



Waldo County
General Hospital
MaineHealth

Surgical Services

————— Quality Care, Close to Home —————



Why Choose Waldo County General Hospital for Your **Surgical Needs?**

In recognition of our role as an indispensable rural health care provider, Waldo County General Hospital (WCGH) is designated a Critical Access Hospital by the Federal government and the state of Maine. We take this responsibility seriously, and are committed to providing excellent care for Waldo County residents – our friends and neighbors – in a personable, patient-centered environment.

In fact, WCGH has been honored with one of the top three spots on Leapfrog’s Top Rural Hospital list. The list is based on the Leapfrog Hospital Survey, recognized as the gold standard for comparing U.S. hospital performance based on national benchmarks of safety, quality and efficiency. WCGH was chosen from among hundreds of rural hospitals across the country – testament to the high-caliber care that’s provided here.

WCGH’s Surgical Services exemplify our commitment to excellent care, with a highly qualified team of general and specialty surgeons, anesthesiologists and support staff, a culture of safety that translates into consistently excellent patient outcomes, and up-to-date facilities with the most advanced technology and equipment – all conveniently close to home.

What’s more, as a member of the MaineHealth family, we are able to offer you local care backed by the solid infrastructure of the state’s largest integrated healthcare delivery network. This provides streamlined access to an unparalleled depth and breadth of additional expertise, and facilitates the ability to share knowledge and best practices among the leading hospitals in southern, central and western Maine.

Equally important, we are committed to serving patients and referring physicians in a collaborative manner, and welcome your comments and questions.

Here is a closer look at why you can feel confident selecting WCGH for surgery.

Highly Qualified Surgeons

More than a dozen exceptionally well-trained, board-certified surgeons have chosen to practice at WCGH, attracted by the opportunity to provide high-quality surgical care with the personalized focus that a small-town environment makes possible. All have undergone extensive education and training at some of the nation’s top academic medical centers, and many have previously headed departments and teaching programs at leading tertiary institutions. They possess a depth of experience and expertise in the following specialty areas:

- General surgery
- Ear, Nose and Throat
- Obstetrics/Gynecology
- Ophthalmology
- Orthopedic surgery
- Podiatry
- Urology

In addition, WCGH has three board-certified anesthesiologists who are integral members of the surgical team, playing key roles from preoperative assessment through perioperative monitoring and postoperative pain management.

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Our surgical team's talents are further augmented by an outstanding medical staff of internal medicine specialists and subspecialists including nephrologists, cardiologists, neurologists and hospitalists.

Advanced Surgical Techniques and Technology

The surgeons who practice at WCGH are on the leading edge of today's minimally invasive surgical techniques, performing hundreds of these procedures each year. In addition, the hospital has invested in state-of-the-art laparoscopic equipment. As a result, appropriate patients have a safe and effective alternative to standard open surgery, and can realize the advantages of minimally invasive surgery including smaller incisions, shorter hospital stay, less post-operative pain and an overall quicker recovery – all in a convenient, close-to-home location.

The impressive array of procedures available at WCGH includes:

- General surgery – Laparoscopic cholecystectomy, appendectomy and hernia repair; Nissen fundoplication for the treatment of GERD and hiatal hernia; hemorrhoid removal; and a full range of breast surgery to treat cancer and other breast disease
- Orthopedic surgery – Total knee and hip replacement; ankle replacement, foot and ankle reconstruction; fracture repair; ACL and other arthroscopic procedures; hand, wrist, arm and elbow repair
- Obstetric/gynecologic surgery – Hysterectomy; tubal ligation; C-section; gynecologic repair
- Ear, nose and throat surgery – Endoscopic sinus surgery; surgery to address speech and swallowing problems; reconstructive surgery
- Ophthalmology – Cataract surgery

- Podiatry – Bunion removal; neuroma removal
- Urology – Bladder and kidney tumor removal; transurethral resection of the prostate (TURP)

In addition, WCGH has the capabilities and resources to perform endoscopic and other non-surgical diagnostic and therapeutic procedures including:

- Colonoscopy
- Gastroscopy or upper gastrointestinal endoscopy

Experience You Can Trust

It makes sense that the more a surgeon performs a procedure, the more proficient he or she becomes. This is borne out by a growing body of research showing that high physician and hospital volume is associated with improved patient outcomes in a broad range of surgical specialties.

WCGH's surgeons perform nearly 2,000 surgeries and more than 1,500 endoscopic and other non-surgical procedures annually. This is a significant volume for a hospital of our size, and it is reflected in consistently excellent patient outcomes that meet or exceed national benchmarks.

Certified Surgical Support Staff

The operating rooms at Waldo County General Hospital are staffed by nurses with specialized OR training, and many are certified by the Association of periOperative Registered Nurses (AORN), indicating that they have voluntarily met rigorous national competency standards. In addition, all our surgical technologists, including two first-assistant surgical techs, are nationally certified.

