

May 2019

# BRHC Health Beat



Bucksport Regional  
**Health Center**



## Message from the CEO

*Carol Carew*



May is High Blood Pressure Education Month. This is an important awareness tool because high blood pressure has no warning signs but can be deadly. Read more about that on the back page.

May is also a month of celebrations. The 6th to the 12th is National Nurses Week, a time to honor and acknowledge the work these dedicated health care professionals do each day. We have a number of nurses here at BRHC and we appreciate each and every one of them.

Also, the 20th anniversary of National Women's Health Week starts on Mother's Day, May 12th, and is celebrated through May 18th. This week is a time for all women to take a look at their own health. Women tend to put everyone else first and sometimes their own needs are put on the back burner. So what steps can you take for better health? There is a list of ways to improve your health to the right.

Memorial Day, May 27 this year, is the unofficial start of summer. While we all know what Memorial Day means today, I started wondering about its origins so I did some research. There are numerous variations of the actual beginning of Memorial Day. One story says that in the summer of 1865, a prominent local druggist in Charleston, SC, Henry C. Welles, spoke to his friends suggesting that it was all well and good to praise the living veterans of the Civil War, but that the patriotic deceased should be remembered as well with flowers on their graves.

Another story claims Memorial Day was started by former slaves on May 1, 1865, again in Charleston, to honor 257 dead Union Soldiers who had been buried in a mass grave in a Confederate prison camp. The free African Americans in Charleston reburied the dead prisoners of war and held a cemetery dedication ceremony. Read more about this fascinating history at [www.snopes.com/fact-check/memorial-day/](http://www.snopes.com/fact-check/memorial-day/)

And finally, May 31 is World No Tobacco Day. The World Health Organization (WHO) and global partners celebrate World No Tobacco Day to raise awareness on the harmful and deadly effects of tobacco use and second-hand smoke exposure, and to discourage the use of tobacco in any form.

If you use tobacco products and want to stop, give us a call. We can help.

*Carol*

## Meet our Team! Dr. Bruce Milzman, DDS

Dr. Milzman has joined our dental office. We are very happy to have him with us.

He is accepting new patients so give the dental office a call at 902-1100.

Learn more about Dr. Milzman on the back page.



## Suggested improvements for better health

To improve your physical and mental health:

- Visit a doctor or nurse for a well-woman visit (checkup), preventive screenings, and vaccines.
- Get active. Exercise at least 150 minutes a week.
- Eat healthy with lots of produce and drink water.
- Pay attention to mental health, get enough sleep and manage stress.
- Practice safe behaviors, such as quitting smoking, not texting while driving, and taking steps to protect yourself from sexually transmitted infections.

## We are hiring ...

- Clinical Applications Specialist
- Radiology Technician - Per Diem
- Nurse Practitioner (FNP) - Ellsworth Location
- Behavioral Health Counselor
- Dental Assistant (Per Diem)
- Visit [www.bucksportrhc.org](http://www.bucksportrhc.org) to learn more.

### Free Vascular Screening

If you suffer from venous disease, this event is for you.

Tuesday, May 28, 4:30 p.m - 6 p.m.  
Ellsworth location  
667-5064



**Walk-In Care:** Monday - Friday, 7:30 a.m. to 9:30 a.m. and Saturdays 8:00 a.m. - 3:00 p.m.  
You don't need to be a BRHC patient to visit Walk-In Care. We will treat everyone.

## Two locations:

**BRHC**  
110 Broadway, Bucksport

**Coastal Health Center**  
37 Commerce Park, Ellsworth

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.

BRHC is an equal opportunity provider and employer.

*May is***High Blood Pressure Education Month**

Source: [www.CDC.gov/bloodpressure](http://www.CDC.gov/bloodpressure)

Blood pressure (BP) is the force of blood pushing against the walls of your arteries, which carry blood from your heart to other parts of your body. A person's BP normally rises and falls throughout the day, however if it stays high for a long time, the heart can be damaged and other health problems can occur.

High blood pressure raises your risk for heart disease and stroke, which are leading causes of death in the United States. One of the scariest things about high blood pressure is that it has no warning signs or symptoms so many people who do have it are unaware of it. The only way to know if your blood pressure is high is to have it measured.

Fortunately, you can work with your provider to find ways to control your blood pressure to lower your risk for serious health problems.

Some of the recommended ways to reduce high blood pressure are:

- **Eating a healthy diet.** Be sure to eat plenty of fresh fruits and vegetables.
- **Maintaining a healthy weight.** Being overweight or obese increases your risk for high blood pressure.
- **Getting enough physical activity.** Physical activity can help you maintain a healthy weight and lower your blood pressure. The Surgeon General recommends adults get two and a half hours of moderate-intensity exercise, like brisk walking or bicycling, every week.
- **Not Smoking.** Cigarette smoking raises your blood pressure and puts you at higher risk for heart attack and stroke. If you do not smoke, do not start. If you do smoke, quitting will lower your risk for heart disease. Your doctor can suggest ways to help you quit.
- **Limiting alcohol use.** Drinking too much alcohol can raise your blood pressure. Men should have no more than two drinks per day, and women only one.
- **Take your medication.** If your provider prescribes high blood pressure medication, take it as directed.

**Welcome Dr. Milzman**

Dr. Bruce Milzman grew up in Washington, D.C. Many of his family members were physicians and dentists, which seemed to be his calling as well. He always had a keen interest in science and spent much of his youth at the Smithsonian museums.

Dr. Milzman earned his undergraduate degree, with honors, in biological sciences, from Susquehanna University, Pennsylvania. He earned his dental degree from the University of Maryland Dental School, the first dental school in the world.

He practiced in the inner city of Baltimore Maryland, primarily performing emergency dental treatment, but after returning to Washington, D.C., his practice focused on restorative dental services, saving and replacing teeth that were lost to damage and disease. After 30 years, he yearned for a different environment – the kind that Bucksport can offer.

He is married with two teenage sons, Harrison and Beckett. When not working, Dr. Milzman enjoys trying to help his wife, a chef trained at the Paris institute, cook worldly dishes. He also enjoys walking in his new Maine surroundings, and reading books on history and science.

He paraphrases his favorite quote, attributed to Mark Twain, "I never realized my father's wisdom until I turned twenty one." The quote reminds him of his father. He says, "Even as I approach 60, I think of my father, also a doctor, who always imparts wisdom in our conversations."

Main complications of persistent  
**High blood pressure**

