




Key Highlights



ACOG

The American College of
Obstetricians and Gynecologists

ACOG Maine Section Annual Meeting

Friday, June 13 Presented concurrently during the
MOA 114th Annual Convention

Friday, June 13 | 11:30AM

Panel Discussion: New Models of Medicine

Lisa Parsons, DO <i>Women's Health Falmouth Maine</i>	Cathy Krouse, DO <i>Lotus Family Practice</i>	Thomas Page, DO <i>Assurance Ultrasound</i>
		

Saturday, June 14 | 9AM

Keynote Speaker

*How clinicians can partner with
communities to provide primary
care to all Mainers, and to
everyone in the US, in every
neighborhood and community*



Michael Fine, MD

mainedo.org



Welcome from the Program Chair

To those attending in person and on line, we welcome you!

We are pleased to offer to you our 114th Annual Convention! We are looking forward to gathering once again—both in person, at the beautiful Samoset Resort, and virtually—and sincerely appreciate you joining us for a weekend of learning and connection.

This year's convention will emphasize innovation, integration, and advocacy—reflecting the powerful role osteopathic physicians play in shaping a more equitable, approachable, and resilient health system in all areas of Maine and beyond. We are proud to offer over 21 AOA 1-A CME credits with sessions that highlight everything from cutting-edge primary care transformation, autonomy in practice, and metabolic health, to legal preparedness, sideline emergencies, and osteopathic applications in pregnancy and chronic pain and more.



Some sessions that we want to highlight to you include:

- A powerful Keynote from Dr. Michael Fine, on how clinicians and communities can work together to ensure primary care for all.
- Our Opening Panel on Primary Care Delivery in Maine, featuring state leaders and public health voices.
- The popular New Models of Medicine panel exploring direct care and independent practice pathways.
- A robust Ob/Gyn track, presented in partnership with Maine ACOG
- And a Saturday evening celebration to honor our recipients of 2025 MOA Awards, MOEF scholarships and to welcome and celebrate our incoming MOA President Dr. Kat Brandt

We are especially excited to continue offering inclusive on-demand content to help you optimize the use of your time as you see fit, which will include timely updates on rural healthcare, pulmonary hypertension, and healthcare enforcement trends. And of course, we don't want you to miss the community-building moments that make this gathering so special—like our Opening Reception with UNE COM on Friday night, the Kids Camp, the Fun Run/Walk, and more.

As we look ahead, we are excited to announce that in lieu of our typical Midwinter Symposium, MOA will be participating in the Virtual Osteopathic Conference (VOCCME.org) in 2026. Additionally we want to share that we will be back here at the Samoset Resort for our 115th Annual Convention, June 5-7, 2026 – so please mark your calendars!

Thank you for your ongoing support of the MOA, and for the continued work you do every day to care for your patients and your communities. We hope this weekend brings you fresh inspiration, practical tools, and meaningful connection.

