



Bucksport Regional
Health Center



February 2026

BRHC Health Beat



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

While the weather may say otherwise, it is February which means we are closing in on spring. The days are getting longer and soon, hopefully, the temps rise.

February is Heart Month. The back page has important heart health information. And pay close attention to the article on salt. It's hard to cut back for sure, as we are so conditioned to the taste. But your arteries will thank you if you do.

There is still time to get your flu shot and COVID shot. You may be having a little spring fever since it's still daylight at 4:30, but flu season is not winding down as much as we'd like. We have both flu and COVID vaccines available so encourage you to get immunized. Colder temperatures keep people stay inside and viruses can spread more easily. The Superbowl is coming up. If you are having, or going to, a party, think about getting vaccinated first.

And lastly, Valentine's Day is approaching. Show a little love to yourself and make a health plan for 2026. We are here to help with that if you need us.

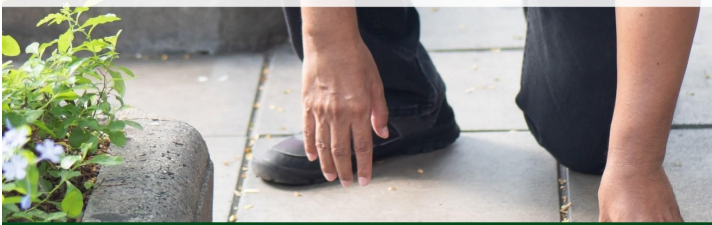
Carol



Are You at Risk for a Fall?

Bucksport Regional Health Center is offering an educational session on reducing fall risk at 110 Broadway, Bucksport, Friday, February 13, 11:00 a.m. - 12:00 p.m.

CDC evidence-based assessments will be provided for anyone who would like one.



Salt, Blood Pressure, and Stroke!

Source: [cdc.gov/salt](https://www.cdc.gov/salt)

Most of the sodium we consume is not from our salt shaker. Most people don't know that the vast majority of sodium we eat comes from processed foods. For example, a single slice of American cheese can have upwards of 350 mg of sodium! And restaurant meals are very heavy on sodium. We get about 70% of our daily sodium intake from processed and restaurant foods. Only a small amount comes from our salt shakers.

Your body does need a small amount of sodium to work properly, but too much can aggravate your blood pressure, increasing your risk for heart disease and stroke.

Sodium or salt?

Salt and sodium are not the same. Salt is sodium chloride which is table salt. Sodium chloride is 40% sodium and 60% chloride. One teaspoon of table salt contains about 2,400 mg of sodium. Sodium is a mineral found in many ingredients in common foods:

- Monosodium glutamate (MSG).
- Sodium bicarbonate (baking soda).
- Sodium nitrate (a preservative).

Sodium in everyday foods adds up fast. It is in almost all food categories. Some of the top sources of sodium:

- Sandwiches, pizza, soups
- Rice, pasta, and other grain-based dishes
- Starchy and non-starchy vegetables
- Meat, poultry, and seafood dishes
- Chips, crackers, and savory snacks
- Desserts and sweet snacks
- Condiments, sauces, and gravies
- Cold cuts and cured meats
- Breads and tortillas
- Canned foods

Be Mindful of Serving size

The serving size reflects what people are likely to eat or drink. This is not necessarily the portion you should eat. For example, one serving size of ice cream is labeled as 2/3 cup.



BRHC, 110 Broadway, Bucksport, 469-7371

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

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bucksportrhc.org

February is Heart Month

Heart disease is the leading cause of death for women in the United States and can occur at any age. Major risk factors include high blood pressure, high cholesterol, and smoking. Heart disease includes several conditions, most commonly coronary artery disease (CAD), which reduces blood flow to the heart and can lead to a heart attack.

Common symptoms for:

- **Heart attack:** Chest discomfort, upper back or neck pain, indigestion, nausea, extreme fatigue, dizziness, shortness of breath, or upper body discomfort.
- **Arrhythmia:** Fluttering or irregular heartbeat.
- **Heart failure:** Shortness of breath, fatigue, or swelling in the feet, legs, abdomen, or neck veins.

However, heart disease is often preventable through healthy habits and managing medical conditions. Be aware though, it can also be “silent” until serious symptoms appear so discuss with your health care provider and assess your risk.

Risk factors include:

- **Diabetes:** Work with your provider to keep it controlled.
- **Overweight/obesity:** Extra weight strains the heart. Contact us if you’d like support with weight loss.
- **Unhealthy diet:** Choose more fruits, vegetables, and lean proteins.
- **Physical inactivity:** Aim for 150 minutes of activity per week.
- **Excessive alcohol:** Limit to one drink per day for women and two for men.

We are hiring ...

Visit www.bucksportrhc.org to learn more.

- Dentist
- Dental Assistant
- Business Office Supervisor
- Primary Care Provider, MD/FNP/PA (Walk-in Care)
- Walk-in Care FNP/PA every 3rd Saturday



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

Wordsearch - Hearts!

February	Low Cholesterol	Candy
Valentine	Low Blood Pressure	Wear Red
Heart Health	Chocolate	Exercise
Love	Fourteen	No Smoking
Flowers	Be Mine	Heartbeat



Visit our pharmacy, 110 Broadway, Bucksport

Hours of Operation are:

Monday - Friday: 8:00 a.m. to 5:00 p.m.

Free over-night delivery service

For more about BRHC Coastal Pharmacy, scan the code or visit bucksportrhc.org