Our post-anesthesia care unit (PACU) and ambulatory care unit (ACU) are staffed by registered nurses with extensive medical-surgical or critical care experience, and all are certified in advanced cardiac life support (ACLS).

State-of-the-art Facilities and Equipment

Completely renovated in 2006, WCGH's three operating suites and two endoscopy procedure rooms feature state-of-the-art equipment, including integrated towers that house the most advanced high-definition cameras and monitors, light sources and insufflators for laparoscopic surgery, ensuring optimal visualization. Our four-bay PACU and seven-bay ambulatory care unit also were renovated in 2006, providing comfortable and efficient care settings for patients undergoing surgery.

Exceptional Teamwork to Ensure Patient Safety

At WCGH, we believe that optimal surgical outcomes depend on surgeons, anesthesiologists, perioperative nurses, pharmacists, infection control professionals and hospital executives working together to make surgical care improvement a priority. At WCGH, we have implemented – and are continually refining – processes for doing so within a collaborative culture that supports this vision.

To optimize patient safety, every member of every WCGH surgical team participates in checklist-guided preoperative briefings that help to ensure that the right procedure is performed on the right operative site on the right patient with the right equipment. The safety checklist, based on World Health Organization (WHO) recommendations, provides the opportunity to identify and correct problems before surgery, and ensures that all team members are on the same page regarding the care of the patient.

This preoperative “time out” sets the stage for effective, open communication during surgery as well as during transitions between caregivers and care settings, since the checklist follows the patient from the ambulatory care unit to the OR to the PACU.

In addition, the team holds a postoperative debriefing after each procedure, giving team members the opportunity to voice what worked well and where there is room for improvement in future cases. This careful, patient-focused approach results in a consistently outstanding safety record and quality outcomes – and what is arguably the safest surgical environment on the Maine coast.

SCIP Quality Indicators: An Objective Measure of the Quality of WCGH's Surgical Care

The Surgical Care Improvement Project (SCIP) is a national quality partnership dedicated to reducing surgical complications. SCIP was initiated by the Centers for Medicare and Medicaid Services (CMS) with key stakeholders including hospital and professional medical associations, healthcare organizations and other government agencies.

SCIP has established a set of 11 evidence-based, process-of-care measures for preventing postoperative complications from infection, myocardial ischemia, venous thromboembolism and placement of AV fistulas. Hospitals track and report their clinical performance using these standardized quality measures, and each hospital's compliance is publicly reported on a quarterly basis on the Hospital Compare website at hospitalcompare.hhs.gov. Ratings are given for individual hospitals and can be compared with those of any other hospitals in the U.S.

With the help of WCGH's safety checklists, our SCIP performance ratings are consistently at or above national benchmarks, with near 100% compliance in such key areas as beta blocker administration to prevent adverse cardiac events during surgery and prophylactic antibiotic administration to prevent infection. These ratings can help to objectively assess the quality of surgical care that patients will receive at WCGH, and we encourage patients and referring physicians to check us out at the Hospital Compare website.

Patient Satisfaction is a Priority, Too

To measure and monitor patients' satisfaction with the care they receive, WCGH participates in the Hospital Care Quality Information from the Consumer Perspective (HCAHPS) survey. The first national, standardized and publicly reported survey of its kind, HCAHPS measures patient perspectives on key areas of their hospital experience including:

- Communication with doctors
- Communication with nurses
- Responsiveness of hospital staff
- Pain management
- Communication about medicines
- Discharge information
- Cleanliness and quietness of the hospital environment

The HCAHPS survey is administered to a random sample of adult patients across medical conditions between 48 hours and six weeks after discharge; the survey is not restricted to Medicare beneficiaries.

Results from this survey are posted four times a year on the Hospital Compare website (www.hospitalcompare.hhs.gov). This public reporting not only enables patients to compare WCGH with other Maine hospitals, but it also enhances our accountability by increasing transparency of the quality of the hospital care we provide. And it keeps us focused on the aspects of hospital care that matter most to our patients.

Close-to-Home Convenience

Patients don't have to travel far to receive the best of care. With the skill and knowledge of our experienced surgical staff, the vast majority of medical conditions that require surgery can be taken care of right here, close to home. And for those more complex conditions that require tertiary-level subspecialty expertise, we offer streamlined access to the unrivaled resources of MaineHealth and Maine Medical Center.

For Referring Physicians

The collaboration and open communication that characterize our surgical team extends to how we work with the physicians who refer patients to WCGH for surgery, and we welcome your questions, comments and suggestions about our services. If you have a specific patient you would like to discuss, or if you would like to know more about Surgical Services, please let us hear from you.



Orthopedic Surgery

If you or someone you love needs orthopedic surgery, it's important to know you have close-to-home access to an outstanding team of board-certified orthopedic surgeons along with anesthesiologists, certified surgical support staff and a state-of-the-art surgical facility, right here at Waldo County General Hospital (WCGH). Here's a closer look at all your hometown hospital has to offer.

