

Lydia Skidgell
Morrill
LD 1128

Good afternoon Committee Chair Senator Bailey, Co-chair Representative Gramlich and honorable members of the Joint Standing Committee on Health Coverage Insurance and Financial Services. Thank you for reading my written testimony. My name is Lydia, I am from Morrill, Maine. I am writing today in support of LD 1128. For many years I have struggled with eczema and a weak immune system, catching any and all sickness going around. At the age of six, I diagnosed with eczema and I started seeing a specialist. From there, I started using prescription steroid creams & prednisone on and off until the age of 16. In the beginning, it helped tremendously. In 2020, I entered the work force and due to repetitive hand washing and the use of cleaners, my hands became extremely raw. I was at a point where the prescribed steroid creams were not longer working as I had built up a tolerance to them. In 2022, I started my journey with a ND. We have explored many different paths to manage my health and I no longer need to use steroid creams nor do I catch every sickness going around. That doesn't mean I don't struggle, I still have ups and downs. About once a year my skin gets to a point where it is unmanageable and my ND has me go into my doctors and get prednisone tablets, because my ND is unable to prescribe me with what I need. It requires me to make an appointment with my PCP, which in no fault of their own takes time and cause prolonged pain and discomfort. I have full faith that my ND can prescribe me with what I need. I am more comfortable with my ND prescribing me medications because of her understand of supplement and medication interactions. Thank you for the opportunity to testify in support of LD1128 and I hope you will vote Ought to Pass.