



**Maine Medical
Association**



**TESTIMONY OF THE
MAINE MEDICAL ASSOCIATION and MAINE OSTEOPATHIC ASSOCIATION**

In Support of

LD 335 - An Act to Safeguard Reproductive Rights

Committee on Health and Human Services
Room 209, Cross Building, Augusta, Maine
February 25, 2026

Senator Ingwersen, Representative Meyer, and members of the Committee on Health and Human Services, my name is Connie Adler, M.D. I provided primary care, especially women's health care, in Farmington for almost 30 years. I am speaking in favor of LD 335 - An Act to Safeguard Reproductive Rights on behalf of the Maine Medical Association and the Maine Osteopathic Association.

The Maine Medical Association (MMA) is a professional organization representing more than 4,300 allopathic and osteopathic physicians, residents, and medical students in Maine. MMA's mission is to support Maine physicians, advance the quality of medicine in Maine, and promote the health of all Maine people. The Maine Osteopathic Association (MOA) is a professional organization representing more than 1,200 osteopathic physicians, residents, and medical students in Maine whose mission is to serve the Osteopathic profession of the State of Maine through a coordinated effort of professional education, advocacy, and member services in order to ensure the availability of quality osteopathic health care to the people of this State.

Anyone who doesn't have a primary care provider, has moved to a new town, or graduated from pediatric care at 18 might have experienced the struggle of signing up with a new healthcare clinician and being told the earliest you can get an appointment is in 4-6 months, which is a long time. By then, if you are of reproductive age, you could already be pregnant because you couldn't access birth control, you could already have a sexually transmitted infection that will prevent you from ever getting pregnant when you want to (or that could kill you), or you could have suffered six months of pain from a gynecologic condition you do not understand.

Reproductive and sexual health care clinics, such as Maine Family Planning, are an essential part of the medical system in this state, especially at a time when primary care providers are overwhelmed and not always available.

In addition to wait times, there is, as always, the cost of healthcare. Many people, especially young people, do not have health insurance coverage that will pay for their STI treatment, contraception, preconception counseling, etc. Having a clinic like Maine Family Planning in many communities in Maine means the difference between good care and no care at all.

While in practice, I also served on the Board of Directors of Maine Family Planning off and on for almost 20 years and chaired their Clinical Advisory Council. I did that because I knew how important its existence was for the people of my community and the state. I did it so I could tell people how much I trusted the quality of care at MFP sites, and I did it because I believe everyone deserves excellent healthcare, regardless of their ability to pay.

On behalf of Maine Physicians, I strongly urge the legislature to support the people of Maine by providing financial assistance through LD 335. I am happy to answer any questions you may have.

Best,
Constance Adler, M.D.