With sincerity and warmest regards,

Bre Glynn, DO

Chair, MOA Program and Education Committee



Friday June 13 | 12.0 CME

7:30 AM	Registration Desk Open, Continental Breakfast Available	Registration Desk in Schooner Breakfast in State of Maine Hall
8:00 AM-4:00 PM	Exhibit Hall Open	State of Maine Exhibit Hall
8:00-9:00 AM	Primary Care Delivery in Maine: Challenges & Opportunities <i>Presented by Courtney Pladsen, FNP, Director of MaineCare Isaac Benowitz, MD, ME CDC Infectious Disease, Lisa LeTourneau, MD</i>	Knox County Ballroom 1.0 CME
Learning Objectives: By the end of this session, participants will be able to: <ul style="list-style-type: none"> Describe current and proposed changes to MaineCare and Maine CDC funding, and their potential impacts on primary care access and public health infrastructure in Maine. Analyze how reductions in federal and state resources may increase demand for primary care services, particularly in underserved and rural populations. Summarize current challenges and opportunities facing the primary care system in Maine, including strategies being discussed for long-term systems transformation. Identify actionable advocacy strategies that clinicians can engage in to support sustained investment in public health and primary care. Discuss opportunities for clinicians to participate in and influence broader system reforms aimed at strengthening primary care delivery and equity. 		
9:00-10:00 AM	Weekly basal insulin for Type 2 diabetes: safety and efficacy of the new emerging products <i>Presented by Matthew Gilbert, DO & Tristan Reynolds, DO In Partnership with ACOFP</i>	Knox County Ballroom 1.0 CME
Learning Objectives: <ul style="list-style-type: none"> Describe the place of novel insulin therapies, including once-weekly basal insulin, in treating type 2 diabetes Identify the causes of clinical inertia in the use of basal insulin for type 2 diabetes treatment Examine the consequences of delaying initiation and intensification of basal insulin in eligible patients Develop a comprehensive treatment plan using once-weekly basal insulin, individualizing therapy to patient goals while using a shared decision-making model 		
10:00-11:30 AM	ME Section ACOG Membership Meeting	Baypoint Ballroom No CME
10:00-10:30 AM	Exhibit Hall Break	State of Maine Hall



10:30-11:30 AM **Addressing Cardiometabolic Risk in Underserved Populations**

Presented by Matija Burtis, DO
In Partnership with AOA/The France Foundation

Knox
County
Ballroom
1.0 CME

After completing this activity, learners will be able to:

- Discuss with patients the health risks associated with cardiometabolic risk factors, including the benefits of early intervention
- Outline to patients the available therapeutic approaches which may positively impact their risk for development of cardiometabolic disease
- Commit to utilizing available patient-centered strategies for risk assessment and multidisciplinary care for patients who may be at risk for cardiometabolic disorders such as diabetes, obesity, CVD, and CKD

11:30 AM-12:30 PM **Panel Discussion: New Models of Medicine**

Panelists: Lisa Parsons, DO; Cathy Krouse, DO; Thomas Page, DO

Knox County Ballroom
1.0 CME

At the conclusion of this session, participants will be able to:

By the end of this session, participants will be able to:

- Describe different practice models outside of traditional insurance-based systems, including direct primary care and integrative models, as exemplified by the panelists' experiences.
- Differentiate between direct care and concierge medicine, identifying key distinctions in cost structures, patient accessibility, and physician autonomy.
- Analyze the motivations, challenges, and rewards associated with transitioning to or starting a nontraditional, independent practice.
- Evaluate strategies to maintain accessibility and community alignment while achieving professional sustainability and personal work-life balance.
- Identify practical tools, resources, and lessons learned that can inform the development of an independent or nontraditional medical practice.
- Reflect on personal and professional values that influence career direction and long-term satisfaction in clinical practice.

12:30-1:00 PM **Lunch Break in Exhibit Hall**

State of Maine Hall

Knox County Ballroom

1:00-2:00 PM **Supplements For Metabolic Health and Aging - Fulcrum or Lesion?**

Presented by Elisa Mercuro, DO

Objectives:

- Review Hallmarks of Aging
- Connect metabolic health to chronic disease and aging
- Review Biomarkers of metabolic health
- Discuss which supplements may have some utility as part of a treatment plan:
- Alpha Lipoic Acid, Berberine, Curcumin, Creatine, Resveratrol, Cinnamon
- Review Cases where supplements used as fulcrum to find Health or part of lesion

Baypoint Ballroom

ACOG Track

1:00-1:45 PM **PROMOTE OMM in Pregnancy – The research**
Presented by Kiran Mangalam, DO

Objectives:

- Apply osteopathic principles to the changes encountered during pregnancy
- Evaluate the appropriate Indications and Contraindications for OMT interventions during pregnancy
- Review research pertaining to OMT and pregnancy
- Review osteopathic practices, including the PROMOTE study protocol, for the pregnant patient



