumaresq

The onset of fall in New England offers an inviting opportunity to enjoy the outdoors, cooler temperatures and brilliant foliage. Be sure to take it — and enjoy a brisk walk in the autumn air to boost your mood and energy level as well as reduce stress and anxiety. Make the most of your stroll by silencing your phone. Focus on tapping into your five senses. Begin by focusing on your breath. Then, gently shift your concentration to one sense at a time, as though each is new to you.

Gaze around your surroundings. **SEE** the colors, shapes and textures. Is there anything special or refreshing about what you see?

Listen to the sounds in the air. What do you **HEAR**? Can you make out sounds that are new or interesting to you?

As you walk, contemplate the air's **SMELL**. Is it fresh? Is it pleasant? Does it bring to mind a particular feeling or memory?

Turn your attention to your mouth. Feel your tongue against your teeth. Do you **TASTE** anything?

Stop walking for a moment. **TOUCH** a tree or flower — maybe a leaf or blade of grass. How does it feel? Is it familiar or unfamiliar? Rough or smooth?

As your walk comes to an end, take a moment to truly appreciate the season's splendor. Draw in a deep breath and exhale. Finally, schedule a bit of time for yourself to be mindful each and every day.



Check-up Checklist

Preparing for Your Appointment

By Suzanne Dumaresq

Maybe you feel fantastic and you appreciate your good health. Maybe you're ill, not feeling quite right and you're in search of some answers. Either way, your appointment is on the calendar and right around the corner. In the past, you tended to "wing it." However, now that you're older — and wiser — you understand the importance of being prepared and making the most of the visit with your provider.

No matter how old you are, it's important to cultivate and maintain a relationship with your provider. Especially as you age, your need for care changes. Here are a few simple steps to help you take an active role in your appointment.

Prepare Yourself

Don't wait until you're sitting in the waiting room. Take the time to prepare a list of medications and the doses you're taking — include supplements and vitamins, jot down any symptoms you're having or specific questions you'd like to ask. And, of course, be ready to discuss your medical history.

Share Details

Be forthcoming about what you're thinking and how you're feeling. The more insight and information you provide about your history and what you're experiencing, the better position your provider is in to advise, treat and care for you.

Ask Questions

Remember, your goal is to have a collaborative, productive visit. Be an active participant. Don't hesitate to interact with your provider. Ask questions or voice concerns as they come up during your visit. Write down responses and suggestions as you get them to refer back to later.

Ask for a Referral

Some symptoms may require evaluation by a specialist. Typically, providers welcome this type of collaboration and are happy to refer patients to an appropriate specialist for further evaluation.

Recap Your Visit

Before departing the provider's office, spend a few moments with your doctor recapping your visit. Make sure the two of you are on the same page in regard to a referral, diagnosis, medications, treatment, next steps and follow-up.

