



Message from the CEO
Carol Carew

July 28 is World Hepatitis Day. Talk to your provider to see if you should be tested for hepatitis. See the back page for more information on that, but speaking blood tests, did you know we have a full laboratory right here in our health center?

Our lab is not just for BRHC patients. We're happy to do lab work for anyone who needs it. There are providers practicing outside our health center who send lab orders to us. You can also bring in your lab slip and have blood drawn. The point is, we are local and open to everyone, so remember us the next time you need lab work done.

I also want to remind you that our Tai Chi classes are running until mid-August. They are held Tuesdays from 10:00 - 11:00 by Nina Zeldin, who is a certified instructor from Healthy Acadia. I hope you will join us. If you have never tried Tai Chi before, here is what you will gain:

- improved heart and lung functions
- increased strength, balance, flexibility & coordination
- reduced fear and risk of falling
- increased confidence

Wear comfortable clothes and thin soled shoes because the goal is to be able to feel your feet as much as you can.

And be sure to stop by and see us at the Bucksport Bay Festival later this month. We'll have plenty of giveaways including a Tick Kit that includes tweezers and other tick related items. It has been a bad year for ticks and we have a long way to go so we want to help keep you safe. We will also have fun things for the kids. Hope to see you there!

Carol

Healthy Organization/Program
of the Month is ... the Bucksport YMCA

The Bucksport YMCA offers exciting programs and activities to keep you and your family healthy, active and learning all year long! You can find everything from Spanish cooking, swimming or safe lifting to hiking, camping, dances and BBQs in the Y's Summer Guide. Check it out at www.defymca.org/bucksport/ or call 469-3518. Financial assistance is available.

Congratulations Bucksport YMCA for being BRHC's Healthy Organization/Program of the Month!

5 Reasons You Should Have a Primary Care Provider (PCP)

1) **Better Preventive Care:** A PCP can help *prevent* you from getting sick in the first place. You know what they say: An ounce of prevention is worth a pound of cure.

2) **Continuity of Care:** You get the same person all the time. Someone who knows you really well. Wouldn't it be nice to see the same person every time you need medical care?

3) **Central Point of Contact:** Need a specialist? Your PCP can help you and be in your corner. He or she can organize your care and make sure you are getting exactly what you need.

4) **Key Resource:** Your first contact when you have a question or a problem. Don't Google the answers to your questions. Talk to your PCP.

5) **Fewer Trips to the ER:** Your PCP can help you avoid the ER by working with you and helping you stay healthy.



Meet Our Dental Team

Looking for a dentist? Your search stops here!



We are pleased to introduce Dr. Paul Gualtieri, D.D.S., (center) to BRHC. He has more than 35 years of experience and he offers, along with his highly-skilled dental team, general and pediatric dentistry, dental hygiene, and so much more. Read more about Dr. Gualtieri on our website, bucksportrhc.org and look under the Meet Our Providers tab.



Martha's Menu

Martha Cole, MS, RDN, LD

Summer Tomato and Squash Medley

Nothing beats food that is locally grown and in season. It tastes better and costs less!

If you didn't grow the produce yourself, you can find it at farmers' markets or even sometimes at the grocery store. Try this recipe for a fantastic summer side dish made from local ingredients readily available in the months of July and August.

Ingredients

- 1 medium zucchini
- 1 medium summer squash
- 1 medium ripe tomato, sliced into ¼ inch thick half circles
- ½ small onion, thinly sliced
- 1 clove garlic, minced
- 2 tbsp olive oil
- Fresh herbs as desired, such as rosemary, basil or oregano
- Parmesan cheese
- Pepper to taste

Directions

Heat olive oil in large skillet on medium high heat.

Once hot, add onions and garlic.

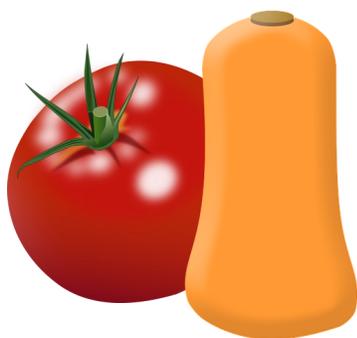
Allow onions to become slightly translucent, then add squash and zucchini, both chopped in circles 1/6" thick with ends discarded.

Cook 7 minutes while stirring often.

Add tomato and fresh herbs and cook another 7 minutes or until desired tenderness is achieved.

Sprinkle parmesan cheese over dish.

Pepper to taste.



Quote of the Month: Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language.
—Henry James



World Hepatitis Day is July 28. It is an opportunity to highlight the global burden of this disease, and what the Centers for Disease Control and Prevention is doing to combat it worldwide.

Viral hepatitis is a group of transmittable diseases known as hepatitis A, B, C and D. Worldwide, it affects nearly 400 million people and remains a top cause of death.

How can you become infected?

Viral hepatitis can be spread in different ways, depending on the type.

Hepatitis A is typically spread by eating or drinking food or water contaminated by the feces of an infected person.

Hepatitis B spreads through contact with blood or bodily fluids of someone who is infected.

Hepatitis C is spread through exposure to the blood of an infected person.

Both B and C can also be transmitted from mother to baby, and each can be short-term diseases or long-term diseases that can lead to liver cirrhosis or liver cancer.

How to reduce your risk

- Get vaccinated. Make sure your children are up-to-date on their vaccinations as well.
- Get tested. If you think you're at risk, talk to your health care provider. Visit cdc.gov and search "Hepatitis Risk Assessment" to better understand your risk.
- Avoid engaging in activities that increase your risk, such as unprotected sex or injection drug use. About 67 percent of injection drug users become infected with Hepatitis C.
- Practice good handwashing and food safety habits.
- If infected, get treatment. An estimated 90 percent of people infected with Hepatitis C can be cured through antiviral medication.