Knox County Ballroom

	MOA Track
2:00-3:00 PM	Navigating Lawsuits and the Courtroom: Perspectives and Lessons Learned for Future Expert Witnesses and Defendants <i>Presented by Emil Lesho, DO</i>
	Objectives: <ul style="list-style-type: none"> Recall strategies and phrases for avoiding pitfalls or traps during depositions and cross-examination Recall tips for successful witnessing and testimony Recall the process(es) and mechanics of rendering expert opinions List Pros and Cons of being an expert witness Recall common reasons for infection and/or antimicrobial related lawsuits 5 do's and don'ts if sued
3:00-3:30PM	Exhibit Hall Break
3:00 PM	MOA Past Presidents' Council Meeting <i>Penobscot Bay Room (adjacent registration room)</i>
3:30-4:30 PM	Sideline OMT <i>Presented by K. Emily Redding, DO</i>
4:30-5:30 PM	An Approach to CKD for Primary Care <i>Presented by Paul Segal, DO</i>

Baypoint Ballroom

	ACOG Track
1:45-2:30 PM	Rural Obstetrical Training Initiative: working across specialties to bridge the gap <i>Presented by Jeanette Andrews, DO</i>
	Objectives: <ul style="list-style-type: none"> Describe the current state of the Rural Obstetric Training Initiative. Know the current barriers to precepting obstetric learners in a rural location.
2:30-3:00 PM	Neurology of Pelvic Pain: Mapping Lesions and Dysfunction <i>Presented by Romeo Lucas, DO</i>
	Objectives: <ul style="list-style-type: none"> Identify nerves supplying sensation to the pelvis and lower abdomen. Identify potential mechanisms of injury to these nerves and adjacent tissue. Recognize clinical presentation suggesting neural injury/compression. Develop appropriate plan for initial management of patients with these conditions.
3:00-3:30PM	Exhibit Hall Break
3:30-4:00 PM	Updates in ob-gyn medical education <i>Presented by Toby Fitzgerald, DO</i>
4:00-4:30 PM	Incidence of Hypertensive Disorder of Pregnancy <i>Presented by Laura Knapik, DO</i>
4:00-4:30 PM	Responding to OB Emergencies <i>Presented by Rebecca Hunt, MD</i>
4:00-4:30 PM	Trends in Sexual & Reproductive Health <i>Presented by Shannon L. Carr, MD MS FACOG CFP</i>

6:30-7:30 PM Opening Reception with UNE COM

Join us for happy hour on the lawn by the Samoset infinity pool. Expect lawn games, bites & beverages. All attendees, guests and UNE COM extended community are welcome.



Saturday June 14 | 5.25 CME

6:30 AM	Registration Desk Open	Schooner Room
7:00-8:00 AM	Breakfast Session: Initiation of buprenorphine for the treatment of pain <i>Presented by Sara Happel, DO & Whitney Jandreau, PharmD</i>	Knox County Ballroom 1.0 CME
	Objectives: <ul style="list-style-type: none"> Recall buprenorphine pharmacologic properties and indications for pain and OUD. Discuss the evidence for treatment of chronic pain with buprenorphine. Identify patients eligible for opioid rotation to buprenorphine, including those with Complex Persistent Opioid Dependence. Describe the process of initiating buprenorphine in various chronic pain scenarios. 	Breakfast in State of Maine Hall
8:00AM-4:00PM	Exhibit Hall Open	State of Maine Hall
8:00-9:00AM	Sideline Emergencies <i>Presented by Douglas Comeau, DO</i>	Knox County Ballroom 1.0 CME
	Objectives: <ul style="list-style-type: none"> Sideline emergencies can happen at any time during event coverage. This lecture will help with preparing medical event coverage and identifying common sideline emergencies and their management. Be prepared and have plan Common emergencies ID 	
9:00-10:00AM	Keynote: How clinicians can partner with communities to provide primary care to all Mainers, and to everyone in the US, in every neighborhood and community <i>Presented by Michael Fine, MD</i>	Knox County Ballroom 1.0 CME
	After participating in this session, learners will be able to: <ul style="list-style-type: none"> Analyze the systemic and economic factors that contribute to gaps in access to primary care in Maine and similar communities across the U.S. Describe successful models of community-clinician partnerships that improve primary care delivery and equity in underserved populations. Identify actionable strategies to engage local organizations, stakeholders, and non-traditional partners in the provision of patient-centered care. Develop a framework for applying community-based solutions to enhance primary care access and outcomes within their own practice or region. 	
10:00-10:30AM	Exhibit Hall Break/Stretch & Refresh	State of Maine Hall
10:30-11:30AM	MOA Business Meeting (1 hr CME)	Knox County Ballroom 1.0 CME
	Objectives: <ul style="list-style-type: none"> Update members on current activity of the MOA, and its activities related to the advancement of the osteopathic profession in Maine Receive information from other key stakeholders in the osteopathic profession, including osteopathic medical education, state licensing and AOA leadership 	



