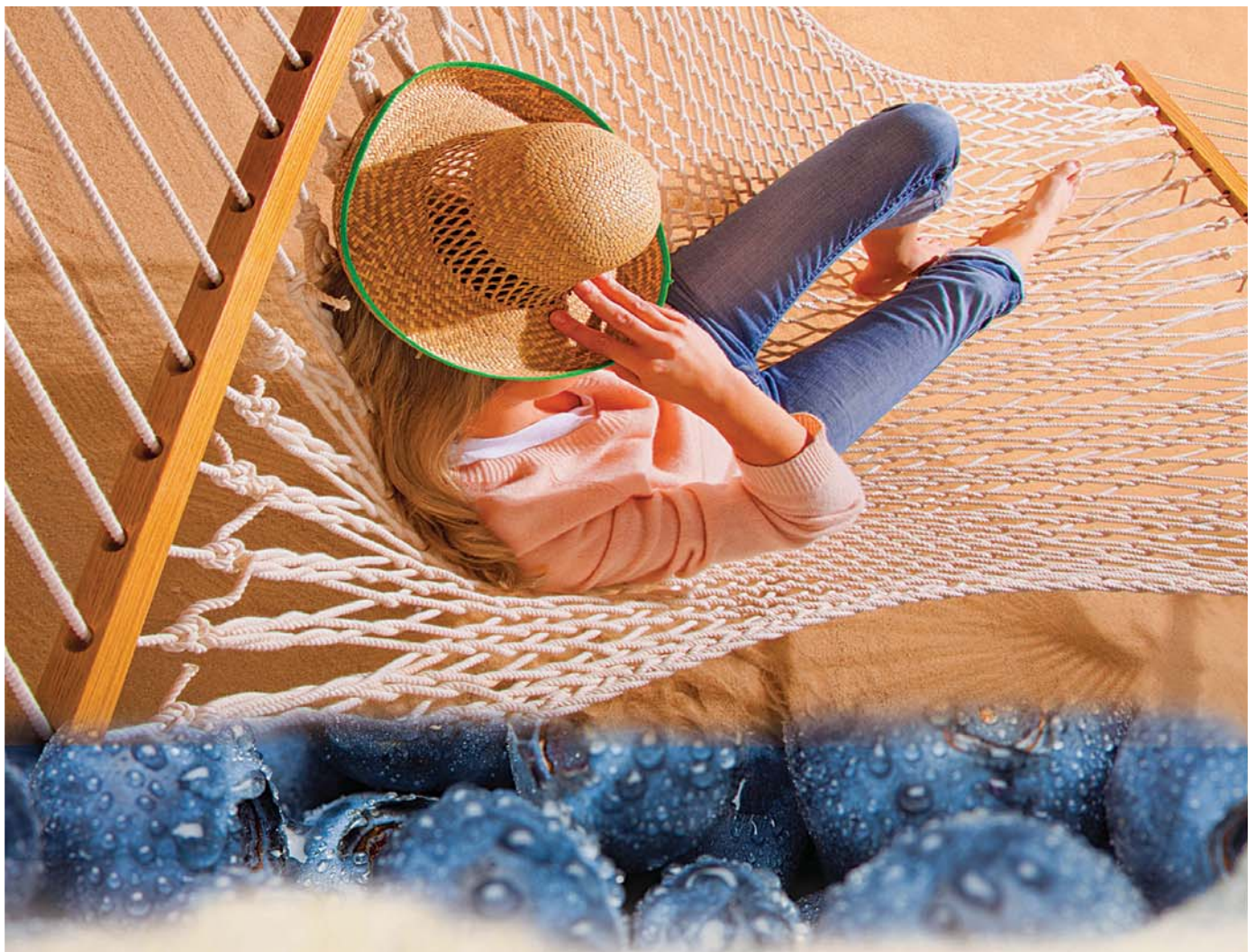




HEALTHY LIVING 2013



A Special Feature of The Eastern Gazette May 10, 2013

Creating Hope and Opportunity



- Residential Services
- Case Management Services
- Skills and Employment
- Angels Project
- Daily Living Support
- Community Support Programs
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- Corrections Programs
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(207) 947-1410 • Toll-Free 1 (877) 258-7278
Waterville Location:
105 Main St. Suite B, Waterville, ME 04901
(207) 872-4582

Dexter Community Garden Project

DEXTER - The Dexter community is on a mission to care for its own through two gardening projects being established this summer. Spearheaded by Debbie Burdin, the projects are encouraging folks to participate in anyway, from hands in the dirt to delivery

to shut-ins. All are welcome.

