



Message from the CEO

Carol Carew, RN, BSN, MBA

We have some exciting news coming this month! We're opening the **BRHC Coastal Pharmacy** in our Bucksport location. In the coming weeks, more will be revealed

so watch our website and Facebook page for the latest details.

March is National Nutrition Month. The best tip I have is to pay attention to labels. Don't just look at the calorie count, but the serving size. Who among us hasn't eaten twice the serving size because we only looked at the calorie count? It's a struggle but just be aware.

Also, March 30 is National Doctors' Day. The day was designed decades ago to celebrate the contribution physicians make in caring for the health and well-being of Americans. Visit our website at bucksportthc.org/meet-our-providers to meet our wonderful physicians.

Carol

Poison Prevention Week: March 16-22

National Poison Prevention Week raises awareness of poisonings and prevention. Certain kinds of poisonings are common among specific age groups.

- Older adults should be aware of poisoning risks from taking too much of their prescription and over-the-counter medications.
- Children are commonly poisoned via parents/grandparents painkillers, cosmetics, personal care or cleaning products, pest killers, and plants.
- Preteens, through older adults, are commonly poisoned by herbal products, prescription drugs, alcohol, over-the-counter medicines, and even spoiled food.
- People of all ages may be stung by a bee, splashed with a chemical, or exposed to carbon monoxide in their homes. People also may use a cleaning product without gloves. All are very real dangers.

For more information on how poisonings can affect everyone, visit www.poisonhelp.hrsa.gov/faq/general.

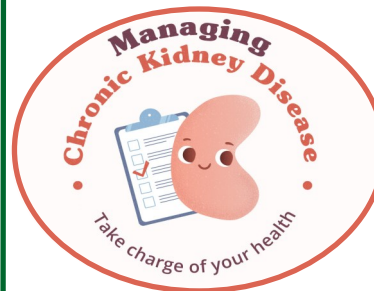
If you think someone has been poisoned, right away call the toll-free Poison Help line, [1-800-222-1222](tel:1-800-222-1222), which connects you to your local poison center.



Dental Assistants Week

March 2–8, 2025, is Dental Assistants Recognition Week, a time to remember the contributions dental assistants make to the dental profession and the dental health care of the public. We are very proud of our Dental Assistants!

Dental assistants apply their skills and training to make your visit to the dentist productive, safe and as pleasant as possible.



March is National Kidney Month

National Kidney Month highlights, and raises awareness, about kidney disease. More than 1 in 7 U.S. adults are estimated to have chronic kidney disease. Unfortunately, early kidney disease usually has no symptoms so a person may be unaware that there is a problem. What you can do is keep an eye on your risk factors.

You are at higher risk for kidney disease if you are over 60, have diabetes, high blood pressure, heart disease, or a family history of kidney failure. A urine test and a blood test can check for kidney disease.

Finding kidney disease early allows you time to try lifestyle changes and medicines that could keep your kidneys healthier for longer, and reduce your risk for heart attack and stroke.

Talk to your provider about your risks. And follow these healthy lifestyle habits on the back page that are recommended by the National Institute of Diabetes and Digestive and Kidney Diseases to take charge of your kidney health.

We are hiring ...

Visit www.bucksportrhc.org to learn more.

- Primary Care Physician
- Walk-In Care FNP/PA - 3rd Saturdays
- Medical Assistant
- Nurse Practitioner
- Dentist
- School Based Clinician
- Licensed Clinical Social Worker

Cont. from front

Meet regularly with your health care team.

Staying connected with your doctor, whether in-person or using telehealth via phone or computer, can help you maintain your kidney health.

Manage blood pressure and monitor blood glucose levels.

Work with your doctor to develop a plan to meet your blood pressure goals and check your blood glucose level regularly if you have diabetes.

Take medicine as prescribed and avoid NSAIDs like ibuprofen and naproxen.

Your pharmacist and doctor need to know about all the medicines you take.

Aim for a healthy weight.

Create a healthy meal plan and consider working with your doctor to develop a weight-loss plan that works for you.

Reduce stress and make physical activity part of your routine.

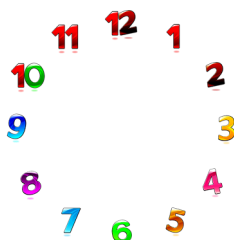
Consider healthy stress-reducing activities and get at least 30 minutes or more of physical activity each day.

Make time for sleep.

Aim for 7 to 8 hours of sleep per night.

Quit smoking.

If you smoke, take steps to quit. It may seem difficult, but small changes can go a long way to keeping your kidneys and you healthier for longer.



Don't forget to set your clocks ahead March 9!



We have Veggie and Fruit giveaways each month thanks to Good Shepherd. Watch our Facebook page for dates and times.

School Based Health Center

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

Wordsearch - March

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|-------------|-----------------|---------------|
| March | Irish | Pisces |
| Basketball | Spring | Doctor Day |
| St Pats Day | Kidney Month | Ides of March |
| Aries | Nutrition Month | Aquamarine |

