



KAREN SAYLOR MD, FACP

Geriatrician
Internal Medicine Physician

PROFILE

Highly skilled career professional with expertise in geriatrics, internal medicine and correctional health care. Twenty years' experience in medical direction, health care administration and management of multidisciplinary teams. Clinical strengths include long-term management of complex chronic diseases, health maintenance and prevention, and care of vulnerable older adults in both outpatient and facility settings.

CONTACT

PHONE:
207.506.0301

WEBSITE:
Coastalmainedirectcare.com

EMAIL:
ksaylor@coastalmainedirectcare.com

EDUCATION

University of Washington, Seattle, WA
Geriatric Fellowship, 2001

Christiana Health Systems, Newark, DE
Internal Medicine Residency, 2000

SUNY Upstate Medical University, Syracuse, NY
Medical Doctorate, 1996

State University of New York at Stony Brook
BS in Biology, Cum Laude, Phi Beta Kappa, 1991

WORK EXPERIENCE

Owner, Coastal Maine Direct Care, LLC, Falmouth, ME
2019—present
Together with another physician, operate this Direct Primary Care (DPC) practice focusing on the health care needs of older adults.

Southern Maine Geriatrics Associates
2015–2019
Provided both general medical and specialized geriatric care to older adults in assisted living, skilled nursing and long-term care facilities. Served as Medical Director at multiple facilities.

Guthrie Clinic, Towanda, PA
2007–2015
Provided outpatient internal medicine and geriatric care and was Medical Director at Bradford County Manor and at the Skilled Nursing Unit of Towanda Memorial Hospital.

California Department of Corrections and Rehabilitation
2006–2007
Health Care Manager and Chief Medical Officer
San Quentin State Prison

Washington State Department of Corrections
2001–2007
Medical Director, McNeil Island Corrections Center
President, Island Medical Associates which provided contracted physicians to various prisons in Washington State.

PHILOSOPHY

The core of being a good doctor is to be a good listener. To love people. To not only care *for* them but care *about* them. Being a good doctor takes time. Not just years spent studying medicine or acquiring experience, but time spent with each patient.

A doctor's responsibility is to educate patients about their condition, explore with them their options, and to collaborate with them in making decisions that are consistent with their goals and values.

HOBBIES AND INTERESTS

Hiking
Cross country skiing
Cooking
German

REFERENCES

Available upon request

BOARD CERTIFICATIONS

American Board of Internal Medicine

Certified 2000
Recertified 2010, 2020

Certificate of Added Qualification in Geriatrics, ABIM

Certified 2001
Recertified 2011

OTHER PROFESSIONAL ACTIVITIES

Maine Medical Association, Augusta, ME

President, 2020- 2021
Board Chair, 2018-2019
Executive Committee Member 2018 - present
Board Member, 2017- present

Clinical Preceptor, Nurse Practitioner Program

Maryville University, 2019-2020
St. Joseph's College, 2021

American College of Physicians

Elected to Fellowship 2015
Member since 1996

Clinical Preceptor, Towanda, PA

Mentored NP and PA students, 2012-2014

Guthrie Clinic Ltd., Sayre, PA

Peer Review Committee, 2011-2014

Northern Tier Counseling, Towanda, PA

Board Member, 2009-2014

Correctional Health Care Expert

Various cases in CA, MI, OH, IL, 2008-2014