Two area farms are providing a fertile land base to establish this project for the long term. The Betty McKusick Memorial Garden is on the Mark McKusick Family Farm on the #10 Road. Tilled garden plots are available for those

who sign on. Folks will be responsible for their area to grow what they wish for their own use. They can learn by sharing experience with others. Learn firsthand the cost/benefit of good food, the challenge of nature to grow it, and the pleasure of sharing the excess bounty with the Garden Project.

The Joe Sherburne Memorial Garden, at the Sherburne Family Farm on Route 23 South near the Dexter Veterinary Clinic, is the second project. This is a CSA-type arrangement in that weekly allotments will be provided to those with a known need. Fertile, tilled areas are provided. Volunteers will coordinate work crews and schedules for planting, weeding, harvest, cleaning and packing boxes on a weekly basis. Garden managers will be on site on work

days. A composting toilet built by Dexter Regional Vocational Center will be on site, as will a picnic table, shade, and tool storage. Workshops for learning are scheduled. MOFGA, Johnny's Seeds, and Hammond Lumber have committed to participate. Clean water for washing veggies and hands and parking space are also provided.

Groups are encouraged to participate. Already signed on are 4-H, Scouts, The Key Club, and Dexter Schools Gardening Club.

Participants are asked to be responsible, respectful, and kind, and that this be a safe place for all. For more information call Debbie Burdin at Bwatts 924-3010, Wynona Randall 924-1001, or Jen Goulet 330-5602 or visit Shared Bounty on Facebook.



NORTHEAST OCCUPATIONAL EXCHANGE

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Living Well Program Participant, 2011



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Email: Gerriv@themeadows.bz

www.oldtownhousing.net/assisted.htm

Like Skin, Your Eyes Need Year-Round Protection From UV Rays



(NewsUSA) - Most of us have gotten the message that exposing our skin to UV rays without any protection is about as smart as handing a signed blank check to a stranger. But it's only recently that health experts have seriously begun warning about an equally dangerous threat those rays pose to another part of our bodies: our eyes.

Think about it: The eyes are the only internal body tissues directly exposed to UV. Three hundred and sixty five days a year -- no matter how "cloudy" it appears outside -- radiation (mainly) from the sun is beaming down on our vulnerable windows to the world.

"The rods and cones of the eye are rich in light-absorbing pigmented molecules called chromophores, making it particularly susceptible to photochemical reactions," says Dr. Howard Purcell,

O.D., F.A.A.O., former chairman of the Cornea and Contact Lenses Department at Nova Southeastern University's College of Optometry, noting that even the light produced by indoor fluorescent light bulbs relies on the release of UV radiation. "Over time, damage from UV radiation is cumulative and often irreversible."

Among the potential effects of long-term exposure:

Cataracts. This progressive clouding of the eye's lens is the primary cause of blindness worldwide, and recent studies have shown that UV accelerates the deterioration that leads to this age-related condition. Cataract affects more than 22 million people age 40 and older in the U.S. alone.

Eyelid Cancer. According to the Skin Cancer Foundation, 5-10 percent of all skin cancers are

Continued on Page 4B



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Chasse Family of Chiropractic Doctors Celebrates 50 Years

It was January 3, 1963 when Dr. Marc Chasse first opened the doors to his chiropractic practice in Fort Kent, Maine. Little did he know, being only 25 years old at the time, that his career choice would develop into a family legacy.

Although the early years were difficult, his passion for his profession was so evident, that over the next several years he influenced many young college students to follow his career path, including his two younger brothers, Thomas (who practiced in Waterville) and Roland (who practiced in Saco). A quarter century later, the next generation would produce three more chiropractic doctors: Marc's three sons, Daniel, Carl, and Kevin.

