

Cayford, Edna

From: LoonMe@proton.me
Sent: Monday, March 23, 2026 1:40 PM
To: Cayford, Edna
Subject: Support to the Maj Substantive rules provisionally adopted by the complementary healthcare providers"

This message originates from outside the Maine Legislature.

Ms Cayford

I would like to add my voice in support of this change in the ND formulary. I understand there is opposition by the PA's and MD's. I would attend but unfortunately I am scheduled for surgery that day.

My ND (Dr Yori) has been a valued addition to my healthcare. My PCP as great as she is was not able to have the time to address my needs holistically. She was looking at the medical side and I was to be inundated with medications ie; high blood pressure and type 2 diabetes. She said what she could offer were prescription medications and lifestyle changes-which had begun but it wasn't enough. I felt I was losing ground. After the insistence of my spouse I found Dr Yori. She did an exam and took a history I had never had before. She spent over an hour and a half on that initial visit and my followup visits are approx an hour. I am an RN and after 42 years am very familiar with the healthcare system.

My PCP and Dr Yori work well together in getting changes in labs, working to together with changes in medications and I relay the info from one to the other via written instruction. The issue is I can't always schedule a PCP appt when needed due to the time constraints placed on the primary care providers. Sometimes I have to wait for my routine visit as there is no visits available. Costly and not time efficient for sure.

I've seen physicians and PA's look on line and learn about medications before they are ordered. Dr Yori does the same as my PCP. Check and double check. I've done that many times with medications and that should be routine anyway. I believe the concerns with managing medications is truly no more or less (I believe it is less) of concern than with any other provider.

I whole heartedly believe the upgraded formulary for ND's would be another avenue for help in those cases where the pcp is constrained to every 15 minute visits. I will forever be thankful for my pcp to want to work with my ND and it shows through decrease of prescription medications and overall improvement in my health outcome.

My wish is for this to be approved for the benefit both in health outcomes and improved pt care.

Thank you for your consideration.

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