

What You Do Matters

For Healthy Living in Eastern Maine Communities

www.WhatYouDoMatters.org

November 2008

A Challenge to You:

Go smoke free for 24 hours on November 20th.

Smoking is the leading cause of preventable death in this country. The sooner you quit, the sooner you reverse the damaging effects of tobacco.

Based on an average cost of \$5.31 per pack here's how much money you could save annually by quitting smoking:

½ pack:	\$969.08
1 pack:	\$1938.15
1 ½ packs:	\$2907.23
2 packs:	\$3876.30

For more information on smoking cessation visit: • www.tobaccofreemaine.org • www.americanheart.org • www.mainelung.org • www.cancer.org

Lung cancer is the leading cause of cancer death in the United States

- More people die from lung cancer than of colon, breast, and prostate cancer combined
- Quitting smoking is the best way to reduce your risk of getting lung cancer
- See your doctor if you have any of the following symptoms:
 - Coughing that doesn't go away
 - Wheezing
 - Shortness of breath
 - Coughing up blood
 - Chest pain
 - Fever
 - Weight loss



Need help quitting?

Most smokers are more successful in quitting if they combine tobacco counseling and a quit plan that includes one or more of the following:

- Nicotine replacement products
- Prescription medication to lessen cravings
- Healthy alternatives to smoking
- Encouragement from friends and family.

For free professional counseling call the **Maine Tobacco Hotline** at 1-800-207-1230

Other tips for quitting:

- Talk to your healthcare provider
- Tell friends and family your plan and ask them to be supportive
- Throw away all smoking-related materials
- Make a list of reasons to quit and look at it when you have an urge to smoke
- Visit places where you aren't allowed to smoke
- Stay busy
- Put the money you've saved in the bank and reward yourself for staying smoke-free
- If this is not your first attempt to quit develop a plan to make this attempt more successful
- Don't quit quitting. It often takes several attempts to quit smoking, so keep trying until you are successful.



www.WhatYouDoMatters.org website launch

What you do really does matter when it comes to your health. And now there is a new resource available to help support you in your effort to a live longer, more active and healthier life.

www.WhatYouDoMatters.org, a web-site created by Healthy Maine Partnerships in Penobscot and Piscataquis counties, Maine Network for Health and Eastern Maine Healthcare Systems provides simple and easy to understand health and wellness information on a wide variety of health issues ranging from how to manage a chronic condition such as diabetes, to tips on eating well and staying active.

The site also maintains a calendar of local health related events to connect Penobscot and Piscataquis county residents with supports and services specific to their needs and interests.

Small changes can make big impact over time, and it's never too late to start. Visit us soon and often because . . . What You Do Matters!

Flu season is right around the corner

Flu outbreaks can happen as early as October. Take action now and get vaccinated this month! To find a flu clinic near you visit www.flucliniclocator.org

For more information visit: <http://www.cdc.gov/flu/>

Focus on Gestational Diabetes— National Diabetes Month

- Gestational diabetes is high blood sugar levels during the late stages of pregnancy
- It can hurt both baby and mother if untreated or poorly controlled
- Women with gestational diabetes are at a higher risk for developing type 2 diabetes later in life.



Help lower your risk of gestational diabetes. Here are a few ideas to get you started!

- Take the stairs instead of the elevator, or walk to your co-workers desk instead of e-mailing to add in a few extra minutes of physical activity into your day
- Eat fresh fruit or sorbet as a low fat dessert
- Choose baked or broiled instead of fried main dishes. When dining out put half your meal in a doggie bag
- Take the dog for a walk

For more information visit: www.diabetes.org/gestational-diabetes.jsp

Y FIT TIP

Strength training is just as important as aerobic exercise. The more muscles you have, the more calories you burn — even while sleeping! For strength training exercise ideas visit www.acefitness.org/getfit/freeexercise.aspx or contact your local health club.

Extra money in your food budget? Yes!

Use the following tips to save money on food:

- Find out if you are eligible for Food Stamps by contacting your local Dept. of Health & Human Services Office
- Make out a weekly menu and stick to it
- Plan your meals around grocery store ads or a visit to the food pantry
- Use coupons to purchase only those items that you need and use
- Keep an ongoing grocery list to avoid impulse buying
- Shop alone and when you are not hungry
- Shop when you are not rushed and when the store is not busy, this will allow you to compare items and find the best buys
- Use unit pricing to compare brands. If you can't find the unit price, bring a calculator to calculate the unit price on your own
- Avoid convenience food (the more food is prepared by someone else the more you'll pay; packaging also adds to the cost)
- Check expiration dates. Avoid throwing out food by using foods stored in your cupboards before you use a newly purchased version of the same item.

For a list of food pantries and other resources call 2-1-1 or visit www.211Maine.org

Buy fresh vegetables and fruits in season. Find local farmers markets at www.getrealmaine.com

Does cold air trigger your asthma?

- Use your inhaler 15 minutes before you go outside
- Wear a scarf over your mouth and breathe through your nose
- Warm up before exercising outside
- Take caution in extreme cold temperatures
- Carry your prescribed medication with you at all times
- Talk to your doctor about a written asthma action plan

For more information visit: <http://www.webmd.com/asthma/default.htm>