



Bucksport Regional  
**Health Center**



February 2022

# BRHC Health Beat



## Message from the CEO *Carol Carew, RN, BSN, MBA*

February is Heart Month. The sad truth is that only about half of women recognize that heart disease is their Number 1 killer. In fact, according to the CDC, Heart disease is the *leading* cause of death for women in the U.S. causing about one in every five female deaths.

Talk to your provider about assessing your risk. There are things you can do to reduce your risk:

- Keep an eye on your blood pressure, cholesterol and triglycerides levels.
- If you smoke, quit, and limit your alcohol intake.
- Manage your stress levels and get some exercise.
- Be especially mindful of heart disease if you are diabetic. And again, talk to your provider.

Happy Valentine's Day!

*Carol*

## Salt, Blood Pressure, and Stroke!

Source: [cdc.gov/salt](https://www.cdc.gov/salt)

Most of the sodium we consume is not from your salt shaker. But most people don't know that the vast majority of sodium that we eat comes from processed foods, for example a single slice of American cheese can have upwards of 350 mg of sodium! And restaurant meals are very heavy on sodium. We get about 70% of our daily sodium intake from processed and restaurant foods. Only a small amount comes from our salt shakers.

Your body does need a small amount of sodium to work properly, but too much can increase your blood pressure and your risk for heart disease and stroke. Together, heart disease and stroke kill more Americans each year than any other cause.

### Sodium and potassium

In general, people who reduce sodium, or who increase potassium, or who do both benefit from having lower blood pressure and a risk reduction for other serious health problems.

Eating enough potassium each day can help balance out some of the harmful effects that high sodium intake can have on blood pressure. But lowering sodium intake is key to this balance.

## February is National Children's Dental Health Month

Developing good dental health habits, including scheduling regular dental visits, helps children get a good start on a lifetime of healthy teeth and gums.

"Sealants Make Sense" is the American Dental Association campaign slogan this year. And with good reason. Sealants are critically important to a child's oral health. These thin, plastic coatings are painted on chewing surfaces of the back teeth as a liquid that quickly hardens to form a shield over the tooth helping to prevent tooth decay.

Having sealants put on is simple, painless and can be done right in the dentist's office.

Source: [National Children's Dental Health Month | WIC Works Resource System \(usda.gov\)](https://www.nationalchildrensdentalhealthmonth.org/)



## We are hiring ...

Visit [www.bucksportrhc.org](https://www.bucksportrhc.org) to learn more.

- Payroll/benefits Specialist
- Dental Hygienist (per diem)
- Behavioral Health Therapist (LCSW)
- Human Resources Generalist (part time)
- Phlebotomist I (per diem)
- Patient Scheduler (behavioral health) part time
- Medical Assistant
- Dentist (per diem)
- Health Educator

## COVID-19 Vaccine Clinics

Please check our Facebook and website for upcoming COVID vaccine clinics.

**BRHC**, 110 Broadway, Bucksport, 469-7371

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

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BRHC is an equal opportunity provider and employer.

[bucksportrhc.org](https://bucksportrhc.org)

## Hypertension and Children

Source: CDC [www.cdc.gov/bloodpressure/youth](http://www.cdc.gov/bloodpressure/youth)

A CDC study has revealed that about 1 in 25 children, ages 12 to 19, have hypertension, and 1 in 10 has elevated blood pressure (previously called “prehypertension”). High blood pressure is more common in youth who are obese.

### What can parents do?

Ask your doctor to measure your child’s blood pressure starting at age 3. Helping children keep a healthy weight, eat nutritious foods, and get regular physical activity can lower their blood pressure and reduce their risk for cardiovascular disease later in life.

Try these tips to help your child keep a healthy weight and normal blood pressure:

### Food and Drinks

- Offer nutritious, lower-calorie foods such as fruits and vegetables in place of foods high in added sugars and solid fats. Serving more fruits and vegetables throughout the day.
- Provide foods that are low in sodium (salt). Sodium raises blood pressure. Nearly 9 in 10 U.S. children eat more sodium than is recommended.
- Make sure water is always available as a no-calorie alternative to sugary drinks. Limit juices.

### Physical Activity

Help your child get the recommended amount of physical activity each day. Encourage them to engage in one of many age-appropriate activities:

- Brisk walking
- Bicycle riding (mostly on flat surfaces without many hills)
- Active recreation, such as hiking, riding a scooter without a motor, swimming
- Playing games that require catching and throwing, such as baseball and softball
- Running
- Active games involving running and chasing, such as tag or flag football
- Jumping rope
- Cross-country skiing
- Martial arts
- Soccer, basketball, swimming, and tennis
- Vigorous dancing

And discuss activities with your health care provider.

## Healthy Weight

Be aware of your child’s growth. Discuss the appropriate weight of your child with their medical provider.

### Get Involved

Be a role model! Children mimic parents’ behavior. Eat healthy meals and snacks, and get the right amount of physical activity every day.

Get more information here:

[Parents for Healthy Schools Resources \(cdc.gov\)](http://www.cdc.gov/parentsforhealthyschools)



## Word Search - Fruit for Health

Fruit has various levels of potassium that can help lower blood pressure. And with so many kinds to choose from you will never get bored.

Blueberries	Pineapple	Plums
Bananas	Strawberries	Cherries
Apples	Peaches	Pears
Raspberries	Oranges	Kiwi
Watermelon	Cantaloupe	Honeydew melon

