


## Welcome To Our Tobacco Free Campus



**DOWN EAST COMMUNITY HOSPITAL**  
Quality Healthcare Close to Home

Down East Community Hospital welcomes you to our tobacco free environment, both indoors and outdoors, including vehicles parked on our property.

We want you to be comfortable while managing your nicotine cravings during your stay. Your physician can assist you with nicotine replacement options.


For your guests and visitors, we know that this tobacco-free policy may be most difficult on them. Nicotine cravings often increase during times of stress. We are committed to helping our visitors be as comfortable as possible.

**Suggestions for our Visitors:**

- The Auxiliary Gift Shop has nicotine gum for sale to adults over the age of 18. Their regular hours of operation are from 9-5 Monday – Friday.

**Try these tips**

- Sugarless gum or candies (cinnamon flavored the best). These items are available in our Skylight Café vending area.
- Take a walk
- Deep breathing exercises
- Limit caffeine use (caffeine can increase stress and nervousness)
- Keep your hands and mind occupied with crossword puzzles, stress balls, rubrics cubes, hand-held video games or other objects.
- Rock in a rocking chair
- Visit our library for free access to the internet



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## Official Blueberry Festival First-Aid Station



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2007  
Kayak Raffle to benefit DECH  
Visit our Kayak Raffle Booth


New Old Town Kayak with Paddle & Life Preserver

Tickets \$5 ea. or 5 for \$20  
Sponsored by Whitney's Tool Shed  
Call 255-0244 for more info.


- First-Aid
- Free Blood Pressure Checks

Parish House  
Court Street  
(across from County Court House)


## Specialty Care




Chitra Lal, MD  
Board Certified in Internal Medicine, Pulmonary Diseases, Sleep Medicine, Critical Care




Lowell Gerber, MD  
Board Certified in Internal Medicine, Cardiovascular Disease, Interventional Cardiology




Danielle Duval, ARNP-C  
Cardiology




Edward Khali, MD  
Board Certified, Internal and Geriatric medicine



Dharvant Rathod, MD  
Board Certified, Urology



Kara Dwight, DO  
Board Eligible, OB/GYN




Christian Inegbenjije, MD  
Board Eligible, OB/GYN

**DOWN EAST COMMUNITY HOSPITAL**  
Upper Court Street, Machias, Maine 04654  
T: 207.255.3356 - WWW.DECH.ORG

Quality Healthcare Close to Home

Also visit our Milbridge Medical Center location.



- Family Practice
- OB/GYN
- Pediatrics
- Geriatrics

Call 546-2391 for more information.