



## Message from the CEO

*Carol Carew, RN, BSN, MBA*



As we move toward, as a country, getting the public vaccinated against COVID-19, we have had numerous questions. I thought I would answer some of the most frequently asked here:

**Is the COVID-19 vaccine safe?** Yes. The U.S. Food and Drug Administration (FDA) has granted Emergency Use Authorizations for COVID-19 vaccines that have been shown to meet rigorous safety criteria and be effective as determined by data from the manufactures and findings from large clinical trials.

**How will I know when BRHC has vaccine available?**  
We will notify our patients through automated telephone, text or email. We also post updates regularly on our Facebook page.

**Do I need to wear a mask and avoid close contact with others if I have gotten 2 doses of the vaccine?**

Yes. Not enough information is currently available to say if or when CDC will stop recommending that people wear masks and avoid close contact with others to help prevent the spread of the virus that causes COVID-19.

**Will a COVID-19 vaccination protect me from getting sick with COVID-19?**

Yes. COVID-19 vaccination works by teaching your immune system how to recognize and fight the virus that causes COVID-19, and this protects you from getting sick with COVID-19. There is no way to know how COVID-19 will affect you, even if you don't have an increased risk of developing severe complications. Learn more about how COVID-19 vaccines work. Watch our Facebook page and website for more answers to FAQs.

*Carol*

## We are hiring ...

Visit [www.bucksportrhc.org](http://www.bucksportrhc.org) to learn more.

- Medical Director
- Patient Service Representative /Health Information Coordinator – Bucksport
- Phlebotomist I – Bucksport

## Meet our Team – Erin Douglas, Medical Assistant

Erin has been working as a medical assistant for one year as well as an EMT for five years. On her off time, you'll find Erin adventuring with her dog and husband outdoors or curled up watching murder mysteries on the couch.



## February is Heart Month - Self Care for Your Heart!

Source: [www.nhlbi.nih.gov/health-topics](http://www.nhlbi.nih.gov/health-topics)



Heart disease is a leading cause of death in the United States, but there's a lot you can do to prevent it.

Taking time to care for your heart can be challenging as you go about daily life. But it's easier than you think to show your heart the love it deserves each day.

Small acts of self-care, like taking walks, getting quality sleep, and cooking healthy meals, help your heart. Research shows that self-care can help you keep your blood pressure in a healthy range and reduce your risk of heart disease and stroke.

### What does "self-care" mean?

Researchers define self-care as what you do to stay healthy. It's also what you do to care for any health problems you have, such as high blood pressure, diabetes, or mental health disorders. It's heart-healthy living.

### What parts of your self-care routine help your heart?

Self-care for your heart is really self-care for your whole self. You can improve and protect your health overall when you:

- Get a daily dose of physical activity, such as a brisk, 30-minute walk.
- Cook meals that are low in sodium and unhealthy fats.
- Take your medications as prescribed and keep your medical appointments.
- Sleep 7-8 hours a night.
- Manage stress through, for example, meditation, yoga, a warm bath, or quiet time with a good book or funny movie.
- Try to reach or stay at a healthy weight by moving more and having snacks like fruits and veggies ready to grab when hunger hits.

## National Eating Disorder Awareness Week February 22 to 28, 2021

### What are eating disorders?

Eating disorders are serious mental health disorders. They involve severe problems with your thoughts about food and your eating behaviors. You may eat much less or much more than you need. Eating disorders are medical conditions; they are not a lifestyle choice. They affect your body's ability to get proper nutrition. This can lead to health issues, such as heart and kidney problems, or sometimes even death. But there are treatments that can help.

### What are the types of eating disorders?

Common types of eating disorders include:

- **Binge-eating**, which is out-of-control eating. People with binge-eating disorder keep eating even after they are full. They often eat until they feel very uncomfortable. Afterward, they usually have feelings of guilt, shame, and distress. Eating too much too often can lead to weight gain and obesity. Binge-eating disorder is the most common eating disorder in the U.S.
- **Bulimia nervosa**. People with bulimia nervosa also have periods of binge-eating. But afterwards, they purge, by making themselves throw up or using laxatives. They may also over-exercise or fast. People with bulimia nervosa may be slightly underweight, normal weight, or overweight.
- **Anorexia nervosa**. People with anorexia nervosa avoid food, severely restrict food, or eat very small quantities of only certain foods. They may see themselves as overweight, even when they are dangerously underweight. Anorexia nervosa is the least common of the three eating disorders, but it is often the most serious. It has the highest death rate of any mental disorder.

### Who is at risk for eating disorders?

Anyone can develop an eating disorder, but they are more common in women. Eating disorders frequently appear during the teen years or young adulthood. But people can also develop them during childhood or later in life.

### Treatments for eating disorders

Treatment plans can include individual, group, and/or family psychotherapy, medical care and monitoring, including care for the complications that eating disorders can cause, nutrition counseling, and medications.

NIH: National Institute of Mental Health

### Unhealthy Eating Habits

You can't tell by someone's size if they have an eating disorder. But you can look for certain signs:

- Skipping meals, making excuses for not eating, or eating in secret or separately.
- Persistent worrying or talking about healthy eating, exercise, being overweight, or losing weight.
- Eating much more food in a meal or snack than what's considered normal.
- Eating large amounts of sweets or high-fat foods.
- Leaving during meals to use the toilet.
- Expressing depression, disgust, shame, or guilt about eating habits.
- Frequently checking the mirror for perceived flaws.

## Wordsearch - Hearts!

February  
Valentine  
Heart Health  
Love  
Flowers  
Candy  
Wear Red  
Exercise

No Smoking  
Heartbeat  
Low Cholesterol  
Low Blood Pressure  
Chocolate  
Fourteen  
Be Mine