Each of the six Chasse doctors chose to stay in Maine, including Dr. Kevin Chasse who practices locally in Dover-Foxcroft.

Beyond his own family, Dr. Marc continued to influence others to consider a career in the chiropractic field. It is estimated that there may be over 35 others who have direct ties to his influ-

ence in deciding on chiropractic as a career, most of them still practicing in Maine. Looking back to his early days, he is humbled and proud to know that his life has made such a difference in the lives of so many others in his field, as well as to the thousands of patients that each has served.

In his experience, says Chasse, most chiropractors find their vocation after having a positive experience with it themselves. Chasse himself came to the field in that way, after experiencing chronic pain while in high school in Biddeford. In only one session with a chiropractor, his pain disappeared. He describes it as something he will never forget, and ultimately, it changed his life's path. And so for the next 35 years he devoted himself to this career, even serving as President of the Maine Chiropractic Association from 1969-1971. Through the years, he was instrumental in helping the chiropractic profession gain respect and acceptance. He acknowledges that it was the patients that provided the collective voice in making chiropractic

more popular early on. But then it took persistence and politics to solidify chiropractic as a truly respected health care profession, with political victories in the 1970's and 1980's with regards to health insurance coverage for chiropractic services. Those efforts, although forgotten by now by most younger chiropractors, are never far from his memories, nor of his three sons who continue to care for patients today who have coverage for chiropractic services because of those political victories of 40 years ago.

Now, retired since 1997, Dr. Marc enjoys watching the younger generation work their way through joys and challenges that the chiropractic profession embodies. Dr. Kevin, who has practiced in Dover-Foxcroft since 1991, followed in his father's footsteps by serving as President of the Maine Chiropractic Association (MCA) from 2004-2006. And Dr. Carl, who has practiced in Madawaska since 1988, currently serves on the Board of Directors for the MCA. The oldest of Marc's sons, Dr. Dan, who has taken over



ALL IN THE FAMILY - Dr. Marc Chasse (left) opened his chiropractic practice in 1963, two younger brothers Thomas (middle) and Roland, followed as did three sons, included Dr. Kevin in Dover-Foxcroft.

his father's practice in Fort Kent, is now indicating that a third generation of the Chasse clan, his son Alex, currently a freshman at the University of Maine, is showing signs of interest in pursuing a career in chiropractic.

Although Dr. Marc has never pushed his family to become chiropractors, you might expect how proud he is to see his family continue on in his tradition, perhaps for another 50 years.

Long Term Care Industry Ranks as Nation's 10th Largest Employer

(NewsUSA) - As Washington considers reworking Medicaid -- the healthcare program for the poor -- a crucial fact remains ignored: For every \$45 billion spent in Medicaid every year by federal and state governments, long term care facilities are able to generate \$529 billion in total economic activity, support and create over 5.4 million jobs, and return over \$60 billion in taxes back to federal and state coffers.

In this economic engine that is the American economy, long term care is one of the pistons, consistently firing even in the worst of hardships, " stated Governor Mark Parkinson, president and CEO of the American Health Care Association and the Na-

tional Center for Assisted Living (AHCA/NCAL).

According to a national economic impact analysis compiled by AHCA using Impact Analysis for Planning (IMPLAN) data software, the long term care profession ranks as the nation's 10th largest employer, above merchandise retail, food retail and both military and non-military federal government personnel. In 2010, these companies created 63,000 jobs while many other businesses struggled to stay afloat. Long term care facilities support industries and sectors statewide, from food services to private hospitals to insurance carriers.

The report underscores the important role nursing facilities

play in the U.S. economy. Parkinson hopes the report will convince lawmakers to protect the funding streams that ensure these facilities can continue to play an important role in the national economy, saying, "If states cut Medicaid, that will have direct and drastic implications on not only our profession, but more importantly our ability to serve the greatest generation. The potential for increased job growth -- a priority of every lawmaker in this country -- is huge. Our profession must receive the appropriate funding needed for us to meet the demand of baby boomers in the coming years."

For more information, visit www.ahcanal.org.

