



Bucksport Regional
Health Center



May 2022

BRHC Health Beat



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

May 6-12 is National Nurses Week. Everyone at BRHC is so proud of and impressed by the nurses on our team. They continually go above and beyond for patient care. For that, we offer a deep, heartfelt, THANK YOU.

May 8-14 is Women's Health Week. Women have so many demands on them that sometimes it's hard to take the steps necessary for better health. But this week is a good time to take stock and to reflect on your health goals and what you have to do to achieve them, if you haven't already. What motivates you, and/or what's holding you back from being your healthiest self. It's OK to take the time to properly care for your health.

May 31 is World No Tobacco Day. Tobacco isn't only harmful to bodies, but also to the planet. The theme this year is "Tobacco: Threat to our environment." Visit the website [World No Tobacco Day 2022 \(who.int\)](http://WorldNoTobaccoDay2022.who.int) to learn more. And if you are thinking about quitting tobacco, give us a call and ask about our tobacco cessation program.

Happy Memorial Day!

Carol

May is National Stroke Awareness Month

A stroke, sometimes called a brain attack, happens in one of two ways:

- Ischemic stroke—when the blood supply to the brain is blocked
- Hemorrhagic stroke—when a blood vessel in the brain bursts.

A stroke causes brain tissue to die, which can lead to brain damage, disability, and death. Stroke is the fifth leading cause of death in the U.S. But about 80% of strokes are preventable. A person can greatly reduce their risk for stroke by working with their health care provider, getting healthy, and in some cases, by taking medication.

Risk Factors

There are many things, such as smoking, drinking too much alcohol, not getting enough exercise, using tobacco products, having high blood pressure, high cholesterol, diabetes, or obesity that increase risk for stroke. However, treating these conditions can reduce your risk.

Ask your doctor about preventing or treating these medical conditions. And visit [Know the Facts About Stroke \(cdc.gov\)](http://KnowtheFactsAboutStroke.cdc.gov)

FREE Veggies!

Did you know we have a veggie giveaway the third Wednesday of every month from 11:00-4:30 in Bucksport? We are grateful to Good Shepherd Food Bank for supply the produce. This giveaway is free and open to the public.

COVID-19 Vaccine Clinics

Clinics are listed on our Facebook page & website

We are hiring ...

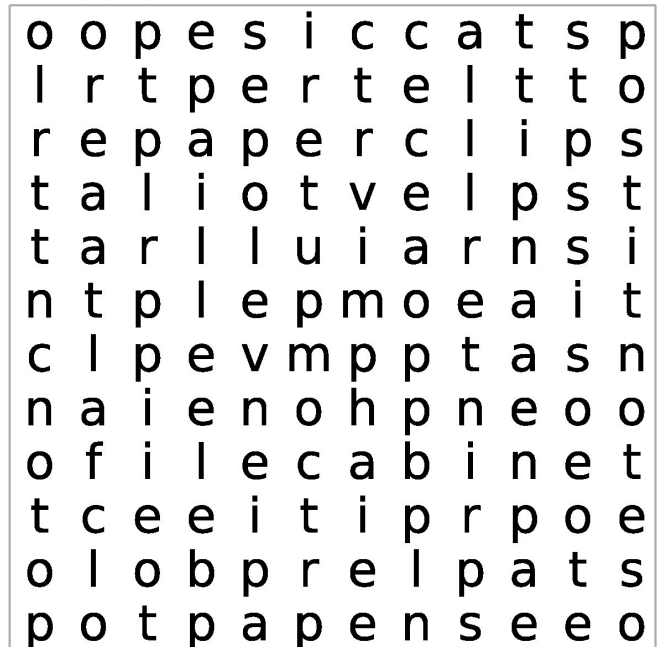
Visit www.bucksportrhc.org to learn more.

- Payroll/Benefits Specialist
- LCSW
- Human Resources Generalist
- Dental Assistant
- Dental Hygienist (per diem)
- Dentist (per diem)
- Facilities Maintenance Technician

Word Search — Office Supplies

Pens
Pencils
Computer
Phone
File Cabinet
Stapler

Tape
Paper
Printer
Paperclips
Envelopes
Post it notes



Tick Wise: Lyme Disease in Maine

Lyme disease information available at
www.maine.gov/lyme

With warmer weather on its way, Lyme Disease Awareness Month is here again! Health care providers reported 1,508 cases of Lyme disease in 2021 (as of March 25, 2022).

The May 2022 Lyme Disease Awareness Month theme this May is "Tick Wise." This reminds us to stop and practice tick prevention measures frequently. The easiest way to avoid tickborne diseases is preventing tick bites in the first place. Please remember to be "Tick Wise" and:

1. Know tick habitat and use caution in areas where ticks may live.
2. Wear light-colored clothing that covers arms and legs.
3. Use an EPA-approved repellent such as: DEET, picaridin, IR3535, or oil of lemon eucalyptus.
4. Perform tick checks on yourself, family members, and pets daily and after any outdoor activity. Take a shower after exposure to a tick habitat to wash off any crawling ticks.

Infected deer ticks can spread the bacterium that causes Lyme disease when they bite. For transmission to occur, the deer tick must be attached for 24-48 hours. Use frequent tick checks to find and remove ticks as early as possible.

In Maine, adults over the age of 65 years and children between the ages of 5 and 15 years are at highest risk of Lyme disease. People that work or play outside are also at high risk of encountering infected ticks.

If a tick bites you or you spend a lot of time outdoors, make sure to watch for symptoms for up to 30 days after exposure. Also be sure to call a health care provider if symptoms develop.

The most common symptom of Lyme disease is a skin rash. This is better known as the "bull's-eye" rash. The rash usually appears 3-30 days after the tick bite and can show up at the bite site or anywhere else on the body.

Other symptoms include fever, headache, and joint or muscle pain. Lyme disease is treatable, and most people recover fully.

Lyme disease is not the only disease that deer ticks in Maine can carry.

Anaplasmosis, babesiosis, Borrelia miyamotoi disease, and Powassan virus disease are other tickborne infections found in Maine, which saw record cases of anaplasmosis and babesiosis in 2021 and tied the record number of Powassan virus disease infections statewide.

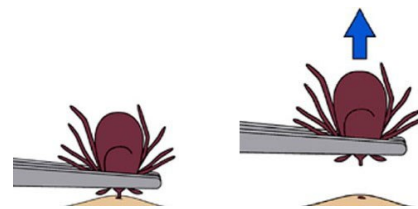
The deer tick is the only species of tick in Maine that can pass the bacterium that causes Lyme disease. Still, there are several other species of ticks found across the state.

Tick identification is important, especially when removing ticks.

Free tick identification resources can be ordered at the ME CDC website: [Lyme Disease | Lyme Disease | CDC](https://www.cdc.gov/lyme/index.html) (<https://www.cdc.gov/lyme/index.html>)

How to remove a tick

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.
3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.
4. Never crush a tick with your fingers. Dispose of a live tick by putting it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet.



Follow-up

If you develop a rash or fever within several weeks of removing a tick, see your doctor:

- Tell the doctor about your recent tick bite,
- When the bite occurred, and
- Where you most likely acquired the tick.