Highly Qualified Surgeons with Experience You Can Trust

Our two orthopedic surgeons have undergone extensive education and training at some of the nation's top academic medical centers, and possess an impressive depth of experience and expertise. The more a surgeon performs a procedure, the more proficient he or she becomes, and our orthopedic surgeons perform more than 500 procedures each year. This is a significant volume for a hospital of our size, and it's reflected in our consistently excellent patient outcomes.

Orthopedic Surgery Procedures Available at WCGH (partial list)

Waldo County General Hospital's orthopedic surgeons are skilled in a range of sports medicine and adult reconstructive procedures including:

- Total joint replacement surgery
 - ~ Knee replacement
 - ~ Hip replacement
- Knee arthroscopy
 - ~ Removal or repair of torn meniscal cartilage
 - ~ Reconstruction of a torn anterior cruciate ligament (ACL)
 - ~ Trimming of torn pieces of articular cartilage
 - ~ Removal of loose fragments of bone or cartilage
 - ~ Removal of inflamed synovial tissue
- Hip arthroscopy
- Smooth or repair torn cartilage
- Trim bone spurs
- Remove inflamed synovial tissue
 - ~ Shoulder arthroscopy and open procedures
 - ~ Rotator cuff repair
 - ~ Surgery to repair tendon tears and instability
 - ~ Surgery to repair broken bones, fractures and traumatic injury



Did You Know?

Orthopedics is the medical specialty that focuses on diagnosing and treating injuries and diseases of the body's musculoskeletal system. This complex system includes the bones, joints, ligaments, tendons, muscles and nerves that enable you to move, work and play. In addition to their surgical skill, orthopedic surgeons have expertise in prescribing nonsurgical treatments including physical therapy to restore movement, strength and function; medications or injections to

reduce inflammation; and strategies to prevent injury or slow disease progression. Importantly, surgery isn't always the first line of treatment for orthopedic problems.

WCGH is home to the region's only Swing Bed program, providing extended inpatient care to those who need extra time to heal or strengthen before returning home. With this service, you can seamlessly transition from acute care to rehabilitation without having to be transferred to a skilled nursing facility – a convenient way

to ensure continuity of care since the same physical and occupational therapy staff remain involved in your recovery. WCGH's Swing Bed program is ideal if you have had joint replacement surgery and need additional therapy to restore your independence before you return home.

For patients with orthopedic injuries, we offer the largest and most comprehensive array of physical and occupational therapy services in Waldo County,

provided by a veteran team of licensed professionals with a proven record of successful patient outcomes. We can tailor a rehabilitation plan to your individual needs, lifestyle and personal goals. Our specialized inpatient and outpatient rehabilitation resources include occupational and physical therapy for adult and pediatric patients, sports medicine rehabilitation, and aquatic physical therapy, which is especially helpful for patients recovering from joint replacement surgery.

Research shows that using acupuncture before and during surgery significantly reduces the level of pain and painkillers needed by patients following surgery which, in turn, means that side effects such as nausea and vomiting are also reduced. To help improve the quality of your surgical experience, you may be offered the option of undergoing acupuncture as part of your procedure.



General Surgery

If you or someone you love needs surgery, it's important to know you have close-to-home access to an outstanding team of board-certified general surgeons and anesthesiologists, certified surgical support staff and a state-of-the-art surgical facility, right here at Waldo County General Hospital (WCGH). Here's a closer look at all your hometown hospital has to offer.

Highly Qualified Surgeons with Experience You Can Trust

Our three general surgeons have undergone extensive education and training at some of the nation's top academic medical centers, and possess an impressive depth of experience and expertise. The more a surgeon performs a procedure, the more proficient he or she becomes, and our general surgeons perform nearly 2,000 surgical and endoscopic procedures each year. This is a significant volume for a hospital of our size, and it's reflected in our consistently excellent patient outcomes.

General Surgery Procedures Available at WCGH (partial list)

- Hernia repair (laparoscopic and open)
- Gallbladder removal (laparoscopic and open)
- Appendix removal (laparoscopic and open)

- Breast disease surgery
 - ~ Biopsy of breast lesions
 - ~ Sentinel lymph node biopsy
 - ~ Breast-conserving lumpectomy
 - ~ Mastectomy
- Laparoscopic Nissen fundoplication (for gastroesophageal reflux disease)
- Abdominal surgery for disease involving the gastrointestinal tract (including the colon, rectum, stomach and small bowel)
- Thyroid and adrenal disease surgery
- Excision of skin cancers, moles and cysts
- Hemorrhoid surgery

In addition, screening colonoscopy – for the early detection of colon cancer – as well as colonoscopy and endoscopy examinations to investigate and treat gastrointestinal problems, are available here.

Did You Know?

Despite its name, general surgery is a surgical specialty that focuses on diseases and disorders affecting the abdomen, digestive tract, endocrine system and thyroid, and breast. General surgeons have training and expertise in the diagnosis and care of patients with such conditions as hernias, gastroesophageal reflux disease (GERD), breast tumors, gallstones, appendicitis, pancreatitis, bowel obstructions, hemorrhoids, colon inflammation and colorectal cancer.

