



Message from the CEO

Carol Carew, RN, BSN, MBA

February is National Heart Month. (See right.) Taking care of your heart means doing things that have a positive impact on it. For example:

Ask your doctor about your blood pressure, cholesterol, and A1C (to check for diabetes).

- Reduce the sodium, and increase the fruits, vegetables, and whole grains in your diet. Watch your labels. You may be surprised at how much sodium is in processed food.
- Be physically active. You don't need to run a marathon - unless you want to. Moving and getting your heart rate up for just half an hour a day, five days a week, is a great achievement and will go a long way to giving you a healthy heart.
- Control your weight. No crazy diets, though.
- Don't smoke.
- Manage stress. Maybe meditate, do yoga, ect.

Being immunized against the flu and COVID also benefits your health. Especially if you have heart disease. We may be looking toward spring next month but the fact is, we have weeks of circulating viruses that we need to protect ourselves from. Give us a call and get the latest COVID vaccine that fights the latest strain of the virus and also get your flu shot.

We are here for you.

Carol

We are hiring ...

Visit www.bucksportrhc.org to learn more.

- Dental Hygienist (Flexible Per Diem)
- Dentist
- Family Practice MD/DO
- LCSW - Clinic and School-Based Health Center
- Medical Assistant
- Medical Assistant, Per Diem
- LCSW - Integration & Family Services Therapist
- Dental Assistant, Full-Time
- Patient Service Representative

February is American Heart Month

Source www.cdc.gov and www.healthfinder.gov

What is heart disease?

The term "heart disease" refers to several types of heart conditions. The most common type of heart disease in the United States is coronary artery disease (CAD), which affects the blood flow to the heart. Decreased blood flow can cause a heart attack.

The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices.

What are the symptoms of heart disease?

Sometimes heart disease may be "silent" and not diagnosed until a person experiences signs or symptoms of a heart attack, heart failure, or an arrhythmia.

When these events happen, symptoms may include:

Heart attack: Chest pain or discomfort, upper back or neck pain, jaw pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath.

Arrhythmia: Fluttering feelings in the chest (palpitations).

Heart failure: Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins.

More than 600,000 Americans die from heart disease each year - that's roughly one in every four deaths.

What are the risk factors for heart disease?

High blood pressure, high blood cholesterol, and smoking are key risk factors for heart disease.

About half of Americans have at least one of these three risk factors. Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including:

- Diabetes
- Overweight and obesity
- Unhealthy diet
- Physical inactivity
- Excessive alcohol use

February is Children's Dental Health Month

Source www.healthfinder.gov

Your child's first teeth, or baby teeth, are important because baby teeth hold space for adult teeth. Taking care of your child's teeth will protect your child from tooth decay (cavities).

Tooth decay can:

- Cause your child pain
- Make it hard for your child to chew
- Make your child embarrassed to talk or smile
- Create problems with your child's adult teeth

Take simple steps to prevent tooth decay.

Most babies will get their first tooth between ages 4 months and 7 months. Start these healthy habits now so your child's smile will stay healthy!

- Start cleaning your child's teeth as soon as they come in.
- Teach your child to brush twice a day.
- Protect your child's teeth with fluoride.
- Give your child healthy, low-sugar foods and drinks.
- Take your child to the dentist for regular checkups.

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.

February 26 – 3/1 is National Eating Disorders Awareness Week

Some people think that eating disorders are a lifestyle choice and that people should just snap out of it.

This is simply not true. Eating disorders are serious and often fatal illnesses that are associated with severe disturbances in people's eating behaviors and related thoughts and emotions.

Preoccupation with food, body weight, and shape may also signal an eating disorder. Common eating disorders include anorexia nervosa, bulimia nervosa, and binge-eating disorder.

Learn more at: [Eating Disorders - National Institute of Mental Health \(NIMH\) \(nih.gov\)](http://Eating Disorders - National Institute of Mental Health (NIMH) (nih.gov))

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 any more. Call Dr. Nightingale at 207-667-5064.

School Based Health Center

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|--|-----------------|
| ● SBHC for all Ellsworth School | ● Asthma |
| ● District students, staff and families. | ● Cough/cold |
| ● Some things we can help with | ● Fever |
| → | ● Stomachache |
| | ● Sprain |
| ● Located in: | ● Dental care |
| ● Ellsworth High School, | ● Immunizations |
| ● 24 Lejok St, Ellsworth | ● Counseling |
| | ● And more |

Arteries	Coronary	Medication
Exercise	Cardiovascular	Fruits
Tobacco	Low sodium	Vegetables
Blood pressure	Heart rate	Low fat
Body mass index	Water	Pulse

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