

# What You Do Matters

## Bangor Region Public Health and Wellness

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### Did you know . . . . . April is Sexual Assault Awareness Month?

#### Sexual assault and abuse...

- Is any type of sexual activity that **you don't agree to** including inappropriate touching, vaginal, anal, or oral penetration
- Can be verbal, visual, and/or physical
- Can happen by a stranger, someone you know, or someone you love or date
- Is illegal and shouldn't be ignored

#### If you've been sexually assaulted or abused...

- Get away from the attacker as quickly as possible and call 911
- Call a friend, family member, or crisis hotline for support—feelings of guilt, sadness, and shame are normal
- Don't change your clothes or wash any part of your body before going to the emergency room... this is very important!!! The doctors can check for saliva, semen, hair, or clothing that the attacker may have left behind.
- The hospital staff can help you file a report and recommend support groups to attend

#### Help prevent sexual assault and abuse

- Be aware of your surroundings • Trust your instincts • Avoid hiking, walking, or running alone—vary your route • Park in well lit areas and always lock your doors • Be careful when opening your house door, know who is behind the door before opening • Always lock your house door • Don't pick up hitchhikers

www.womenshealth.gov/violence/types/sexual.cfm

**Excessive Alcohol Consumption** is the third leading cause of preventable death in the United States.

Excessive alcohol consumption is:

- More than 2 drinks per day for men
- More than 1 drink per day for women
- Binge drinking (4 or more drinks on one occasion for men; 3 or more drinks on occasion for women)
- Underage drinking (which usually involves binge drinking)

Do you or someone you know have a problem with excessive alcohol consumption?

Visit [www.thecommunityguide.org/alcohol/](http://www.thecommunityguide.org/alcohol/)

### Y fit tip of the month. . .

Exercise can help improve your cholesterol levels. Even if you don't lose weight. Exercise has been proven to raise levels of beneficial HDL cholesterol. Engage in at least 30 minutes of physical activity on 5 or more days/week.

### Cancer is the leading cause of death in Maine

- Cancer develops when cells in a part of the body grow out of control
- It is important to learn the early signs, symptoms, and screening tools for cancer!
- Chances for survival are often greater if the cancer is detected early

#### Help reduce your risks!

- Quit smoking • Eat a better diet • Increase physical activity • Get screened

visit: [www.mainecccrconsortium.org](http://www.mainecccrconsortium.org) or [www.cancer.org](http://www.cancer.org)

**Safe Spring Cleaning...** Many common household cleaners contain toxic solvents, fragrances, disinfectants, and other ingredients that can pollute the air and cause respiratory, skin, and other reactions. Try a safer, vegetable based product instead.

## Colorectal Cancer is:

- 2nd leading cause of cancer in both men and women in Maine.
- 90% treatable when detected early.

**Maine has the 8<sup>th</sup> highest colorectal cancer death rate in the U.S.**

**See your doctor if you experience any of the following symptoms:**

- Blood in the stool
- Diarrhea
- Change in bowel movements
- Constipation
- Fatigue
- Stools that are narrower than usual
- Weight loss for no reason
- Feeling as if the bowel doesn't empty completely
- Abdominal discomfort such as frequent gas pains, bloating, fullness, or cramps

Colorectal cancer is highly preventable if detected early! **Screening** is the only way to detect colorectal cancer.

**Get screened regularly at age 50, earlier if you have more risk factors**

**There are several tests that can be done to detect cancer**

**Fecal Occult Blood Test**— a test to detect blood in the stool which can only be seen through a microscope.

**Digital Rectal Exam**— a doctor or nurse inserts a lubricated, gloved finger into the rectum to feel for lumps, or abnormal areas.

**Colonoscopy**- a procedure to look inside the rectum and colon for polyps, abnormal areas, or cancer.

**Sigmoidoscopy**— a procedure to look inside the rectum and sigmoid (lower) colon for polyps, abnormal areas, or cancer

### Risk Factors

- Age
- Physical activity
- Smoking
- Poor nutrition
- Alcohol consumption
- Family history of colorectal cancer
- Being overweight

### Reduce your risk!

- Engage in 30 minutes of physical activity 5 or more days per week
- Eat plenty of Fruits and Vegetables
- Eat a high fiber diet
- Eat red meat in moderation

Please visit: [www.maine-cancer-consortium.org](http://www.maine-cancer-consortium.org) for more information