

Keith Buzzell is new medical director at White Mountain Community Health Center in Conway

CONWAY — Dr. Keith Buzzell has joined the staff of White Mountain Community Health Center as medical director.



Dr. Keith Buzzell

Dr. Buzzell graduated from Philadelphia College of Osteopathic Medicine. After his fellowship at Kirksville College of Osteopathic Medicine he became chairman of the department of Osteopathic Theory and Methods for three years. Dr. Buzzell established his private practice in Fryeburg, Maine in 1969 which he continues to operate in addition to his new duties at the health center. In addition, he has functioned as the medical director at Fryeburg Health Care Center for the past 17 years.

Following his quest to acquire and share medical knowledge, Dr. Buzzell has published both articles and texts, some of which have been used in schools of osteopathic medicine. Buzzell has received multiple awards for his notable service and patient centered focus including the distinguished service award and physician of the year, both from the Maine Osteopathic Association and the John B. Thurlow Award for Advocacy for the Aged by the Maine Area Agency on Aging.

Dr. Brian Irwin

New Year's Resolutions



Dr. Brian Irwin

A new year carries with it an symbolic starting point, an arbitrary line in the temporal sand upon which many people line up to start fresh with a series of self improvement resolutions. While single resolutions are helpful, why limit your self improvement to a single goal? Here are a few health-orientated goals that may or may not apply to all of you, but are a bucket list of changes that could improve your wellness this coming year:

1. Kick bad habits. What are yours? Smoking? Drinking too much? Find those avenues in your life that are littered pathways to your health and clean them up. Ask your PCP for help if you need it (for example quitting cigarettes).

2. Clean up your diet. The typical American eats 1,000-2,000 calories per day above and beyond what they need. Obesity is an epidemic in this country and there is no time like the present to do everything you can to eat less, and more healthy, foods. Perhaps this means a trip to the dietician, or some extensive research.

However you get there, do go there. A better diet can prevent conditions like diabetes and heart disease.

3. Exercise. Walking is great. It's easy and you can talk with your family as you do it together. But it's rarely enough. Get that heart pumping to the point where you're a bit winded, as the aerobic component of exercise is what really stokes your furnace, burns calories, aids in maintaining a normal blood pressure and offers a myriad of other benefits. Be sure to talk with your PCP prior to initiating an exercise regimen, however, especially if you have any medical problems.

4. Clean out your medicine cabinet. If you are a patient who is on a number of prescription drugs, be sure you've discarded the old meds you no longer take. It's far too easy to accumulate a stockpile of old meds "just in case you need them." This is a dangerous practice that leads to overdoses all too often in this country.

5. Plan ahead. It's never too late to think about the future. Getting a living will together or simply having a frank discussion with your loved ones about your wishes in the event of a medical emergency is not pessimistic, it's proactive. Accidents and disease can strike the young and the old, the infirm and the healthy. Make your wishes known as to how you'd like your family to handle your medical issues, should you be unable to make those decisions for yourself.

6. See your doctor. This will provide you an opportunity to make sure you're up to date on your health maintenance. Is your mammogram up to date? Colonoscopy? Vaccines? Have you had routine cholesterol and blood sugar checks? Not all tests are required for all patients, but that's why you should see your PCP; to ask what you need.

By being proactive in this New Year you can seize the ever present opportunity to improve your overall wellness. It's never too late to live a healthier, happier life. Start today, if you haven't already.

Dr. Brian Irwin is a family physician at Tamworth Family Medicine, a division of Huggins Hospital.

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Robert W. Averill M.D.

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