



Bucksport Regional
Health Center



March 2022

BRHC Health Beat



Message from the CEO

Carol Carew, RN, BSN, MBA

March is a month of recognizing health care, the safety aspect and some key professionals.

Patient Safety Awareness Week is March 13-19. It's designed to highlight and to encourage people to learn more about health care safety. The Patient Safety Act established a system in which health care providers can voluntarily collect and report information related to patient safety, health care quality, and health care outcomes to Patient Safety Organizations. One of the main goals is to continually improve patient safety and reduce medical errors.

Dental Assistants Week is March 6-12. Dental assistants are an important part of any dental practice. They do a great job and we are very proud of the assistants that are on our team. We wish them a great week.

And finally, at the end of the month is National Doctors' Day. The very first Doctors' Day was March 30, 1933 in Winder, Georgia, and it has been held March 30 ever since. The day was designed to celebrate the contribution physicians make in caring for the health and well-being of Americans. To meet our physicians, scan the QR Code to the right.



Along with highlighting health care, March is also Nutrition Month. Did you know we have a veggie giveaway the third Wednesday of every month from 11:00-4:30? We are grateful to Good Shepherd Food Bank for supply the produce. This giveaway is free and open to the public. Come see us in Bucksport and get some produce!

Happy Spring, everyone.

Carol

Free Vascular Screening

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

Tuesday, March 15, 4:20 p.m - 6 p.m.
BRHC - Coastal Health Center, Ellsworth

We are holding a free vascular screening in the Ellsworth location, Coastal Health Center, 37 Commerce Park. Dr. Stephen Nightingale, BRHC physician, internist, and expert in vascular conditions, will be conducting the screenings.

Anyone suffering from painful varicose veins, leg swelling, venous leg ulcers, chronic leg fatigue, leg heaviness and discomfort, is encouraged to attend. Appointments are required and may be scheduled by calling 667-5064.

COVID-19 Vaccine Clinics

Clinics are listed on our Facebook page & website

We are hiring ...

Visit www.bucksportrhc.org to learn more.

- Payroll/Benefits Specialist
- Behavioral Health Therapist (LCSW)
- Human Resources Generalist (part time)
- Patient Scheduler (behavioral health) part time
- Medical Assistant
- Dentist (per diem)

Every year, the 3rd full week of March is National Poison Prevention Week.

POISON CENTERS: Here for the Ages



This week is dedicated to raising awareness of the poison control centers and the Poison Help Hotline (1-800-222-1222).

Poison Control Centers assist with poisoning emergencies and questions 24 hours a day, 7 days a week, 365 days a year.



March 20-26, 2022 · National Poison Prevention Week

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

March is National Kidney Month!

Visit [National Kidney Month 2022 | NIDDK \(nih.gov\)](https://www.niddk.nih.gov) (<https://www.niddk.nih.gov>) to learn more

It is estimated that 37 million people in the United States have chronic kidney disease (CKD). And about nine out of every 10 don't even know they have it. Those with diabetes, a family history, or high blood pressure have a much higher risk for developing kidney disease.

What is Chronic Kidney Disease?

Chronic kidney disease means the kidneys are damaged and can't filter blood the way they should. The disease is called "chronic" because the damage to the kidneys happens slowly over a long period of time. This damage can cause wastes to build up in the body.

CKD can also cause other health problems, such as **heart disease**. A person with kidney disease, has an increased chance of having a stroke or heart attack. **High blood pressure** can be both a cause and a result of kidney disease. High blood pressure damages kidneys, and damaged kidneys don't work as well to help control blood pressure.

Kidney disease often can get worse over time and may lead to kidney failure. If kidneys fail, the person will need dialysis or a kidney transplant to maintain their health. The sooner a person knows they have kidney disease, the sooner changes can be made to protect the kidneys.

What are the symptoms of CKD?

Those with early CKD might not have any symptoms at all. It may be hard to believe kidney disease is even present when the person feels fine. But kidneys have a greater capacity to do their job than what is needed to keep people healthy.

For example, you can donate one kidney and remain healthy. You can also have kidney damage without any symptoms because, despite the damage, your kidneys are still doing enough work to keep you feeling well. For many people, the only way to know if they have kidney disease is to get their kidneys checked with blood and urine tests.

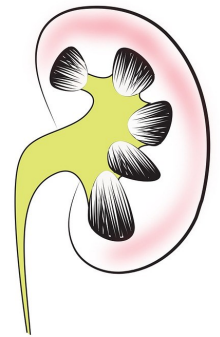
As kidney disease gets worse, a person may have swelling, called edema. Edema happens when the kidneys can't get rid of extra fluid and salt. Edema can occur in the legs, feet, or ankles, and less often in the hands or face.

Symptoms of advanced CKD

- chest pain
- dry skin
- itching or numbness
- feeling tired
- headaches
- loss of appetite
- increased or decreased urination
- muscle cramps
- nausea
- shortness of breath
- sleep problems
- trouble concentrating
- vomiting
- weight loss

The bottom line is that if you are at risk, talk to your health care provider and get more information about how kidney disease may effect you.

What you don't know, CAN hurt you. And visit www.niddk.nih.gov to get comprehensive, understandable information.



Word Search - March

It's the month of Spring. We made it through another winter!

March	Melting Snow	Time Change
Madness	Longer Days	Mardi Gras
Basketball	Kidney Month	Dental Assistant Week
Spring	Nutrition Month	Doctor Day

