



Bucksport Regional
Health Center



October 2024

BRHC Health Beat



Message from the CEO *Carol Carew, RN, BSN, MBA*

Happy October! Most of you know that October is Breast Cancer Awareness Month. See the story below. On the back is information about the ME Breast and Cervical Health Program. If you need support, please talk to your provider. We can help you access the MBCHP program.

October is also Dental Hygiene Month. We have an excellent dental program so if you need oral health care, call us. Taking care of your mouth is a critical component to your overall health. Problems with your mouth can lead to an infection which can become systemic. If it gets into your bloodstream other organs, such as the heart and kidneys can be affected.

We are holding flu shot clinics throughout October. See the chart to your right for dates and times. We're still offering COVID shot clinics as well. Register on our website for the latest vaccine.

If you are on Facebook, visit our page. It's a great way to stay up on what we're doing. Happy Halloween.

Carol

October is Breast Cancer Awareness Month

Breast cancer is one of the most common cancers in women. About 1 in 8 women in the United States will get breast cancer during her lifetime. The good news is that mammograms can help find breast cancer early, before it spreads to other parts of the body. Most people can survive breast cancer if it's found and treated early. Talk to your provider about what is best for you.

What is breast cancer?

Breast cancer is cancer that forms in breast tissue. Like all cancers, breast cancer can spread to other parts of the body.

Talk with your doctor or nurse if you notice any of these changes:

- A lump or an area that feels very firm in the breast or armpit
- A change in the size, shape, or feel of the breast
- Fluid (called discharge) coming out of a nipple
- Skin on the breast that is itchy, red or purple, flaky, or dimpled

Flu Shot Clinics for October

We are holding flu shot clinics at both locations. Please call 207-469-7371 to make an appointment in Bucksport. And 207-667-5064 in Ellsworth. No walk-ins please.

Bucksport:

- October 7 - 7:30 - 10 a.m.
- October 14 - 7:30 - 10 a.m.
- October 18 - 7:30 - 10 a.m.
- October 24 - 1:00 - 3:30 p.m.
- October 25 - 1:00 - 3:30 p.m.

Ellsworth:

- October 18 - 9:00 a.m. - 12:00 p.m.
- October 23 - 9:00 a.m. - 1:00 p.m.

SELF-PAY COST:

- Regular flu shot: \$25.00
- High-Risk shot for 65+: \$70
- All insurances will be billed.
- Please bring your card.



FREE Veggies!

We have veggie giveaways throughout the month. Watch our Facebook page for dates and times.



How often should you get a mammogram?

- If you're age 40 to 74 years and you have breasts, get a mammogram every 2 years.
- If you have a higher risk of getting breast cancer, your doctor may recommend that you start getting mammograms at a younger age or that you get them more often. The best way to find out what's right for you is to talk to your doctor.

What is a mammogram?

A mammogram is an x-ray picture of the breast. Mammograms use a very low level of x-rays, which are a type of radiation. The risk of harm from this radiation is very low.

Mammograms can be used to screen (test) for breast cancer in people with no signs or symptoms. They can also help doctors figure out if cancer is causing a particular symptom, like a lump or another change in the breast.

BRHC, 110 Broadway, Bucksport, 469-7371

Coastal Health Center, 37 Commerce Park, Ellsworth, 667-5064

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bucksportrhc.org

October is Dental Hygiene Month

Visit [Oral Health](#) | [Oral Health](#) | [CDC](#)

In the United States, more than half of children and adolescents aged 12–19, and almost all adults 20 or older, have had cavities in their permanent teeth.

Oral health is important to overall health. Having a healthy, pain-free mouth has a bearing on our ability to eat, speak, smile, and show emotions. Oral health also affects a person’s self-esteem, school performance, and attendance at work or school.

In fact, about 34 million school hours and 92 million work hours are lost yearly due to unplanned and emergency dental care services.

Ways to support your oral health:

- Brushing twice daily.
- Flossing daily.
- Limiting foods and beverages that are high in added sugar.
- Having at least a yearly dental check-up and professional cleanings.
- Having additional dental visits if recommended by your health care provider.

Sometimes an oral disease may not cause any pain or signs that you can easily see until the disease has reached a more serious stage.

Having a professional evaluation is part of why routine dental check-ups are so important. Dental check-ups can also be a time when you and your provider discuss your unique risks for developing oral diseases, and how to help protect your oral health.

We are hiring ...

Visit www.bucksportrhc.org to learn more.

- Medical Assistant
- Dental Hygienist
- FNP/PA every 3rd Saturday, Walk-In Care
- School-Based Clinician , LCSW
- LCSW Integration & Family Services Therapist
- Dentist
- Practice Manager
- Registered Nurse - New Patient intake, part-time
- Phlebotomist 1

Maine Breast & Cervical Health Program

(MBCHP) helps eligible women get the screenings they need. It pays for a breast and/or cervical cancer screening office visit performed at a designated network service location. You’ll be given options to choose a service location during enrollment or re-enrollment. If you are interested in this service, talk to BRHC. We can help.

Visit [MBCHP - Division of Disease Prevention - Maine CDC: DHHS Maine](#)

With or without health insurance, to enroll in the MBCHP you must:

- Be a Maine woman age 40 or older, with the following exceptions:
- Women 35-39 who have seen a doctor and need follow-up tests for a possible breast or cervical cancer ; or
- Women 35-39 who have not had a Pap test in 5 or more years.
- Have household income less than or equal to 250% of the current Federal Poverty Level (FPL);
- Health insurance with high deductibles, co-insurance, co-pays, or premiums.
- Women receiving MaineCare or Medicare Part B are not eligible for MBCHP.

Word Search

October	Sweaters	Pumpkin spice
Halloween	Raking	Crisp air
Candy corn	Hay bale	Turning leaves
Football	Gourd	Apple picking
Harvest	Foliage	Cider