12:00-1:00 PM	Recognizing and Addressing the Risks of Shifting Epidemiology of Adult Pneumococcal Disease <i>Presented by Lucio R Volino, PharmD</i> <i>Non-CME Product Theater Sponsored by Merck</i>	Baypoint Ballroom NO CME
Objectives: <ul style="list-style-type: none"> Recall buprenorphine pharmacologic properties and indications for pain and OUD. Discuss the evidence for treatment of chronic pain with buprenorphine. Identify patients eligible for opioid rotation to buprenorphine, including those with Complex Persistent Opioid Dependence. Describe the process of initiating buprenorphine in various chronic pain scenarios. 		
1:00-5:00 PM	Free Time	
1:00-4:00 PM	Osteopathic Educational Service <i>Provided by Volunteers from Maine Dartmouth –</i> <i>Sign Up will be Available in the Registration Room!</i>	Monhegan Room
1:00 PM	ME ACOFP Chapter Meeting <i>Open to chapter members and all interested Family Physicians</i>	Penn Bay Room
5:00-8:00 PM	MOA Kids Camp – Sign Up Here! <i>Supervised fun for kids aged 3+</i>	North Haven Room
6:00-8:00 PM	MOA Awards Ceremony & Presidential Reception Buffet Dinner, Honoring of Awards, Service Pins & Scholarship recipients, plus celebration of incoming MOA President Kat Brandt, DO and live entertainment provided by the Dani Tribesman Band. <i>All attendees and guests invited to attend</i> <i>(please update your RSVP if bringing guest)</i>	Knox County Ballroom



Sunday June 15 | On Demand Content Only 5.0 CME

No in Person CME Programming – check out or stay to enjoy the resort amenities!

Potential Additional Wellness Activities: Tennis/Pickleball, Yoga, Ultimate Backyard lawn games

7:00 AM **MOA 5k Fun Run/Walk – Sign Up here**
LL Bean Gift card prize for first place finisher!

Meet at the Fitness
Center Entrance

On Demand/Virtual Only Content 5 CMEs

Overview of Maine BMV medical review and FAP process

Presented by Rebecca L. McCabe, Public Health Educator III – Medical Review Coordinator (1.0)

The Shifting Landscape of Rural Healthcare: Challenges, Strategies, and Opportunities

Presented by Alicia LaRoche of Medical Mutual Insurance Co. of Maine (1.0)

Objectives:

- Identify and understand key challenges in rural healthcare
- Examine opportunities and strategies to enhance access, quality improvement, and advocacy
- Prepare for future trends and strengthen resilience in rural healthcare

Pulmonary Hypertension in Patients With Connective Tissue Disease

Presented by Kristin B. Highland, MD, MSCR (1.0)

Vice Chair for Research, Integrated Hospital Care Institute

Director, Rheumatic Lung Disease Program Cleveland Clinic Cleveland, Ohio

Objectives:

