



Maine Pediatrics

February 2024

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President's Message from Laura Blaisdell, MD, MPH, FAAP

As we enter the month of February, I wonder what resolutions have we collectively made in our lives and for the lives of children in Maine? What can we do with a whole extra day of February 29th? Will we stop on April 8th to watch with awe as a [Total Eclipse](#) passes over Maine — taking a moment to ponder our place in time and space? Will we find a way to model respect and communication as our children watch us elect the next US President and create communities that are safer from gun violence? How will the AAP community continue to support and nurture you professionally and as a community of colleagues?

I hope you have had a moment to reflect on your own personal growth and contentment — we at the MAAP look forward to continuing to support this vibrant pediatric provider community!

Warmly — Laura

Spotlight: Maine AAP Conference - March 22-24 - Rockport

Visit the [Maine AAP website](#) to view the agenda, register for the conference, make hotel accommodations and read about sessions and speakers. Key topics include gun safety, emergency preparedness and simulation, oral health treatment, antibiotic resistance, trauma and early relational health, and more!

Advocacy/Legislation

Take Action! Maine AAP launched an Action Update System to give timely updates, provide easy clickable steps to communicate with legislators, sign up for testimony, and

read about bills on critical subjects pertaining to child health. [Check it out!](#)

Residents/Students: Join us for our first **Pediatric Trainee Legislative Advocacy Day at the Maine State House on March 7, 2024!** The event will feature legislative briefings, lunch with legislators, and optional afternoon hearings. Residents in Pediatrics, Med-Peds, and Family Medicine are welcome! [Register Now!](#)

Dr. Abby Fleisch of MMC presents at the Pediatric Environmental Health Grand Rounds at Boston Children's

The Pediatric Environmental Health Center at Boston Children's Hospital and New England Pediatric Environmental Health Specialty Unit are hosting a FREE virtual Pediatric Environmental Health (PEH) Grand Rounds on Tuesday, 2/13/24, from 12:00 - 1:00PM. CME's are available. [Read More!](#)

Dr. Valerie O'Hara co-authors new book: "Managing Pediatric Obesity Using Advanced Therapies" and offers practical guidelines

The book includes recommendations on when and how to utilize anti-obesity medications, care for patients before and after metabolic and bariatric surgery, and contains case examples illustrating optimal management of pediatric obesity. [Find the book here!](#)

Gifts to Maine AAP directly impact the health and well-being of children in Maine.

Please consider making a gift today - [click here.](#)

In the News

AAP is Offering A Toolkit for Congenital Heart Defects:

Timely Resources on Congenital Heart Defects: It's essential for people with birth defects to receive lifelong specialty care. It is especially common for people with congenital heart defects (CHD) to fall out of cardiac care as they become adults. [Read more.](#)

Join the AHRQ Safety Program for Telemedicine: Improving Antibiotic Use. Join a NO COST, cutting-edge program to improve patient safety and antibiotic use in telemedicine. [Learn more.](#)

The American Lung Association wants to hear from professionals across the country to gain insights into their understanding and clinical experiences with indoor air pollution. Feedback will play a pivotal role in shaping Lung Association indoor air quality programs, ultimately benefiting both providers and patients. **Healthcare providers are invited to complete this brief [online survey](#).** Survey respondents will be offered a chance to win a scholarship for a CME/CEU educational course.

Returning to work after having a baby can be challenging . To support this transition the [Maine State Breastfeeding Coalition & Let's Go!](#) developed resources. For more information and to access the resources, visit the [Let's Go!](#) website.

SAMHSA is looking for input! If you work with pediatric patients, your feedback will help inform substance use prevention messages and materials. **Take the [survey here!](#)** Please submit responses by Feb. 7, 2024. Email Erika Gaitan at egaitan@vancomm.com with questions.

MaineCare Updates for Billing & Coding:

- Big changes will streamline CPT coding for immunization
- Update to Respiratory Syncytial Virus (RSV) Vaccination Claims Guidance

Increasing Tobacco Prevention, Assessment, and Treatment for LGBTQ+ Youth and Young Adults by Expanding and Engaging Partners: Maine's LGBTQIA+ youth and young adults have disproportionately higher rates of tobacco smoking compared to their peers.

