



## Message from the CEO

*Carol Carew, RN, BSN, MBA*

February is National Heart Month. (See right.) Also in February is Eating Disorders Awareness Week, February 27 - March 5. That actually fits with heart month because eating disorders can have dangerous impacts on a person's heart.

Some people believe that eating disorders are a lifestyle choice, but that is not true. Eating disorders, such as anorexia, bulimia, and binge-eating disorder are actually serious illnesses and can be fatal.

These disorders are both physical and mental health conditions and while the exact cause isn't known, research shows a strong connection to people trying to cope with situations and emotions that overwhelm them.

Preoccupation with food, body weight and shape, and looks may also signal an eating disorder. It is important to seek treatment early because people with eating disorders are at higher risk for suicide and medical complications.

Other mental disorders (such as depression or anxiety) or problems with substance use are also often present. Recovery is possible, however.

If you or someone you know is suffering with an eating disorder, give us a call. Our Behavioral Health team can help.

*Carol*

## We are hiring ...

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

- Phlebotomist II/Lab Assistant/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
- Medical Assistant - Saturdays only
- Dental Hygienist, per diem

## COVID-19 Vaccine Clinics

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

## February is Heart Month - Self Care for Your Heart!

Source: [www.nhlbi.nih.gov/health-topics](http://www.nhlbi.nih.gov/health-topics)



Heart disease is a leading cause of death in the United States, but there's a lot you can do to prevent it.

Taking time to care for your heart can be challenging as you go about daily life. But

it's easier than you think to show your heart the love it deserves each day.

Small acts of self-care, like taking walks, getting quality sleep, and cooking healthy meals, help your heart. Research shows that self-care can help you keep your blood pressure in a healthy range and reduce your risk of heart disease and stroke.

### What does "self-care" mean?

Researchers define self-care as what you do to stay healthy. It's also what you do to care for any health problems you have, such as high blood pressure, diabetes, or mental health disorders. It's heart-healthy living.

### What parts of your self-care routine help your heart?

Self-care for your heart is really self-care for your whole self. You can improve and protect your health overall when you:

- Get a daily dose of physical activity, such as a brisk, 30-minute walk.
- Cook meals that are low in sodium and unhealthy fats.
- Take your medications as prescribed and keep your medical appointments.
- Sleep 7-8 hours a night.
- Manage stress through, for example, meditation, yoga, a warm bath, or quiet time with a good book or funny movie.
- Try to reach or stay at a healthy weight by moving more and having snacks like fruits and veggies ready to grab when hunger hits.

## Smile! February is National Children's Dental Health Month

National Children's Dental Health Month a great time to promote the benefits of good oral hygiene, because developing good dental health habits (including regular dental visits) helps children get a jump start on a lifetime of healthy teeth and gums.

Steps to prevent tooth decay should begin prenatally and continue after birth. For a pregnant woman taking care of their mouth (and their baby's mouth) is one of the easiest ways to help baby from the start - pregnancy may make a woman more prone to gum disease and cavities, which can impact their baby's health.

### PEARLS of Wisdom

Source: [Children's Dental Health \(cdc.gov\)](http://Children's Dental Health (cdc.gov))

Protect tiny teeth by caring for your mouth when you're pregnant. Your child's future oral health starts with you.

- Be sure to wipe your baby's gums after each meal.
- Avoid putting babies to bed with a bottle.
- Remember to brush your child's teeth twice daily with fluoride toothpaste. For children younger than 2 years, consult with your dentist or doctor about when to start using fluoride toothpaste.
- Limit drinks and food with added sugars for children. Encourage your child to eat more fruits and vegetables and have fewer fruit drinks, cookies, and candies. This gives your child the best possible start to good oral health.
- Schedule your child's first dental visit by their first birthday or after their first tooth appears. Their tiny teeth matter!

### Dental Sealants are Good for Kids Teeth

Dental sealants are a quick, easy, and painless way to prevent most cavities children get in the permanent back teeth where 9 out of 10 cavities occur.



Children aged 6 to 11 years without sealants have almost 3 times more first-molar cavities than children with sealants.

School dental sealant programs are an effective way to deliver this highly effective preventive intervention to millions of children who might not receive regular dental care.

Increasing sealant use among low-income children can greatly reduce tooth decay. As a parent, ask your child's dentist to apply sealants when appropriate.

If your child's school has a sealant program, sign your child up to participate. If they don't, ask your child's school to start one.

And teach your child about healthy eating habits is one of the best practices for a lifetime of good health.

We have a wonderful dental program so give us a call.

## Wordsearch - Hearts!

February  
Valentine  
Heart Health  
Love  
Flowers  
Candy  
Wear Red  
Exercise

No Smoking  
Heartbeat  
Low Cholesterol  
Low Blood Pressure  
Chocolate  
Fourteen  
Be Mine

