



Bucksport Regional
Health Center



October 2022

BRHC Health Beat



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

Happy October! Most of you know that October is Breast Cancer Awareness Month. We have a story on the back with important information. But did you know that October is also Dental Hygiene Month. Taking care of your mouth is so much

more than having a nice smile. See below for details on that but another reason to care for your teeth is that an infection can become systemic, getting into your bloodstream affecting other organs like kidneys and heart. BRHC has an excellent dental program so if you need oral health care, call us.

October is designated as National Substance Abuse Prevention Month. Drug addiction is a complex disease, and quitting usually takes more than good intentions or a strong will. Drugs change the brain in ways that make quitting hard, even for those who want to. BRHC has a medication assisted treatment (MAT) program to help those with addiction. Call us if you need help.

If you are on Facebook visit our page. It's a great way to stay up on what we're doing. Happy Halloween.

Carol

October is Dental Hygiene Month

Oral health is important to overall health and also impacts our lives in many ways. Having a healthy, pain-free mouth has a bearing on our ability to eat, speak, smile, and show emotions. Oral health also affects a person's self-esteem, school performance, and attendance at work or school.

Fact Facts of Oral Health: Visit [cdc.gov/oralhealth](https://www.cdc.gov/oralhealth)

- Oral disease can cause pain and infections that may lead to problems with eating, speaking, and learning. It can also affect social interaction and employment potential.
 - The three oral conditions that most affect overall health and quality of life are cavities, severe gum disease, and severe tooth loss.
 - By age 8, over half of children (52%) have had a cavity in their primary (baby) teeth.
 - Children from low-income families are twice as likely to have cavities as children from higher-income families.
 - 1 in 4 adults aged 20 to 64 currently has cavities.
 - Drinking fluoridated water and getting dental sealants (in childhood) prevent cavities and save money by avoiding expensive dental care.
 - On average, 34 million school hours are lost each year because of unplanned (emergency) dental care.
- Tobacco use and diabetes are two risk factors for gum disease. See the graphic at the right.

COVID-19 Vaccine Clinics and Free N95 masks and home test kits.

We are giving away free COVID-19 home testing kits and N95 masks at Bucksport and Ellsworth locations.

We're also holding Covid-19 vaccine clinics Tuesdays, from 10 a.m. to 4 p.m. in Bucksport, 110 Broadway. Check our Facebook page & website for dates.

It's easy to get vaccinated: Just call us at 207-469-7371 to schedule, or register at bucksportrhc.org, or walk-in.

We're working hard to help keep you safe.



FREE Veggies!

We have veggie giveaways throughout the month. Watch our Facebook page for dates and times.

We are hiring ...

Visit www.bucksportrhc.org to learn more.

- LCSW
- Human Resources Generalist
- Dental Assistant
- Medical Assistant
- Dentist (per diem)
- Family Nurse Practitioner, Bucksport
- Patient Account Representative

Older adults who smoke cigarettes are twice as likely to have untreated tooth decay as those who never smoked



About **1 in 3** adults aged 65 or older who smoke cigarettes have untreated tooth decay.



BRHC, 110 Broadway, Bucksport, 469-7371

Coastal Health Center, 37 Commerce Park, Ellsworth, 667-50

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

October is Breast Cancer Awareness Month

Visit cdc.gov and type Breast Cancer in the search bar for more information.

Other than skin cancer, breast cancer is the most common cancer among American women.

Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms. Have a conversation with your health care provider about when you should get a mammogram.

Are there symptoms of breast cancer?

There are different symptoms of breast cancer but some people have no symptoms at all.

Symptoms can include:

- Any change in the size or the shape of the breast.
- Pain in any area of the breast.
- Nipple discharge other than breast milk (including blood).
- A new lump in the breast or underarm.
- If you have any signs that worry you, see your health care provider right away.

How Can I Lower My Risk?

You can do things to help lower your breast cancer risk.

- Keep a healthy weight and exercise regularly.
- Don't drink alcohol, or limit the amount of alcohol you drink.
- If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.
- Breastfeed your children, if possible.

Fast Facts About Breast Cancer

- About 255,000 women get breast cancer and 42,000 women die from the disease in the United States each year.
- While not often talked about, men also get breast cancer. About one out of every 100 breast cancers diagnosed in the United States is found in a man.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women.

The Maine Breast & Cervical Health Program

(MBCHP) helps eligible women get the screenings they need. It pays for a breast and/or cervical cancer screening office visit performed at a designated network service location. You'll be given options to choose a service location during enrollment or re-enrollment. If you are interested in this service, talk to BRHC. We can help.

With or without health insurance, to enroll in the MBCHP you must:

- Be a Maine woman age 40 or older, with the following exceptions:
- Women 35-39 who have seen a doctor and need follow-up tests for a possible breast or cervical cancer ; or
- Women 35-39 who have not had a Pap test in 5 or more years.
- Have household income less than or equal to 250% of the current Federal Poverty Level (FPL);
- Health insurance with high deductibles, co-insurance, co-pays, or premiums.
- Women receiving MaineCare or Medicare Part B are not eligible for MBCHP.

Word Search: Halloween

Ghosts	Trick of Treat	Kit Kat
Goblins	Witches	Fun Size Bars
Candy	Superheros	Princesses
Snickers	Scary	Dracula
Twix	Mars Bar	Pumpkins

