



Bucksport Regional
Health Center



November 2021

BRHC Health Beat



Message from the CEO

Carol Carew, RN, BSN, MBA

November is American Diabetes Month, making it the ideal time for you to find out if you're at risk. Diabetes affects millions of Americans, many of whom don't even know they have it because oftentimes there are no symptoms. It is a leading cause of disability and death in the U.S., and increases the risk of serious health problems like nerve damage, kidney failure, and heart disease. However, diabetes can be well managed for most people. A simple blood test will tell you if you have diabetes so give your provider a call and get screened.

Remember, we have affordable, outstanding labs at both of our locations. You do not need to be a BRHC patient to have lab work done. Just bring in your lab slip. Check our website for lab hours.

Be safe this Thanksgiving. Food poisoning cases rise at holiday time. Visit [Thanksgiving Food Safety Tips | Food Safety | CDC](#) to get some important information on keeping your meal safe.

Happy Thanksgiving!

Carol



As we honor Veterans on November 11, we thank them for their dedicated service so we may live free.

Happy Veterans Day

We are hiring ...

Visit www.bucksportrhc.org to learn more.

- Practice Manager (Bucksport), full-time
- Dentist, full-time
- Medical Director, full time
- Behavioral Health Counselor (LCSW), full-time
- Medical Assistant – Bucksport, full-time
- Human Resources Generalist, part-time
- Patient Service Representative (Bucksport), full-time

Meet our Team Norman Smith, MA Behavioral Health



Norman comes from Wurzburg, Germany. He has worked for many years in the medical field, as an EMT and then as a Medical Assistant, helping people with substance use disorders. Norman has lived all over the US and enjoys hiking, skydiving and scuba diving. He also collects Aviation Art (Lithographs).

Reminder:

We will be closed
November 25 & 26
for the holiday.

Happy Thanksgiving!



Maine Marketplace Health Insurance

Open enrollment for marketplace insurance on Maine's new state-based exchange runs November 1, 2021 through January 15, 2022.

This means, Mainers will now enroll for marketplace insurance through the state site www.coverme.gov, instead of the federal site, www.healthcare.gov.

If you were already enrolled in marketplace insurance for 2021, you will want to create a log-in for coverme.gov. Your information will transfer from the federal site to the state site, and you will be able to review or change plans during the open enrollment period.

If you are new to marketplace coverage, you can also get started by creating a log-in at coverme.gov.

If you need help, contact our enrollment assister, Jessica, who can sit down with you to register and enroll in a health insurance plan. Contact her at 902-1615 to make your appointment.

Weekly COVID-19 Vaccine Clinics

BRHC is holding weekly COVID-19 clinics on Tuesdays and Thursdays. Visit our website to register online or call 469-7371 for an appointment.

Watch our Facebook/website for additional evening and weekend hours and clinics at our Ellsworth site, Coastal Health Center.

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

It's COPD Awareness Month: Get Tested for COPD: Your Lungs Will Thank You

Source: www.NIH.gov

If you're often short of breath during everyday activities, your chest feels tight, or you cough a lot, you may be chalking it up to getting older, having allergies, or being a smoker (now or in the past). Fortunately, there's a way to know whether something more may be at play. Consider getting a lung function test to find out if you have a serious condition called chronic obstructive pulmonary disease, or COPD.

COPD includes two main conditions—emphysema and chronic bronchitis. It's usually caused by cigarette smoking or breathing in other irritants, such as dusts or chemical fumes. In a small fraction of people, a genetic condition called alpha-1 antitrypsin (AAT) deficiency plays a role in causing COPD. More than 16 million Americans have been diagnosed with COPD, and millions more have it but don't know it, according to the National Heart, Lung, and Blood Institute (NHLBI).

COPD doesn't have a cure, but by getting diagnosed early, you can slow down the disease's progression. During your appointment, your provider will talk to you about your symptoms and your medical history, then listen to your breathing. He or she also may recommend one or more tests to help diagnose COPD.

Spirometry: A Lung Function Test

The main test for COPD is called spirometry, during which a technician will ask you to sit down and put a clip on your nose, so you can breathe only through your mouth. Then you will be asked to put your mouth around a mouthpiece, which looks like the mouthpiece on a snorkel. It's connected to a machine that measures how well you breathe. The technician will ask you to take in a deep breath, then blow all of your air out as fast as you can. You'll repeat that a few times. It's painless, but it does take some effort.

Ask for a lung function test if you:

- Are over age 40
- Are or were a smoker
- Feel out of breath often
- Bring up a lot of mucus when you cough
- Have already been diagnosed with a lung disease
- Have AAT deficiency
- Are concerned about your lung health

Another factor to consider when assessing your lung health is COVID-19, the disease caused by the coronavirus that has spread throughout the world. Unlike COPD, COVID-19 causes abrupt coughing and trouble breathing, so your health care provider may want to test you for it.

If you have a chronic lung disease, such as COPD, and get infected with COVID-19, you are at higher risk of getting very sick. COVID-19 can affect your respiratory tract (nose, throat, lungs), and possibly lead to pneumonia and acute respiratory disease. For more information on COVID-19, visit CDC.gov.

NHLBI's Learn More Breathe Better® program provides free educational resources about COPD, videos on spirometry, and more. Find them at copd.nhlbi.nih.gov.



Great American Smokeout Thursday, November 18

The American Cancer Society's Great American Smokeout is held on the third Thursday in November each year. People who smoke are encouraged to use that date to make a plan to quit, or plan in advance and quit smoking that day.

Word Search - Happy Thanksgiving!

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|-----------------|-------------|---------------|
| Cranberry Sauce | Stuffing | Green Beans |
| Turkey | Corn | Salads |
| Mashed Potatoes | Gravy | Whipped Cream |
| Sweet Potatoes | Pumpkin Pie | Casserole |
| Rolls | Apple Pie | Jell-O Mold |