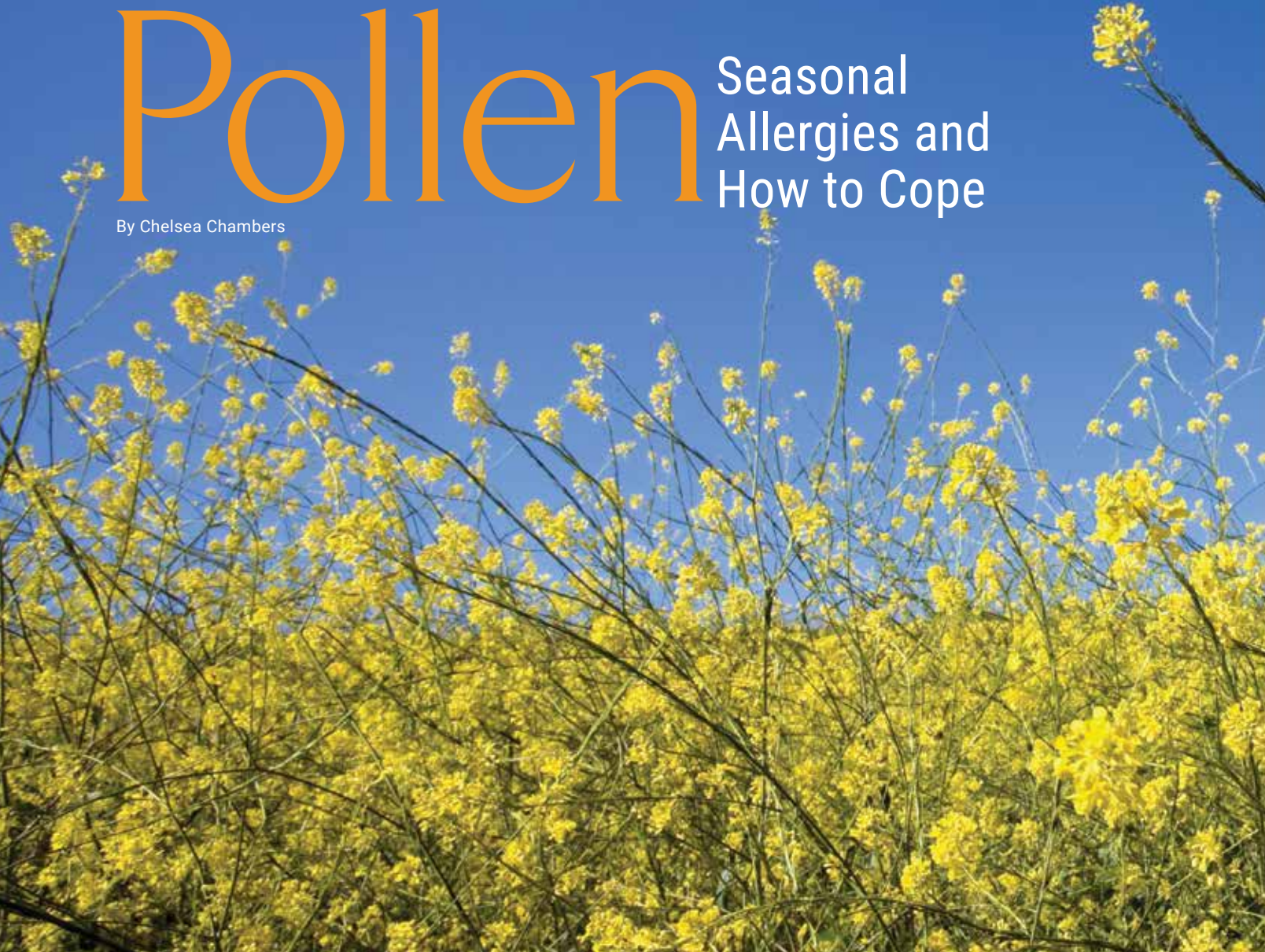
These five simple steps also apply to a virtual health visit, which became a more popular option during the COVID-19 pandemic. If you are scheduling time with your provider virtually, you'll need to take one additional step — be sure you test the conferencing or video technology you plan to use prior to your visit.

Fallin',

Pollen

Seasonal Allergies and How to Cope

By Chelsea Chambers



The seasons are changing, the leaves are ablaze with color, and the air turns cooler with each passing day — it is truly a beautiful time of year in New England. Despite the natural beauty, for the estimated 50 million Americans suffering from fall allergies, it's a whole different story.

What can cause fall allergies?

The primary culprits of seasonal allergies can persist well into frost season — namely, mold and pollen. Mold can be found anywhere, anytime, indoors and out. Tree pollen, such as those from maple, oak

and birch, can spread throughout the growing season. Grasses and low-to-the-ground weeds may also be a cause for concern.

Perhaps the biggest allergen of all is ragweed. This plant produces tiny yellow flowers with extremely high levels of pollen. The Asthma and Allergy Foundation of America estimates that between 10% and 20% of the American population (more than 40 million people) have an allergic reaction to ragweed specifically. And because ragweed pollen is so small and light, it can travel hundreds of miles by air. So even if you aren't in close proximity, the allergy-riddled plant can still make its way into your home, eyes and sinuses.

What are the symptoms of allergies?

Allergy symptoms vary from person to person, which is why it can often be difficult to diagnose without proper testing. But on average, most people experience the following symptoms:

Most common symptoms may include:

- Sneezing
- Runny, stuffed or clogged nose
- Itchy, watery eyes that may be red in color
- Shortness of breath or chest tightness

- Cough
- Swelling of the face, tongue, eyes or lips
- Dark circles around the eyes
- Dry, cracked skin
- Headaches

Other less common symptoms may include:

- Nausea, vomiting or diarrhea
- Vertigo or dizziness
- Poor sleep quality resulting in grogginess

What can be done?

