



High-Risk Drinking and Alcohol Related Injuries are Preventable

High-risk drinking is the excessive consumption of alcohol that leads to serious negative consequences, not only for those who are drinking, but for others around the person who is drinking. The negative consequences can include:

- Motor vehicle crashes
- Accidents
- Falls
- Fights
- Injuries
- Sexual assaults
- Vandalism
- Arrests
- Community disruption



Alcohol can impair judgment and affect your coordination, making things you normally do such as driving a car, snowmobile, or boat more dangerous.

Alcohol also can alter your perception which can cause you to take risks you wouldn't normally take.

It takes as little as one drink to have an effect on a person; a 12 oz beer, 4.5 oz glass of wine, or 1.5 oz shot of 80-proof liquor is considered to be the same as one drink.

Prevent injuries. The only way to avoid alcohol related injuries is to not drink at all or limit the amount you drink at one time.

For more information visit: <http://rethinkingdrinking.niaaa.nih.gov/>

Parenting: Tough But Rewarding

It's normal for parents to feel overwhelmed, particularly if they are a single parent, have a new baby, are raising a child with a disability, don't have friends or family nearby, or have money problems.

It's important to know you are never alone and that help can be just a phone call away.

Here are some tips to help you clear your mind in a positive way:

Stay in contact with friends and family: It's important to be around people who support you and make you feel good.

Talk to someone: Tell a friend, health care provider, or counselor how you feel, or join a support group for parents.

Get babysitting when you need a break: Some parents trade babysitting with another family, so each parent gets a break.

Reach out to other parents: You may find parents with children the same age as yours at a local playground, childcare, or school.

Call a help line: 1-800-452-1999 (Voice) 1-800-963-9490 (TTY) The State of Maine's child abuse hotline is staffed 24 hours a day.

Talk to your child's school: Teachers and school counselors often can point you to other places that can help.

Take a class for parents: You can always learn new skills to care for your children.

Don't let your feelings affect how you treat your child.

For more information visit: <http://www.childwelfare.gov/preventing/>

April 6-12 is National Public Health Week

Chronic Disease—The Leading Cause of Death and Disability

Chronic diseases are health conditions such as heart disease, stroke, diabetes, cancer and asthma that require lifelong management and care. Chronic illnesses can often be managed through diet, exercise, and proper medical care.

Many people dealing with chronic illnesses experience:

- Physical pain
- Fatigue
- Depression
- Feeling of uncertainty about the future
- Increased dependence on others
- Financial difficulties.

After diagnosis of a chronic disease:

- Explore options and decide what treatment plan is right for you and your family
- Get support (for a list of support groups in your area visit www.211.org)
- Develop good communication with your doctor and get a second opinion
- Research your illness and become involved with possible treatments
- Keep a positive attitude--focus on what you can do rather than what you can't do
- Find activities that give you pleasure and focus on good experiences.

For more information visit: <http://www.cdc.gov/nccdphp/>

Falls and Injuries Among Older Adults

More than one third of all adults over the age of 65 fall each year. Falls can be the cause of fractures, head trauma, and death. The most common fractures are of the hip, vertebrae, forearm, leg, ankle, pelvis, upper arm, and hand. Risk of falling increases as you age.



Help reduce your risk of falling

- Engage in regular physical activity to increase lower body strength and balance
- Ask your doctor to review all medications (including over-the-counter medications) to reduce side effects and interactions.

Modify your home by:

- Removing tripping hazards such as throw rugs and clutter
- Using non-slip mats in the bathtub and on shower floors
- Installing grab bars next to the toilet and in the tub or shower
- Installing handrails on both sides of stairways
- Improving lighting throughout your home.

For more information visit: <http://www.cdc.gov/Ncipc/duip/preventadultfalls.htm>

Y Fit Tip: 10 Great Reasons to Exercise:

1. Exercise is energizing, and leaves you with a natural high
2. Regular exercise dramatically lowers your risk of several chronic diseases including heart disease, stroke, cancer and others
3. Regular exercise lowers your blood pressure and cholesterol
4. It helps you age gracefully
5. It is a stress buster
6. It helps fight against colds, flu, and depression
7. It may help you get to sleep faster- and sleep better
8. Exercise can improve your quality of life
9. Your back and joints will be happier
10. You will build muscle, get stronger, and your heart will be healthy!