

Message from the CEO

Carol Carew



February is American Heart Month. We have good information on the back about how to keep your heart healthy. It's also Children's Dental Health Month. Starting children with dental care early is the best way for them to continue that habit into adulthood. This is an important component to being a healthy adult because some studies suggest that there is a connection between poor oral health and heart disease. Our dental program is happy to treat children so give us a call.

And speaking of being healthy, if you have not had your flu shot yet, there is still time for it to be effective. We are deep into flu season and numerous deaths have been reported across the country. Getting the flu vaccine is the best way to protect yourself and those around you. The flu is now considered widespread across Maine with all 16 counties reporting cases.

Groundhog day is upon us so here's hoping for an early spring.

Carol

February is Children's Dental Health Month

Source www.healthfinder.gov

Your child's first teeth, or baby teeth, are important. Baby teeth hold space for adult teeth. Taking care of your child's teeth will protect your child from tooth decay (cavities).

Tooth decay can:

- Cause your child pain
- Make it hard for your child to chew
- Make your child embarrassed to talk or smile
- Create problems with your child's adult teeth

Take simple steps to prevent tooth decay.

Most babies will get their first tooth between ages 4 months and 7 months. Start these healthy habits now so your child's smile will stay healthy!

- Start cleaning your child's teeth as soon as they come in.
- Teach your child to brush 2 times a day.
- Protect your child's teeth with fluoride.
- Give your child healthy, low-sugar foods and drinks.
- Take your child to the dentist for regular checkups.

Meet Our Team: Ariel Shepard, Licensed Massage Therapist and Medical Massage Practitioner

You might know that massage therapy can play a substantial role in treating chronic pain, but did you know it can also be a valuable tool for managing a variety of mental health conditions and even opioid addiction?



Meet Ariel Shepard, Licensed Massage Therapist and Medical Massage Practitioner. She is part of our team here at BRHC and offers massage therapy every Friday for a variety of conditions.

Ariel's background includes training in Swedish, Shiatsu, Medical, Medical Arthritis, Lymphatic, Cranial Sacral and Healing Touch manual therapies. She has also trained in Kinesiotaping, modern cupping, neuromuscular treatment of TMJ dysfunction and Reiki applications and techniques.

Check with your insurance provider to see if your plan covers services like these. Also, for those who are income-eligible, we are offering vouchers to assist with payment and make services accessible to all. We recommend you talk with your provider to see how medical massage therapy could play a role in treating your condition. For more information or to make an appointment, call Ariel directly at 207-669-5258 or email her at arielmassage@gmail.com.

We are hiring ...

Visit www.bucksportrhc.org to learn more.

- Medical Director
- Clinical Lead Medical Assistant – Ellsworth
- FNP/PA – Ellsworth location
- LCSW – Behavioral Health Therapist
- Medical Assistant – per diem

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. We will treat everyone.

February is American Heart Month

Source www.cdc.gov and www.healthfinder.gov

What is heart disease?

The term “heart disease” refers to several types of heart conditions. The most common type of heart disease in the United States is coronary artery disease (CAD), which affects the blood flow to the heart. Decreased blood flow can cause a heart attack.

The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices.

What are the symptoms of heart disease?

Sometimes heart disease may be “silent” and not diagnosed until a person experiences signs or symptoms of a heart attack, heart failure, or an arrhythmia.

When these events happen, symptoms may include:

Heart attack: Chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath.

Arrhythmia: Fluttering feelings in the chest (palpitations).

Heart failure: Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins.

About 647,000 Americans die from heart disease each year - that’s 1 in every 4 deaths.

What are the risk factors for heart disease?

High blood pressure, high blood cholesterol, and smoking are key risk factors for heart disease.

About half of Americans (47%) have at least one of these three risk factors. Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including:

- Diabetes
- Overweight and obesity
- Unhealthy diet
- Physical inactivity
- Excessive alcohol use

Ask your doctor about your blood pressure, cholesterol, and A1C.

- Reduce the sodium, and increase the fruits, vegetables, and whole grains in your diet.
- Be physically active.
- Control your weight.
- Don’t smoke.
- Manage stress.

Sodium’s favorite hiding spot?

Processed and **restaurant** foods.



Word Search - February Heart Health

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|-----------------|----------------|------------|
| Arteries | Coronary | Medication |
| Exercise | Cardiovascular | Fruits |
| Tobacco | Low sodium | Vegetables |
| Blood pressure | Heart rate | Low fat |
| Body mass index | Water | Pulse |