If you've already ruled out COVID-19 and can confirm your symptoms are allergy-induced, then there are options to find relief. Aside from a discussion with your health care provider and finding the right allergy medicine for you, there are a few things to try to reduce the impacts of seasonal allergies.

- Keep track of pollen counts. Pollen.com and the weather apps on most smartphones will calculate these totals for you.
- Stay inside on windy, dry days.
- Wear a mask when doing outside chores.

- Take off outside layers before going into your home to avoid spreading allergens indoors. Pollen can also adhere to clothes and skin.
- Avoid outdoor activities in the morning, as pollen counts are at their highest at this time.
- Vacuum floors often with a high efficiency or HEPA filter vacuum cleaner.
- Be sure to keep your windows closed and look into air filtration options, which have been shown to reduce the effects of some allergens.



Prevention and Detection

October is Breast Cancer Awareness Month

By Chelsea Chambers

Earlier this year, the World Health Organization announced that breast cancer was the most common cancer on a global scale, substantially surpassing lung, liver and cervical cancer. In fact, The National Cancer Institute anticipates a diagnosis of more than 280,000 new breast cancer cases in 2021 in the U.S. alone. This is the number one reason why it is imperative to get frequent screenings and do regular self-screening. Early detection can be a lifesaver. And keep in mind, while dramatically lower, men can also be at risk for breast cancer. Today, nearly 2,000 men are diagnosed annually.

Screening

A screening is a preemptive check for disease, typically done before symptoms appear. If something is found, screenings can also help detect whether cancer cells are slow- or fast-growing. Early detection is the primary reason for screening.

The current guidance, while ever-changing, is that women in their mid 40s should begin regular screening practices, ideally on an annual basis. However, those with a history of breast cancer in their families should start considerably earlier. Screening options may include mammogram, MRI, breast exam, thermography and more.

Self-Screening

A good starting place for everyone, regardless of age or risk level, is at-home self-screening,

which should be done at least on a monthly basis. Here's how:

Step 1: Begin with a visual examination. Take note of any obvious changes in size, shape or color.

Step 2: Raise your arms and repeat step one.

Step 3: Lay flat on your back. With a firm touch of your fingers, move in a circular motion around each breast, one at a time.

Step 4: Repeat step three while sitting or standing. Carefully feel for any noticeable lumps or changes in tissue.

Step 5: Take note of any changes and discuss them with your healthcare provider right away.

Prevention

If you do have a family history of breast cancer, or simply want to take extra precautions, there are some additional steps to help protect yourself.

- **Limit alcohol**
- **Quit smoking**
- **Maintain a healthy weight**
- **Eat well and avoid processed foods**
- **Educate yourself** and talk with your physician about the possible risks of hormone replacement therapy drugs. Many have been linked to cancer cell growth.

Welcome to the Family

Quarantine Companions

By Chelsea Chambers

During the pandemic, many people across the nation welcomed new family members by giving an animal a loving home — kudos to you! That's been a wonderful thing for most families, as they've experienced not only the daily joy pets can bring to a household, but also an improved overall quality of life.

Love, Companionship and Laughter

It's a demonstrable fact that pets help humans reduce their stress levels — when they're not contributing to them — which improves emotional health. When the pandemic brought worry, working from home, mask mandates, home schooling and more, pets delivered their humans much-needed love, companionship and laughter. Just as importantly, our pets serve as a constant reminder to live in the present, enjoy the little things and appreciate each day.

Improved Health

According to a recent study from the American Heart Association, pet owners — specifically dog owners — were 54% more likely to get their recommended daily exercise. So, beyond the emotional benefits a pet can provide, they also often encourage us to get outside and move — whether we're walking, running or playing. As a result, pet owners typically enjoy better heart health than non-pet owners.

In New England, autumn is just about here. It brings a unique opportunity to enjoy the outdoors in cooler temperatures. Get out there, make the most of it and enjoy some quality time with your favorite canine walking companion.



Street Mission

How One Nurse Brings Access to Health Care

By Lindsey Grossman

Every Monday afternoon, Elise Senecal, RN, CCCTM, visits with the residents, who are called guests, at Bangor Area Homeless Shelter. Senecal is one of five outpatient care managers on St. Joseph's Care Management team. She uses her background in psychology and substance use disorder to build relationships with Bangor's at-risk citizens. "St. Joe's has a mission to work with the most vulnerable populations in our community," Senecal said. "For me, it's incredibly rewarding to meet people where they are."

