



Frequently asked questions about CT.

WHY IS CT IMPORTANT?

CT scans allow doctors to see images of your internal organs and structures in great detail from a variety of angles. This gives your physicians critical information more quickly and, in many cases, more economically than they could achieve with other tests or invasive techniques. In those cases where surgery is recommended, the information from the CT scan helps the surgical team in their planning process.

IS CT LIKE AN X-RAY?

Yes. CT uses X-rays in conjunction with advanced computer technology to generate very accurate and detailed images of your internal organs and structures. Your technologist will step into a control room to conduct the actual exam. You may notice a mechanical noise coming from the scanner. That is just the X-ray tube being activated and rotating around your body.

WILL THE CT SCAN HURT?
No. CT is a painless, non-invasive test that will not hurt at all. Your exam may require that a contrast agent be given intravenously that will make your blood vessels and tissues more visible. You will then be asked to lie perfectly still once the technologist has positioned you properly. You may also be asked to hold your breath for a few seconds.

Your Guide to State-of-the-Art CT



When you're looking for a comfortable and definitive CT scan, you'll find it here.

Relax

Our state-of-the-art multi-slice CT scanner helps doctors learn what's really going on inside you.

Computed Tomography has revolutionized diagnostic medicine. This advanced X-ray technique allows your doctor and radiologist to view bones, organs, blood vessels and even your heart, in extraordinarily fine detail. This information helps doctors diagnose a wide variety of conditions earlier and faster than ever before.

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A Tradition of Community Healthcare



If you, or someone you care about smoke, this information may be helpful.

Interesting Tobacco Facts

As one of the Healthy Maine Partnerships, the **Power of Prevention Partnership** envisions a community where all members are involved and share a commitment to a healthier way of life. Our goals are as follows: 1) increase physical activity; 2) promote good nutrition; and 3) to reduce tobacco use by adults and prevent youth from becoming addicted to tobacco products. In an effort to achieve these goals we sponsor a number of school and community activities targeting all age groups, assist with the development and promotion of local recreational trails, as well as maintain a continually evolving on-line source of health information for educators and the general public.

- More than 400,000 people die of tobacco-related illnesses in the U.S. every year - more than alcohol and drugs combined.
- Many smokers are unaware that their stomachs are being damaged by their habit.
- It's as hard to quit as it is to get started.
- Smokers who quit before age 40 reduce their risk of dying from heart disease by 90%.
- Tobacco causes more than 400,000 deaths in the U.S. every year.
- The amount of tar and nicotine in a cigarette is the same as in a pack of 20.

After You Quit...

- In 20 minutes:** Blood pressure drops to normal. Pulse rate drops to normal. Body temperature of hands and feet increases to normal.
- In 8 hours:** Carbon monoxide level in blood drops to normal. Oxygen level in blood increases to normal.
- In 24 hours:** Chance of heart attack decreases.
- In 48 hours:** Nerve endings start regrowing. Ability to smell and taste is enhanced. Circulation improves.
- 1 month:** Walking becomes easier. Lung function increases up to 30%.
- 1 year:** Coughing, sinus congestion, fatigue, shortness of breath decrease. Grafts in lungs, increasing ability to handle mucus, clear the lungs, and reduce infection. Body's overall energy improves.
- 5 years:** Excess risk of coronary heart disease is half that of a smoker. Lung cancer death rate for average former smoker (one pack a day) decreases by almost half. Stroke risk is reduced to that of a nonsmoker 5-15 years after quitting. Risk of cancer of mouth, throat, and esophagus is half that of a smoker.
- 10 years:** Lung cancer death rate similar to that of nonsmokers. Pre-cancerous cells are replaced. Risk of cancer of mouth, throat, esophagus, bladder, kidney, and pancreas decreases.
- 15 years:** Risk of coronary heart disease is that of a nonsmoker.

STRIDES

MOVING IN THE RIGHT DIRECTION



What

STRIDES is a program offered for individuals with health history or risk factors. Physical therapists at Cary Medical Center's Certified program provides programs targeting increased back strength, management, or other...

"Moving in the Right Direction"

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A Healthy Maine Partnership
Maine Health and Human Services

STRIDES

MOVING IN THE RIGHT DIRECTION



Chris Jackson, LATC



Shawn Berry, LATC



If you would like to become a STRIDES member, or would like more information about the program, please complete and return this registration form to Shawn Berry, Rehabilitation Services Department, Cary Medical Center, 163 Van Buren Road, Caribou, ME 04736.

Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Phone Day: _____ Evening: _____
 Cell: _____
 What is your best number to reach you?



Quitting doesn't have to be Insurmountable

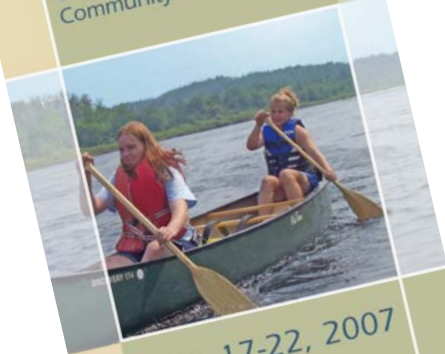


Together...we can do it!

