



## Message from the CEO

*Carol Carew, RN, BSN, MBA*

October is one of the most beautiful months in Maine. But this month will be different than any other October we have experienced in our lifetimes.

Craft fairs and other traditional fall gathering may be canceled because of the danger of spreading COVID-19. But we are a strong and creative community. We will find ways to make the best of it and be grateful for all we have.

One thing has not changed and that is your need for a flu shot. It is more important than ever to protect yourself and your family from viruses whenever possible. We are holding a **Curbside Flu Clinic, Thursday, October 8th, 7 a.m. - 6 p.m.** in the lower dental parking lot, Regular and high dose vaccines are available and appointments are required.

October is also Domestic Violence Awareness Month. Increased isolation and other factors affecting families have led to an increase in cases of domestic violence. The Maine helpline number is 1-866- 834-HELP. To learn more, visit the ME Coalition to End Domestic Violence at mcedv.org.

Stay safe. And Happy Halloween.

*Carol*



**Free Vascular Screening**

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

Tuesday, October 27, 4:30 - 6 p.m., Ellsworth  
Appointments required - 667-5064

**COVID-19 Testing at BRHC**

Open to everyone:

- Patient
- Non-patient
- Symptomatic
- Asymptomatic

Testing times:

- Wednesdays  
9:30 - 10:30 a.m.
- Thursdays  
2:00 - 3:00 p.m.

Test may be covered by private insurance.  
Testing costs may be waived for the uninsured.  
BRHC staff will help with this process.

**All tests are by appointment only.**  
**Call 469-7371 and press option 6.**

## Meet Our Team: Jessica Werner, Dental Assistant

After retiring from the Air Force, Jessica attended Dental Assistant School in Colorado. She has been assisting for eight years. She and her husband have two amazingly talented children. Jessica loves dogs and her hobbies span many things involving yarn and thread.



## Marketplace Health Insurance Open Enrollment

Open enrollment for Marketplace Health Insurance is November 1, through December 15, 2020. Coverage begins January 1, 2021.

Need help? BRHC Health Educator, Jessica Richards, will answer your questions and/or help you with your application for the Marketplace or other insurance options, such as MaineCare.

Call her at 902-1615 to schedule an appointment.

We are hiring ...

Visit [www.bucksportrhc.org](http://www.bucksportrhc.org).

- Medical Director
- LCSW – Behavioral Health Therapist
- Medical Assistant – Ellsworth – 30 hours
- PSR/New Patient Coordinator – Bucksport

## Cooking Matters for Adults: Online!

Learn the skills to prepare healthy, tasty, low-cost meals, right from your home. And get a Free bag of groceries each week.

Join us for twice-weekly live online sessions with a nutrition educator.

Free cookbook full of healthy recipes.

**WHEN:** Tuesdays & Thursdays, Oct. 8-27, 12 - 1 p.m.

**WHERE:** Grocery pickup Wednesdays at BRHC, 110 Broadway, Bucksport.

**SIGN-UP:** Register: Email Nicole Gurreri at [Nicole.gurreri@healthyacadia.org](mailto:Nicole.gurreri@healthyacadia.org).

## October is Breast Cancer Awareness Month

**Source:** cdc.gov

Each year in the United States, more than 250,000 women get breast cancer and 42,000 women die from the disease. Other than skin cancer, breast cancer is the most common cancer among American women. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms. Ask your doctor when you should get a mammogram.

### What Are the Symptoms?

There are different symptoms of breast cancer. Some people have no symptoms at all. Symptoms can include—

- Any change in the size or the shape of the breast.
- Pain in any area of the breast.
- Nipple discharge other than breast milk (including blood).
- A new lump in the breast or underarm.

If you have any signs that worry you, see your doctor right away.

### Some Risk Factors You Cannot Change

Getting older. Most diagnoses are after age 50.

Genetic mutations. Inherited changes (mutations) to certain genes, such as BRCA1 and BRCA2.

Reproductive history. Early menstrual periods before age 12 and menopause after age 55.

Having dense breasts. Dense breasts have more connective tissue than fatty tissue, which can sometimes make it hard to see tumors on a mammogram.

Personal history of breast cancer or certain non-cancerous breast diseases. Women who have had breast cancer are more likely to get breast cancer a second time.

Family history of breast or ovarian cancer. A woman's risk for breast cancer is higher if she has a mother, sister, or daughter who has had breast or ovarian cancer.

Previous treatment using radiation therapy. Women who had radiation therapy to the chest or breasts (like for treatment of Hodgkin's lymphoma) before age 30 have a higher risk of getting breast cancer later in life.

No insurance? Can't afford a mammogram? We can help. Call us. You may qualify for the ME Breast and Cervical Health Program for women who are low-income, uninsured or underinsured.

### Risk Factors You Can Change

Not being physically active. Women who are not physically active have a higher risk of getting breast cancer.

Being overweight or obese after menopause. Older women who are overweight or obese have a higher risk of getting breast cancer than those at a normal weight.

Taking hormones. Some forms of hormone replacement therapy (those that include both estrogen and progesterone) taken during menopause can raise risk for breast cancer when taken for more than five years.

Reproductive history. Having the first pregnancy after age 30, not breastfeeding, and never having a full-term pregnancy can raise breast cancer risk.

Drinking alcohol. Studies show that a woman's risk for breast cancer increases with the more alcohol she drinks.

Research suggests that other factors such as smoking, being exposed to chemicals that can cause cancer, and changes in other hormones due to night shift working also may increase breast cancer risk

### Word Search October Fun

October	Sweaters	Pumpkin spice
Halloween	Raking	Crisp air
Candy corn	Hay bale	Turning leaves
Football	Gourd	Apple picking
Harvest	Foliage	Cider

