



# For Healthy Living in Eastern and Northern Maine Communities

www.WhatYouDoMatters.org



Bangor Region  
Public Health & Wellness  
www.WhatYouDoMatters.org  
City of Bangor

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## February is American Heart Month – **Wear Red February 3<sup>rd</sup>!!!**



### THE heart TRUTH<sup>®</sup>

**IT DOESN'T JUST AFFECT MEN!** While heart disease/attacks have always been thought to be more of a men's issue, heart disease is the leading cause of death for **both** women and men in the United States; women account for nearly 50% of heart disease deaths. Heart disease can show itself differently in men and women.

Heart attack symptoms in *both* men and women usually include chest pain, but women are also more likely to experience pain in their abdomen, neck or back. Factors like smoking and depression have a more serious effect on the heart health of women than they do in men.

#### Common symptoms for women to look for and recognize prior to an attack include:

Unusual fatigue  
Sleep disturbance  
Shortness of breath  
Indigestion  
Anxiety

#### Major symptoms during the heart attack include:

Shortness of breath  
Weakness  
Nausea  
Cold sweat  
Dizziness

Many cases of heart disease can be prevented! You may be at an increased risk for developing heart disease if you are: Inactive, obese, have high blood pressure or high cholesterol, smoke cigarettes, or have diabetes.

Wear **RED** on Friday February 3<sup>rd</sup> to show your support for women's heart health!!

For more on **National Wear Red Day** visit: <http://www.nhlbi.nih.gov/educational/hearttruth/materials/wear-red-toolkit.htm>

### **Make the Call. Don't Miss a Beat**

If you have any of the symptoms of heart attack, or if you think you might be having one, **call 9-1-1 immediately** for emergency medical care.

A woman suffers a heart attack every 90 seconds in the United States.

Many women say they would only take action if their symptoms lasted for 30 minutes or more. Don't delay!

**Minutes Matter!** Heart attack treatments work best when given **within one hour** of when your symptoms started.

- **Within one hour:** your risk of dying is cut in half;
- **Within three hours:** your risk of dying is cut by 25 percent;
- Every 30 minutes you wait to get help could take **one year** off of your life!

For more information visit <http://www.womenshealth.gov/heartattack/>



## Stay Warm - Prevent Hypothermia

### High-risk drinking is a bigger problem that most people realize...

High-risk drinking (also known as binge drinking) occurs when men drink 5 or more alcoholic drinks over a period of a few hours or women drink 4 or more drinks over a period of a few hours. High-risk drinking increases the chances of getting hurt or hurting others through car crashes and violence, and other accidents.

Maine has a higher prevalence of high-risk drinking than most other states; about 1 in 5 Maine adults reported high-risk drinking at least once in the previous month, compared to 1 in 6 nationally; making alcohol the number one drug of choice in our state.

To find out more about your drinking habits or find resources, talk to your doctor or visit [www.AlcoholScreening.org](http://www.AlcoholScreening.org).



It is winter in Maine...that means COLD weather! An average of 20 Mainers die every year from hypothermia, including 3-4 who die in their homes. Symptoms of hypothermia include; decreased consciousness, sleepiness, confusion, and/or disorientation, shivering, pale or blue skin, numbness, poor coordination, slurred speech.

Those at high risk for hypothermia include people whom:

- Are older than 60, or are less than one year of age;
- Have hypothyroidism;
- Drink or abuse alcohol;
- Have a mental illness;
- Are homeless, poor, and/or live alone.

### Prevent Hypothermia:

- Dress in layers.
- Wear a warm hat – 30% of heat loss is through the head; wear a scarf and gloves.
- Keep infants in a room where the temperature is 61-68 degrees Fahrenheit.
- Drink plenty of fluids and warm/hot drinks.
- Eat regular balanced meals to give you energy – good nutrition is important.
- Keep active when it's cold, but not to the point where you are sweating.
- Keep dry and change out of wet clothes as soon as possible.
- Cut down on alcohol, caffeine, and nicotine, since all three cause heat loss.
- Try to keep one room in the house warm.
- Ask your doctor if you are on any medications that affect your ability to maintain a steady body temperature.

For more information: [www.maineprepares.com](http://www.maineprepares.com)

## National Children's Dental Health Month

Developing good habits at an early age and scheduling regular dental visits helps children get a good start on a lifetime of healthy teeth and gums.

Help your children maintain a great and healthy smile all year long:

- Brush at least twice a day to remove plaque. If plaque is not removed, it can lead to cavities.
- Floss daily. Flossing helps to remove food debris from in between the teeth that a toothbrush can't reach.
- Eat healthy and nutritious foods and limit the intake of sugary carbonated drinks.
- Visit your dentist for regular checkups and cleanings.
- Fluoride treatments twice a year are very beneficial in preventing tooth decay.
- Sealants can be applied to the chewing surfaces of the back teeth and premolars. Sealants help to prevent tooth decay.
- Wear a mouth guard during sports. Mouth guards can greatly reduce injuries to the mouth and teeth.

For more information visit: [www.ada.org](http://www.ada.org)