The Benefits of Osteopathic Manipulative Treatment

Osteopathic manipulative treatment, or OMT, is a form of hands-on care. In OMT, physicians use their hands to diagnose, treat, and prevent illness or injury; encouraging your body’s natural tendency toward good health.

OMT is commonly practiced by an osteopathic physician. Using OMT, your osteopathic physician will move your muscles and joints with techniques including stretching, gentle pressure, and resistance.

Redington-Fairview has several osteopathic physicians working in several specialties as part of our healthcare team. These doctors (specified by the D.O. after their name rather than an M.D.) are fully qualified physicians licensed to prescribe medication and perform surgery. These doctors work alongside our M.D.’s to provide our patients with the most comprehensive care available.

Jacob Stinson, D.O. of Skowhegan Family Medicine often uses OMT, along with other treatments such as medication or surgery, to treat many acute and chronic conditions.

“OMT has been very beneficial in treating my patients who suffer from injury, illness, or stress,” said Dr. Stinson. “Migraines and pain from injury are the more common conditions that I treat with OMT, but there are many conditions where OMT would be helpful to patients.”

Stinson, who specializes in family medicine and obstetrics, uses OMT with his pregnant patients so help relieve lower back and hip pain.
“As the body adjusts to accommodate a growing baby, the musculoskeletal system can move out of alignment, causing pain and discomfort,” explains Stinson. “Putting the body back into alignment can help ease that pain without the need for medication, which is better for both the expectant mom and her unborn baby.”

Stinson also provides OMT for infants and children to help ease symptoms of colic, acid reflux, asthma, ear and sinus infections, and sports injury.

Dr. Stinson is a graduate of the University of New England College of Osteopathic Medicine. He completed his residency in Family Medicine at Eastern Maine Medical Center, and completed a fellowship in Obstetrics at Women’s Hospital of Greensboro, NC.

Dr. Stinson is a member of the American Osteopathic Association, American Medical Association, American College of Osteopathic Family Physicians, Maine Osteopathic Association, and the American Academy of Family Physicians.

 COLLECTIONS

OMT is often used to treat muscle pain, but it can also help patients with a number of other health problems such as:

- Arthritis
- Fibromyalgia
- Asthma
- Physical/Sports Injuries
- Ear Infections
- Acid Reflux
- Sinus Disorders
- Digestive/Intestinal Conditions
- Carpal Tunnel Syndrome
- TMJ
- Migraines
- Menstrual pain

DOs and MDs are Alike in Many Ways
(source: American Osteopathic Association)

- Students entering both DO and MD medical colleges typically have already completed four-year bachelor's degrees with an emphasis on scientific courses.
- Both DOs and MDs complete four years of basic medical education.
- After medical school, both DOs and MDs obtain graduate medical education through internships, residencies and fellowships. This training lasts three to eight years and prepares DOs and MDs to practice a specialty.
- Both DOs and MDs can choose to practice in any specialty of medicine—such as pediatrics, family medicine, psychiatry, surgery or ophthalmology.
- DOs and MDs must pass comparable examinations to obtain state licenses.
- DOs and MDs both practice in accredited and licensed health care facilities.
- Together, DOs and MDs enhance the state of health care available in the U.S.

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Congratulations to Amanda Saucier

Recipient of the Dan Salisbury Scholarship and the William F. Philbrick Memorial Scholarship!

Amanda Saucier is the daughter of Denise and Steven Saucier, and is a graduate of Skowhegan High School. She is currently attending Husson University and is pursuing a doctorate of physical therapy.

Ms. Saucier was selected because of her outstanding grades and her extensive extra-curricular achievements, including her demonstration of an early interest in physical therapy by repeatedly attending job shadowing experiences in the Redington-Fairview Rehab & Fitness department.

RFGH Director of Rehab & Fitness Services, Michael Hoeft (left) presents Amanda Saucier (right) with the Dan Salisbury Scholarship award.

