



Message from the CEO  
*Carol Carew*

Fall has just begun yet influenza is already on health care providers' minds. Last year, in Maine alone, more than two dozen people died as a result of the flu. In the coming weeks, you will notice that flu clinics are being set up so you can get your shot. It takes two to three weeks for the vaccine to become effective.

There is a myth surrounding the flu vaccine that has been around for years. We try hard to dispel it but it persists. Some people firmly believe that you can actually get influenza from the flu shot. This is simply not true. The influenza vaccine (injection, not the nasal mist) is made up of inactive virus - meaning the virus is dead therefore cannot infect you. But, your immune system will still work hard to build antibodies against the inactive virus.

It is almost impossible not to come in contact, at some point, with someone who is sick. Kids get sick in school and bring it home to the whole family. Children are at high risk for complications from the flu so should be vaccinated quickly. Also, people go to work sick and spread their germs. The flu shot is your best defense against getting sick yourself.

The myth probably started because some people feel a bit ill after the shot, or because they were already infected with the flu, but not symptomatic, when they were vaccinated, so blamed the vaccine when they became ill.

*Carol*

BRHC is a Federal Tort Claims Act (FTCA) deemed facility. Visit [bphc.hrsa.gov/ftca/about](http://bphc.hrsa.gov/ftca/about) for more information.

Meet Our Team: Nicholas Vachon, DPM,  
and Vicky Wardwell, RN

Problems with your feet? You'll want to see Dr. Vachon and his nurse, Vicky.

Dr. Vachon specializes in diabetic wound care, sports medicine, reconstructive forefoot surgery, foot wounds and injuries of the foot. He sees patients monthly at BRHC.



Trick or... Toy?

Handing out candy this Halloween? Why not give away small toys or party favors? They cost nearly the same as candy, are available at your local major retailer or bog box store or online, and can be used multiple times, unlike a mini Hershey's bar.

If you still want to hand out something edible, try one of the following individually-wrapped foods:

- Nuts
- Crackers
- Apples
- Fruit cups in 100% juice
- Granola bars
- Dried fruit



**We are hiring ...**

BRHC - Ellsworth Location, Coastal Health Center, 37 Commerce Park

- Nurse Practitioner

Bucksport location, 110 Broadway, Bucksport

- RN Care Coordinator (per diem to be assigned to both Bucksport and Ellsworth locations)

Apply with a cover letter and resume to:  
[dadams@bhrcme.org](mailto:dadams@bhrcme.org)

BRHC is an Equal Opportunity Provider and Employer.

**Trivia Question**

In the US, 1 in \_\_\_ women will develop breast cancer at some point in her life.  
*Answer on the back page.*

- |       |       |
|-------|-------|
| A. 50 | C. 8  |
| B. 30 | D. 20 |



**Flu Clinic: Call for your appointment**

- October 10: 8:30 a.m. - 12:30 p.m.
- October 12: 1:00 p.m. - 6:00 p.m.
- October 15: 1:00 p.m. - 6:00 p.m.



## Martha's Menu

Martha Cole, MS, RDN, LD

### Curried Squash Stew

Courtesy:  
whatscooking.fns.usda.gov

This cozy and delicious curry dish is loaded with fiber, vitamin A, potassium and magnesium. Don't forget to roast up the squash seeds for a nutritious and tasty snack!

Curry powder and cinnamon give unique flavor to this zucchini, butternut squash, tomato, and bean stew. Add raisins or dried cranberries for an added "sweet note."

#### Ingredients

- 1 tablespoon vegetable oil
- 1 yellow onion (peeled and chopped)
- 2 cloves garlic (peeled and minced)
- 1 celery stalk (including leaves, chopped)
- 1/2 teaspoon ground cinnamon
- 1 large zucchini (or 2 small)
- 2 tablespoons curry powder
- 3 cups butternut squash
- 1 can 14.5 ounce low-sodium diced tomatoes (including liquid)
- 1 can 15.5 ounce low-sodium white beans or chickpeas (drained and rinsed)

#### Directions

1. Heat a large pot on the stove over medium heat and add oil. Add the onion, garlic and celery and cook about 10 minutes, until the onion is tender.
2. Add zucchini and curry powder and cook for 10 minutes, stirring occasionally.
3. Add the butternut squash, tomatoes and chickpeas and cover. Continue cooking about 10 minutes.
4. Serve with cooked brown rice.

Source: USDA Center for Nutrition Policy and Promotion

## October is National Breast Cancer Awareness Month

Provided by [healthfinder.gov](http://healthfinder.gov)

Breast cancer is the second most common kind of cancer in women. About **1 in 8 women** born today in the United States will get breast cancer sometime during her life.

The good news is that self-breast exams and mammograms can help find breast cancer early. Most women can survive breast cancer if it's found and treated early. Talk with your doctor or nurse if you notice any of these changes:

- A lump or an area that feels very firm in the breast or armpit
- A change in size, shape, or feel of the breast
- Fluid (called discharge) coming out of a nipple
- Skin on the breast that is itchy, red, flaky, or dimpled

#### How often should I get mammograms?

**Women ages 40 to 49:** Talk with your doctor about when to start getting mammograms and how often to get them.

**Women ages 50 to 74:** Get mammograms every two years. Talk with your doctor to decide if you need them more often.

#### What is a mammogram?

A mammogram is an x-ray picture of the breast. Mammograms use a very low level of x-rays, which are a type of radiation.

#### Mammograms are very safe.

Mammograms can be used to screen (test) for breast cancer in women with no signs or symptoms, or to diagnose women with symptoms, like lumps in their breasts.

When you get a mammogram, a technician will place your breast between two plastic plates and press your breast flat to get a clear picture. Getting a mammogram can be uncomfortable for some women, but the discomfort only lasts a few seconds. It takes about 20 minutes to get mammograms.

If you are uninsured or low-income, call us to see if you qualify for free mammograms and Pap tests through the Maine Breast and Cervical Health Program.

Having trouble paying for your medications?