EYES from page 3B

found on the eyelids.

Age-Related Macular Degeneration. Damage to the blood vessels and corresponding nerves in the retina blurs fine detail and dulls colors.

Alarmed that 94 percent of the population remains unaware of the adverse effect UV radiation has on their eyes, an expert panel recommended the adoption of the eye-care equivalent of the successful systems used to rate skincare and sunscreen products. That's now being done -- in the form of the first-ever "Eye-Sun Protection Factor" (E-SPF) -- by Essilor, the nation's leading manufacturer of optical lenses (www.essilor.com).

ESPF.com).

"This means consumers will be able to better evaluate the complete level of eye protection provided by their eyewear," says Purcell.

E-SPF values vary from a low of two to a maximum of 25 for everyday lenses, with Essilor's own Crizal No-Glare lenses being the first to attain the most complete daily protection level. For tinted and polarized sun lenses, the same company's Crizal Sun-Shield UV No-Glare lenses provide the maximum protection level with an E-SPF of 50+.

And, yes, that does translate into 50 times more protection than without wearing any lens.



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Grandparents, Grandkids Benefit From Better Hearing

(NewsUSA) - Grandparents and grandchildren have much to learn from one another, and such valuable relationships should be cultivated. Oxford University research has shown that 'involved'

grandparents contribute significantly to better-adjusted grandchildren.

The research suggests that children find unique acceptance in their relationships with grand-

parents, which benefits them emotionally and mentally. The grandparental bond is built on communication. In fact, most children studied did not identify distance as an important factor if communication was strong.

Unfortunately, hearing loss is the number-one challenge to communication. According to the National Institute on Deafness and Other Communication Disorders (NIDCD), age and hearing loss are strongly related -- 30 percent of seniors from 65 to 74 years old suffer from a hearing disability. For adults 75 years of age or older, hearing loss jumps to 47 percent. "It doesn't take a PhD for my patients to understand the many costs of hearing loss," says Sreek Cherukuri, MD, a certified ear, nose and throat physician based in Chicago, Ill.

Beyond emotional well-being, even something simple like taking the grandkids to the pool can turn dangerous if grandma can't hear possible cries for help. Driving puts the children at risk if the grandparents cannot hear oncoming traffic or car horns.

The NIDCD reports that only one out of every five people who needs a hearing aid actually wears one. This is largely due to the extravagant cost of most hearing aids.

"I found that I saw too many patients with hearing loss going home without a solution because they couldn't afford hearing aid prices," says Dr. Cherukuri.



Cherukuri's response was to develop inexpensive but effective hearing aids. "With today's technology, a quality hearing aid shouldn't cost more than a digital camera or iPod," Cherukuri says.

MDHearingAid, found at www.mdhearingaid.com, isn't just a reliable source for affordable hearing aids, it's also a good source for expert consumer information.

"You should see a physician and get the best hearing aid you can afford. We offer an excellent choice for those who cannot afford a custom hearing aid." Seniors should enjoy the benefits of their ripe age. This includes plenty of quality time with grandchildren.

Get more info on hearing loss and cost-efficient alternatives at www.MDHearingAid.com.

Don't Skip Routine Dental Cleanings



(NewsUSA) - Most people brush and floss their teeth regularly. However, many of these same people are also skipping trips to the dentist. Yes, money may be tight. But is the long-term risk worth the temporary monetary reward?

Lack of coverage may be contributing to skipped dental visits. According to the National Center for Health Statistics, of the 172 million Americans under 65 who have health insurance, 45 million don't have dental care. Medicare doesn't cover routine dental care, and many dentists don't accept Medicaid. Dental procedures can be costly -- Americans spent \$102 billion on dental services in 2009. Yet, a simple routine cleaning costs much less than a root canal.

Insured or not, these tips will help you with the preventive care that could save you big in the long run:

*If you have insurance, use it. Don't view the dentist as an inconvenience.

*Uninsured? Don't worry. People without insurance can seek out dental clinics or training schools associated with universities.

Training schools often search for patients to help develop students' skills. Volunteering for a practice cleaning session may only cost a small fee -- or it may be free.

