



## For Healthy Living in Eastern and Northern Maine Communities

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



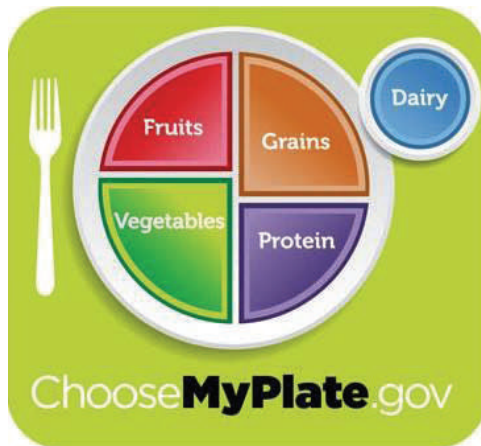
Bangor Region  
Public Health & Wellness  
[www.WhatYouDoMatters.org](http://www.WhatYouDoMatters.org)  
City of Bangor

August 2011

### Eat Local – Eat Fresh — Eat More

It's summer in Maine and time to support Maine farms by buying locally. Locally grown produce tastes better, is more nutritious, and is a great option for filling your plate half full with fruits and veggies—the new recommendation from the USDA's MyPlate initiative.

Fruits and vegetables are critical to promoting good health and contain essential vitamins, minerals and fibers that may help guard against chronic disease.



Substituting fruits and vegetables for higher calorie foods can also be part of a weight loss strategy.

The variety of fresh fruits and vegetables available this time of year makes eating more an easy thing to do whether you grow your own or visit farmers markets.

Try these quick and simple ideas:

- Add strawberries, raspberries or blueberries to fresh greens for a refreshing salad;
- Grill corn, zucchini, onions, potatoes or peppers on the barbecue;
- Serve a cold soup such as gazpacho using fresh tomatoes and cucumbers.

For the location of a farmers' market near you go to [www.getrealmaine.com](http://www.getrealmaine.com) or [www.eatmainefoods.org](http://www.eatmainefoods.org)

### August Is Children's Eye Safety Month

The home is the fastest growing source for the number of eye injuries. Accidents involving common household products cause 125,000 eye injuries per year. Every 13 minutes emergency rooms treat a sports-related eye injury – 43% of which happen to children under 14 .

Reduce the risks of injury to your children's eyes by taking the following steps:

- Avoid toys with sharp or rigid points, shafts, rods or dangerous edges;
- Keep toys intended for older children away from younger children;
- Choose age appropriate toys;
- Avoid flying toys or projectile-firing toys; these pose a danger to all children, particularly those under 5;
- Be aware of items on playgrounds and play areas that pose potential danger;
- Keep BB guns away from kids;
- Use infant and child safety seats and shoulder harnesses in cars.

For more information go to [www.preventblindness.org](http://www.preventblindness.org)

### 4th Annual Recovery Summit

Bangor Area Recovering Community  
Coalition  
(BARCC)

September 7, 2011  
Brewer Auditorium

## Is Your Pertussis Vaccination Up to Date?

Pertussis, commonly known as whooping cough, is on the rise. It is highly contagious and can be fatal for infants. Seventy-five percent of infected babies contract the disease from a family member, fifty percent contract the disease from their parents. You can transmit the disease without even knowing you have it.

Those at risk for contracting and transmitting pertussis are:

- Anyone in close contact with infants 12 months of age or younger;
- Anyone who works in a school or child care setting;
- Health care professionals;
- Anyone who has not had a tetanus vaccine in the last two (2) years.

The CDC recommends all adults and adolescents age 11-64 receive a pertussis booster (also called tetanus, diphtheria and acellular pertussis or Tdap vaccine). The vaccine loses its ability to protect after 5 – 10 years, so you need to be vaccinated again.

Protect yourself and the children around you and get vaccinated today! To find out if you need a pertussis booster, contact your healthcare provider.

## Lithium Batteries Pose Health Risk to Children



Lithium batteries are more than a choking hazard for small children. They can get caught in a child's throat and burn a

hole in the esophagus. Button-style lithium batteries have killed more than a dozen children and injured at least 73 nationwide.

Lithium batteries are found in many household items and children's toys.

Be sure to store items with lithium batteries out of reach. Do not toss batteries in a trash can, where children can find them. If you think there is a possibility that your child may have swallowed a lithium battery, seek medical help immediately. The sooner they are treated, the less chance there is of severe damage.

For more information visit: <http://www.king5.com/health/Safety-groups-warn-about-lithium-battery-danger-102260334.html>



## Breastfeeding Is Good Your Baby

Breastfeeding is best for babies. Antibodies in breast milk protect babies from many illnesses and breastfeeding has also recently been found to play a role in preventing childhood obesity, especially in babies that were never fed formula.

Several possible reasons for this may be:

- Breastfed infants self-regulate their intake. Mothers must rely on the infant's behavior to know when they are full instead of an empty bottle.
- Breast-fed babies are more likely to try new foods since breast milk contains flavors of foods eaten by the mother. Formula always tastes the same.
- Breast milk has different effects on metabolism and fat storing hormones. At 12 months, formula-fed infants tend to be fatter than breast-fed infants of the same age.

The longer or more exclusively babies are breastfed the less chance they will be overweight. The American of Pediatrics recommends breastfeeding exclusively for between four and six months before introducing solid foods, and advises continuation of breastfeeding, after solid foods are introduced, until the child is one year old.

For more information go to [www.usbreastfeeding.org](http://www.usbreastfeeding.org)