



Bucksport Regional
Health Center



January 2025

BRHC Health Beat



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

Happy New Year! It is traditionally the time of renewed goals. Often resolutions involve getting healthy. Your health care provider can be extremely helpful to you. And there are other resources as well.

For example, if quitting tobacco is on your list to accomplish in 2025, call the Maine QuitLink at 1-800-QUIT-NOW or visit www.mainequitlink.com. They can help you create a plan to quit tobacco and give you the tools you need.

If eating healthier and losing weight is a goal, check out Choose My Plate at www.myplate.gov/myplate-plan. Choose My Plate takes the guess work out of how to eat the right foods in the right portions. There is even an app for your phone to help you be successful. There is also a quiz to determine how many calories you should eat for weight loss.

Another important component to your good health is getting your COVID shot and your flu shot. You can get them at the same time. We have clinics at our Bucksport site. You can click here to register: [healow - Health and Online Wellness](#)

As always, if you need anything, please reach out to us. And here's to a great new year.

Carol

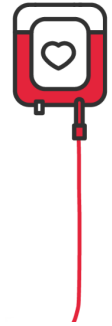
January is Cervical Cancer Prevention Month How to Reduce Your Risk

The most important thing you can do is to have regular screening tests starting at age 21. Two screening tests can help prevent cervical cancer or find it early:

- The Pap test (or Pap smear) looks for precancers, cell changes on the cervix that might become cervical cancer if not treated.
- The HPV test looks for the human papillomavirus that can cause these cell changes.

Both tests can be done in a doctor's office or clinic. Call us if you cannot afford these tests. We may be able to help you get them for free. Or call 1- 800- 350-5180.

NATIONAL
**BLOOD
DONOR
MONTH**



January is National Blood Donor Month. Blood donation saves lives by providing a vital lifeline to those in need. From accident victims to transplant recipients and cancer patients, blood donation makes a critical difference. Visit www.redcrossblood.org to learn more about how you can help.

January is Thyroid Awareness Month

The thyroid is a small but powerful butterfly-shaped gland located at the front of your neck. It controls many of your body's most important functions.

The thyroid gland makes **hormones** that affect your breathing, heart rate, digestion, and body temperature. These systems speed up as thyroid hormone levels rise. But problems occur if the thyroid makes too much hormone or not enough.

Nearly 1 in 20 Americans ages 12 and older has an under-active thyroid, or hypothyroidism. When thyroid glands don't produce enough hormones, many body functions slow down.

A smaller number of people, about 1 in 100, has an over-active thyroid, called hyperthyroidism. Their thyroids release too much hormone.

Symptoms of Abnormal Thyroid Function

Too Little Thyroid Hormone: Hypothyroidism

- Depression or feeling blue
- Trouble concentrating
- Tiredness
- Dry skin and hair
- Weight gain
- Feeling cold all the time

Too Much Thyroid Hormone: Hyperthyroidism

- Nervousness and anxiety
- Weight loss
- Tremor (shaking)
- Fast, irregular pulse
- Tiredness
- Feeling hot all the time

For more, visit [Thinking About Your Thyroid | NIH News in Health](#)

BRHC, 110 Broadway, Bucksport, 469-7371

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

BRHC is a Federal Tort Claims Act (FTCA) deemed facility. Visit bphc.hrsa.gov/ftca/about for more information.
BRHC is an equal opportunity provider and employer.

bucksportrhc.org



WARMING CENTERS

Healthy Acadia Inspire Recovery Center

24 Church St., Ellsworth, ME 04605
4:00 p.m. - 6:30 a.m.

25 beds. Can come in and get warm without using a bed

HOME INC

90 Schoolhouse Rd., Orland, ME 04472
4:00 p.m. - 7:00 a.m.

Few beds, but people are welcome to come in just to get warm

These are both first come, first served.

Indoor Winter Safety

When using a fireplace, wood stove, or kerosene heater to keep warm, install a smoke detector and a battery-operated carbon monoxide detector in the same room, near the area to be heated.

- Test them monthly and replace batteries twice a year.
- Keep a multipurpose, dry-chemical fire extinguisher nearby.
- All fuel-burning equipment should be vented to the outside.
- Each winter season have your furnace system and vent checked by a qualified technician to ensure they are functioning properly.

The ability to feel a change in temperature decreases with age. If you are an older adult, you are more susceptible to health problems caused by cold. Check the temperature of your home often during the winter months. Think about getting an easy-to-read thermometer and placing it where it will be easily seen.



FREE Veggies!

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

We are hiring ...

Visit www.bucksportrhc.org to learn more.

- Patient Service Representative
- RN Care Coordinator
- School-Based Clinician, LCSW
- Nurse Practitioner
- School Based Health Coordinator - Per Diem
- Dentist
- LCSW Integration & Family Services Therapist
- Primary Care Physician
- Family Nurse Practitioner/Physician Asst- every 3rd Saturday-Walk-in Care

Word Search - Winter Weather

Snow	Space heater	Power outages
Sleet	Slippery	Clothing layers
Salt and sand	Snow tires	Storms
Freezing	Shovel	Antifreeze
Hypothermia	Emergency kit	Plowing



School Based Health Center

- | | |
|---|-----------------|
| 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 |