- Define and differentiate various forms of PH, with a focus on CTD-associated PAH
- Describe epidemiology of CTD-associated PAH, including prevalence, morbidity, and mortality rates
- Identify high-risk populations and key clinical predictors of PAH in patients with CTDs such as systemic sclerosis (SSc)
- Assess importance of screening and early diagnosis, utilizing validated screening algorithms
- Discuss current treatment strategies, based on risk for mortality
- Integrate multidisciplinary management approaches, emphasizing collaboration among rheumatologists, pulmonologists, cardiologists, and primary care clinicians to optimize patient outcomes

Energy Medicine

Presented by Jodie Hermann, DO (1.0)

Objectives:

- To understand the charge of electrons and the energetic environment around us
- Become familiar with the utilization of the body's charges and electromagnetic fields
- Identify one to two mechanisms of assessing and utilizing different techniques to assist with charge realignment.

Healthcare Enforcement Trends

Presented by John E. Kelly, JD (1.0)

Objectives:

- Discuss healthcare enforcement trends
- Review criminal and civil settlements from the past year
- Explain how to respond to civil investigation demands and subpoenas, search warrants, and interview requests



Event Policies

Meeting Goals & Objectives: The overall objectives of this program are to 1. Highlight the evidence of new, revised, and standard approaches, guidelines and tools for screening, diagnosis and treatment for a variety of medical conditions as it pertains to medical practitioners in various specialties, with an emphasis on primary care. 2. Encourage & demonstrate the integration of osteopathic philosophy and principles into the practice of medicine; and 4. Provide information and tools related to professionalism, teamwork, communication and ethics to help physicians and other clinicians improve their practice of medicine. Each CME topic has its own set of learning objectives, which will be made available to registered attendees.

DISCLOSURE AND CONFLICT OF INTEREST RESOLUTION: All conflicts of interest of any individual(s) in a position to control the content of this CME activity will be identified and resolved prior to this educational activity being provided. Disclosure about provider and faculty relationships, or the lack thereof, will be provided to learners.

Certificate of Attendance: To claim CME and access your CME certificate, attendees will need to complete an evaluation for each session attended in person or online via the conference app.

Disclaimer: The information in this educational activity is provided for general medical education purposes only and is not meant to substitute for the independent medical judgment of a physician relative to diagnostic and treatment options of a specific patient's medical condition. The viewpoints expressed in this CME activity are those of the authors/faculty. They do not represent an endorsement by the MOA. In no event will the MOA be liable for any decision made or action taken in reliance upon the information provided through this CME activity. This event may be supported by

independent educational grants from commercial interests. Complete information will be provided to participants prior to the activity. Conflict of Interest Disclosures for individuals in control of content will be provided prior to the start of the activity.

MOA Grievance Policy: All grievances should be initially directed in writing to the MOA Director by email to: info@mainedo.org who will share them with the MOA's Program Committee. Grievances will receive a response within 30 days of receipt. If you do not receive a satisfactory response, you may notify the Council of Continuing Medical Education, AOA, 142 East Ontario St., Chicago, IL 60611.

Hybrid Conference Details: This conference will be held in person with additional online, on demand content available via a virtual platform. Access to in person session recordings will be made available post-event for all attendees and continue until July 15th, 2025. In person CME content will be livestreamed for virtual participation, unless otherwise indicated.

CME Accreditation: The Maine Osteopathic Association is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians. The Maine Osteopathic Association designates this program for 21.0 AOA Category 1-A credits (final determination pending final agenda) and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

Applications for other credit types are pending. No in Person CME Programming – check out or stay to enjoy the resort amenities!

Potential Additional Wellness Activities: Tennis/ Pickleball, Yoga, Ultimate Backyard lawn games.



Thank You to this Year's Sponsors & Exhibitors!

