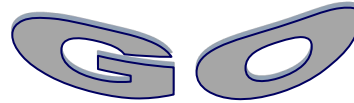
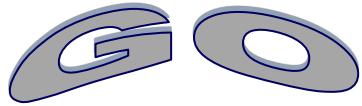


# GET UP AND



Jan Feb, 2018  
Volume 4 Issue 1



## January: Thyroid Awareness Month

The thyroid gland is a small, butterfly-shaped gland located at the base of the neck that helps control the function of many of the body's organs and helps to set the metabolism. According to the Cleveland Clinic Foundation, approximately 20 million Americans have some form of thyroid disease and an estimated 12 percent of the population will develop a thyroid condition in their lifetime.

Fortunately, the American Journal of Medicine reports that early detection of a thyroid disorder is as cost-effective as early detection of common chronic conditions. In honor of Thyroid Awareness Month, take some time to become familiar with the most common risk factors, which include the following:

1. Being female—Women are five to eight times more likely to suffer from a thyroid disorder than men are.
2. Age—The Thyroid Foundation of America recommends that women get annual thyroid hormone level tests yearly starting at age 50 and that men should get yearly tests beginning at age 60.
3. A family history—If thyroid disease runs in the family, testing every five years after age 35 is recommended.

Pregnancy—Thyroid conditions can arise after giving birth. Those with a high risk of developing a thyroid disorder should speak with their doctor. Together, you can determine the next steps to take.

“Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home.”

— [Edith Sitwell](#)

### EHC Wellness Team

Libby Bryant  
Kathleen Dunbar  
Sue Drew  
Holly Gartmayer -DeYoung  
Deb Kelly  
Wanda Matthews  
Deb Pottle  
Deb Shields  
Mary Stubbs  
Kevin Sample

Wellness Team Mission is to promote, support and help provide access to a workplace that encourages environmental and social support for a healthy lifestyle.

## Dental Awareness for January 2018

January is Cervical Health Awareness Month

You might be curious to know there is a connection between Cervical and Oral Health. January is Cervical Health Awareness Month and thus timely to share the connection. It's called: Human Papillomavirus (HPV). This is one kind of cervical cancer we can prevent. It is also a preventable cancer of the MOUTH.

HPV causes cancers of the mouth and throat, genitals and anus in both men and women. Every year 27,000 people in the US develop cancer caused by HPV. HPV is very common: 70% of Americans are Infected with HPV. A new study suggests, more than two-thirds of healthy Americans have a human papillomavirus (HPV) infection on some part of their body. Researchers examined DNA from tissue samples of about 100 men and women and found that 69 percent were infected with HPV.

(www.livescience.com) Most infections are non-symptomatic and clear in 1-2 years on their own; however, persistent infections can lead to HPV-related cancers, which can take up to 20 years to develop. 70% of oropharyngeal cancers are caused by HPV AND HPV is the #1 cause of all head and neck cancers. There is no screening available for HPV related oropharyngeal cancer, so by the time a lump is diagnosed, it most likely has already metastasized.

Maine is the 12th State in cancer prevalence and the 2nd highest State with Oral cancer.

Avoiding contracting HPV is a key public health prevention strategy. Obtaining the HPV vaccine is a significant prevention intervention. The most serious side effect is soreness at the injection site. It is FREE to all children. It is recommended to be vaccinated anytime from age 9-12. It is a two shot series if administered before age 15. After age 15, it is a 3 shot series. This vaccine PROTECTS against the types of HPV that cause oral cancer. As health professionals, we should be informing all parents of this vaccine. For more information contact: info@TeamMaureen.org, the American Cancer Society web site or MedlinePlus has an article published by the Mass Dental Society titled Oral HPV.

Submitted, Sue Drew, RDH/IP



### Upcoming Events:

- **Caregiver Community Circle**, 10:30am January 26, Christ Church on Key St Eastport, ME, 04631. Focused conversation on: Orphan Elders- supporting seniors in our Community
- **Way to Wellness with Barb Vittum**. Weekly every Thursday, noon -1pm at Eastport Health Care, in conference room, , nutrition & wellness class. Free and open to public
- **Cancer Support Group**, Meets the Second Tuesday of Every Month, 5:00–6:00pm at Eastport Health Care, in conference room, Cancer Support Group is for anyone living with cancer, for the patient, survivor, family member caregiver or anyone touched by cancer, for details about this group call Cancer Support Center of Maine CSCOM 207-322-0960, Free
- **Stronghearts Winter Sports & Fun**, Saturday, February 10 at 10 AM - 3 PM, The Pottle Tree Farm, South Meadow Road, Perry, Maine 04667, Cross country ski race, open woodland trails, skating, snowshoeing, sledding, hiking, kids games, scavenger hunt, ice fishing and fireside potluck, admission is free and cross country skis, snowshoes and skates are available to use.

**Eastport Health Care is an equal opportunity employer & provider**



# News Worthy!!

## Welcome to Eastport Health Care



Daleen Bowen

Daleen Bowen has joined the staff at EHC in the open MSA position .

She started on November 13th. It's great that you have joined this awesome team.

