

July 2023

BRHC Health Beat



Bucksport Regional
Health Center



Message from the CEO

Carol Carew

Happy July! I hope you are all enjoying your wet summer so far.

All of this rain has an impact on the mosquito population. Mosquitos lay their eggs in stagnant water so with all the rain we have had, there are many more breeding grounds. Be prepared if you are out and about by having a good supply of bug spray. More than annoying and uncomfortable, mosquitos can carry West Nile Virus, and while more rare, Eastern Equine Encephalitis. Better to be safe than sorry so don't leave home without your bug spray/lotion.

We are hosting a blood drive for the Red Cross, Friday, July 14, from noon to 5:00 p.m. in our Bucksport location. If you are interested, call the American Red Cross at 1-800-733-2767 or log on to www.redcrossblood.org and enter sponsor code: BucksportME to schedule an appointment.

July is Eye Injury Prevention Month. According to the *American Academy of Ophthalmology*, over 40-percent of eye injuries happen while doing home repairs, yard work, cleaning and cooking.

Eye injuries aren't often thought about, but visit [Eye Injury Prevention - American Academy of Ophthalmology \(aao.org\)](http://www.aao.org) to learn how to better protect your eyes.

We are now on Instagram as well as Facebook so please follow us!

Carol

We are hiring ...

Visit www.bucksportrhc.org to learn more.

Positions in Bucksport

- Medical Assistant
- Dental Hygienist (Flexible Per Diem)
- Family Practice MD/DO
- LCSW - Integration & Family Services Therapist
- Phlebotomist

Free Fruits and Veggies in Bucksport



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.



**July 28 is
World Hepatitis Day.**

What is hepatitis?

Viral hepatitis is a group of infectious diseases known as hepatitis A, hepatitis B, hepatitis C, hepatitis D, and hepatitis E that affects millions of people worldwide, causing both acute (short-term) and chronic (long-term) liver disease.

Viral hepatitis causes more than one million deaths each year. The liver is a vital organ that processes nutrients, filters the blood, and fights infections.

When the liver is inflamed or damaged, its function can be affected. Heavy alcohol use, toxins, some medications, and certain medical conditions can also cause hepatitis, aside from the virus. If you are concerned about hepatitis, talk to your provider.

Visit [World Hepatitis Day is July 28th | CDC](http://www.cdc.gov/hepatitis) to learn more about hepatitis.

Beware the Browntail Moth!

The browntail moth is causing nothing but problems for people unfortunate enough to come in contact with its hairs. The symptoms include a skin rash on the exposed area that will probably be itchy, red, and bumpy. And more bad news - it can last for hours to weeks.

If your rash is mild, then you can treat it yourself with a cool baking soda or oatmeal bath. Creams, such as hydrocortisone cream, used sparingly, can help some of the itchiest places. Calamine lotion is also an option.

If you have mild respiratory symptoms, such as runny nose and sneezing, you can use allergy medicine, however, if you experience respiratory problems, like breathing difficulty, swallowing, or swelling of your mouth, tongue, or throat, call 9-1-1.

[Browntail Moth Caterpillar | Maine CDC | Department of Health and Human Services](http://www.maine.gov/health) has wonderful information on the browntail moth.

July is UV Safety Awareness Month

[Sunscreen: How to Help Protect Your Skin from the Sun | FDA](#)

Sunscreens are regulated by the FDA which means they must pass certain tests before they are allowed to be sold to the public. How you use sunscreens and what other protective measures you take, can make a difference in how well you are able to protect yourself and your family from sunburn, skin cancer, early skin aging and other risks of overexposure to the sun. Some key sun safety tips include:

- Limit time in the sun, especially between the hours of 10 a.m. and 2 p.m., when the sun's rays are most intense.
- Wear clothing to cover skin exposed to the sun, such as long-sleeved shirts, pants, sunglasses, and broad-brimmed hats.
- Use broad spectrum sunscreens with SPF values of 15 or higher regularly and as directed.
- Reapply sunscreen at least every two hours, and more often if you're sweating or jumping in and out of the water.

Spots that people frequently forget to apply sunscreen:

- Ears
- Nose
- Lips
- Back of neck
- Hands
- Tops of feet
- Along the hairline
- Areas of the head exposed by balding or thinning hair



Varicose Veins and Other Leg Pain



If you are suffering from painful varicose veins, leg swelling, venous leg ulcers, chronic leg fatigue, heaviness and discomfort, we have a solution. Dr. Stephen Nightingale is an expert in treating vein problems and has continually had wonderful results for his patients. Don't suffer anymore.

Bucksport Regional Coastal Health Center
 37 Commerce Park, Ellsworth, ME
 Call 667-5064 for an appointment.

It's easy to protect yourself from UV exposure...

Long-sleeved shirts, pants, and a wide-brimmed hat offer the best protection. If you're wearing a baseball cap or short-sleeved shirt, make sure to put sunscreen on your ears, neck, and arms.

Enjoy Word Search

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| Fourth | Sparklers | Apple pie |
| Fireworks | Vacation | Red white blue |
| Independence | Camping | Ice cream |
| Parades | July | Swimming |
| Cookouts | Fairs | Flags |

