



What You Do Matters

For Healthy Living in Eastern Maine Communities

www.WhatYouDoMatters.org

May 2009

With the recent Swine Influenza concerns, follow these basic tips for reducing the spread of germs and staying healthy:

1. **Cover your coughs and sneezes with a tissue or sleeve.** Throw the tissue in the trash after use.
2. **Wash your hands often with soap and water.** Especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
3. **Avoid touching your eyes, nose, and mouth.** Germs spread that way.
4. **Avoid close contact with people who are sick.** Influenza is thought to spread mainly person to person through coughing or sneezing of infected people.
5. **Stay home if you are sick.** Limit contact with others to keep from infecting them.

For information related to **Swine Influenza (H1N1)** visit www.mainepublichealth.gov

Daily updates will be added to the website.

The general public call in number is 1-888-257-0990.

Celebrate Women's Health in May



It's your time! Several simple steps for a longer, healthier, and happier life

- Get at least 2 ½ hours of moderate physical activity or 1 hour and 15 minutes of vigorous physical activity or a combination of both per week.

- Eat a healthy diet.
- Visit a health care professional for regular checkups and preventive screenings
- Stop smoking.
- Wear a seatbelt.
- Pay attention to mental health; this includes getting enough sleep and managing stress.

For more information visit: www.womenshealth.gov/whw/

For a complete list of screenings and vaccines visit:
<http://www.womenshealth.gov/whw/health-resources/screening-tool/index.cfm>

Sleep for health

A good night's sleep is as important as diet and exercise in feeling your best during the day. While you sleep, your brain processes your day and re-energizes your body.

Tips for a better night's sleep:

- **Say yes to sleep:** The average person needs 7-8 hours of sleep.
- **Make sleep a priority:** Go to bed and wake up at the same time every day including weekends.
- **Create a bedtime routine:** Wind down at the same time every night by reading a book, soaking in a hot bath, or listening to soothing music.
- **Make your room sleep friendly:** Clear your bedroom of distractions.
- **Evaluate mattress and pillows:** Pillows should be replaced every year, mattresses every 5 –7 years to ensure proper comfort and support.
- **Exercise regularly and finish eating 2-3 hours before bed:** People who are active generally sleep better.
- **Avoid nicotine, caffeine, and alcohol close to bedtime**

For more information visit: www.bettersleep.org

Stroke is the #3 cause of death in the US and the #1 cause of adult disability

Stroke is a brain attack that cuts off vital blood flow and oxygen to the brain. It can happen to anyone at any time, regardless of race, sex, or age.

Know the warning signs of a stroke and seek help immediately.

Call 911 immediately with any of these symptoms:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

You are at higher risk for stroke if you:

- Smoke
- Have high blood pressure
- Have diabetes
- Have high cholesterol
- Are overweight or obese
- Aren't physically active
- Have carotid or other artery disease
- Have atrial fibrillation (heart rhythm disorder)
- Have heart disease or heart failure
- Have sickle cell disease

80% of strokes are preventable.

- Reduce your intake of fatty foods.
- Be sure to get at least 5 servings of fruits and vegetables a day.
- Walk at least 30 minutes a day to reduce your risk of stroke, heart disease and other conditions.
- Manage stress.
- Stop using tobacco! Call the Maine Tobacco Hotline for assistance 1-800-207-1230.

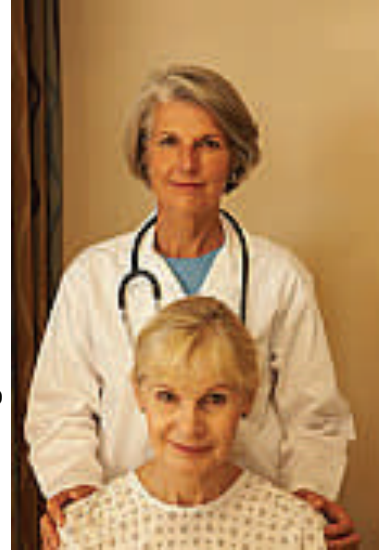
For more information visit: www.americanheart.org

Facts about Osteoporosis

Osteoporosis is a condition where bones become weak and can break easily. With osteoporosis a minor fall or simple action such as sneezing or bumping into furniture is sometimes enough to cause a fracture or break. Most people don't know they have osteoporosis until they break a bone—prevention is important.

You are at higher risk if:

- You are female
- Over the age of 50
- Have a family history
- Are small and thin
- Have a history of broken bones
- Have low levels of estrogen or testosterone due to aging
- Are of a certain race/ethnicity (Caucasian, Asian, Hispanic/Latino or African American)
- Have a diet low in calcium and vitamin D and high in protein, sodium (salt), and caffeine
- Are inactive
- You smoke or drink more than 3 drinks per day



Building strong bones during childhood and adolescence can help to prevent osteoporosis

Help prevent osteoporosis:

- Get the daily recommended amount of calcium and vitamin D
- Engage in regular weight bearing and muscle strengthening exercise
- Avoid tobacco and excessive alcohol
- Talk to your healthcare provider about bone health
- Have a bone density test and take medication when appropriate

For more information visit: <http://www.nof.org/awareness2/annual.htm>

Y Fit Tip:

Spring is here! Be active outdoors!

- Discover the free and low cost physical activity areas near your home (parks, bike trails, hiking trails, tennis courts etc.).
- Dig and plant in the garden
- Canoe or raft for an entire afternoon
- Chop and stack wood for camping
- Enjoy a game of mini golf or visit the driving range.