



Bucksport Regional
Health Center



April 2023

BRHC Health Beat



Message from the CEO

Carol Carew, RN, BSN, MBA

Happy April in Maine, where the weather can be anything but predictable. Aside from Easter, Passover, and the official start of baseball season, April also boasts Dental Hygienists Week. On behalf of everyone at BRHC, I'd like to wish our two registered dental hygienists, Jessica Poole and Nicole Gillway, a happy week and thank them for all they do.

Administrative Professionals Day is April 26. If you see Tamra Hanson, our fantastic executive office manager, wish her a happy day. Don't know what we'd do without her.

Lab Week is at the end of April. See below for more information on the wonderful lab service we provide.

If you have not been vaccinated against COVID, please come to one of our clinics. A vaccination is the best way to prevent serious illness from COVID.

Happy Spring!

Carol

April is Alcohol Awareness Month

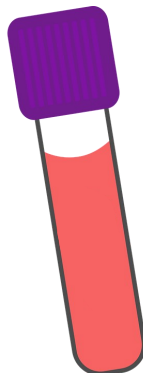
The CDC recommends no more than 2 drinks a day for men and 1 drink, or less, a day for women. Each item in the graphic equals one serving.



Lab Week is April 23 - 29

Do you need some lab work done? Is a relaxing environment with skilled staff and quick service important to you? If you answered yes, come to our labs in either Bucksport or Ellsworth. We're open to the public. All you need is a desire to have blood drawn as easily and quickly as possible.

- No need to be a patient
- Easy, no hassle draws
- Affordable, easily accessible
- All insurances accepted
- Sliding fee available
- Experienced staff



FREE Veggies!

We have a free veggie/fruit giveaway the third Wednesday of every month from 11:00 - 4:30 in Bucksport. THANKS to Good Shepherd Food Bank for supplying the produce. Come see us in Bucksport and help yourself.



COVID-19 Vaccine Clinics

We're holding COVID-19 vaccine clinics Tuesdays, from 10 a.m. to 3:30 p.m. in Bucksport, 110 Broadway.

Clinics are April 4th, 11th, 18th, and 25th.

It's easy to get vaccinated:

Call us at 207-469-7371 to schedule, register on our website, or walk-in. Also, give us a call if you have questions about the available vaccines.

We're working hard to help keep you safe. Be sure to ask for your free N95 mask and testing kit! If you have already been vaccinated, stop in just to get the kit and mask. For information on additional vaccination sites, visit the Maine CDC.

[Vaccination Sites | Covid-19 \(maine.gov\)](#)

We are hiring ...

Visit www.bucksportrhc.org to learn more.

- School-based Clinician, LCSW, LCPC, LMSW-cc
- Family Practice MD/DO - Full time in Bucksport.
- Billing Manager
- LCSW Behavioral Health Therapist
- Dental Assistant - Bucksport
- Phlebotomist - Part Time
- Dental Hygienist, per diem
- Family Nurse Practitioner/PA every other Saturday - Walk-in Care

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 for more information.
BRHC is an equal opportunity provider and employer.

bucksportrhc.org

Dental Hygienists Week is April 2 - 8

As we celebrate Dental Hygienists Week, we want to share some information about proper oral care and how to handle some common dental problems.

Tooth Decay

You probably already know that teeth are covered in a hard, outer coating called enamel. Each day, a thin film of bacteria, known as plaque, builds up on your teeth. Bacteria in plaque produce acids that can harm enamel and cause cavities, which can only be fixed by a dentist.

However, decay can be prevented by consistently brushing and flossing your teeth and using a fluoride toothpaste. If you are at a higher risk for tooth decay for example, if you have a dry mouth (see below) you may need more fluoride. Your dentist or dental hygienist may give you a fluoride treatment during an office visit or may tell you to use a fluoride gel or mouth rinse at home.

Gum Disease

Gum disease occurs when plaque builds up along and under the gum line and causes an infection that hurts the gum and bone that holds teeth in place.

Gingivitis is a mild form of gum disease may make gums red, tender, and more likely to bleed. It can often be fixed by brushing and flossing every day.

Periodontitis is a more severe form of gum disease that must be treated by a dentist. If left untreated, this infection can lead to sore, bleeding gums, painful chewing problems, and even tooth loss. But there are things that can be done to help prevent gum disease.

- Brush teeth twice a day with fluoride toothpaste for two minutes.
- Floss everyday
- Visit your dentist routinely for a checkup and cleaning. And be sure to tell the dentist about any medical conditions you have and medications you take.

Dry Mouth

Dry mouth occurs when there is not enough saliva to keep your mouth wet. It can make it hard to eat, swallow, taste, and even speak.

Dry mouth can increase your risk of tooth decay, fungal infections of the mouth, and cavities. Many common medicines can cause this problem. For example, medicines for high blood pressure, depression, and bladder-control issues often cause dry mouth.

There are things you can do that may help the condition:

- Try sipping water or sugarless drinks.
- Don't smoke,
- Avoid alcohol, caffeine, soft drinks, and acidic fruit juices.
- Avoid spicy or salty foods.
- Sugarless hard candy or sugarless gum that is a little tart may help.
- Your dentist or doctor might suggest using artificial saliva to keep your mouth wet.

For more information on how to take the best care of your teeth and gums, visit:

[Taking Care of Your Teeth and Mouth | National Institute on Aging \(nih.gov\)](https://www.nia.nih.gov/health/taking-care-of-your-teeth-and-mouth)

Word Search — It's April!

April	Baseball	Potholes
Flowers	Hygienists Week	Lab Week
Easter	Passover	April Fools
Patriots Day	Taxes	Diamond

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