



Bucksport Regional
Health Center



June 2020

BRHC Health Beat



Message from the CEO

Carol Carew, RN, BSN, MBA

To say we are living in challenging times is an understatement. But we are all getting through it. As we welcome patients back into the clinic, we are following COVID-19 protocol recommended by the CDC. We screen every employee, patient, and vendor who enters the building by doing temperature checks and asking CDC recommended questions pertaining to symptoms and travel. Masking is also required for all. Our COVID task force meets virtually daily in part to review the most current CDC guidelines so we can update practice protocols accordingly. We take COVID-19 seriously and are committed to keeping everyone safe.

If you look to the right, you will meet Curtis who is our phlebotomist in our Ellsworth office. We're expanding the Ellsworth lab hours so if you need blood work done, we are happy to do that for you. Anyone can come to the lab. Being a patient is not required. It's affordable, we accept all insurances and our sliding fee program is available.

And finally, June 14 is World Blood Donor Day, established to highlight the importance that everyone have access to affordable and timely supplies of safe and quality-assured blood. If you can donate, please do. Thank you.

Carol

We are hiring ... Visit www.bucksportrhc.org.

- Medical Assistant (2 positions) – Bucksport
- Medical Assistant – Ellsworth
- Medical Director
- LCSW (Therapist)
- Referrals Specialist - Bucksport

Meet Our Team: Curtis Roy

Curtis is our full-time phlebotomist at our Ellsworth facility. Did you know you don't need to be a patient to get your labs done with us? That's right. Our lab is open to the public. It is simple and easy so just give us a call to see what we can do for you.



June is Alzheimer's and Brain Awareness Month

To learn more, visit www.nia.nih.gov and search Alzheimer's

The first symptoms of Alzheimer's vary from person to person. Memory problems are typically one of the first signs of cognitive impairment related to Alzheimer's disease.

Signs of Mild Alzheimer's Disease

In mild Alzheimer's disease, a person may seem to be healthy but has more and more trouble making sense of the world around him or her. The realization that something is wrong often comes gradually to the person and his or her family. Problems can include:

- Memory loss
- Poor judgment leading to bad decisions
- Loss of spontaneity and sense of initiative
- Taking longer to complete normal daily tasks
- Repeating questions
- Trouble handling money and paying bills
- Wandering and getting lost
- Losing things or misplacing them in odd places
- Mood and personality changes
- Increased anxiety and/or aggression

Bucksport Bay Farmers' Market

We Accept SNAP Benefits

Shop with your SNAP/EBT card to receive bonus Maine Harvest Bucks for fruits and vegetables!

99 Main Street - Thursdays 12 To 3 PM

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

June is Men's Health Month

Source: menshealthmonth.org

In general, men are less likely to take care of themselves and their health, than their women counterparts. It's reported that men visit the doctor about 50-percent less than women do, and more than 7,000,000 men have not been to a doctor in at least 10 years.

A survey done by the Cleveland Clinic in 2019 reported that 82-percent of men said they were trying to stay healthy and live longer for those who rely on them, and yet only 50-percent actually took the steps to engage in preventive care.

The reasons men don't visit a doctor are as varied as the men themselves. But whatever the reason, getting regular medical care can extend one's life. A man's life expectancy is about five years less than a woman's.

Health Screenings for Men from the CDC

www.cdc.gov

Some health conditions only affect men, such as prostate cancer and low testosterone.

Many of the major health risks men face - like colon cancer or heart disease - can be prevented and treated with early diagnosis. Screening tests can find diseases early, when they are easier to treat. It's important men get the screening tests they need.

The first step is to schedule a physical with a primary provider. The purpose of annual physicals is to:

- Screen for medical issues
- Assess any risks for future medical problems
- Encourage a healthy lifestyle
- Update vaccinations
- And establish a relationship with the provider in case of an illness

Depending on age, lifestyle and other factors, some screenings that may be needed as part of the physical or ongoing care include:

- Blood pressure
- Diabetes
- Cholesterol
- Infectious disease
- Immunizations
- Height and weight for Body Mass Index (BMI) calculation
- Colorectal, prostate and lung cancer
- Osteoporosis

In general, the recommendation is to visit the dentist once or twice a year. Recommendations for eye exams depend upon age and whether or not a person has vision problems or certain conditions such as diabetes or glaucoma. Speak with a provider to better understand how often an eye exam is needed.

Wear BLUE Day For men's health

Wear BLUE Day, always the Friday before Father's Day, is a part of the year-round Wear BLUE® awareness campaign established by Men's Health Network. It is designed to show men the importance of taking care of their health and to encourage them to take proper steps to ensure that they will live longer and healthier lives. So get your BLUE on, Friday, June 19!

Don't Forget to Wear Blue



Word Search - SUMMER Time!

- | | | |
|------------|------------|---------------|
| Barbeque | Fireflies | Humid |
| Beach | Fireworks | Thunder Storm |
| Swimming | Hiking | Picnic |
| Watermelon | Fishing | Ice Cream |
| Sunscreen | Sunglasses | |

