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The Scope

A Newsletter for Medical Professionals

February 10, 2015

“Live as if you were to die tomorrow. Learn as if you were to live forever.”

— Mahatma Gandhi

“Some stoics may invoke Osler’s creed to argue that physicians must push aside our personal burdens to care for the sick. But a tired and depressed doctor who is an island of self-doubt simply isn’t as likely to improve the outcomes of his or her patients – or ever truly care for them.”

—Pranay Sinha (New York Times, Sept. 4, 2014)

The Scope appreciates the enthusiastic response of readers contributing quotes and in this issue celebrates two submissions: the first from Dr. Glenn Prentice and the second by Dr. Christine Irish. Please submit a favorite you’d like to share with others by emailing to: thescope@mmc.org

Dear Members of the Maine Medical Center Medical Staff,

As residents of Maine, we are accustomed to lots of snow in the winter, and even invite it for many winter sports, but the past couple of weeks has been more than many may have wished for. Everyone has rallied to be sure that patient care has remained the focus during this storm, and we appreciate your efforts.

In this issue, Dr. Jeffrey Rosenblatt shares exciting news – the first Cardiac PET in northern New England is arriving at Maine Medical Partners – MaineHealth Cardiology. It will be installed this week, and they are already scheduling patients for next month.

Dr. McGinn and Leslie Weeks have answers to questions your patients may have on a topic that has been widely covered in the national news – shorter courses of radiation therapy are now recommended for many women with early stage breast cancer. Maine Medical Center has adopted this practice.

Also, Dr. Richard Riker and Jan Trott announce that the Association for the Accreditation of Human Research Protection Programs (AAHRPP) has announced reaccreditation for Maine Medical – one of only two institutions in the state of Maine with accreditation.

Stay warm, and thank you for all that you do for our patients.



Peter W Bates ~

Peter Bates, M.D.
Chief Medical Officer



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Cindy Boyack, M.D.
Medical Staff President

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First Cardiac PET Arrives in Northern New England

*By Jeffrey A. Rosenblatt, M.D., FACC, FASNC
Maine Medical Partners MaineHealth Cardiology*

We are very excited to inform you that the Nuclear Cardiology and Molecular Imaging Department at Maine Medical Partners - MaineHealth Cardiology is the first Center in northern New England to offer dedicated Cardiac Positron Emission Tomography (PET) to our patients. The office is located in Scarborough at 96 Campus Drive.

Cardiac PET has many advantages over traditional Cardiac SPECT. Multiple studies have validated that the diagnostic accuracy is superior to SPECT (91% vs. 76%). This is associated with a two-third reduction in false positive results and subsequent costly downstream invasive procedures. Overall, the use of Cardiac SPECT has been shown to reduce CAD management costs by 30% and a 50% reduction in invasive angiography and CABG procedures. There is significant convenience to the patient with total test time lasting less than one hour, compared to three or more hours with traditional SPECT. Also, there is a significantly reduced amount of radiation exposure to the patient, compared to other radiologic cardiac imaging techniques with a dose close to that of annual natural background exposure in the U.S.

The current approved indications for Cardiac PET include: need for pharmacologic stress; prior history of false positive or false negative stress tests; patients with recent equivocal stress tests of any modality and patients with large BMI. In addition to standard indications for Cardiac PET, we will now offer advanced viability and Cardiac Sarcoidosis imaging with the use of Cardiac Molecular Imaging with PET FDG.

Our dedicated Cardiac PET program will offer a service to our patients never before available in northern New England. In the coming months, we will be looking forward to assisting you in referring your patients for their Cardiac PET studies.

If you have questions, please contact me at rosenj@mmc.org.

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Shorter Radiation Therapy for Breast Cancer Adopted

By Cornelius J. McGinn, M.D., Medical Director, Radiation Oncology and Leslie Weeks, MSB, RT (R) (T), Oncology Business Manager

Recent national news stories have drawn attention to the shorter course of radiation therapy now recommended for many women with early stage breast cancer, but not widely practiced. The stories in the *New York Times* and on NBC News both pointed out that although this approach has been approved since 2011, only about one-third of women nationally are receiving the new protocol. The media attention may raise questions among your patients.

Breast-conserving surgery followed by adjuvant radiation therapy was established as an appropriate method of primary therapy for patients with early stage breast cancer in the early 1990's, following trials demonstrating equivalent survival and local control, compared with mastectomy, while preserving the breast. Conventionally fractionated radiation therapy, as used in these trials, became the standard of care. The specific fractionation scheme employed in the Department of Radiation Oncology at the Maine Medical Center Cancer Institute over the past several decades delivers treatment over a course of six to seven weeks.

