Bucksport Regional Health Center

HRSA — Health Resources and Services Administration
Health Center Program
HEALTH CENTER QUALITY LEADER
2022 Awardee

BRHC Health Beat

Message from the CEO
Carol Carew

We still have a lot of summer left, but we do need to think about back-to-school, specifically children's health.

Many of you may know that BRHC, in collaboration with Ellsworth High School and Hancock County Technical Center, has opened a School-Based Health Center at the Ellsworth High School. The SBHC is available to all Ellsworth School District students and staff.

As an "awareness" month, August is dedicated to children's health, specifically immunizations and eye health. We discuss both in this newsletter because they are very important components to having a healthy child.

A well-child check is the prefect time to get immunizations (see back) and to have a vision check. (See right) Give us a call and get your appointment so you can and send your child back to school in the best possible health.

Also, August 6-12 is National Health Center Week. Watch our website, Instagram, and Facebook pages for activities. If you are not following us on social media, please do so. It's a great way to get immediate information.

Carol

We are hiring …
Visit www.bucksportrhc.org to learn more.

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

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. Watch our social media pages for more.

August is Children's Eye Health and Safety Month

Visit Keep an Eye on Your Child's Vision | CDC for more information

Children who have trouble seeing clearly often don't do as well in school, may suffer eye strain and experience headaches.

As your child grows, their eyes can change quickly. Your child's health care provider probably screens their vision as part of their regular checkups. If a vision problem is found, you may be referred to an eye doctor for a comprehensive eye exam. Although both are important, a vision screening and an eye exam are not the same thing.

A vision screening is an evaluation used to identify if the children is in need for additional eye care. It can be done by a family doctor, pediatrician, school nurse, or other health care professional.

A comprehensive eye exam is a thorough exam done by an ophthalmologist or optometrist. The eye doctor can diagnose your child's medical or vision problem and provide treatment.

If you have any concerns about your child's vision, ask their pediatrician to help you find an eye doctor.

There are some steps you can take to protect your child's vision. Make sure that they:

- Eat well: Eating a healthy diet rich in fruits and vegetables can help protect your child's vision.

- Limit screen time: Increased screen time can make uncorrected vision problems worse.

- Get enough sleep: As we sleep, our bodies heal and recharge.

- Spend time outdoors: Many children spend hours each day doing near-vision activities

- Wear sunglasses: Spending time outdoors has many health benefits, but you must also protect your child's eyes from the sun.

- Use protective eyewear: About 90% of eye injuries can be prevented with protective eyewear.

BRHC, 110 Broadway, Bucksport, 469-7371   **Buscksport Regional Coastal Health Center**, 37 Commerce Park, Ellsworth, 667-5064

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BRHC is an equal opportunity provider and employer.

bucksportrhc.org

National Immunization Awareness Month

August is National Immunization Awareness Month. According to the CDC, on-time vaccination throughout childhood is essential because it helps provide immunity before children are exposed to potentially life-threatening diseases.

Vaccines are tested to ensure that they are safe and effective for children to receive at the recommended ages.

Children who are not protected by vaccines are more likely to get diseases like measles, chickenpox, mumps, polio, whooping cough, and rubella to name a few. These diseases are extremely contagious and can be very serious, especially for babies and young children.

In recent years, there have been outbreaks of these diseases, especially in communities with low vaccination rates.

Taking your child to their provider for a well-child check is essential for many reasons, including:

- Tracking growth and developmental milestones
- Discussing any concerns about your child's health
- Getting scheduled vaccinations

Many children have missed check-ups and recommended childhood vaccinations over the past few years.

CDC and the American Academy of Pediatrics (AAP) recommend children catch up on routine childhood vaccinations and get back on track for school, childcare, and beyond, when they are likely to be exposed to a variety of diseases.

Talk to your child's provider and be sure your child is protected against disease.

FAQs

Are Vaccines Safe?
Yes. Vaccines are very safe. The United States' long-standing vaccine safety system ensures that vaccines are as safe as possible. Currently, the United States has the safest vaccine supply in its history. Millions of children safely receive vaccines each year. The most common side effects are very mild, such as pain or swelling at the injection site.

Is there a link between vaccines and autism?
No. Scientific studies and reviews continue to show no relationship between vaccines and autism. Please see the CDC vaccine safety website for more information on autism and vaccines.

Enjoy Word Search

Health	Immunization	Vacations
Center	Awareness	Beach
Week	Month	Swimming
Camp	Watermelon	Heat

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n n s n o i t a c a v m o
m a n s r a m t o r n n i
s l o m e w h t e n u e a
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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.