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Camp Adventure 10th Anniversary

Sponsored by:
Cary Medical Center &
Community Organizations

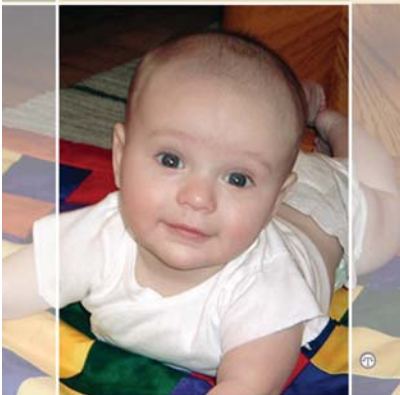


June 17-22, 2007

Schoodic Point,
Acadia National Park
Winter Harbor, Maine

CARY the Quality
MEDICAL CENTER Healthcare Center
We aspire to improve the quality of life of

Aroostook County Developmental Evaluation Clinic



163 Van Buren Rd.
Caribou, ME 04736
207-498-1169

CARY the Quality
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The Diabetes Self Management Training Program



An Outpatient Program
provided through
Cary's Specialty Services,
designed to help you
manage your diabetes.

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ECG



Electrocardiogram
The Rhythm of
Your Life

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L'Acadie

A Division of Cary Medical Center



ICF/MR/
Nursing
Intermediate Care
Facility



Quality care
in a home
setting for your
loved one.

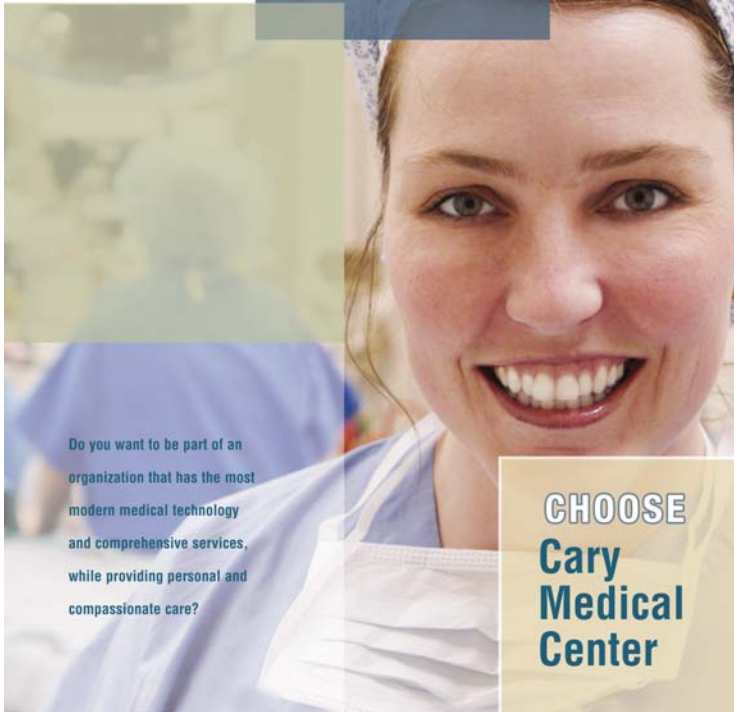
CARY the Quality
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We aspire to improve the quality of life of
the individuals we serve.

Medication Safety...



...It Begins
With You

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Do you want to be part of an organization that has the most modern medical technology and comprehensive services, while providing personal and compassionate care?

**CHOOSE
Cary
Medical
Center**



Cary's Main Campus in Caribou



Cary Memorial Hospital was established in 1924 and was named after Dr. Jefferson B. Cary, a highly respected Caribou general practice physician who left a portion of his estate to the city of Caribou to build a community hospital. In the mid-1970s, a new hospital was constructed to meet the healthcare needs of the growing community. This hospital is known today as Cary Medical Center.



163 Van Buren Rd.
Caribou, Maine 04736
207-498-3111

www.carymedicalcenter.org

Cary is an equal opportunity provider.



Clockwise from top left: Claude Boma, MD, Internal Medicine; Bonnie Bouchard, CNM; Steven Albert, FNP; Mark Kiemperer, MD, OB/GYN.

The Cary family includes approximately 540 employees, 60 active medical staff providers, 100 courtesy and consulting physicians, and 75 volunteers. In collaboration with Pines Health Services, a non-profit physician management group, Cary Medical Center services include: general and vascular surgery, pediatrics, 24-hour emergency medicine, obstetrics and gynecology, orthopedics, physical and occupational therapy, neurology, one day surgery, family practice, sports medicine, cardiac and pulmonary rehabilitation, occupational health, internal medicine, urology, radiology, pathology, long term care for mentally retarded adults, and a wide variety of specialty clinics.

In 2006, Cary Medical Center was listed in the top 2% of hospitals in the United States for health information and patient safety technology. (Health Information and Management Systems Society, 2006) In recent years, considerable investments in technology have been made to significantly reduce the risk of medical error, improve access to health information, and enhance patient services. At Cary Medical Center, we've proven that you can have the most modern medical technology while providing personal, compassionate care. This high tech, high touch approach to healthcare separates Cary Medical Center from many hospitals in the United States.

Cary Medical Center is also home to the first Veterans Administration Outpatient Clinic located in a private rural hospital. Additionally, on the hospital's campus is a 40-bed long term care facility and a 30-bed residential care facility operated by the Maine Veterans Home.

CHOOSE US

Our high tech, high touch approach to healthcare separates Cary Medical Center from many hospitals in the United States.



Cary Medical Center is a 65-bed acute care hospital in Caribou, Maine, located in the heart of beautiful Aroostook County. Well known for its patient-centered services, the hospital and its staff have won numerous state and national awards for quality in both customer service and clinical performance. In fact, when averaging scores on nine Quality Healthcare Measures established by the Hospital Quality Alliance, Cary Medical Center surpasses the national average score by more than 11 points. (United States Department of Health and Human Services Hospital Compare website, December 2006)



Christine Thomas, PA-C shares her passion for health and humor with her patients.