

Matthew McLain, ACNP-BC, APRN-CNP, Recognized by America's Best in Medicine, Expands Access to Comprehensive Care Through Innovation, Prevention, and Compassion

Board-Certified Nurse Practitioner Blends Critical Care Expertise, Addiction Medicine, Wellness, and Aesthetics to Serve Patients in Canton, New York, and Beyond



redefining modern healthcare through a patient-centered model that combines advanced clinical expertise with accessibility, prevention, and whole-person wellness. As a Board-Certified Nurse Practitioner, McLain has built a dynamic career spanning critical care, primary care, addiction medicine, preventive health, and aesthetic procedures, delivering comprehensive services that meet the evolving needs of today's patients.

Educated at the University of Alabama at Birmingham, McLain earned both his Bachelor of Science in Nursing and Master of Science in Nursing degrees. His academic training provided a strong foundation in evidence-based practice and advanced patient care. Early in his career, McLain developed deep expertise in critical care across diverse clinical environments, ranging from high-acuity urban settings in Birmingham, AL, to the unique resource-management demands of rural settings in Jefferson and St. Lawrence County, NY. These experiences in emergency departments and high-acuity hospital settings provided him with firsthand insight into the vital role prevention plays in long-term health outcomes.

After years of bedside nursing, McLain expanded his focus into primary care and preventive medicine, recognizing the need for more proactive, relationship-driven healthcare. He became especially committed to addressing disparities in underserved and rural communities, where access to providers can be limited, and continuity of care is often difficult to maintain.

In September 2020, he opened Thousand Islands Nurse Practitioners in Canton, New York, and later formally incorporated the practice in October 2023. The clinic offers an integrated model of care that combines preventive medicine, lifestyle optimization, and aesthetic treatments within a medically supervised environment. By bringing multiple services under one roof, McLain has created a practice designed to help patients improve both their health and confidence.

“What I enjoy most about practicing medicine is finding ways to provide meaningful care despite the challenges of small-town provider shortages, a local population with limited access, and regional hospital instability,” said McLain. “At the same time, I see opportunities to expand access through telehealth, concierge or subscription-based care, and supporting displaced primary-care patients in our community.”

In addition to primary and preventive care, McLain has pursued advanced training in aesthetic and regenerative therapies. His services include Botox, microneedling, platelet-rich plasma (PRP), and exosome treatments, allowing patients to access minimally invasive cosmetic procedures from a highly trained medical professional. His approach emphasizes safety, natural-looking outcomes, and overall wellness rather than one-size-fits-all treatments.

McLain also brings meaningful expertise to addiction medicine, where he employs a harm-reduction model that addresses not only physical dependence but also the mental, emotional, and social factors that influence recovery. By meeting patients where they are and providing compassionate, judgment-free care, he helps individuals pursue sustainable paths toward improved health and stability.

A dedicated leader within his profession, McLain maintains active memberships with the American Association of Nurse Practitioners, American Nurses Association, Nurse Practitioner Association of New York, and holds associate membership in the American Academy of Addiction Medicine.

Beyond patient care, McLain is also committed to education and professional development. From 2015 to 2019, he lectured on ventilator management, sharing specialized knowledge with fellow healthcare providers. Across every stage of his career, Matthew McLain has remained guided by one mission: improving quality of life through skilled, compassionate, and accessible care. Whether managing

complex medical conditions, promoting preventive wellness, supporting addiction recovery, or offering aesthetic services, his work continues to make a lasting impact in Canton, New York, and beyond.

Learn more about Matthew McLain:

Through his America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/matthew-mclain> or through his website, <https://cantontinps.com/>

America's Best in Medicine

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Source : Matthew McLain

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