The Tobacco Prevention project is working to reduce this disparity so that all youth and young adults can receive equitable healthcare. Please take a moment to fill out [this survey](#) that will be used to better understand areas where providers are challenged addressing tobacco use in youth and young adults.

Newly Published Results: Results of a Needs Assessment - Use of Sexual Orientation and Gender Identity Data in Health Systems in Maine can be found in the [Journal of Maine Medical Center](#).



Fluoride Facts and Resources for Childhood Cavity Prevention

- Exposure to optimally fluoridated water continues to reduce cavities by at least 25% in adults as well as in children. Remember, we are adults for longer than we are children, so going into adulthood with the best oral health possible - with the boost from fluoridated water - means better oral health over a lifetime.
- School children living in fluoridated communities on average have 2.25 fewer decayed teeth compared with children not living in fluoridated communities.
- About half of Maine people rely on wells for their drinking water. Although private well owners should test their drinking water, only about one percent of wells with fluoride levels test high enough to be of concern. Well testing continues to be recommended so that children will be able to get the fluoride they need to help prevent tooth decay.

View the Association of State and Territorial Dental Directors Fact Sheets: [Naturally Occurring Fluoride in Drinking Water](#) and the many other [oral health and fluoride resources](#) on the [Maine AAP Website](#).

Upcoming Maine AAP Programs

Maine AAP 2024 Spring Conference: March 22-24, 2024, at the Samoset Resort. Read more in the [brochure](#) and [register!](#)

Save the Date! April 2, 2024 - 12PM Lunch & Learn with Jonathan Fanburg, MD and Deborah Hagler, MD, MPH - Treatment Strategies in Primary Care: Nicotine Replacement Therapy & NAC Treatment for Cannabis Use Disorder.

Upcoming Partner Programs

February 6, 2024 - 10:00AM - 11:00AM: OCFS and the Maine Children's Trust announce the fourth in the series of Child Abuse Prevention webinars "Strategies Everyone Can Implement to Strengthen Families in Maine." [Learn more.](#)

February 7, 2024 - 12:00PM - 1:00PM: Maine Pediatric & Behavioral Health Partnership: Pediatric Psychiatry in the Primary Care Setting ECHO. [Learn more.](#)

February 8, 2024 - 12:00PM - 1:30PM: Free Training for ECHO for Health Providers Supporting Children and Substance Exposure. [Learn more.](#)

February 14, 2024 - 12:00PM: You and/or your team can still join the monthly Adolescent/Young Adult ECHO: Expanding Services for OUD/SUD and Mental Health and Other Complexities Faculty. [Learn more and register here.](#)

February 15, 2024 - 12:00PM: Maternal Mental Health ECHO Series hosted by

Maine RMOMS (Rural Maternity and Obstetrics Management Strategies Network) and MMA-CQI. Contact Ashlee Crowell-Smith with any questions: Acrowell-smith@mainemed.com. [Register here](#).

February 15, 2024 - 2:00PM: AAP Now Recruiting! AAP and AFSP Suicide Prevention Clinical ECHO Cohort 5. [Learn more](#).

March 13, 2024 - 9:00AM - 4:00PM: Caring for the Caregivers: Building a Resilient Workforce and Organization. Registration is Open! [Learn more](#).

March 20 & 21, 2024 - Virtual: Fourth Annual Hope Summit: The HOPE Transformation. [Learn more](#).

The Maine State Breastfeeding Coalition's 'Connecting the Dots' networking meets are every other month (Jan, March, May, Sept, Nov) in 2024. [Learn more](#).

April 25, 2024 - 7:00AM - 5:00PM: AWHONN Maine 2024 Conference "Hot Topics in OB and Newborn Care." [Learn more](#).

Connect with us on Social Media!

The power to spread good messages, share new clinical info or pertinent articles is exponential when using social media platforms such as Twitter, Facebook, LinkedIn, and Instagram. <https://linktr.ee/maineaap>

Maine AAP | 30 Association Drive, Box 190, Manchester, ME 04351

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