



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

January is a time for making New Year's Resolutions. Often, they involve quitting a tobacco habit, eating a healthier diet, losing weight, exercising more, etc. Whatever the resolution is, there is no doubt about it, change can be hard.

But remember, you don't have to do it alone. Your primary care provider can help with many of the goals above. You will also find additional resources within reach to help you. For example, if you want to stop smoking, vaping, or using other forms of tobacco, the Maine QuitLink at 1-800-QUIT-NOW or [www.mainequitlink.com](http://www.mainequitlink.com) can help you create a plan and get you the tools you need.

If eating healthier and losing weight is a goal, check out Choose My Plate at [myplate.gov/myplate-plan](http://myplate.gov/myplate-plan).

Choose My Plate takes the guess work out of how to eat the right foods in the right portions. There is even an app for your phone to help you be successful.

Not sure how much or how many calories you need to eat to lost weight? No problem because there is a quiz to determine the right amount for you based on your individual age, height, etc.

Also, if you haven't already, start the new year protected. Get your COVID booster along with a flu shot. You can get them at the same time. We have free walk-in clinics at our Bucksport site. Check our website and Facebook page for dates and times.

All of us at BRHC wish you a Happy New Year!

*Carol*

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**Indoor Winter Safety**

If you'll be using a fireplace, wood stove, or kerosene heater, install a smoke detector and a battery-operated carbon monoxide detector near the area to be heated.

- Test them monthly and replace batteries twice a year.
- Keep a multipurpose, dry-chemical fire extinguisher nearby.
- All fuel-burning equipment should be vented to the outside.
- Each winter season have your furnace system and vent checked by a qualified technician to ensure they are functioning properly.

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January is Glaucoma Awareness Month

This year, add learning about glaucoma to your list of resolutions! Your eyes will thank you for it.

Glaucoma can cause vision loss and blindness, which can't be reversed. Glaucoma causes fluid to build up in your eye, causing pressure that can damage the optic nerve, which transfers visual images to your brain. But you can save your vision with early detection and treatment.

**There are no early symptoms.**

Glaucoma often has no early warning signs. No pain. No discomfort. No blurry vision. Only advanced glaucoma will affect your vision. And in the United States, half the people who have glaucoma don't even know it. Nearly 3 million Americans have glaucoma.

Some people are at higher risk than others.

African Americans over 40, adults over 60 - especially Hispanics/Latinos, and people with a family history of glaucoma are at higher risk, making early detection especially important.

**Are you at higher risk?**

Talk to your family about glaucoma and get a comprehensive dilated eye exam because that is the only way to find out if you have glaucoma.

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**We are hiring ...**

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

- Phlebotomist II/Lab Assistant/Per Diem
- Lab Technologist/Per Diem
- School-based Clinician, LCSW, LCPC, LMSW-cc
- Patient Service Representative - Ellsworth
- Director of Finance/Chief Finance Officer
- LCSW Behavioral Health Therapist
- Dental Assistant - Bucksport
- Phlebotomist - Part Time
- Practice Manager (Ellsworth), full-time
- Medical Assistant - Saturdays only
- Dental Hygienist, per diem

**COVID-19 Vaccine Clinics**

Please check our Facebook page and website for upcoming COVID vaccine clinics.

## January is Thyroid Awareness Month

Source: CDC [www.cdc.gov/cancer/thyroid](http://www.cdc.gov/cancer/thyroid)

The thyroid gland is a powerhouse in our bodies. It is located in front of the neck and looks kind of like a butterfly with one wing on each side of the neck. The thyroid is important in a variety of ways for keeping your body healthy. It sends out certain chemicals (hormones) that help control many activities in the body, such as breathing and pumping blood. It also helps children’s bodies develop as they grow, such as getting taller and putting on muscle. The thyroid also helps control weight and other functions.

### Thyroid Cancer

While scientists are unsure what causes thyroid cancer, there are some things that may make getting thyroid cancer more likely. These include:

- Getting too much radiation around the neck area, especially when you are young.
- Having certain genetic conditions inherited from parents.

### Symptoms of Thyroid Cancer

- A lump or swelling on the side of the neck is the most common symptom.
- Having trouble breathing.
- Having trouble swallowing.
- Having a hoarse voice.

But these symptoms can be caused by other conditions so if you are experiencing any of them, talk to your primary care provider right away. It is very important that you don’t ignore them and hope they go away. Don’t wait until the symptoms get worse.

### How Can I Reduce My Risk for Thyroid Cancer?

To lower the risk of thyroid cancer, avoid unnecessary exposure to radiation, including radiation from medical imaging procedures, especially in young children, and especially around the head and neck.

## Glaucoma

*From front page*

During the exam, an eye care professional places drops in your eyes to widen the pupils and looks for signs of the disease in the optic nerve.

Make a resolution for healthier vision. Schedule a comprehensive dilated eye exam today! To learn more about glaucoma, visit [www.nei.nih.gov/glaucoma](http://www.nei.nih.gov/glaucoma).

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**For older adults, keep an easy-to-read thermometer inside your home.**

If anyone in the home has vision problems, place an easy-to-read thermometer in an indoor location where it will be seen frequently. The ability to feel a change in temperature decreases with age. Older adults are more susceptible to health problems caused by cold. Check the temperature of your home often during the winter months.

### Heat your home safely.

When using a wood stove, fireplace, or space heater, be extremely careful and follow the manufacturer’s instructions. Also:

- Make sure the fireplace is up to code with plenty of dry firewood or a gas log
- Use electric space heaters with an automatic shut-off switch and non-glowing elements. Keep them away from any flammable materials, like fabric and paper.
- Use fireplaces, wood stoves, or other combustion heaters only if they are properly vented to the outside and they do not leak gas from the flue or exhaust into the indoor air space.
- Have your heating system serviced by a qualified technician every year.
- Do not burn paper in a fireplace.
- Make sure you have proper ventilation if you must use a kerosene heater.

## Word Search - January Fun!

Martin Luther King Jr	Snow Tires	Playoffs
Snow	Plowing	Hypothermia
New Year	Hockey	January
Space Heater	Ice Skating	Resolutions
Storms	Sleet	Snowmobiling

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