



Bucksport Regional
Health Center



April 2022

BRHC Health Beat



Message from the CEO

Carol Carew, RN, BSN, MBA

While the pandemic seems to have slowed down a bit, it is important to stay diligent and to get vaccinated, including having the boosters. We are holding Covid vaccine clinics on Tuesdays and Fridays so people can protect themselves and their communities, as well as help prevent any variant outbreaks. Our website bucksportrhc.org and our Facebook page will have current information about the clinics and instructions on how to register.

Dental Hygienists Week is April 3-9. We all wish our registered dental hygienists, Jessica Poole and Nicole Gillway, a great week. They are highly skilled and BRHC is lucky to have them. Oral health is a large component of overall health as infections in the mouth can impact other parts of the body. Below is some good information on keeping your teeth and gums in good shape. Our dental program is accepting new patients so give us a call.

Carol

Taking Good Care of Your Oral Health

Dental Hygienists Week is in April. What better time to talk about how to properly care for your teeth and gums. For more information on oral care, visit: [Taking Care of Your Teeth and Mouth | National Institute on Aging \(nih.gov\)](https://www.nia.nih.gov/health/taking-care-of-your-teeth-and-mouth)

Having gum disease can cause a myriad of oral health problems. Gum disease begins when plaque builds up along and under the gum line and causes an infection that hurts the gum and bone that holds teeth in place. A mild form of gum disease may make gums red, tender, and more likely to bleed. This is called gingivitis and can often be fixed by brushing and flossing every day.

A more severe form of gum disease is called periodontitis and must be treated by a dentist. If not treated, this infection can lead to sore, bleeding gums, painful chewing problems, and even tooth loss. But there are things that can be done to help prevent gum disease.

- Brush teeth twice a day with fluoride toothpaste for two minutes.
- Floss regularly.
- Visit your dentist routinely for a checkup and cleaning. And be sure to tell the dentist about any medical conditions you have and medications you take.



FREE Veggies!

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!

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)
- Medical Assistant
- Dentist (per diem)
- Greeter—Temporary Position
- Facilities Technician
- Health Educator

- Eat a well-balanced diet.
- Quit smoking. Smoking increases your risk for gum disease.

Brushing and flossing is critically important but there is a right way to do it for optimal oral health.

Every day:

- Gently brush teeth on all sides with a soft-bristle brush and fluoride toothpaste. Replace the toothbrush every 3 to 4 months.
- Use small circular motions and short back-and-forth strokes.
- Brush carefully and gently along your gum line. Don't press too hard.
- Lightly brush your tongue or use a tongue scraper to help keep your mouth clean.
- Clean between your teeth with dental floss, prethreaded flossers, a water flosser, or a similar product. This removes plaque and leftover food that a toothbrush can't reach. Rinse after you floss.

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

April is Alcohol Awareness Month

Source:

[Rethinking Drinking Homepage - NIAAA \(nih.gov\)](#)

An estimated 88,000 people die from alcohol-related causes annually, making alcohol the third leading preventable cause of death in the nation. How do you know if drinking alcohol has become a problem for you or a loved one? And where do you go for help if it has?

Standard Drink Size



12 fl oz of regular beer



5 fl oz of table wine

about 12% alcohol



1.5 fl oz shot of distilled spirits
(gin, rum, tequila, vodka, whiskey, etc.)

80-proof distilled spirits (40% alcohol)

Having even a couple of the following symptoms - which you might not see as trouble signs - can signal a drinking problem. It helps to know the signs so you can make a change early. Doctors diagnose Alcohol Use Disorder when a patient has two or more of the symptoms listed below:

- Had times when you ended up drinking more, or longer, than you intended.
- More than once wanted to cut down or stop drinking, or tried to, but couldn't.
- Spent a lot of time drinking, being sick from drinking, getting over other aftereffects.
- Wanted a drink so badly you couldn't think of anything else.
- Found that drinking - or being sick from drinking - often interfered with taking care of your home or family, or caused job troubles, or school problems.

- Continued drinking even though it was causing trouble with family or friends.
- Given up or cut back on activities that were important or interesting to you, or gave you pleasure, in order to drink.
- More than once gotten into situations while or after drinking that increased your chances of getting hurt (such as driving, swimming, using machinery, walking in a dangerous area, or engaging in unsafe sexual behavior).

- Continued to drink even though it was making you feel depressed, anxious, added to another health problem, or after having had an alcohol-related memory blackout.
- Have to drink much more than you once did to get the effect you want, or have found the usual number of drinks had much less effect than in the past.
- Found that when the effects of alcohol were wearing off, you had withdrawal symptoms, such as trouble sleeping, shakiness, restlessness, nausea, sweating, a racing heart, dysphoria (feeling uneasy or unhappy), malaise (general sense of being unwell), feeling low, or a seizure.

If you don't have any symptoms, then staying within the limits provided in the 2020—2025 Dietary Guidelines for Americans (see link here) <https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials> could reduce your chances of having problems in the future. If you are having symptoms, tell your medical provider.

Word Search — It's April!

April	Baseball	Candy
Showers	Taxes	Bunny
Easter	Patriots Day	Fool
Admin Professional Day	Hygienists Week	Eggs
Alcohol Awareness	Potholes	Passover

