

What You Do Matters

Bangor Region Public Health and Wellness

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Did you know... January is **Cervical Health Awareness Month?**

- Cervical cancer is caused by the most common sexually transmitted infection in the US—the Human Papillomavirus or (HPV).
- Cervical cancer can usually be prevented if women are screened regularly with a Pap Smear.
- Having a regular Pap Smear is important because there are often no symptoms associated with cervical cancer!
- Cervical cancer usually develops in women aged 40 or older.
- Gardasil is a new vaccine to prevent cervical cancer, precancerous genital lesions, and genital warts due to HPV.

For further information please visit www.cdc.gov

Are you at risk for Glaucoma? **Glaucoma is the #1 cause of blindness:**

- Age– Risk increases as you age
- Race– African Americans are 4-5 times more likely to have glaucoma than others
- Family history– have regular eye exams if anyone in your immediate family has glaucoma
- Medical history– Diabetes, previous eye injuries, eye surgery or long time steroid use can increase your glaucoma risk

For more information visit: www.preventblindness.org

Have a Healthy Baby This Year!

- Even a few drinks of alcohol during pregnancy can cause birth defects
- Fetal alcohol spectrum disorder (FAS) is a result of women drinking during pregnancy. It is the most common known cause for mental retardation and is entirely preventable
- Taking a 400 microgram supplement of folic acid daily dramatically reduces the risk of birth defects such as spina bifida.
- Quit smoking!
- Get a check-up before becoming pregnant and remain in contact with a physician during the entire pregnancy.

For more information please visit: www.cdc.gov/ncbddd

Stroke Prevention—it's Critical **Stroke is a brain attack that affects 750,000 Americans a year.** **80% of all strokes are preventable.**

- Know your blood pressure
- Find out if you have atrial fibrillation
- If you smoke, stop
- If you drink alcohol, do so in moderation
- Find out if you have high cholesterol
- If you are diabetic...
- Exercise
- Enjoy a lower sodium (salt), lower fat diet
- Do you have circulation (movement of the blood through the heart and blood vessels) problems?
- Know the symptoms of a stroke

For more information visit: www.stroke.org

Tip of the Month...

Hand washing is probably the single most important measure in preventing and stopping the transmission of hepatitis A and other intestinal tract illnesses!

Know Signs of Stroke—Act F.A.S.T.

- **Stroke is an emergency**
- **One in three Americans can't name a single symptom a person might have while experiencing a stroke**
- **The most effective stroke treatments are only available if the stroke is recognized and diagnosed within the first three hours of the first symptoms**

SYMPTOMS

Common stroke symptoms seen in both **Men and Women**

- Sudden numbness or weakness of face, arm, or leg
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

Women may report *unique stroke symptoms* including:

- Sudden face and limb pain
- Sudden nausea
- Sudden chest pain
- Sudden palpitations
- Sudden hiccups
- Sudden general weakness
- Sudden shortness of breath

Act F.A.S.T.	
<u>F</u>ACE	Ask the person to smile. Does one side of the face droop?
<u>A</u>RMS	Ask the person to raise both arms. Does one arm drift downward?
<u>S</u>PEECH	Ask the person to repeat a simple sentence. Are the words slurred? Can he/she repeat the sentence correctly?
<u>T</u>IME	If the person shows any of these symptoms, time is important. Call 911 or get to the hospital fast. Brain cells are dying.

Stroke is the third leading cause of death in America and the #1 cause of adult disability. Stroke kills 160,000 Americans a year.

For more information visit www.stroke.org