Waldo County General Hospital's general surgeons have specialized expertise in gastrointestinal motility

disorders, including swallowing problems, gastroesophageal reflux disease (GERD), achalasia (slow emptying of the esophagus), irritable bowel syndrome (IBS) and gastroparesis (slowing emptying of the stomach). Working closely with our Voice & Swallowing Center and otolaryngologist (ear, nose and throat specialist), we offer comprehensive resources for diagnosing and treating these conditions.

Waldo County General Hospital's general surgeons are part of a multidisciplinary team with expertise in breast care, offering a range of resources not only for breast

cancer screening, diagnosis and treatment but also for benign breast conditions including fibrocystic breast disease, chronic mastitis and mammary dysplasia.

Research shows that using acupuncture before and during surgery significantly reduces the level of pain and painkillers needed by patients following surgery which, in turn, means that side effects such as nausea and vomiting are also reduced. To help improve the quality of their surgical experience, patients at Waldo County General Hospital may be offered the option of undergoing acupuncture as part of their procedure.



“Getting my patients back on track, doing the activities they love, is extremely gratifying.”



“I am very pleased when I see my patients around town, engaged in the community and doing things they love.”

Did You Know?

Urology is the medical and surgical specialty that focuses on the urinary tracts of males and females, and on the reproductive system of males. The organs covered by urology include the kidneys, bladder, ureter and urethra, the male reproductive organs and the female pelvic floor. Although urologists are surgeons, a significant part of the urologic practice also involves medical management of disease and conditions such as urinary tract infections, erectile dysfunction and urinary incontinence.

Urologic Surgery

If you or someone you love needs urologic surgery, it's important to know you have close-to-home access to an outstanding team that includes a board-certified urologic surgeon along with anesthesiologists, certified surgical support staff and a state-of-the-art surgical facility, right here at Waldo County General Hospital (WCGH). Here's a closer look at all your hometown hospital has to offer.

A Highly Qualified Surgeon with Experience You Can Trust

The urologist who performs surgery at WCGH has undergone extensive education and training at some of the nation's top academic medical centers. He performs as many as 400 procedures annually, and possesses a depth of experience and expertise that is unrivaled in Waldo County.

Lithotripsy is a medical procedure that uses sound waves (also called shock waves) to break up kidney stones. A kidney stone is a hard mass that develops from crystals that separate from the urine within the urinary tract, and it may be as small as a grain of sand or as large as a pearl. The sound waves pass through the tissues of the body until they hit the denser kidney stones, breaking them into tiny pieces. After the procedure, the tiny pieces pass out of the body in the urine. The special equipment to perform lithotripsy is available at Waldo County General Hospital.

The range of urologic procedures available here include (partial list):

- Surgery to improve urinary control problems in men and women, including:
 - ~ Transurethral resection of the prostate (TURP), a surgical procedure in which portions of the prostate gland are removed through the urethra. TURP is the treatment of choice for benign prostatic hyperplasia (prostate enlargement), and the most common surgery performed for this condition.
 - ~ Minimally invasive surgery to treat bladder and rectal prolapse
 - ~ Minimally invasive surgery to treat pelvic floor dysfunction
- Treatment of kidney stones with lithotripsy and ureteroscopy (a fiberoptic endoscope)
- Bladder and kidney tumor removal
- Biopsy of the prostate
- Vasectomy



One out of three women over age 65 – and 15 percent of women of all ages – have a problem with urinary incontinence (the involuntary loss of urine). Child-birth, obesity, advancing age and smoking can be contributing factors. Fortunately, through conservative measures as well as minimally invasive surgical techniques – available at Waldo County General Hospital – up to 90 percent of patients can be cured or experience substantial improvement. It's not something that women “just have to live with.”

Research shows that using acupuncture before and during surgery significantly reduces the level of pain and painkillers needed by patients following surgery which, in turn, means that side effects such as nausea and vomiting are also reduced. To help improve the quality of your surgical experience at Waldo County General Hospital, you may be offered the option of undergoing acupuncture as part of your procedure.



OB/GYN Surgery

If you or someone you love needs obstetric/gynecologic surgery, it's important to know you have close-to-home access to an outstanding team that includes board-certified OB/GYN surgeons along with anesthesiologists, certified surgical support staff and a state-of-the-art surgical facility, right here at Waldo County General Hospital (WCGH). Here's a closer look at all your hometown hospital has to offer.

