



Bucksport Regional  
**Health Center**



July 2022

# BRHC Health Beat



## Message from the CEO

*Carol Carew, RN, BSN, MBA*

We are getting into the heat of summer. Heat related illnesses can be serious, possibly deadly. Read the back page on what the symptoms are and what to do if you are, or someone around you is, experiencing them. It is especially important to check on older adults when it is extremely hot to ensure they are not falling victim to heat related illness.

July 28 is World Hepatitis Day. It is celebrated on the birthday of Dr. Baruch Blumberg (1925–2011), who discovered the hepatitis B virus in 1967. Two years later he developed the first hepatitis B vaccine. There are five types of hepatitis, A-E. Only A and B have vaccines. To learn more about hepatitis and how it may impact you, visit the CDC page at [cdc.gov/hepatitis/awareness/worldhepday](https://cdc.gov/hepatitis/awareness/worldhepday)

All of us at BRHC are extremely excited to bring Florence, “Flo” to our patients. Read all about it on the back page. We anticipate a huge change in how some of our patients are able to manage their chronic conditions such as hypertension and diabetes.

Have a safe and happy 4th of July!

*Carol*

## July is UV Safety Month: Watch Those Rays!

Source CDC: [cdc.gov/nceh/features/uv-radiation-safety](https://cdc.gov/nceh/features/uv-radiation-safety)

Spending time outside is a great way to be physically active, reduce stress, and get vitamin D. It can also be dangerous. The sun emits radiation known as UV-A and UV-B rays. Both types can damage your eyes and skin. But you can be outside without increasing your skin cancer risk.

### To protect yourself from UV radiation:

- Stay in the shade, especially during midday hours.
- Wear clothes that cover your arms and legs.
- Consider options to protect your children.
- Wear a wide brim hat to shade your face, head, ears, and neck.
- Wear wraparound sunglasses that block both UVA and UVB rays.
- Use sunscreen with sun protection factor (SPF) 15 or higher, for both UVA and UVB protection.



## FREE Veggies!

We have a veggie giveaway:

- Bucksport, Wed. July 20, 11 a.m. - 4:30 p.m.
- Ellsworth, Tues. July 26, 1 p.m. - 3:30 p.m.

We are grateful to Good Shepherd Food Bank for supplying the produce. This giveaway is free and open to the public.

## COVID-19 Vaccine Clinics

110 Broadway, Bucksport

- Friday, July 15, 10:00 a.m. - 4:00 p.m.
- Tuesday, July 19, 10:00 a.m. - 4:00 p.m.
- Friday, July 22, 10:00 a.m. - 4:00 p.m.
- Tuesday, July 26, 10:00 a.m. - 4:00 p.m.

Visit [bucksportrhc.org](https://bucksportrhc.org) to register

## We are hiring ...

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

- LCSW
- Human Resources Generalist
- Dental Assistant
- Medical Assistant full-time Bucksport
- Dentist (per diem)
- Facilities Maintenance Technician

- Avoid indoor tanning. Indoor tanning is particularly dangerous for younger users; people who begin indoor tanning during adolescence or early adulthood have a higher risk of developing melanoma.

Anyone can get skin cancer, but is more common in people who:

- Spend a lot of time in the sun or have been sunburned.
- Have light-color skin, hair, and eyes.
- Have a family member with skin cancer.
- Are over age 50.

Talk to your provider about your risk for skin cancer and have moles checked regularly.

BRHC, 110 Broadway, Bucksport, 469-7371

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

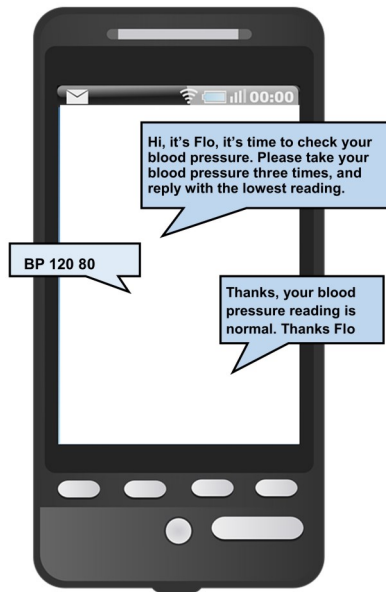
BRHC is a Federal Tort Claims Act (FTCA) deemed facility. Visit [bphc.hrsa.gov/ftca/about](https://bphc.hrsa.gov/ftca/about) for more information.  
BRHC is an equal opportunity provider and employer.

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

## A Virtual Health Assistant

Bucksport Regional Health Center has taken the lead on introducing Florence, (Flo) a product of Generated Health, to their patients.

Flo is a system that uses patients' mobile phones and automated text messages to interact with patients with hypertension and diabetes by using the program to remotely monitor their blood pressure and blood sugar and get real-time feedback on their status. Flo is safe and confidential.



Flo, the virtual assistant:

- Provides friendly and educational advice
- Nudges and celebrates successes which motivates the patient
- Captures data that can be easily seen by the provider

Also, Flo never forgets, is never on a vacation and is easy to be configured and personalized. Patients just need a cell phone and the ability to send and receive text messages.

The objective is that the patient will begin to successfully manage their condition on their own and will no longer need text alerts or even require the nudges from Flo. Ask your provider if Flo is right for you.

## It's Getting Hotter. Beware of Heat Related Illness.

### Heat Stroke

#### What to Look For:

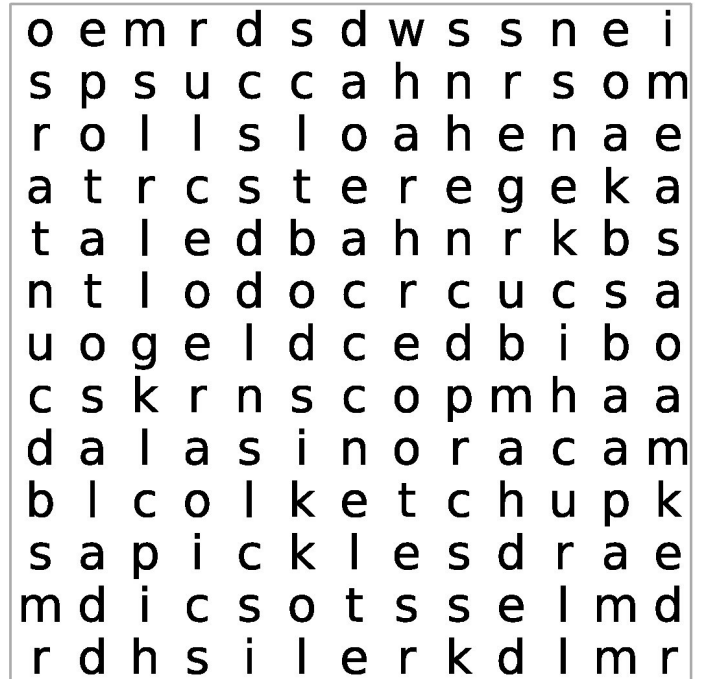
- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

#### What to Do:

- Call 911 right away-heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

## Word Search — Barbeque

Hamburgers	Cole Slaw	Mustard
Hot Dogs	Baked Beans	Relish
Chicken	Mac and Cheese	Pickles
Rolls	Macaroni Salad	Corn
Potato Salad	Ketchup	Ice Cream



## Heat Exhaustion

#### What to Look For:

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

#### What to Do:

- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water

#### Get medical help right away if:

- You are vomiting
- Your symptoms get worse
- Your symptoms last longer than 1 hour

Source: [cdc.gov/disasters/extremeheat/warning](https://www.cdc.gov/disasters/extremeheat/warning)

