

# What You Do Matters

## Bangor Region Public Health and Wellness

a division of Bangor Health and Community Services • 103 Texas Avenue • Bangor, Maine • 04401  
(207) 992-4530 • www.bangormaine.gov

### **Did you know . . . . . May is Hepatitis Awareness Month?**

#### **Viral Hepatitis A, B, C's**

- Thousands of Mainers are at risk for viral hepatitis and are completely **unaware** of it.
- Hepatitis is the inflammation or swelling of the liver, which is often caused by a virus.
- If left untreated hepatitis can cause damage to the liver, the largest organ in the body, responsible for many of the body's essential functions.

#### **Prevent Hepatitis A, B, and C**

**Hepatitis A** is contracted by consuming food or water that is contaminated with the hepatitis A virus.

Good personal hygiene and proper sanitation can help prevent the infection. Vaccines are also available.

**Hepatitis B** is contracted through sex or sharing drug equipment.

Prevent the infection by avoiding contact with the blood or body fluids of other people. A vaccine is available.

**Hepatitis C** is contracted through blood and body fluids. People who have injected drugs are at high risk for the infection and should be tested.

There is no vaccine, so prevention is key. Treatment is important in protecting your liver from further damage.

For more information visit: [www.cdc.gov/hepatitis](http://www.cdc.gov/hepatitis)

### **Are you one of 128,000 people in Maine living with asthma?**

**Asthma is a chronic inflammatory disease of the airways that makes breathing difficult.**

#### **Help manage your asthma by:**

##### **1. Knowing and avoiding your triggers**

Possible triggers include; pets, dust, pollen, colds, smoke, cold air, and exercise

##### **2. Tracking your symptoms**

Use a peak flow meter and keep a record of your symptoms (with peak flow numbers) to bring with you to your next doctor visit.

##### **3. Planning**

Create a written asthma plan with your doctor and schedule regular visits to review your plan.

Visit: <http://www.maine.gov/dhhs/bohdcfh/mat/> for more

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

If you have fibromyalgia, don't fear fitness. Although fibromyalgia is characterized by chronic pain, a fitness program can relieve symptoms as well as improving overall health and fitness. Start slow and avoid activities with a lot of impact.

### **Heart Disease—the # 1 killer of women**

High blood pressure is a major risk factor

#### **KNOW YOUR NUMBERS**

Blood Pressure and Cholesterol

#### **Other numbers to remember :**

30 minutes of physical activity daily  
5 servings of fruits and veggies a day

For more information visit: [www.americanheart.org](http://www.americanheart.org)

**Sun safety... With the weather warming it is a good time to be active outside. Try going for a walk, or playing Frisbee outside. Be sure to wear sunscreen with SPF 15!**



# Celebrate Women's Health Week in May!

May 11th to 17th, 2008



It's your time: Get Inspired. Get Healthy.  
Several simple steps for a longer, healthier, and happier life

## Monday May 12th is National Check-up Day!

### Why have a check-up?

- Check-ups and regular screenings can help to detect the early onset of: heart disease, diabetes, cancer, mental health illnesses, sexually transmitted diseases, and other conditions
- Screenings such as mammograms and pap smears can detect disease early and increase your chance of survival
- Healthy women age 40 or older should have a mammogram once a year
- Women should begin cervical cancer screening with a pap test three years after beginning to have vaginal intercourse, and no later than 21 years old.
- Check with your healthcare provider to determine which screenings are appropriate for your age and risk factors

## Trying to lose weight?

### It's the calories that count!

In order to LOSE weight the energy you consume (calories) must be LESS than the energy you expend (calories) through physical activity, normal body functions and daily activity

### TIP for success:

Keep a food/activity journal to help you identify problem areas to tweak or improve.

## Treat yourself everyday!

- Take a walk
- Take a bubble bath
- Schedule a massage
- Cook a healthy meal
- Go to the movies
- Spend time with a special friend

## Tips to stay healthy:

- Engage in at least 30 minutes of physical activity 5 times a week
- Make healthy food choices
- Schedule regular appointments with a healthcare provider for check-ups and preventive screenings
- Stop smoking
- Wear your seatbelt

## Counting Calories?

**Try this:** Plain yogurt with fresh fruit — 110 cal. 15 g sugar

**Instead of:** Yogurt with fruit on the bottom—190 cal. 30g sugar

**Try this:** Ham, egg & cheese on an English muffin—300 cal. 12g fat

**Instead of:**  
Bran muffin 420 cal. 20g fat

For more information on Women's health visit: [www.womenshealth.gov](http://www.womenshealth.gov), or [www.cdc.gov](http://www.cdc.gov)