*Watch what you eat. Sticky, sugary foods adhere to teeth, providing food for the destructive bacteria that cause dental diseases. Try to avoid candy and sodas, and limit snacking, so you're not constantly bathing your teeth in sugar. Drink water after eating to flush food from your mouth.

*Clean your teeth regularly. Yes, you've heard it before -- brush twice daily and floss at least once daily. You may also want to try oral care probiotics, or "beneficial" bacteria, such as EvoraPlus (www.myevoraplus.com). The probiotics compete with harmful bacteria for both nutrients and space, making it difficult for bad bacteria to survive.

*Replace your toothbrush if the bristles become frayed. According to the Mayo Clinic, you should purchase a new toothbrush or a replacement head for your electric toothbrush every three to four months.

*Replace your toothbrush if the bristles become frayed. According to the Mayo Clinic, you should purchase a new toothbrush or a replacement head for your electric toothbrush every three to four months.

Does an apple a day really keep the doctor away?



Not always, but it can't hurt to try.

Don't leave your health to chance. Take charge of it! Know your family history and risks, have regular checkups and get the appropriate screenings. Exercise regularly and eat right. Get in tune with your mind, body and spirit, and take the steps necessary to live a long, happy and healthy life. For further information on what you can do to stay on top of your health, see your doctor and care coach regularly at

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Healthy Living Tips to Whip Mind, Body Into Shape

(NewsUSA) - So, you've made the resolution to start living a healthier lifestyle. Obviously, all you need to do is jog a few miles each day, right? Wrong!

Healthy living is all about making smart choices for your body, diet, mind and overall well-being. The following tips can help you stay active and grounded to promote your goal of happiness and a healthier lifestyle.

Discover a new hobby. Outdoor activities are great ways to get regular exercise that's enjoyable and rewarding. Cold-weather sports are exhilarating hobbies, and the slopes are open until March or April. Other uplift-

ing physical activities with hobby potential are biking, running, rock climbing, horseback riding, dance and martial arts.

Try something new at the farmers market.

Don't get stuck in a rut by eating the same boring veggies; locate the nearest farmers market for fresh, seasonal produce. Try a new vegetable each week to up your intake and keep you interested. Unique veggies like kale, bok choy and butternut squash are high in fiber and antioxidants.

Trust your mom, don't neglect breakfast.

Morning preferences vary, but it's important for everyone to get an energy boost to face the day -- and breakfast is a great way to do this. You should wake up early enough to enjoy a meal, and if time is of the essence, rely on nutritious cereals or oatmeal. Malt-O-Meal is a nutrient-rich cereal line with hot and cold varieties.

To see the health benefits of each cereal choice, visit www.malt-o-meal.com.

For afternoon tea time: go red.

Red tea is the hot new health drink. Green tea and black tea are full of disease-preventive antioxidants, but they're also caffeinated. Red tea, or rooibos tea, has the same advantage of antioxidants without the consequences of caffeine. Plus, it's recommended to help with anxiety, tension, allergies and digestive issues.

Unwind with a daily stretch.

Whether it's in between tasks at work or after your commute home, stretching your muscles increases blood circulation, improves posture and induces relaxation. Consult yoga or pilates instruction for a new stretch each day to build up your repertoire and make it a daily habit. You'll notice long-term benefits like increased range of motion and less back pain.



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CA Dean Digital Mammography Open House

GREENVILLE - Charles A. Dean Memorial Hospital is hosting an Open house on Friday, May 17th from 1 to 3 p.m. to celebrate the introduction of Digital Mammography and Bone Densitometry. The open house will be held in the Mammography Suite just off the main lobby.

The acquisition of this new

technology was made possible thanks to generous donations from the community. "We are extremely grateful to the community for their support in bringing this state-of-the-art technology to our community," stated Glenn Beebe, Imaging Manager.

All are invited to stop by and see our enhanced Mammography

Suite. Our Technologists will be on hand to answer questions about Digital Mammography and Bone Densitometry.

For more information about Mammography and Bone Densitometry services available at CA Dean, please call the Diagnostic Imaging Department at 695-5280.