Highly Qualified Surgeons with Experience You Can Trust

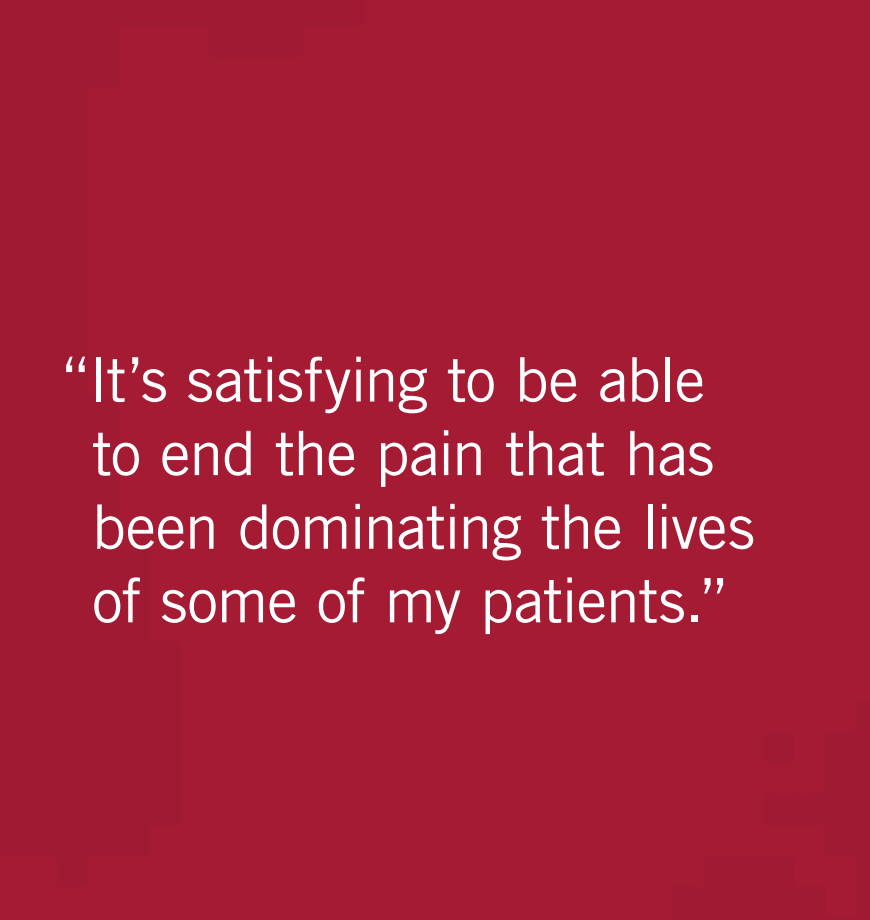
Our three OB/GYN surgeons have not only undergone extensive education and training at some of the nation's top academic medical centers, but also possess a depth and breadth of experience and expertise that is unrivaled in Waldo County – enabling them to offer a comprehensive range of treatments that can be tailored to each patient's individual needs and preferences.

Our OB/GYN surgeons are on the leading edge of today's laparoscopic techniques, performing nearly 200 of these procedures each year.

OB/GYN Surgery Procedures Available at WCGH (partial list)

A comprehensive range of procedures is available here for diagnosing and treating obstetric/gynecologic conditions, including:

- Dilation and Curettage (D&C), often used to diagnose or treat abnormal uterine bleeding, is one of the most common GYN operative procedures
- Treatments for cervical dysplasia (the presence of abnormal cells that may lead to cervical cancer) including cryosurgery (freezing the cells to destroy them) and LEEP (loop electrosurgical excision procedure) which uses electrical current to cut away the affected tissue
- Minimally invasive surgery to remove uterine fibroids, ovarian cysts and benign tumors
- Radio Frequency (RF) Ablation and Global Endometrial Ablation (GEA), minimally invasive approaches for treating heavy menstrual bleeding
- Minimally invasive surgery to repair pelvic injuries and structural abnormalities of the reproductive tract
- Minimally invasive surgery to treat pelvic organ prolapse and urinary incontinence including bladder suspension and pelvic floor reconstruction
- Minimally invasive surgery to treat endometriosis, pelvic pain and pelvic adhesions
- Minimally invasive surgery to remove an ectopic pregnancy
- Exploratory laparotomy to diagnose and biopsy tumors in the reproductive organs
- Tubal ligation
- Hysterectomy
- Cesarean section



“It’s satisfying to be able to end the pain that has been dominating the lives of some of my patients.”

Did You Know?

Obstetric and gynecologic (OB/GYN) surgery refers to procedures that are performed to treat a variety of conditions affecting the female reproductive organs. Obstetrics is the branch of medicine that focuses on women during pregnancy, childbirth and the post-partum period. Gynecology is a broader field, focusing on the general healthcare of women throughout their childbearing years and through menopause and beyond. OB/GYNs also often treat urinary tract and pelvic disorders.

A laparoscope is a thin, fiberoptic tube with a tiny video camera at its tip. The laparoscope is inserted through a small incision, usually in the navel, and guided to the problem area. The surgeon then inserts



tiny surgical instruments through other small incisions to perform a procedure. Gynecology was one of the first specialties to widely utilize laparoscopic surgical techniques, primarily for diagnosis and tubal ligations. During the last 35 years, however, gynecologic laparoscopy has evolved into a major surgical tool used to treat a multitude of gynecologic conditions. Today, laparoscopy is one of the most common surgical procedures performed by gynecologists. In fact, for many procedures, including removal of an ectopic pregnancy, treatment of endometriosis or ovarian cystectomy (cyst removal), laparoscopy has become the treatment of choice.

