



BUCKSPORT REGIONAL Health Center



July 2024

BRHC Health Beat



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

Summer is in full swing so time for a safety check. The 4th of July is probably the most celebrated outdoor holiday. But every year, thousands of injuries occur because of mishandled fireworks, including sparklers, which burn at about 2,000 degrees. That is hot enough to melt metal and can quickly ignite clothing. Children nationwide have received severe burns from sparklers, according to the National Fire Protection Association. In fact, sparklers alone account for more than 25% of emergency room visits for fireworks injuries each year.

And then there are the busy roads. The tourists are here so if you are biking through our beautiful state, be sure you can be seen by motorists. Wear neon, fluorescent, reflective, or other bright clothing and ride during the day. Some of Maine roads are narrow and don't have bike paths so stay alert, signal your intentions, and if possible, have a horn or bell, a rear-view mirror and a bright headlight on the bike. Failing to yield the right of way is the highest factor in fatal bike crashes, followed by bicyclists not being visible. For more information, visit the United States Department of Transportation. Click here [Bike Safety](#).

We all hope you have a wonderful summer!

Carol

July days of note:

- 4th - Independence Day
- 28th - World Hepatitis Day

Su	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

We are hiring ...

Visit www.bucksportrhc.org to learn more.

- School-based Clinician, LCSW
- Phlebotomist I
- Dental Hygienist, full time
- 2 Medical Assistants (Ellsworth & Bucksport)
- Medical Assistant (per diem Bucksport)
- Patient Account Representative - HAC Coordinator



Buying Sunglasses? Read the Labels July is UV Safety Month

There is no shortage of styles of sunglasses, but they are not all created equally when it comes to protection. Whether you purchase the highest priced shades you can find or you pick up a pair at the nearest drug or dollar store, the most important thing to look for is the label that confirms the sunglasses offer 100% UV protection.

The American Academy of Ophthalmology recommends selecting sunglasses that block **99% to 100% of UV-A and UV-B radiation** which is the best way to protect your eyes from the sun's damaging rays. Sun exposure can increase the risk of developing growths on the eye, cataracts and some eye cancers.

Here are some tips from the American Academy of Ophthalmology to help you pick just the right sunglasses:

- Again, only buy sunglasses labeled as 100% UV-A and UV-B or UV400 protection. If you're unsure whether your sunglasses provide proper protection, you can test lenses for UV safety with a photometer at an optical shop.
- Opt for sunglasses with larger lenses because they may provide more protection. The ones that wraparound will give you the best coverage because they protect the eye from UV light entering from the side. Wraparounds also protect the eyes from wind, evaporation that can cause dry eye, and grit, sand or dust that can irritate the eye.
- Remember, a heftier price tag does not guarantee UV protection. As long as the 100% UV label is there, cheap sunglasses can be just as effective at protecting your eyes as brand name sunglasses.
- Lens type helps with comfort, not UV protection. Darker lenses or polarized lenses may seem like they would offer more protection but they do not block more radiation. Lenses can come in different shades, such as amber, gray, or green, so it's up to personal preference which is best for you. Polarized lenses can help with glare coming off reflective surfaces, making activities like driving or water sports easier and more enjoyable.
- The biggest protection factor comes from wearing the sunglasses consistently, every time you go outside. Even if it is cloudy.

UV Safety Awareness for Your Skin

Sunscreens are regulated by the FDA which means they must pass certain tests before they are allowed to be sold to the public.

How you use sunscreens and what other protective measures you take, can make a difference in how well you are able to protect yourself and your family from sunburn, skin cancer, early skin aging and other risks of overexposure to the sun. Some key sun safety tips include:

- Limit time in the sun, especially between the hours of 10 a.m. and 2 p.m., when the sun's rays are most intense.
- Wear clothing to cover skin exposed to the sun, such as long-sleeved shirts, pants, sunglasses, and broad-brimmed hats.
- Use broad spectrum sunscreens with SPF values of 15 or higher regularly and as directed.
- Reapply sunscreen at least every two hours, and more often if you're sweating or jumping in and out of the water.

Spots that people frequently forget to apply sunscreen:

- Ears, Nose, and Hands
- Lips - some lip balms
- Back of neck
- Tops of feet
- Along the hairline
- Areas of the head exposed by balding or thinning hair

Visit the link below to learn more.

[Sunscreens: How to Help Protect Your Skin from the Sun | FDA](#)



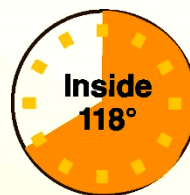
FREE Veggies!

Take part in our veggie giveaway the third Wednesday of every month from 11:00-4:30 in Bucksport. We are grateful to Good Shepherd Food Bank for supplying the produce. This giveaway is free and open to the public. Come see us in Bucksport and get some produce!

Outside Temperature 80°



Time Elapsed:
20 minutes



Time Elapsed:
40 minutes



Time Elapsed:
60 minutes

According to the CDC, the inside of vehicles can quickly heat up to dangerous temperatures, even with a window cracked open. While anyone left in a parked car is at risk, children and pets are especially at risk of getting a heat stroke or dying.

- Never leave infants, children or pets in a parked car, even if the windows are cracked open.
- To remind yourself that a child is in the car, keep a stuffed animal in the car seat. When the child is buckled in, place the stuffed animal in the front with the driver.
- When leaving your car, check to be sure everyone is out of the car.
- Do not overlook any children who have fallen asleep in the car.



Independence
Fireworks
Cookouts
Holiday
Summer

Farm Stand
Vacation
Popsicles
Long Days
Lake

Beach
Sunscreens
Thunder
Humidity
Swimming

