

What You Do Matters

Bangor Region Public Health and Wellness

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Did you know . . . Skin cancer is the most common type of cancer in Maine?

Melanoma is the deadliest form of skin cancer, but much less common than other types of skin cancer

What is skin cancer?

- Cancer that forms in the tissues of the skin
- Caused by excessive exposure to the sun
- Several sunburns before the age of 20 has been linked with melanoma

Sun safety tips

- Avoid unprotected sun exposure from 10am—4pm when the sun's rays are the strongest
- Wear sunscreen with an SPF of 15 or higher everyday, reapplying often. Don't forget your hands, neck, feet, and lips!
- Wear protective clothing, a broad brimmed hat, and sunglasses with UV protection lenses
- Seek shade whenever possible
- Avoid tanning beds

Early detection is key...

- Examine your skin regularly
- Use full length and handheld mirrors to help view areas that are hard to see
- If you find odd looking moles or markings, or any changes in your skin it could be skin cancer. Contact your doctor immediately!
- Remember your ABCD's: look for changes in **A**symmetry, **B**order, **C**olor, or **D**iameter.

For more information visit: www.maineccancerconsortium.org

National CPR and AED awareness week (June 1– 7)

Early CPR, early defibrillation (AED) and early advanced care increase the survival of a heart attack by 50%

You play an important role in the heart attach chain of survival

- Know the signs and call 911 for heart attack
- Know your risk factors and how to lower them
- Make a plan now for what you would do if you had a heart attack
- Take a community CPR/AED class
- Share your knowledge with others

For more information on visit www.americanheart.org or www.mainequalityforum.gov/inaheartbeat.html

Y fit tip of the month. . .

**Formally schedule your daily exercise session in your planner or on your calendar
You'll make your physical activity a priority!**

Have you had a check– up recently?

Do it for the ones you love

- Check– ups and regular screenings are an important part in maintaining overall health
- Screenings such as colonoscopies and Prostate Specific Antigen blood tests can detect disease early and increase your chance of survival
- Check with your healthcare provider to determine which screenings are appropriate for your age

For a more detailed screening guide visit:
www.menshealthnetwork.org/library/pdfs/GetItChecked.pdf

It is a myth... that only people having difficulties seeing should visit an eye doctor. Everyone should follow a proper eye health program that includes a regular eye exam, whether or not they have any noticeable signs of problems.



June is National Men's Health Month



Take care of your health for your family

Tips to help you lead a healthier lifestyle!

Choose whole grains instead of white refined flour

Why does this matter?

- Whole grains contain all 3 edible parts of the grain
- Whole grains are an excellent choice for weight management, blood sugar control, and to lower the risk of heart disease

Eat whole grain products instead of refined, white flour products

Instead of:

- White bread eat 100% whole grain bread
- White pasta eat whole wheat pasta
- Cream of Wheat eat Oatmeal
- Pretzels eat popcorn
- Refined packaged cereal eat whole grain cereal such as Cheerios, Wheaties, Shredded Wheat, Total, or All-Bran

For more info visit wholegrainscouncil.org

Nutrition 101 for MEN

- Shop the perimeter of the grocery store for the healthiest food options
- Eat healthy snacks such as fruit, low fat string cheese, or nuts throughout the day to avoid being "over hungry" and overeating.
- Ask for your salad dressing on the side - you won't use as much
- Choose baked or broiled instead of fried

To lose weight you have to use more calories than you take in.

1 Big Mac (549 cal.) = 146 min. walking or
61 min. jogging

12 oz. chocolate milkshake from Denny's (560 cal.) =
154 min. walking or
64 min. jogging

1 16oz. cola (239 cal.) = 66 min. walking or
27 min. jogging

1 Taco Bell Supreme Beef Burrito (410 cal.) =
113 min. walking or
47 min. jogging

Recipe using whole grains

20 minute Easy Pita Pizza

Ingredients:

1 seven inch round whole grain pita bread, uncut
4 oz. spaghetti sauce (enough to cover crust)
1 oz. part skim mozzarella cheese
Assorted chopped veggies such as red peppers, onions, mushrooms, or spinach
Optional: Italian chicken sausage

recipe compliments of the Whole Grains Council

Directions:

- Preheat oven to 350 degrees F and put pita bread on cookie sheet or perforated pizza pan
- Cover pita bread with spaghetti sauce and top with cheese
- Sprinkle with veggies, and healthy sausage (optional)
- Drizzle with a little olive oil (optional)
- Bake for 15 minutes or until cheese begins to brown