Despite an increasingly open attitude toward “female” issues, many women still suffer from pelvic floor

dysfunctions in silence – unaware of the treatment options available to them or too embarrassed to seek help. The term pelvic floor dysfunction refers to a group of conditions including urinary incontinence, anal incontinence and pelvic organ prolapse. One out of three women over age 65 – and 15 percent of women of all ages—have a problem with urinary incontinence (the involuntary loss of urine). Childbirth, obesity, advancing age and smoking can be contributing factors. Fortunately, through conservative measures as well as minimally invasive surgical techniques—available at Waldo County General Hospital—up to 90 percent of patients can be cured or experience substantial improvement. It’s not something that women “just have to live with.”



“There is nothing like hearing a patient’s voice after he has lived through a major illness.”

Ear, Nose and Throat Surgery

If you or someone you love needs ear, nose and throat (ENT) surgery, it’s important to know you have close-to-home access to an outstanding team that includes a board-certified ENT surgeon along with anesthesiologists, certified surgical support staff and a state-of-the-art surgical facility, right here at Waldo County General Hospital (WCGH). Here’s a closer look at all your hometown hospital has to offer.

A Highly Qualified Surgeon with Experience You Can Trust

Waldo County General Hospital’s ear, nose and throat specialist (otorhinolaryngologist) not only has undergone extensive education and training at some of the nation’s top academic medical centers, but also has a depth of experience that is unrivaled in the state of Maine. Between 300 to 350 procedures are performed annually, attracting adult and pediatric patients from throughout the mid-coast region who value his expertise.

Ear, Nose and Throat Surgery Procedures Available at WCGH (partial list)

While many ear, nose and throat problems can be treated medically, when surgery is required, a range of procedures is available here, including:

- Surgery to treat obstructive sleep apnea by removing airway obstructions

- Surgery to treat problems of the larynx (the “voice box” containing the vocal cords)
- Endoscopic surgery to treat chronic sinus infections, including:
 - ~ Septoplasty, surgery to straighten the nasal septum (the partition between the two nasal cavities)
 - ~ Nasal polyp removal
- Surgery to treat snoring and/or inability to breathe through the nose
- Surgical biopsy of tongue and tonsil cancers
- Insertion of ear tubes to drain fluids in patients with chronic ear infections
- Removal of benign mastoid (ear) tumors (the mastoid is the rounded protrusion of bone behind the ear)
- Tonsil and adenoid removal (tonsillectomy and adenoidectomy)
- Surgery to treat salivary gland problems
- Tracheotomy/tracheostomy to open a direct airway through an incision in the trachea (windpipe) to assist in breathing



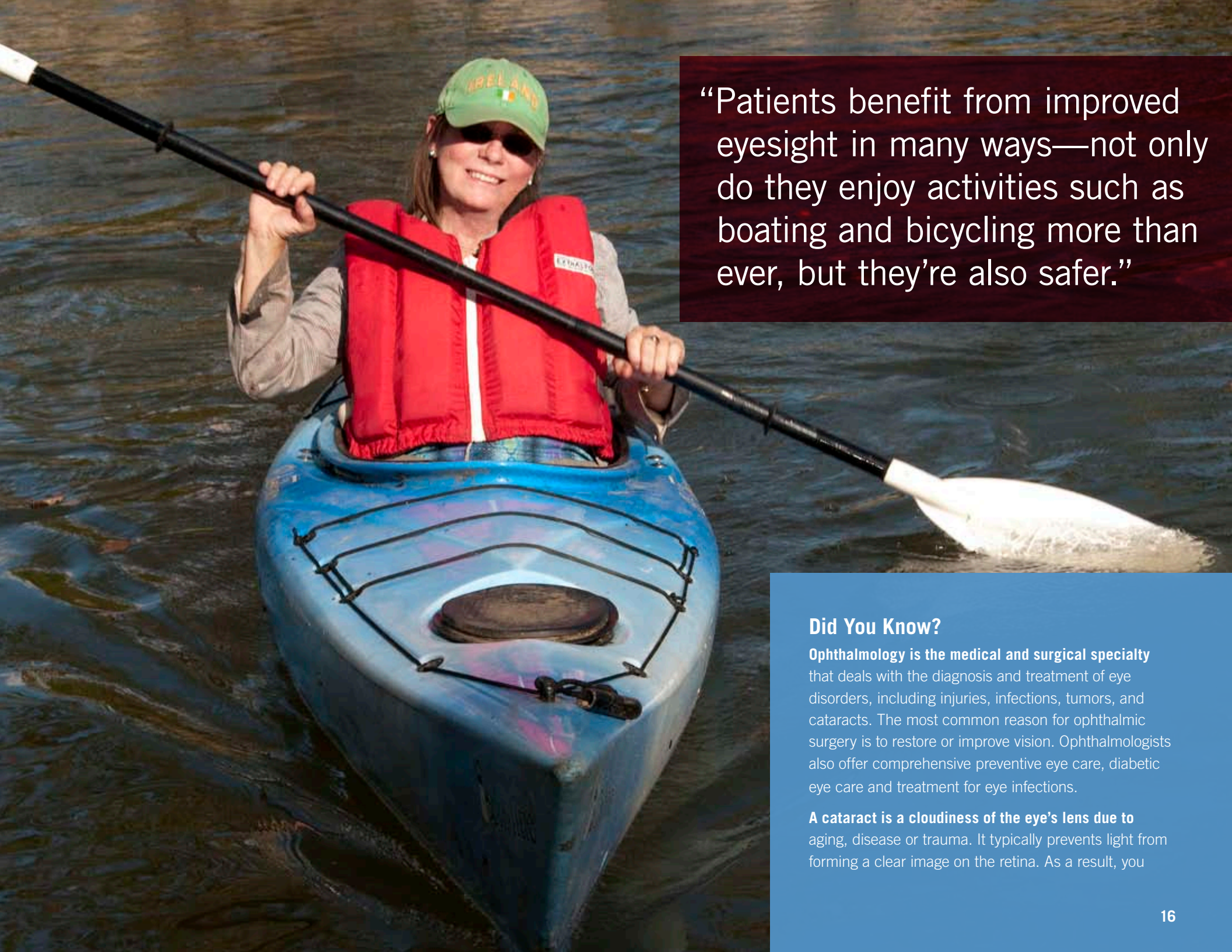
Did You Know?

