



## For Healthy Living in Eastern and Northern Maine Communities

[www.WhatYouDoMatters.org](http://www.WhatYouDoMatters.org)



Bangor Region  
Public Health & Wellness  
[www.WhatYouDoMatters.org](http://www.WhatYouDoMatters.org)  
City of Bangor

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### **National Cervical Cancer Awareness Month**



Almost all cervical cancer is caused by specific strains of the Human Papilloma Virus (HPV), so it is important for women and sexually active girls to get yearly screenings for cervical cancer. A Pap test and HPV DNA screening can find early abnormalities

which can be treated well before the virus ever turns into cancer.

Vaccines can protect males and females against types of HPV that can lead to cervical disease in women and other types of cancer in men.

The Maine Breast and Cervical Health Program may pay for the following services when you see a participating Health Care Provider:

- Breast Exams
  - Pap Tests
  - Pelvic Exams (internal exams)
  - Mammograms (breast x-ray)
  - Limited Diagnostic or Follow-up Services.
- Uninsured women undergoing treatment for breast or cervical cancer may also qualify for MaineCare.

You may qualify for free services if you:

- Are a Maine woman, age 40 or older;
- Have no health insurance;
- Have health insurance that does not cover mammograms or Pap tests;
- Have a high deductible;
- Meet income guidelines at or below 250% of the Federal Poverty Level.

To find out if you qualify and where you can be screened, call (800) 350-5180.

For more information visit [www.maine.gov/dhhs/mecdc/population-health/bcp/](http://www.maine.gov/dhhs/mecdc/population-health/bcp/).

### **Prescription Pain Reliever Overdoses On the Rise in US**

In Maine last year more people died from drug overdoses than were killed in automobile accidents.

#### **What can you do?**

- Use prescription painkillers only as directed.
- Make sure you are the only one using your prescription.
- Keep prescription painkillers in a safe place and dispose of them properly.
- Follow directions on the label and read all warning labels.
- Keep medicines in their original bottles or containers.
- Never share or sell your prescription drugs.
- Keep all prescription medicines, over-the-counter medicines, and vitamins in a safe place that can only be reached by people who take or give them.
- Monitor the use of medicines prescribed for children and teenagers.

#### **For Safe Disposal of Unused, Expired, or Unwanted Medications:**

##### **Take Back Programs**

- Call 2-1-1 to find local police departments that accept medication disposal.
- Go to [www.SafeMedDisposal.com](http://www.SafeMedDisposal.com) to find pharmacies in Maine that participate in the Safe Medicine Disposal for ME Program

##### **If a Take Back Program is Not Available:**

- Take the meds out of their bottles;
- Mix them with something unappealing like used kitty litter or used coffee grounds;
- Seal them in a bag or disposable container and throw them away.

## Keeping with your New Year's Resolution to QUIT SMOKING!

Each year millions of Americans will make the resolution to **quit smoking**. Here are some steps to assure your New Year's Resolution to quit is a success:

### **Decide right now to believe you CAN quit smoking**

- Smokers who successfully quit smoking say that one of *the most important* parts in succeeding to quit was their belief that they had the ability to quit smoking.

### **Create a 'Quit Plan'**

- Create a plan that you can and will follow daily, so that you quit smoking.

### **Take action**

- You cannot win the battle if you do not start the battle.

### **Prepare yourself mentally**

- Understand, study and attack your addictions.

### **Get help and support from friends and family.**

- Ask your family and friends to give you positive encouragement.

### **Get help from your doctor**

- Smokers who quit with assistance and support from a physician have higher rates of success.

### **Visualize your way to success.**

- Your mind is a powerful "device." If possible, state your goals aloud, five to ten times.

### **Know your triggers.**

- A trigger is anything that instantly sparks within you a desire to smoke.

### **Exercise.**

- Research shows that smokers who take up a regular exercise program have a much higher quit-smoking success rate. It can be as little as 20-30 minutes a day of walking.

### **DON'T GIVE UP!**

- If you believe you will quit, you will! It may take three or four attempts before your quitting "sticks."



For more information on smoking cessation visit [www.cdc.gov/Features/SmokingCessation](http://www.cdc.gov/Features/SmokingCessation)

or

[http://www.cdc.gov/tobacco/calendar/jan/new\\_year/resolution/?s\\_cid=tobacco\\_013](http://www.cdc.gov/tobacco/calendar/jan/new_year/resolution/?s_cid=tobacco_013)

## Folic Acid Awareness Week

Folic acid is a B-vitamin that is needed for proper cell growth. If taken before and during pregnancy, folic acid can prevent from 50 to 70% of some forms of serious brain and spine birth defects.

Women who could possibly become pregnant should get 400 micrograms of synthetic folic acid daily, from:

- Grains, pastas, breads, granola bars, pasta, or breakfast cereals;
- Daily multi-vitamin;
- Eating a variety of foods as part of a healthy diet.

### Foods Rich in Folic Acid



Read the label and make sure the foods are fortified or enriched with folic acid