

Cayford, Edna

From: Marly Sachsman <msachsman@gmail.com>
Sent: Tuesday, March 24, 2026 10:29 AM
To: Cayford, Edna
Subject: In Support of the Major Substantive rules provisionally adopted by the Board of Complementary Healthcare Providers" S

This message originates from outside the Maine Legislature.

Dear Ms Cayford,

Thank you for your time and attention to the matter noted in the subject line of this communication.

I have had a private practice as a naturopathic physician in the state of Maine for the past ten years. Additionally, I hold an ND license in the state of Vermont. Given the scope of practice experienced by NDs in Vermont, I hold a DEA license as well.

In the state of Maine the pharmaceutical medications I can prescribe are predicated by the rules of our formulary established 30 years ago. I was trained as a primary healthcare provider, was required to take numerous courses in pharmacology and pass a national board that included pharmacology.

It can be extremely difficult for patients as they may see me serving in the role of primary, but I can not prescribe a number of their medications. As a result they must maintain a relationship with another healthcare provider with more expansive prescription rights. Frequently this creates a hardship and additional expense, as well as visits for the individual patient. Unfortunately, numerous patients report significant stress in attempting to navigate the world of naturopathic medicine with allopathic medicine as they can experience being belittled or shamed for choosing to work with a naturopathic physician!

Updating our formulary will be a significant step in the direction of providing more well integrated care for our patient populations.

THANK YOU for your time and attention to this matter.

Sincerely,

Marly

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