

Cayford, Edna

From: Florence Gardner <FlorenceGardner@pm.me>
Sent: Tuesday, March 24, 2026 5:02 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.

Hello Ms Cayford,

Thank you for gathering these public voices on this issue.

I want to express my hope that the committee support and approve the updated naturopathic formulary as it is written and passed the committee and as the Attorney General signed off on it.

I am a survivor of early stage, high-risk breast cancer. It requires a high level of ongoing care in order to reduce my risk of recurrence, as well that my treatment was long and intensive and my recovery period from that is lengthy. From my point of diagnosis four years ago until now I have been under the steady care of an NP, in addition to my oncologist. This NP has been absolutely central to guiding my ongoing treatment, supporting the rest of my health, and ordering labs and prescriptions as part of my monitoring and care. Putting more tools in her hands would improve my care.

As you likely know, our large healthcare systems are completely overwhelmed. I just called to request a well woman visit from our local OB/GYN department (at PenBay in Rockport) and was told the next available appointment was late January 2027, here in March 2026. Wow, take that in for a minute.

I just had my annual visit with my PCP and was told that she was no longer doing the well woman screening that she had done up until this year because she couldn't spare the time as part of the annual exam. This is insane, right? A pap smear and pelvic exam take 5-10 minutes to do and are a very basic part of caring for women's health.

This is to say: now is not the time to limit access to healthcare or limit the capacities of other providers to provide care. These rules would give NPs powers and capacities that they have in other states and would expand access to medically necessary and life-saving care for Maine residents at a time when access is a significant and growing issue.

Thank you for listening,

Florence Gardner
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