



Bucksport Regional
Health Center



January 2020

BRHC Health Beat



Message from the CEO

Carol Carew

Happy New Year! We have some exciting things coming up this year.

First, we listened to our patients' feedback on how they think would be the easiest way to reach us. The result is a new Phone Directory. You can clip and save the directory at the right. It is also available on our website. We really strive to make being our patient a great experience and as easy as possible.

We are also instituting increased vascular care in our Ellsworth location. Dr. Nightingale, our vascular expert, will be holding Vascular Care Tuesdays starting Jan. 7. If you have any venous problems at all, make an appointment with us. You can read more about our Ellsworth providers on the back.

January is Thyroid Awareness Month. Having a thyroid condition is pretty common but should not be left untreated. Read the story on the back and call us if you have any symptoms.

Here's to a happy and healthy start to 2020.

Carol



New Year - New You

We are starting a free weight loss class in January for those who want to shed excess pounds, eat better, get more active and improve overall health.

Class will be Mondays from 5:00 to 5:45 pm, beginning January 20, and will run for 12 weeks. The group will decide how often to meet following these first 12 weeks.

This class is designed to be fun and interactive! Each session will include a light physical activity component, health education and goal setting. Class is free and open to the community.

Contact Jessica at 902-1615 to register.

We are hiring ...

Visit www.bucksportrhc.org to learn more.

- Medical Director
- FNP/PA – Ellsworth location
- Patient Services Representative/Health Information Coordinator - Ellsworth Location

BRHC Phone Directory. Call 469-7371. We are a Push-Button Away.

We reached out to our patients and listened to their feedback to improve the phone system.

- Press 1:** if you are a Provider
- Press 2:** if you are a New Patient or would like to become a BRHC Patient
- Press 3:** for PRESCRIPTION REFILLS
- Press 4:** if you would like to speak with a scheduler to:
 - Change an appointment
 - Schedule appointments (including labs)
 - To leave a message for your provider
- Press 5:** for all Other options, including:
 - Press 1** for Referral information.
 - Press 2** if you have a Billing Question or need help with the Affordable Care Act.
 - Press 3** for Medical Records assistance.
 - Press 4** if you need Administration assistance.

Direct Extension #s

Prescription Refills #240

Scheduling

- Clinical – Bucksport #605
- Clinical – Ellsworth #614
- Behavioral Health #241
- Dental #280
- New Patients #202
- Referrals #204
- Health Education #260
- Medical Records #205

Billing & Insurance Questions

- Billing & Payment Questions #242
- Affordable Care Act #289
- Maine Care, Medicare #234
- Workers Comp, Personal Injury #234
- Private or Commercial Insurance #253

Administration #221

BRHC, 110 Broadway, Bucksport, 469-7371

Coastal Health Center, 37 Commerce Park, Ellsworth, 667-5064

BRHC is a Federal Tort Claims Act (FTCA) deemed facility. Visit bphc.hrsa.gov/ftca/about for more information. BRHC is an equal opportunity provider and employer.

bucksportrhc.org

January is Thyroid Awareness Month

You've probably heard of the thyroid gland, but do you know what it does? You might not give it a second thought unless something goes wrong. Thyroid trouble can cause a range of seemingly unrelated problems, including drastic changes to your weight, energy, digestion, or mood. Learn to recognize signs of thyroid disorder, so you can get treatment if needed.

The thyroid is a small but powerful butterfly-shaped gland located at the front of your neck. It controls many of your body's most important functions. The thyroid gland makes **hormones** that affect your breathing, heart rate, digestion, and body temperature. These systems speed up as thyroid hormone levels rise. But problems occur if the thyroid makes too much hormone or not enough.

Nearly 1 in 20 Americans ages 12 and older has an under-active thyroid, or hypothyroidism. When thyroid glands don't produce enough hormones, many body functions slow down. A smaller number of people—about 1 in 100—has an over-active thyroid, called hyperthyroidism. Their thyroids release too much hormone.

If you notice signs of thyroid disease, talk with a health professional. Based on your family history, symptoms, and medical exam, your provider can help you decide if further testing or treatment is needed.

Symptoms of Abnormal Thyroid Function

Too Little Thyroid Hormone: Hypothyroidism

- Depression or feeling blue
- Trouble concentrating
- Tiredness
- Dry skin and hair
- Weight gain
- Feeling cold all the time

Too Much Thyroid Hormone: Hyperthyroidism

- Nervousness and anxiety
- Weight loss
- Tremor (shaking)
- Fast, irregular pulse
- Tiredness
- Feeling hot all the time

Source:

<https://newsinhealth.nih.gov/2015/09/thinking-about-your-thyroid>

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.

Our Ellsworth Providers - Accepting new patients



Thomas Bugbee, MD

Dr. Bugbee earned his medical degree from the University of California, Davis. He is certified with the American Board of Family Physicians, and a Maine Academy of Family Physicians board member.



Kathleen McCall, MD

Dr. McCall went to Albany Medical School and entered a Family Medicine Residency Program at the Mayo Clinic, in Rochester, Minnesota.



Stephen Nightingale, MD

Dr. Nightingale earned his medical degree from the University of Alabama. He is Board Certified in internal medicine, pediatrics, and laser surgery with a special interest in venous disease. He is a member of the American Academy of Pediatrics and the American College of Physicians.

Word Search - January

January	Snowstorm	Fleece
Resolutions	Boots	Sledding
New Year	Slush	Skating
Martin Luther King, Jr.	Hot Soup	Playoffs
Cold	Fireplace	Hot Chocolate

