

What You Do Matters

For Healthy Living in Eastern Maine Communities

August 2008

Eat Local... Better for you and better tasting!



Local Maine foods available in August

Cucumbers	Blackberries
Corn	Wild blueberries
Tomatoes	Watermelon
Swiss chard	Cantaloupe
Onions	Potatoes
Parsley	Garlic
Herbs	Peppers
Scallions	

For a complete seasonal availability chart visit:
www.eatmainefoods.org



Did you Know...

- In Maine, one nonsmoker each day dies from exposure to secondhand smoke
- Two hours of secondhand smoke exposure is the equivalent of smoking four cigarettes

There is good news! Maine protects its citizens from secondhand smoke because it is one of 18 states that prohibits smoking in almost all public places and workplaces, including bars and restaurants. There is no safe level of secondhand smoke.

For more information on secondhand smoke and workplace laws visit www.tobaccofreemaine.org

Based on a 2,000 calorie a day diet, the average person should consume 9 servings of fruits and veggies each day.

Sound hard to do? Try this yummy triple berry smoothie which has approximately 3 cups, or 2/3, of the **daily recommendation** for fruits and veggies in one smoothie.

All of the ingredients can be grown and purchased locally

- ½ cup raspberries
- ½ cup blackberries
- ½ cup blueberries
- 1 cup low- fat or fat free milk
- 1 cup 100% apple juice (unsweetened)
- 2 cups ice
- 1 small carrot



Blend and enjoy!

For more smoothie recipes visit www.allrecipes.com

For more information on dietary guidelines visit www.mypyramid.gov

To figure out how many fruits and veggies you need per day visit: www.fruitsandveggiesmatter.gov/

Y fit tip of the month. . .



Bored with your current workout routine? August is a great month to try something active outside. Go for a walk, hike, swim, or bike ride. Don't forget to wear sunscreen (SPF 15 recommended), protective clothing such as a hat and sunglasses, avoid exercising during peak sun time (10am-4pm) and drink plenty of water.

August is . . .

Cataract Awareness Month

Cataracts affect more than 20.5 million Americans age 40 and older, or about one in six people.

Cataracts cloud the eye's clear lens and prevent light rays from passing through, so vision through the eye is blurry.

Cataracts can start out very mild with no symptoms but can be detected early with a comprehensive eye exam.



What are the symptoms?

- Blurring of vision with no pain
- Sensitivity to light and glare
- Double vision in one eye
- Trouble seeing at night
- Fading and yellowing of colors
- Frequent changes in glasses or contact lens prescriptions

See your ophthalmologist (eye doctor) if you experience any of the above symptoms

How do you get cataracts?

Cataracts are most often caused by aging; however, they can also result from:

- Injury of the eye
- Smoking
- Frequent, unprotected exposure to the sun
- Certain diseases such as diabetes
- Genetics
- Certain medications

For more information visit:

www.aao.org/aaosite/eyemd/cataract.cfm

Children's Eye Safety Month

Each year thousands of children 5 and under have serious eye accidents that can cause damage to their sight and even cause blindness?

Follow these simple steps to prevent eye injuries

- Understand the dangers of all toys and objects
- Find and remove hazards
- Watch your child closely

Most common causes of children's eye injuries

- Misuse of toys
- Car accident
- Contact with harmful household products such as detergents, paints, and glues
- Falls from bed, against furniture, on stairs, and when playing with toys
- Misuse of everyday objects such as scissors, forks, and other sharp objects

For more information visit www.preventblindness.org

...AND

National Immunization Awareness Month

Pertussis, commonly known as whooping cough, is on the rise. **Reports of pertussis have increased more than 100% during 2004-2007 compared to 2000- 2003.**

Pertussis is highly contagious and can be fatal for infants. Seventy-five percent (75%) of infected babies contract the disease from a family member, 50% 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 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 may 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.