Senecal monitors shelter guests for various medical issues such as blood pressure, asthma, and diabetes; educates them on topics like heart health; and performs simple wound care. She cites chronic medical conditions as a big focus of this population, in addition to substance use disorder and psychiatric problems. But it's not all illness and heartache. She recalled one particular guest at the shelter who was battling alcoholism. Senecal saw him regularly, and also connected him with a physician. She shared, "Finally, he was successful in his sobriety, and he got an apartment and a job. When he got his first paycheck, he brought it in for me to see. He was so proud."

Senecal says she'll keep doing this work as long as they'll have her. "I'm often amazed and encouraged by people's resiliency, and I'm thankful when I get to see the best of humanity in this world," she said. "It is amazing to see the care guests will extend to other people when they have absolutely nothing. It's humbling to watch — and it's both uplifting and heartwarming to be a part of that. It's food for the soul."



"I'm often amazed and encouraged by people's resiliency, and I'm thankful when I get to see the best of humanity in this world."

Brain Fog? Sensitivity to Cold? Maybe it's Your Thyroid.



For more
information,
scan this QR
code with your
mobile device.

Michael Starks, M.D., a surgeon specializing in thyroid disorders, answers questions about thyroid issues.

According to the American Thyroid Association, the world's leading professional association on thyroid health and diseases, more than 12% of the U.S. population will develop a thyroid condition during their lifetime. Here are the basics of what you need to know.

What is the thyroid and what does it do?

The thyroid is a butterfly-shaped gland in the neck that releases hormones that maintain the metabolic state of the body, controlling everything from your breathing and heart rate to body temperature, muscle control and mood. "The thyroid gears your body up for meeting its daily challenges," explained Dr. Starks. "If your body produces too much thyroid hormone, your body is revved up; too little and you're having a hard time getting out of your own way."

What are common thyroid issues?

The most common thyroid-related issues in the U.S. today are hypothyroidism, which is an underactive thyroid; hyperthyroidism, an overactive thyroid; non-cancerous thyroid nodules, thyroid cancer and goiter or an enlarged thyroid.

How do doctors test for thyroid issues?

A simple blood test for thyroid stimulating hormone (TSH) or the other hormones produced by your thyroid will give your doctor clues about how your thyroid is working to regulate systems throughout your body.

What are symptoms of underactive or overactive thyroid and how are these conditions treated?

An underactive thyroid, known as hypothyroidism, is recognized by a combination of symptoms including weight gain, memory issues, fatigue or lethargy, constipation, brain fog and sensitivity to cold. Medicine is used to treat hypothyroidism. Conversely, an overactive thyroid, called hyperthyroidism, is characterized by anxiety, feelings of irritation, hyperactivity, hair and weight loss, skipped periods, tremors and shaking or sweating. This condition is treated with anti-thyroid medications, radioactive iodine or surgery to remove all or part of your thyroid gland.

What if I notice growths or an enlarged thyroid?

Thyroid nodules are very common, occurring in about 50% of people older than age 50. A small percentage of nodules are cancerous. "As surgeons, we sort out the ones that are concerning," said Dr. Starks. Using a needle biopsy performed in the office, Dr. Starks tests the thyroid cells to determine which will need surgical removal. Thyroid cancers do not typically affect lab tests, and nodules need to be evaluated by an endocrinologist or a surgeon specializing in thyroid disorders. If you notice a nodule or enlarged thyroid, talk to your provider.

Interesting Fact

Having an enlarged thyroid became much less common in the U.S. after the addition of iodine to Morton Salt® in the 1920s.

For more information, contact your provider.

Happy Trails

Hike for Your Health this Fall

By Lindsey Grossman

Hiking takes you to beautiful places to enjoy the fall foliage, but it does so much more than that. Mark Lena, M.D., a gastroenterologist at St. Joseph Healthcare, has trekked all 2,190 miles of the Appalachian Trail from Georgia to Maine — twice! Lena shares the health benefits of his favorite pastime and recommends area trails to help keep you fit.

Lena describes hiking as a true athletic endeavor. “It keeps your cardiovascular side in shape,” he said. “Any sort of length or pace of a hike is going to help improve your heart and lung function.” He also speaks to hiking’s mental health benefits. “When you’re on long hikes by yourself, you have a lot of time with your own thoughts,” he explained. “I’ve worked out a lot of problems while I’ve been hiking. It’s relaxing to be in nature.”