Krystin Smith

Krystin Smith is the Dental Representative/Dental Assistant she joined the Dental Department in August of 2017.

Another fantastic addition to the team.



## February is National Heart Awareness Month

**Stronghearts** celebrates the lives of children struggling with Congenital Heart Defects. We support families caring for these children. This support may include a

wide range of activities such as donations for research, education, or financial support for families.

**Stronghearts, Winter Sports and Fun**

Saturday February 10, 2018

10 AM to 3 PM

Pottle Tree Farm, South Meadow Road, Perry Maine



## Three Actions to Fight Flu this Flu Season.

Flu is a serious contagious disease that can lead to hospitalization and even death. You have the power to protect yourself and your family this season with these three actions to fight flu.

Get a flu vaccine. Everyone 6 months of age and older should get a flu vaccine by the end of October, if possible. A yearly flu vaccine is the first and most important step in protecting against the flu.

Take everyday actions to stop the spread of germs. Try to avoid close contact with sick people, and if you become sick, limit your contact with others. When possible, stay home for at least 24 hours after your fever is gone. Cover your nose and mouth with a tissue when you cough or sneeze, and wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

Take flu antiviral drugs if your doctor prescribes them. If you get the flu, prescription medicine called antiviral drugs can be used to treat flu illness. Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications. Learn more about how you can fight flu this season.

For more information about the Influenza Virus and how to protect yourself, go to : [www.cdc.gov/flu/](http://www.cdc.gov/flu/)

Cynthia Light, CMA (AAMA)

Information Management and Regulatory Compliance Coordinator

Eastport Health Care Inc.

### Green Onion Omelet

1 15-ounce can sliced potatoes (drained)

1 Tbsp. vegetable oil

1 large whole egg

3 egg whites

3 Tbsp. low-fat milk

¼ tsp. salt

½ cup ham (diced)

½ 8-ounce can tomatoes (drained)

1 Tbsp. scallions (chopped)

#### Preparations

Cut sliced potatoes into strips. In a large skillet over medium heat, lightly brown potatoes in the vegetable oil for 5-10 minutes. In a mixing bowl, add egg, egg whites, milk and salt. Mix well. Stir in ham, tomatoes and scallions. Pour egg mixture over potatoes in the skillet. Cover skillet and continue to cook eggs over medium heat until firm, not runny (about 8 minutes). Cut the omelet into four pieces and serve.

Makes: 4 servings. Each serving provides 184 calories, 7 g of fat, 2 g of saturated fat, 283 mg of sodium, 15 g of protein, 16 g of carbohydrates 3 g of fiber and 2 g of total sugar.



## EHC Board Announcement:

The EHC Board of Directors convened a Visioning Retreat in late September 2017 and then established an ad hoc committee to create a Vision Statement (a process that compiled key points made during the Visioning Retreat).

The following Vision Statement was approved by the Board in December 2017:

Eastport Health Care aspires to meet a full spectrum of health needs in rural Maine with innovative, affordable treatment. Leading through listening, learning through partnership, and serving through collaboration make us agents of change for better health outcomes in Washington County.

EHC Board of Directors continues to be proactive regarding the Opioid epidemic and its impact in our county. Dr. Sammis, Medical Director, provided an in-service on Opioid Overdose Response Instructions using Narcan Spray. The Board engaged a more in-depth conversation and recommended the Narcan Administration graphics be posted at EHC (we're posting in rest rooms) and that we have Narcan Administration information in exam rooms for patient education purposes. All of EHC staff and the Board have received Opioid Overdose Response Instructions using Narcan.



Administrative updates:

HRSA Operational Site Visit (OSV) is scheduled for April 3-5 although we have requested May dates. We are preparing as if the OSV will be in April.

HRSA Base Grant Funding: We continue with short term budget fixes (Continuing Resolutions) and it is hoped Congress approves our budget and *Fixes the Fiscal Cliff* with long term stable funding.

Four Community Circles are scheduled in Jan and Feb and are open to all who wish to attend:

GSTA Community Circle: 1-30-2018 @ 6p Kay Parker Building in Machias [Gay Straight Transgender Community Circle]

IBH Community Circle: 1-25-2018 @ 6p at EHC Machias Medical Waiting Room [Integrated Behavioral Health Community Circle-focuses on our system of care for those effected with Mental Illness and or Substance Use Disorder]

Care Giver / Palliative Care Community Circle: 1-26-2018 @ 10:30a at Christ Church on Key St (EP)-focused conversation will be facilitated: Orphan Elders-Creating a Culturally Sensitive Community

Circle of Hope: 2-1-2018 @ 6p at EHC Machias Medical Waiting Room [This Circle is for family and love ones affected by substance use disorder]

Pam Koenig FNP-has announced her plan to retire from practice at EHC effective June 30, 2018. We are actively recruiting and have a site visit scheduled on 1-29-2018 with Dr. Susan Luthin.

We are actively recruiting a FTE counselor for the Eastport office.

Offering deep gratitude to all EHC staff who are consistently attentive and responsive to our patients.

Please Be Safe in this extreme arctic and snowy winter.

Wishing you and yours a healthy New Year ~ Holly