Otorhinolaryngology is the oldest medical specialty in the U.S. Otorhinolaryngologists are physicians trained in both the medical and surgical management and treatment of patients with diseases and disorders of the ear, nose, throat, and related structures of the head and neck. Commonly referred to as ENT physicians, their skills include diagnosing and managing diseases of the sinuses, larynx (voice box), oral cavity, and upper pharynx (mouth and throat), as well as structures of the neck and face. Many of the conditions they evaluate and treat do not require surgery including tinnitus (ringing in the ears), nerve-related hearing loss, dizziness and laryngitis.

Obstructive sleep apnea (OSA) is a common disorder that often occurs when the airway has collapsed or is blocked during sleep, causing shallow breathing or breathing pauses and loud snoring. It is more common in people who are overweight but it can affect anyone, including children with enlarged tonsils. OSA results in poor sleep quality that makes you tired during the day and, left untreated, can increase the risk of high blood pressure, heart attack, stroke, obesity and diabetes. Some people with OSA may benefit from surgery to widen breathing passages by removing excess tissue and/or enlarged tonsils.

Before the introduction of antibiotics, removing a child’s tonsils (tonsillectomy) and adenoids (adenoidectomy) were among the most common procedures performed by ENT specialists. Today, however, tonsillectomy and adenoidectomy are only indicated when a patient experiences repeated or persistent infections, when serious complications of infection occur, or when enlargement of the tonsils and adenoids interferes with breathing (as in sleep apnea) or causes swallowing or dental problems.

Waldo County General Hospital is home to the Voice and Swallowing Center, Maine’s first facility offering comprehensive diagnostic and treatment resources for voice and swallowing disorders. Our veteran team of licensed voice and swallowing specialists uses the most advanced technology to evaluate vocal fold movement and voice problems, and works closely with our ENT specialist when surgery is required.



“Patients benefit from improved eyesight in many ways—not only do they enjoy activities such as boating and bicycling more than ever, but they’re also safer.”

Did You Know?

Ophthalmology is the medical and surgical specialty that deals with the diagnosis and treatment of eye disorders, including injuries, infections, tumors, and cataracts. The most common reason for ophthalmic surgery is to restore or improve vision. Ophthalmologists also offer comprehensive preventive eye care, diabetic eye care and treatment for eye infections.

A cataract is a cloudiness of the eye’s lens due to aging, disease or trauma. It typically prevents light from forming a clear image on the retina. As a result, you

Eye Surgery

If you or someone you love needs eye surgery, it’s important to know you have close-to-home access to an outstanding team that includes a board-certified ophthalmologic surgeon along with anesthesiologists, certified surgical support staff and a state-of-the-art surgical facility, right here at Waldo County General Hospital (WCGH). Here’s a closer look at all your hometown hospital has to offer.

A Highly Qualified Surgeon with Experience You Can Trust

The ophthalmologist who performs eye surgery at WCGH not only has undergone extensive education and training, but also has a depth of experience that is unrivaled in the region. He performs an average of 400 surgical procedures annually, attracting patients from throughout the mid-coast region who value his expertise.

may notice “ghost” images and declining visual clarity that cannot be corrected with glasses or contact lenses, and colors may also begin to look faded. The National Eye Institute (NEI) reports that more than half of all Americans aged 65 and older have a cataract. Cataract surgery is the most common ophthalmic procedure in the U.S., with more than 1.5 million cataract surgeries performed each year.