Cadillac Mountain, South Ridge Trail

Location: Acadia National Park

Difficulty: Advanced

Length: 7.1 miles

“You’ve got open views of the ocean and it’s a challenging workout.”

Dorr Mountain, Cannon Brook Loop Trail

Location: Acadia National Park

Difficulty: Hard

Length: 3.2 miles

“Spectacular view of the ocean, absolutely gorgeous hike and it poses enough of a challenge to get a fairly good workout in.”

Eagle Bluff

Location: Eddington

Difficulty: Moderate (short but steep)

Length: 1.2 miles

“A great, short, non-technical hike. It’s also a very popular spot for rock climbing.”



BONUS TIP: To protect yourself from ticks, spray or treat your shoes and clothing — **not your skin** — with a product that contains permethrin, a synthetic version of pyrethrum (a natural insecticide derived from the chrysanthemum flower).

10 Hiking Essentials

No matter the distance or difficulty, always be prepared for the worst conditions with the following when you hit the trails:

1. Appropriate footwear
2. Map and compass/GPS
3. Water (and a way to purify it) and food
4. Rain gear and quick-dry layers
5. Safety items (flashlight, fire, whistle)
6. First-aid kit
7. Knife or multi-tool
8. Sun protection
9. Shelter (space blanket)
10. Finally, let someone know where you’re going and when you’ll be back

Courtesy of American Hiking Society

Katahdin Mountain, Chimney Pond Trail to Cathedral Trail

Location: Baxter State Park

Difficulty: Strenuous — This is a trail for the most advanced hiker.

Length: 10 miles

“It has some of the most spectacular views of Katahdin and the surrounding mountains. It is challenging, as there’s a lot of bouldering, so it ends up being a full-body workout. When you reach the top, you’ll have a marvelous sense of accomplishment.”

Peaked Mountain

Location: Eddington

Difficulty: Moderate

Length: 2.8 miles

“It’s always nice to have a hike where you can get up there and be rewarded with a nice view.”

It's All About Convenience

Community Support Funds New Outpatient Service Center

By Suzanne Dumaresq

The Edward O. and Mary Ellen Darling Building, home of St. Joseph Healthcare's new Outpatient Service Center, opened in August. It's located within the St. Joseph Healthcare Park at 900 Broadway and offers walk-in laboratory and imaging services as well as by appointment, same-day primary care services.

Valued Support

"Edward was a St. Joe's board member, including more than two decades as board chair," shared J. Bradford Coffey, senior vice president and president, Covenant Health Foundation. "In addition, Mary Ellen volunteered at St. Joe's for several years. We're grateful for the generous leadership gift they made to our capital campaign, which is why we named the building after them. We're equally thankful for all the support we received to make this center possible, which was 100% funded by donations from community members and dedicated employees," said Coffey.

"Mary Ellen and I are honored to have our names on this building," added Darling. "St. Joe's means so much to us. They do so much for this community, especially those who are less fortunate."

Laboratory and Imaging

The center gives patients direct access to lab and walk-in X-ray services. Patients are no longer required to navigate the large hospital parking lot and walk a considerable distance to access these services. Previously, the registration and lab area were in a rather small space, which often led to delays in care. Patients now have convenient, direct access to a spacious facility that's easy to navigate.



If you're interested in supporting projects like these, please contact the Foundation office at 207.907.1740 or foundation@sjhhealth.com.

Primary Care

If a patient can't be immediately seen by their primary care provider or within their home primary care practice, they don't have to go to an urgent care center or emergency department; they can receive same-day primary care services at this location. In many cases, visits require lab work or imaging services to confirm a diagnosis. Patients now have access to all these services in the same building.

"Our patients are very pleased with the convenience, access and overall experience they're having at this facility," said Coffey. "Co-locating multiple health care services provides a continuity of care that our patients deserve and appreciate. In addition, it's reassuring to our patients that they can be seen by a St. Joe's provider who knows their primary care provider and has access to their complete medical record."

Caring for the young and the young at heart

We focus on you as a person, not just a patient, and we are 100% committed to your well-being.

Our network of Primary Care providers are conveniently located in Bangor, Brewer and Hampden.



Call 207.907.3100 to request an appointment.