



**Testimony of Marge Kilkelly on Behalf of
the Maine Council on Aging to the
Committee on Health and Human Services**

**In Favor of LD 1277 An Act Regarding Controlled
Substances Prescription Monitoring Activities**

Submitted April 11, 2025

Senator Ingwersen, Representative Meyer, and Members of the Committee on Health and Human Services.

My name is Marge Kilkelly, and I am a Policy Consultant for the Maine Council on Aging (MCOA) which is a broad, multidisciplinary network of over 140 organizations, businesses, municipalities, and older community members working to ensure we can all live healthy, engaged, and secure lives with choices and opportunities as we age at home and in community settings. The MCOA is a unifying force across sectors that is creating a new narrative about aging and older people in Maine with the goal of building local, statewide, and national support for the systemic changes needed to support our new longevity.

I am testifying in Favor of LD 1277 An Act Regarding Controlled Substances Prescription Monitoring Activities.

Privacy is crucial in healthcare to build trust, ensure patient autonomy, and protect sensitive information, ultimately leading to better patient outcomes and a functional healthcare system. Trusting that conversations and treatments are held in confidence between the patient and provider creates an environment where patients, especially older patients, feel able to share symptoms, health issues and challenges of a very personal nature.

Changes in health as we age is often confusing and emotionally challenging. Menopause and hypogonadism or low testosterone levels impact older people and often require frank conversations between patients and providers. In some cases, the treatment plan might include testosterone which is a widely used hormone medication that is prescribed for a range of medical conditions in men and menopause in women.

Testosterone is produced in both males and females and plays a significant role in healthy aging. Testosterone is a vital hormone for women, produced in smaller amounts by the ovaries and adrenal glands, playing crucial roles in bone health, muscle mass, libido, and overall well-being.

Requiring testosterone prescriptions to be in the Prescription Monitoring Program (PMP), we believe, is both unnecessary and adds one more level of challenge for patients wary of health care privacy.

The PMP is designed to track substances with a high risk of overdose or life threatening misuse with a goal of detecting and preventing substance use disorder. It is an important tool for improving clinical practice preventing overdoses of opioids and other dangerous prescription drugs. (stimulants, benzodiazepines, morphine, sedatives).

Again, we believe that testosterone does not belong in the PMP and urge your support of LD 1277.

Thank you for your consideration.