

May 2023

BRHC Health Beat



May 14-20 2023

[National Women's Health Week - Women's Health - CDC](#)

National Women's Health Week is celebrated each year, beginning on Mother's Day, to encourage women and girls to make their health a priority. The theme for this year is, "Women's Health, Whole Health: Prevention, Care and Wellbeing."

Learn steps you can take for better health:

- Get regular checkups, including a yearly well-woman exam. Talk to a healthcare provider about any health concerns you have.
- Get active.
- Eat a healthy and balanced diet.
- Prioritize your mental health and learn how to cope with stress.
- Practice healthy behaviors. Daily decisions influence your overall health.

Nutrition is an essential part of a healthy lifestyle. Learn the basics of healthier eating habits. Women need folic acid every day for the healthy new cells the body makes daily. It's also important to help prevent major birth defects when pregnant.

Prioritize Mental Health

Keep your mind and body healthy. Research shows that positive mental health is associated with improved overall health and well-being. It may be tough during the COVID-19 pandemic to maintain healthy behaviors and manage stress. There are some important steps you can take to get the support you need to cope with stress:

- Make time to unwind.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Find a local support group.
- Recognize when you need more help and reach out to your provider.



Bucksport Regional Health Center



Message from the CEO

Carol Carew

May is a very busy month!

It is High Blood Pressure Education Month which is very important especially since high blood pressure typically has no symptoms or warning signs. Read more on the back page about what you need to know about high blood pressure and talk to your provider about how to keep your blood pressure in the normal range.

National Nurses Week is May 6-12. This week is designated to acknowledge and to honor the work these dedicated health care professionals do each day. We have a number of nurses here at BRHC and we appreciate each and every one of them.

We are having COVID vaccine clinics May 9, 16 and 23. We also have the new Bivalent vaccine booster for people age 65+ or who have high risk factors or are immune compromised. Visit our website to register for your vaccine.

And Happy Memorial Day, the unofficial start of summer.

Carol

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.



We are hiring ...

Visit www.bucksportrhc.org to learn more.

- Family Practice MD/DO - Full time in Bucksport.
- LCSW Behavioral Health Therapist
- Dental Assistant - Bucksport
- Phlebotomist - Part Time
- Dental Hygienist, per diem

May 31 is World No Tobacco Day

The World Health Organization (WHO) and global partners celebrate World No Tobacco Day to raise awareness on the harmful and deadly effects of tobacco use and second-hand smoke exposure, and to discourage the use of tobacco in any form.

Using any kind of tobacco product is unsafe, especially for kids, teens, and young adults. Studies show that most adults in the United States who regularly use tobacco products started before the age of 18.

Tobacco products, including cigarettes, smokeless tobacco, and most e-cigarettes, contain nicotine, which is an addictive drug. Exposure to nicotine during these important years can harm the parts of the brain that control attention, learning, mood, and impulse control.

Secondhand Smoke A Danger at Home and Abroad

At least 500 million people younger than 15 in 21 countries are exposed to secondhand smoke.

It's a problem in the United States:

- One in four Americans, or about 58 million people, are exposed to secondhand smoke.
- Children (age 3–11) have the highest exposure to secondhand smoke compared to any other age group.
- African American children are more likely to be exposed to secondhand smoke than children of other racial/ethnic groups.

Quitting smoking and adopting smoke-free policies helps protect the health of people who do not smoke. Maine Quit Link can help you stop smoking. Or visit: [Maine QuitLink | Quit Tobacco Your Way](#) Call 1-800-Quit-Now. And talk to you provider about a tobacco cessation program.

What Happens When I Connect With the Maine QuitLink?

- They'll ask questions to see what kind of help you need.
- If you are ready to quit, they'll help you set a quit date, and make a plan just for you.
- They will help you think about what makes you smoke or vape and give ideas to help you cope with urges.
- You'll have the option to sign up to receive free quit medications, such as nicotine patches, gum, or lozenges, to support your quit attempt.

May is

High Blood Pressure Education Month

Source: www.CDC.gov/bloodpressure

High blood pressure raises your risk for heart disease and stroke, which are leading causes of death in the United States. One of the scariest things about high blood pressure is that it has no warning signs or symptoms so many people who do have it are unaware of it. The only way to know if your blood pressure is high is to have it measured. Talk to your medical provider. Some of the recommended ways to reduce high blood pressure are:

- **Eating a healthy diet.** Be sure to eat plenty of fresh fruits and vegetables.
- **Maintaining a healthy weight.** Being overweight or obese increases your risk for high blood pressure.
- **Getting enough physical activity.** Physical activity can help you maintain a healthy weight and lower your blood pressure.
- **Not Smoking.** Cigarette smoking raises your blood pressure and puts you at higher risk for heart attack and stroke.
- **Limiting alcohol use.** Drinking too much alcohol can raise your blood pressure.
- **Take your medication.** If your provider prescribes high blood pressure medication, take it as directed.

Wordsearch! Happy May

Mowing	Memorial Day	High BP
Yard cleanup	No Tobacco Day	Riding Bikes
Flowers	Seedlings	Budding Trees
Birds	Nurses Week	Hiking

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