

Provider Profile

Samuel Madore, DO Primary Care

That Maine native Samuel Madore, DO, is practicing medicine in the state where he was born and raised is the result of two things: A bout of back pain when he was young – and the call of the wild. As a primary care provider at Waldo County General Hospital, Madore focuses on how a patients' health relates to your nerves, muscles, bones, skull and spine. He is board certified in family medicine, neuromusculoskeletal medicine and osteopathic manipulative medicine. Dr. Madore is accepting new patients. To make an appointment, call Waldo County Medical Partners Primary Care at 207-505-4567. To learn how Dr. Madore's back pain led to a career in medicine, and how many of the state's 4,000-foot peaks he has climbed, read on.



* * *

What or who inspired you to go to medical school?

In high school, I was always interested in biology, and chemistry and nature. I went to the University of Maine in Orono as an engineering major, which then changed into biochemistry/microbiology. I was going to get either a master's degree or a PhD in some lab science. Then I started to have my own back pain in college. I saw a number of different physicians to try to get help with that. I finally found an osteopathic doctor who evaluated me in a way that I found was much more in depth and comprehensive and useful. The experience helped me realize that I did not want to sit in a lab all day, I wanted to try to help people with pain. That put me on the path to becoming a doctor.

When a new patient comes in to see you for the first time, what can they expect?

Patients can expect me to ask about their diet, activity level and lifestyle as those things might pertain to their health. I'm always digging into people's sleep, diet, exercise and stress levels as much as I can. I do my best to sit back and let the patient tell me their story. To me diet, sleep and movement are often the most important things to focus on. Our modern life just predisposes all of us to some ailments. If we keep putting our hands on a keyboard, on the steering wheel, on our phone, we're always going to get tight shoulders and tight backs. I can make the patient feel better temporarily, but the real solution is the change to way we do these things.

What are your passions outside of the hospital?

I'm pretty outdoorsy. I like to fish, I like to garden, I like to trail run with my girlfriend and my dog and just kind of explore all the places I haven't been yet in Maine even though I've lived here my whole life.

I still want to canoe the Allagash and hike all 14 of the 4,000-foot peaks in Maine. I've hiked six of them so far.

Craziest outdoor adventure?

In California, we were hiking along the coast and we're on this ledge, looked down, saw this beautiful beach, and decided we would spend the night down there. We had maybe two hours of light left and we bushwhacked our way down and got to the beach just as high tide was peaking and realized there was only a foot of sand left. So we had to bushwhack our way back up. At one point I was crawling on my stomach underneath shrubs. And then a couple of minutes later I was crawling over shrubs, not even touching the ground.

Nature holds many metaphors for poets. Does it hold any for medicine?

I think so. When you see a river that's been dammed up for decades, and then it becomes undammed, like the Penobscot River, fish come back. Wildlife comes back. It may take a decade or two, but the habitat regenerates. It reminds us that patients really can truly heal. I think a lot of our chronic medical conditions are us living in a way that is contrary to the pace of our evolution. Our way of life has changed drastically in the last 15 years with the internet, in the last 100 years with cars and processed foods. But we need to remember that we've been around for 299,000 plus years not living like that and our genes have not adapted. So when I see animals in their own state being healthy, as far as anyone can tell, having good communities and doing what they do best, it reminds me that they are in a place that's well suited for their genes.

I understand that you were a Boy Scout. Did you earn a First Aid Merit Badge?

I earned the Lifeguard and First Aid merit badges and many others. I don't know if there's any more medical related ones. But that was a big piece of developing a love for adventure.

You also earned your Eagle Scout Award. Tell us about that.

Our troop was, I don't know, 30 kids. There was a lot of adult involvement. We went on canoe trips, hiking trips, biking trips. It was a great troop. But once you get to 16 years old, a lot of your friends leave the Boy Scouts and so you need a reason to stick with it. Earning Eagle Scout was my reason.

It seems so many young college graduates choose to leave Maine, but you stayed. Why?

My family and friends are here, and there is a big need for health care providers here. And there's just a lot of fun things to do here. Even when it's frigid out, I'll go ice fishing. I've visited other states. Other than Northern California, nothing really spoke to me as Maine does.