Presbyopia is a term that means “old eye” and is a vision condition involving the loss of the eye’s ability

Eye Surgery Procedures Available at WCGH

Cataract surgery to restore vision clarity is the most frequent eye surgery performed at WCGH. It entails removing the cloudy lens of the eye and replacing it with a permanent intraocular lens (IOL) implant to restore the eye’s ability to focus. Dr. Morgan performs a state-of-the-art, small-incision procedure using an ultrasound-driven instrument that “sonically” breaks up the cataract as it is suctioned out of the eye. Patients are in the hospital for about two hours; the procedure itself takes only about 10 to 15 minutes, and is performed under local anesthesia with medication to help the patient relax. Patients are alert and ready to return home soon afterward.

Eye Surgery at Waldo County General Hospital

The eye surgery expertise at WCGH is the result of a close, collaborative relationship between the hospital and a private-practice ophthalmology specialist.

to focus on close objects. It’s also called farsightedness since the eye is able to see distant objects clearly. Presbyopia occurs as a part of normal aging, and most people have it by age 40. In cataract surgery, the cloudy natural lens of the eye is removed and is replaced with a permanent intraocular lens (IOL) implant to restore the eye’s ability to focus. Patients may be given a choice of implantation with a regular single-vision (monofocal) IOL or a multifocal IOL. The multifocal IOL can potentially correct presbyopia, restoring the ability to focus on close objects, and reducing or eliminating dependency on eyeglasses.



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Astigmatism is an eye condition that results from an abnormally shaped cornea. As a result, light rays are not refracted equally, causing images viewed at most distances to be distorted or blurry, and requiring eyeglasses for vision clarity. For patients undergoing cataract surgery who also have astigmatism, replacing the eye’s natural lens with a premium multifocal IOL can also help correct the astigmatism, helping patients to see objects at a distance more clearly – and reducing or eliminating the need for eyeglasses for distance vision.



Foot & Ankle Surgery

If you or someone you love needs foot or ankle surgery, it’s important to know you have close-to-home access to an outstanding board-certified and fellowship-trained podiatric surgeon along with anesthesiologists, certified surgical support staff and a state-of-the-art surgical facility, right here at Waldo County General Hospital (WCGH). Here’s a closer look at all your hometown hospital has to offer.

A Highly Qualified Podiatric Surgeon with Experience You Can Trust

Our podiatric surgeon has undergone extensive education and training, and with more than 15 years in practice, possesses an impressive depth of experience and expertise. Notably, he completed fellowship training in neurophysiology, so he has particular expertise in the diagnosis and surgical management of foot conditions caused by nerve issues.

Foot Surgery Procedures Available at WCGH

Waldo County General Hospital’s podiatric surgeon is skilled in a range of foot surgery procedures and has particular expertise in ankle arthroscopy, surgical reconstruction of the foot and ankle, and the care and treatment of diabetic feet. Podiatric surgery can treat issues such as:

- Sprains and fractures of the foot and ankle
- Arthritis and joint disease
- Benign and malignant tumors
- Birth deformities
- Bunions
- Warts
- Hammertoes
- Flat feet
- Diabetic limb salvage
- Wound care

Our Surgeons

More than a dozen exceptionally well-trained, board-certified surgeons have chosen to practice at WCGH, attracted by the opportunity to provide high-quality surgical care with the personalized focus that a small-town environment makes possible. All have undergone extensive education and training at some of the

nation’s top academic medical centers, and many have previously headed departments and teaching programs at leading tertiary institutions. They possess a depth of experience and expertise in the following specialty areas:

- General surgery
- Ear, Nose and Throat
- Obstetrics/Gynecology
- Ophthalmology
- Orthopedic surgery
- Podiatry
- Urology

118 Northport Avenue
PO Box 287
Belfast, Maine 04915
207-338-2500
www.wcgh.org

Departments

Gynecology Surgeons

338-9939

General Surgeons

930-6751

Ear, Nose and Throat Surgeon

338-4409

Opthamologic Surgeon (eye)

338-2571

Orthopedic Surgeons

930-6746

Podiatry Surgeon (feet)

930-2510

Urology Surgeon

338-9290



**Waldo County
General Hospital**

MaineHealth

A department of Waldo County General Hospital

As a member of the MaineHealth family, we are able to offer patients local care backed by the solid infrastructure of the state's largest integrated healthcare delivery network. This provides streamlined access to an unparalleled depth and breadth of additional expertise, and facilitates the ability to share knowledge and best practices among the leading hospitals in southern, central and western Maine.

MaineHealth's member organizations include Maine Medical Center, Miles Memorial Hospital, Penobscot Bay Medical Center, St. Andrews Hospital & Healthcare Center, Southern Maine Medical Center, Stephens Memorial Hospital, Waldo County General Hospital, Spring Harbor Hospital, HomeHealth Visiting Nurses, Maine Physician Hospital Organization, NorDx and Synernet. MaineHealth affiliates include MaineGeneral Medical Center, Mid Coast Hospital and St. Mary's Regional Medical Center.