In 2010, a randomized controlled trial investigating the use of an accelerated course of treatment (hypofractionation) revealed equivalent tumor control outcomes, with no difference in cosmetic outcomes. These data supported earlier trials suggesting that treatment can be safely and effectively delivered in 3-4 weeks, resulting in increased convenience for the patient, decreased cost to the health care system and, therefore, increased value of services provided.

This approach was endorsed by the American Society of Radiation Oncology (ASTRO) in 2011. Soon thereafter, hypofractionation was adopted for appropriately selected breast cancer patients at MMC. It is now listed as an ASTRO recommendation in the Choosing Wisely® campaign, as well. Recent studies have investigated acceptance of this strategy in clinical practice. Unfortunately, national utilization in 2013 is estimated to be only 34.5%. Review of 2014 data from MMC indicates that 76% of our breast cancer patients are being treated with this more convenient and cost effective schedule. This outcome reflects the commitment of the physicians in the Radiation Oncology Division of Spectrum Medical Group and the staff of MMC Radiation Oncology to high quality and high value care.

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AAHRPP Reaccreditation Recognizes Continued Excellence

By Richard Riker, M.D., FCCM, CPI and Jan Trott, ART, CIP

Between 1999 and 2001, the federal Office for Human Research Protection (OHRP) and the FDA took action against several major medical centers for conduct violations related to human research. This prompted a request from the Institute of Medicine (IOM) to examine how to improve the structure and function of human research protection programs (HRPP) across the country. The IOM recommended developing a non-governmental accreditation program incorporating meaningful standards, quality improvement mechanisms, and an evaluation process.

In response, the Association for the Accreditation of Human Research Protection Programs (AAHRPP) was established in April 2001 under the direction of seven organizations including the Association of American Medical Colleges, National Health Council, and Public Responsibility in Medicine and Research (PRIM&R). The first institutions were accredited in 2003 by AAHRPP, which continues to focus its efforts to improve the performance of HRPPs at academic institutions, medical centers, and independent IRBs to preserve respect for and safety of human subjects taking part in research. As of January 12, 2015, a total of 205 institutions were accredited.

Maine Medical Center was first accredited in September 2011, and in the fall of 2014 received re-accreditation for the maximum interval of five years. Only 17 institutions throughout New England have achieved AARPP accreditation (see the website at www.AAHRPP.org).

Attaining AAHRPP accreditation is a milestone and standard that places the Human Research Protection Program at Maine Medical Center in elite company. It recognizes our continuing efforts in providing education and oversight to insure that every investigative team conducting research at Maine Medical Center provides the highest quality and safety for our patients and subjects who take part.

If you would like more information on AAHRPP accreditation or our Human research Protection Program, contact me at rriker@cmamaine.com or Jan Trott at trottj@mmc.org.

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Calendar

MMC Medical Executive Committee Meeting Schedule for 2015

All meetings are held from 12-2 p.m. in the Dana Center Boardroom, and lunch will be served:

- Friday, February 20
- Friday, March 20
- Friday, April 17
- Friday, May 15
- Friday, June 19
- Friday, July 17
- Friday, August 21
- Friday, September 18
- Friday, October 16
- Friday, November 20
- Friday, December 18

2015 Medical Staff Dinners

Please mark your calendar for the 2015 Medical Staff Dinners:

- Wednesday, April 29 at 5:30 p.m. in the Dana Center Lobby
- Wednesday, September 16 at 5:30 p.m. on the East Tower Patio.

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Story Ideas?

Your participation is essential to making The Scope a dynamic and sustainable publication. Please submit articles of 250-300 words to thescope@mmc.org. Include practitioner's byline with title and appropriate contact for further information. We publish two times each month.

To view past issues, visit www.mmc.org/TheScope.

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Medical Staff Value, Mission, and Vision Statements

Value Statement

The Medical Staff of Maine Medical Center values both individuality and collaboration. We will continually pursue higher value health care. We embrace a culture of curiosity and life-long learning. We are partners with Maine Medical Center, and we mirror its values of

compassion, service, integrity, respect, and stewardship.

Mission Statement

The Mission of the Medical Staff of Maine Medical Center is to provide affordable, high-quality health care to our community. We teach future health care providers and develop innovative ways to improve the health of our community. In partnership with the Medical Center, we proudly accept our responsibility as one of Maine's leaders in patient care, education, and research.

Vision Statement

The Medical Staff of Maine Medical Center will be the driving force within Maine Medical Center leading the way to making Maine the healthiest state in the nation.

[A Compact Between Maine Medical Center and Its Medical Staff](#)

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