Charles A. Dean Memorial Hospital is a proud member of EMHS, providing local access to high quality healthcare services. Serving the Moosehead Lake region since 1917, CA Dean employs over 170 staff through their 25 Critical Access Bed Hospital, 24/7 Emergency Department, Specialty Clinic and 3 Northwoods

Healthcare Clinics in Greenville, Monson, and Sangerville.

Future Events: Digital Mammography and Bone Densitometry Dedication and Celebration Thursday, July 18: 4 p.m. Dedication, Charles A. Dean Memorial Hospital and 6 p.m. Donor Celebration, Katahdin Sunset Cruise.

Healthy Dinner Report

PITTSFIELD - Sebasticook Family Doctors staff sponsored and served two community dinners for those in need.

The first was served in Pitts-

field at the Welcome Table on March 29 at the First Universalist Church on Easy St. A second dinner was prepared and served on April 20 at the Canaan Fire

Station, located on Main St.

Sebasticook Family Doctors purchases all the ingredients for a healthy spaghetti dinner that consists of whole wheat pasta,

sauce, garlic bread with olivio spread, cole slaw and fruit for dessert. Sebasticook Family Doctors sponsors a minimum of five dinners in the communities that

they serve at no cost.

If you would like to learn more about Sebasticook Family Doctors, call 1-866-364-1366.

Morrison named Vice President for Mayo Practice Associates

DOVER-FOXCROFT - Lori Morrison of Millinocket has been named Vice President of Mayo Practice Associates, responsible for management of the network of physician offices operated by Mayo Regional Hospital in Piscataquis and Penobscot counties.

As Vice President, Morrison will direct operations of Mayo's five primary care physician of-

fices; Corinth Medical Associates, Dexter Internal Medicine, Dover-Foxcroft Family Medicine, Guilford Medical Associates and Milo Family Practice, as well as four specialty practices in Dover-Foxcroft: Mayo Orthopedics, Mayo Surgical Associates, Mayo Women's Health and the hospital's Psychiatry and Counseling program.

Morrison joins Mayo after serving in management positions with the Katahdin Valley Health Center since 2002. She was finance officer for three years, and was promoted to Chief Operations Officer in 2005. KVHC operates physician offices in Paten, Millinocket, Island Falls and Houlton.

"Lori's knowledge, experience

and passion for rural healthcare were recognized by the many individuals who participated in the interview process," said Edward J. Hannon, Mayo's President and CEO. Morrison was selected from a field of over 30 applicants for the position.

Morrison earned a certificate in Community Health Leadership, with a focus on community

health center organizations and systems, from the University of Washington - Northwest Community Health Leadership Institute. She is also taking courses towards a degree in business administration from the University of Maine.

SVH receives top award for "tobacco-free" effort

PITTSFIELD - Sebasticook Valley Health (SVH) has received a gold level award for meeting all the standards around creating a tobacco-free environment and supporting tobacco-free lifestyles by the Maine Tobacco Free Hospital Network. Thirty-one Maine hospitals were also honored during the event, which was held at the Maine Hospital Association in March.

"SVH is committed to creating a tobacco-free environment for our employees and patients," stated SVH Acting CEO, Terri Vieira. "Tobacco use continues to be the leading cause of preventable disease and death, as well as a major contributor to health care costs. By providing our employees with resources to lead healthy lives at home and at work directly affects our insurance costs and enhances our ability to efficiently perform our work."

Ms. Vieira noted that Karen Hawkes, SVH Director of Com-

munity Health and Education, has led the effort at SVH to support a tobacco-free environment through comprehensive policies, education, social norm change, and treatment support. The ten Gold Star Standards of Excellence include creating a 100% tobacco free campus, implementing evidence-based treatment strategies, divesting from tobacco industry stock, promoting smoke free lodging options for visitors, and providing tobacco treatment and medication benefits for employees.

"Hospitals should be health and wellness role models for their communities, so it's important for them to set an example around reducing tobacco use and exposure to secondhand smoke," said Maine Tobacco Free Hospital Network Director Sarah Mayberry. Ms. Mayberry explained that the Gold Star Standards of Excellence program is an opportunity to celebrate the hard work of Maine

hospitals to address this issue.