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UNE COM



Medical Mutual provides medical liability insurance to physicians, hospitals, nursing homes and allied health facilities in Maine, New Hampshire, Vermont and Massachusetts. The Company underwrites all specialties, a long-held principles aimed at providing stability for the medical communities the Company serves and to foster access to comprehensive care. Today, Medical Mutual insures 38 hospitals and nearly 3,900 physicians and enjoys an A.M. Best A "Excellent" rating.

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For more than 40 years, the University of New England College of Osteopathic Medicine (UNE COM) has been educating physicians who support the health of people and communities in Maine and beyond. Nationally recognized for leadership in primary care, rural medicine, osteopathic medicine, and geriatric healthcare, UNE COM is ranked among the country's top medical schools.

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Aledade is a forward-thinking health technology company dedicated to improving patient outcomes and reducing healthcare costs.

By partnering with independent primary care providers, Aledade enables them to deliver value-based care that focuses on proactive management of patient health. The company's innovative data analytics and care coordination tools empower practices to better understand their patient populations, manage chronic conditions effectively, and enhance care delivery. With a mission to "Do More Good," Aledade continuously strives to ensure that healthcare is patient-centered and accessible, fostering a collaborative environment that supports both providers and patients in achieving their health goals.

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Braeburn's core purpose is to transform the management of OUD to help people begin and sustain their recovery. At Braeburn, we challenge the status quo and champion transformation of the management of OUD. We partner with the community to create a world where every person with OUD gets the best possible care and opportunity to reach their full potential.

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At Bristol Myers Squibb, we work every day to transform patients' lives through science.

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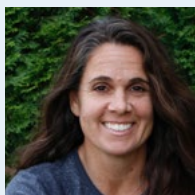
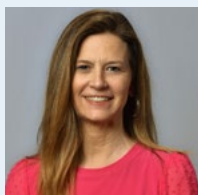
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A leading provider of cancer screening and diagnostic tests, Exact Sciences gives patients and health care professionals the clarity needed to take life-changing action earlier. Building on the success of the Cologuard® and Oncotype® tests, Exact Sciences is investing in its pipeline to develop innovative solutions for use before, during, and after a cancer diagnosis. For more information, visit ExactSciences.com, follow Exact Sciences on X (formerly known as Twitter) @ExactSciences, or find Exact Sciences on LinkedIn and Facebook.

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GSK unites science, technology and talent to get ahead of disease together. We prevent and treat disease with vaccines, specialty and general medicine.

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At Insmmed, we are on a mission to transform the lives of patients living with serious and rare diseases. We champion those who are overlooked and underserved and are dedicated to supporting patients along their journey. In everything we do, we put patients first – we talk with patients, listen to patients, and conduct our research with input from patients.

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Mountain View Medical Billing is a small medical billing company, opened in 2011 by Robin Scott Tripp. Robin has over 30 years experience in medical billing with expertise in Family Practice, Behavioral Health and Physical Therapy. Our office is located in Southern Maine and no service is ever outsourced, Mountain View Medical Billing has an A+ rating with BBB. Please visit us in the Exhibit Hall or call our office at 207-637-5029 to discuss what we can do for you.

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The New England Osteopathic Heritage Center (NEOHC) is dedicated to preserving, promoting and providing access to the history of osteopathic medicine in New England.

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Novo Nordisk is a globally founded healthcare company with headquarters outside of Copenhagen, Denmark. The US headquarters is based in Plainsboro, New Jersey. For more than 100 years, Novo Nordisk has been driving change to defeat diabetes. Key current therapeutic focus areas include diabetes, obesity, rare diseases, and cardiovascular conditions.

Company Contact

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Matthew Christie



Discover the transformative journey of Dr. Todd R. Otten and Joshua J. Judy as they navigate the pitfalls of a dysfunctional healthcare system and propose actionable solutions for lasting change. Their groundbreaking book, "Ripple of Change," became the #1 new release on Amazon in the Doctors & Medicine Humor category. Learn more and join the movement towards a healthier future.

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