RFGH Director of Rehab & Fitness Services, Michael Hoeft (back, left) and scholarship recipient, Amanda Saucier (front, second from left) are shown with RFGH Rehab & Fitness staff who are Husson graduates.
“The triathlon brought together our central Maine community in a new way. For many I trained with, it was our first sprint triathlon. In training together, we encouraged and challenged each other towards goals of improved fitness and healthy living. We grew friendships and created networks for continuing this healthy lifestyle beyond the race itself.” Sara McCabe of Skowhegan

“Training and then participating in the lake george/SSF triathlon was one of the best experiences of my life. training over the summer months was a highlight. getting together to prepare, gaining strength and improving each time out, was so rewarding. I really enjoyed that my children became so interested in the triathlon - both commenting they hope to do one some day after seeing such an impressive group of people from their community participate. looking forward to 2014!” Angela McMahon of Cornville
Better Care In Our Emergency Department

Can there be anything worse than the time spent in the waiting room of a hospital emergency department? That is why RFGH recently implemented improvements in the emergency department to help provide quality emergency care in a timely and efficient way. This nine month long endeavor, supported by emergency department staff, management and administration, has resulted in shorter waits and better care, getting you and your loved ones the care you need as quickly as possible, and out of the waiting room.

When you come to the RFGH Emergency Department, the first person you will interact with is a registered nurse. The RN will be able to quickly register you, assess your medical problem, and bring you directly in to an available room. That means you will see one of our providers soon after your arrival.

With wall mounted computers in each room, providers will now be able to access your records without leaving the bedside. The full registration will only occur after you have been seen by the provider, and care has been initiated. This will now be done right at the bedside for greater comfort to you.

With these and other process improvements implemented by a team consisting of an ED provider, ED Nursing Staff, Med/Surg Nursing, and ED Registrars, exceptional care is provided in a manner that focuses on efficiency, compassion, and excellence in patient care.

Team members: Dr. John Comis; Fran Caron, RN; Mariel Bent, RN; Melissa Michaud, PAC; Tiffany Faloon, RN; Heidi Williams; Sue Warner, RN; Rebecca Li; and Lewis Lefteroff
RFGH Support Groups

Cancer
Last Tuesday of each month
5:00 - 6:30 pm
RFGH Conference Room #4

Healthy Heart
1st Monday of the month
5:00 - 6:00 pm
RFGH Conference Room #1

Better Breathers
3rd Thursday of the month
12:00 - 1:30 pm
RFGH Conference Room #4

Low-Carb Connection
RFGH Diabetes Support
1st Tuesday of each month
(except July & August)
6:30 - 7:30 pm
RFGH Conference Room #1

Tobacco Cessation
1st & 3rd Thursday of the month
5:30 - 6:30 pm
RFGH Conference Room #2

The Greater Somerset Public Health Collaborative board recently approved a change in name:

*Somerset Public Health.*

This change is part of an ongoing effort to simplify the organization’s identity and improve brand recognition while retaining the same great service to the people of Somerset County.

At Somerset Public Health we work to prevent chronic disease by partnering with communities to address the risk factors of physical inactivity, poor nutrition, and substance abuse.
WHOLE GRAIN GOODNESS

The most recent Dietary Guidelines for Americans, released in January 2011, recommends that all adults eat at least half their grains as whole grains – that’s at least 3 to 5 servings of whole grains each day.

The average American eats less than one daily serving of whole grains, and some studies show that over 40% of Americans never eat whole grains at all. Whole grains or foods made from them contain all the essential parts and naturally-occurring nutrients of the entire grain seed in their original proportions. To qualify as a whole grain 100% of the original kernel, all of the bran, germ and endosperm must be present.

The following, when consumed in a form including the bran, germ and endosperm, are examples of whole grain foods and flours: Corn, Barley, Buckwheat, Oats, Quinoa, Rice, Rye, and Wheat.