For more information, contact Jennifer Yarbrough at 487-4000. Accredited by the Joint Com-

mission, SVH comprises a progressive 25-bed critical access hospital with a wide range of outpatient services throughout

the region. SVH is a member of Eastern Maine Healthcare System (EMHS).



HOUSING FOR THE ELDERLY/DISABLED is located at **Penobscot Terrace** (1 & 2 bedrooms), **Bickmore Manor** and **Marsh Island Apartments** in downtown Old Town; **Hillside Apartments** in Bradley; and **Dow III Apartments** in Old Town. These buildings are Smoke-Free and offer quiet, comfortable and secure living. Most are located within walking distance to banks, doctors and other downtown amenities and offer free transportation to the grocery store and other shopping. An Activities & Services Referral Coordinator is available in the downtown buildings to provide social activities and assist residents in dealing with a variety of situations. The Congregate Housing Services Program is a unique program that offers supportive services to help residents of Marsh Island Apartments maintain their independence. Fees for services are based on income. Services include two meals a day, light house cleaning, help with the laundry, shopping and errands. Assistance is also provided for referrals to outside nursing and home health care services.

FAMILY HOUSING is located at **Meadow Lane**, Anderson Lane (2, 3 & 4 bedrooms) and **Dow IV Apartments** (2 & 3 bedrooms) in Old Town. **Hillside Apartments** located in Bradley are one bedroom units starting at \$460/mo plus electricity; rental assistance is available for some units and Housing Choice Vouchers are accepted.

HOUSING CHOICE VOUCHER PROGRAM provides rental assistance to families and elderly/disabled individuals in open market rents in OLD TOWN and those towns within a 10-mile radius. **The Family Self-Sufficiency Program** and **Homeownership Option Payments Program** are also available to qualifying participants currently on the Housing Choice Voucher Program.

FOR AN APPLICATION OR MORE INFORMATION PLEASE CONTACT: Housing Authority of the City of Old Town • PO Box 404 • 358 Main Street, Old Town, ME 04468-0404. Tele 207-827-6151 • Fax 207-827-1502 • Relay 711 • hacot@oldtownhousing.net • www.oldtownhousing.net

- > Income limits and other eligibility requirements apply for all programs
- > Rent amounts for most units are based on 30% of adjusted gross income
- > All applicants are selected by date and time of application



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Usha Reddy, M.D.
Lisa Starkweather, FNP
Diana Vandermaast, FNP

51 High St.,
Dexter, 924-7349

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Tuesday: 8 a.m. - 6:30 p.m.
Wednesday: 8 a.m. - 4:30 p.m.
Thursday 8 a.m. - 6:30 p.m.
Friday: 8 a.m. - 4:30 p.m.

Dover-Foxcroft Family Medicine

Elisa J. Thompson, M.D.
George Kousaie, M.D.
Elizabeth Dennis, D.O.
John Pearsall, M.D. (Pediatrics)
Carolyn Wiese, PA-C
Joanne Reiniger, PA-C
Nicole Johnson, PA-C

891 W. Main St, Suite 200,
Dover-Foxcroft, 564-4464
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8 a.m. - 5 p.m.

Guilford Medical Associates

Ann Holland, M.D.
Lisa Bartley, FNP
Susan Chessa, FNP

3 Park St., P.O. Box 270,
Guilford, 876-3547
Monday: 7 a.m. - 5 p.m.
Tuesday through Friday:
7 a.m. - 4:30 p.m.

Milo Family Practice

Jessica Richmond, M.D.
Karen Nichols, PA-C
Maggie Swan, PA-C

135 Park St., P.O. Box 7,
Milo, 943-7752
Monday-Friday, 8 a.m. - 4:30 p.m.

Corinth Medical Associates

Bryan Lundquist, M.D.
Karen Godin, PA-C
Anette Poulin, PA-C

492 Main St.,
Corinth, 285-3435
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Mayo Women's Health Obstetrics & Gynecology

Kimberly Mays de Perez, M.D.

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Dexter Internal Medicine

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Lori Towne, FNP

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