Bucksport Regional Health Center

BRHC Health Beat

November 2026



Message from the CEO

Carol Carew, RN, BSN, MBA

Happy November! This month, we are all about the health of your lungs. If you have breathing problems, the upcoming cold weather can exaserbate that.



If you smoke, now is a good time to seriously think about quitting. There is a great tool that can really help with giving up tobacco. Visit, **www.smokefree.gov.** You will get 24/7 support with the **Smoke-free app** for your smartphone. These free apps offer individualized help based on your smoking patterns, moods, motivation to quit, and quitting goals.

Tag the locations and times of day when you need extra support. Available for iOS and Android phones. And of course, you can always reach out to us. We have smoking cessation programs to help. Talk to your provider.

We wish a Happy Veterans Day to all who served our nation. We are truly grateful for your sacrifices.

We are also closing in on Thanksgiving. As you cook for the holidays, be safe. Thousands of people get food poisoning on Thanksgiving each year.
To learn more, visit **How to Prevent Food Poisoning | Food Safety | CDC** and keep your meal safe.

Carol

5 Ways Quitting Smoking Helps Your Body

Within 20 Minutes: Heart Rate and Blood Pressure Improve: Just 20 minutes after your last cigarette, your heart rate and blood pressure begin to drop toward healthier levels.

Within 2–12 Weeks: Lung Function and Circulation Improve: Your circulation gets better, making physical activity easier. Many people notice less shortness of breath and increased stamina.

Within 1–9 Months: Breathing Becomes Easier and your lungs start clearing out mucus and repairing themselves, leading to less coughing, congestion, and wheezing. Within 1 Year: Heart Disease Risk Drops Significantly: After one year smoke-free, your risk of coronary heart disease is about half that of a person who continues to smoke.

Within 5–15 Years: Major Disease Risks Continue to Fall and your risk of stroke, heart disease, and several smoking-related cancers continues to decrease the longer you remain tobacco-free.

The best part is that your body begins healing almost immediately after you quit. Every smoke-free day is a step toward better health, more energy, and a longer life.

Reminder, we are closed November 26 & 27 for Thanksgiving



The American Cancer Society's Great American Smokeout is held on the third Thursday in November each year. People who smoke are encouraged to use that date to make a plan to quit, to commit to not smoking for that day, or plan in advance, get ready with support, and actually quit smoking that day. This year the smoke out is November 19.

We are hiring ...

Visit **www.bucksportrhc.org** to learn more.

- Health Access Coordinator, Bucksport
- Medical Assistant - Behavioral Health, Bucksport
- Walk-In Care FNP/PA every 3rd Saturday, Bucksport
- Lead Medical Assistant, Ellsworth
- Medical Director, Bucksport
- Primary Care Physician (MD/DO), Bucksport
- LCSW (Per Diem), Bucksport
- Dental Assistant, Bucksport
- Referral Specialist, Bucksport

School Based Health Center

SBHC for all Ellsworth School District students, staff and families.

Some things we can help with →

- Asthma
- Cough/cold
- Fever
- Stomachache
- Sprain
- Dental care
- Immunizations
- Counseling
- And more

Located in:

Ellsworth High School,
24 Lejok St, Ellsworth

Health Insurance Open Enrollment

MEDICARE:

Medicare Open Enrollment is from October 15 - December 7. This is your chance to review your current plan and compare all the 2027 health and prescription drug options.

MARKETPLACE HEALTH INSURANCE:

- November 1: Open Enrollment starts. It's first day you can enroll in, renew, or change health plans through the Marketplace for the coming year. Coverage can start as soon as January 1.
- December 15: Last day to enroll in or change plans for coverage to start January 1.
- January 1: Coverage starts for those who enroll in or change plans by December 15 and pay their first premium.
- January 15: Open Enrollment ends. It's the last day to enroll in or change Marketplace health plans for the year. After this date, you can enroll in or change plans only if you qualify for a Special Enrollment Period.
- February 1: Coverage starts for those who enroll in or change plans December 16 through January 15 and pay their first premium.

Need help with a plan? Give us a call. We have trained staff who can assist you. Or visit **coverME.gov**.

Happy Thanksgiving!

Cranberry Sauce
Mashed Potatoes
Sweet Potatoes
Rolls
Stuffing
Corn
Gravy



Pumpkin Pie
Apple Pie
Green Beans
Salads
Whipped Cream
Jello Mold
Turkey

l	f	j	p	v	t	e	p	a	g	s	s	i	i	u
r	l	g	d	s	c	s	s	p	d	r	n	e	u	i
y	a	l	o	e	u	b	l	a	e	h	a	a	t	a
j	e	l	l	o	m	o	l	d	u	c	e	v	y	y
y	s	r	d	t	m	a	o	m	c	y	b	y	y	a
y	e	c	u	a	s	y	r	r	e	b	n	a	r	c
w	a	a	s	t	u	f	f	i	n	g	e	r	a	a
e	p	s	e	o	t	a	t	o	p	t	e	e	w	s
p	p	u	m	p	k	i	n	p	i	e	r	n	e	s
p	l	e	y	d	k	c	s	k	s	d	g	y	e	a
e	e	m	a	e	r	c	d	e	p	p	i	h	w	r
o	p	e	t	h	k	o	g	c	o	y	v	n	i	o
d	i	s	b	s	r	r	g	g	n	c	l	p	s	l
o	e	t	u	a	a	n	u	e	l	s	o	r	o	e
l	w	a	p	m	e	t	a	t	h	l	e	u	l	b

It's COPD Awareness Month:

Get Tested for COPD: Your Lungs Will Thank You

- Are you often short of breath during everyday activities?
- Does your chest feel tight, or do you cough a lot?
- Do you make excuses for it, such as allergies or simple aging?

Talk to your provider about getting a lung function test to find out if you have COPD, or chronic obstructive pulmonary disease. COPD includes two main conditions: emphysema and chronic bronchitis. It's usually caused by cigarette smoking or breathing in other irritants, such as dusts or chemical fumes.

More than 16 million Americans have been diagnosed with COPD, and millions more have it but don't know it, according to the National Heart, Lung, and Blood Institute (NHLBI). Visit www.nhlbi.nih.gov/health/copd

COPD doesn't have a cure, but by getting diagnosed early, you can slow down the disease's progression. During your appointment, your provider will talk to you about your symptoms and your medical history, then listen to your breathing. He or she also may recommend one or more tests to help diagnose COPD.

Spirometry: A Lung Function Test

The main test for COPD is called spirometry, during which a technician will ask you to sit down and put a clip on your nose, so you can breathe only through your mouth. Then you will be asked to put your mouth around a mouthpiece, which looks like the mouthpiece on a snorkel. It's connected to a machine that measures how well you breathe.

Ask for a lung function test if you:

- Are over age 40
- Are or were a smoker
- Feel out of breath often
- Bring up a lot of mucus when you cough
- Have already been diagnosed with a lung disease
- Have AAT deficiency
- Are concerned about your lung health