Studies show that eating whole grains instead of refined grains lowers the risk of many chronic diseases, such as coronary heart disease, diabetes, and cancer, and also contribute to body weight management and gastrointestinal health.

Of course, these benefits are most pronounced in the context of an overall healthy diet. No one food – even whole grains – will guarantee good health. It’s also important to remember that some whole grain foods are healthier than others. Quinoa, considered a super grain by the experts, is relatively new to the United States market but has been cultivated around the world for over 6,000 years.

Quinoa is growing in popularity because it delivers all of the nutritional benefits of animal protein without the fat and calories. The grain has a lovely nutty flavor that is richer than that of couscous and it cooks quickly in roughly 12 to 15 minutes.

Quinoa contains all 8 amino acids, the protein building blocks that our bodies can’t make but must get from our food. Quinoa has an average 13% protein compared to rice at 9%. Quinoa is an excellent source of fiber, containing both soluble and non-soluble fiber. It is high in a wide variety of vitamins and minerals, like iron, manganese, magnesium and phosphorus. It is also gluten free.

Quinoa Salad with Brown Rice, Orange and Almonds is a whole grain dish that is both nutritious and delicious. Redington Fairview General Hospital Chef, Jim Veilleux reports it’s difficult to keep up with the demand for this very popular menu item!

### Quinoa Salad with Brown Rice, Orange, and Almonds

**Ingredients:**
- 1.5 cup Quinoa
- 1.5 cup Brown Rice
- 6 Tbs Olive Oil, extra virgin
- 1/2 Onion, medium, thinly sliced
- 1/4 tsp Salt
- 1/4 tsp Pepper
- 4 oz Orange Juice
- 1 Tbsp Orange zest, finely grated
- 2 Tbs Lemon Juice
- 1 ea Garlic, clove, minced
- 1 cup Apricots, dried, 1/3 in. dice
- 1 cup Almonds, roasted, chopped
- 6 ea. Scallions, thinly sliced
- 4 cup Spinach leaves, baby

Bring 2 medium saucepans of salted water to a boil. Add the quinoa to 1 saucepan and the rice to the other. Cover and simmer over moderate heat until tender, about 12 min. for the quinoa and 35 min for the rice. Drain the grains and spread them out on baking sheets to cool.

In a medium skillet, heat 1 Tablespoon of the olive oil, add the onion, salt and pepper. Cover and cook over moderate heat, stirring occasionally, until golden brown, about 10 min. Let cool.

In a large bowl, combine the orange juice, orange zest, lemon juice, garlic and the remaining 3 tablespoons of olive oil, season with salt and pepper. Add the quinoa, brown rice, onion, apricots, almonds and scallions and toss well. Serve over the spinach leaves.

**Servings: 12, serving size 1 cup**

**Nutrition (per serving):** 227 calories, 117 calories from fat, 13.6g total fat, 0mg cholesterol, 57.mg sodium, 435.mg potassium, 24g carbohydrates, 3.1g fiber, 2 g sugar, 5.g protein.
Ticked Off!

Ticks, Mosquitoes & Disease Detection & Prevention

Tuesday, June 10, 5:30 - 6:45 pm

RFGH Conference Room #1
46 Fairview Ave, Skowhegan

Presented by:
Betsy Putnam, MT, RN
RFGH Infection Prevention & Control

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.

Redington-Fairview General Hospital 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, and 24-hour emergency medical services.

The RFGH family includes: Redington Medical Primary Care, Redington Family Practice, Skowhegan Family Medicine, Redington Pediatrics, RMPC Endocrinology, Redington Gastroenterology, Redington Neurology, Redington OB/GYN, Redington Orthopedic Surgery, Redington General Surgery, Rehabilitation & Fitness Services, and Somerset Sports & Fitness.

For a physician referral, please call 207.474.5121 or visit www.rfgh.net.