



# What You Do Matters

For Healthy Living in Eastern Maine Communities

www.WhatYouDoMatters.org

February 2009

## Wear Red on February 6<sup>th</sup> to Celebrate Women's Heart Health

It is a myth that heart disease is a man's problem.

- Heart disease kills more American women than men
- Men and women often experience different symptoms
- Men are more likely to experience pain or pressure in the chest while women experience discomfort
- Women are more likely to ignore or be unaware they are having a heart attack because they often don't experience the classic warning signs.



Women should pay attention to:

- Discomfort or pressure in the chest
- Pain in one or both arms, upper back, neck, jaw, or stomach
- Nausea or vomiting
- Trouble breathing
- Breaking out in a cold sweat
- Dizziness or lightheadedness
- Inability to sleep
- Unusual fatigue
- Paleness or clammy skin

**Call 911 immediately!**  
**It's better to be safe than sorry.**

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

## Heart Disease is the #1 Killer in the United States

Know the symptoms of a heart attack and call 911 immediately with any of these symptoms:

- Pain or discomfort in the jaw, neck, or back
- Feeling weak, lightheaded or faint
- Chest pain or discomfort
- Pain or discomfort in arms or shoulders
- Shortness of breath

You are 50% more likely to survive a heart attack if you get treatment *within the first hour*.

Call 911 for an ambulance so EMS can begin treatment right away and the emergency room can prepare for your arrival.

You are at higher risk for a heart attack if you:

- Smoke
- Have high blood pressure
- Are overweight or obese
- Have diabetes
- Have high cholesterol
- Aren't physically active

Help prevent heart attacks!

- Reduce your intake of fatty foods
- Be sure to get at least 5 servings of fruits and vegetables a day
- Walk at least 30 minutes a day to reduce your risk of heart disease, stroke, and many other conditions.
- Visit [www.healthymainewalks.org](http://www.healthymainewalks.org) for indoor and outdoor walking areas around you.
- Stop using tobacco! Call the Maine Tobacco Hotline for assistance: 1-800-207-1230
- Manage stress.

For more information visit: <http://healthymainepartnerships.org/mcvhp/index.aspx> and [www.americanheart.org](http://www.americanheart.org)

## OVER HALF OF ALL CANCERS ARE PREVENTABLE WITH CERTAIN LIFESTYLE CHANGES

### Reduce Your Risk:

1. **Eat right:** Choose a variety of fruits and vegetables, whole grains, low fat dairy and lean protein. Limit your intake of red meat and foods with a high amount of saturated fat
2. **Maintain a healthy weight:** Overweight and obesity have been linked to several cancers
3. **Avoid any tobacco products:** Tobacco use accounts for most lung cancers and can cause cancer of the cervix, bladder, kidney, pancreas, esophagus, stomach, mouth, and throat
4. **Avoid secondhand smoke:** Secondhand smoke can cause lung cancer and other diseases in nonsmokers
5. **Drink only in moderation:** Heavy drinking (4 or more drinks at a sitting) is linked to many cancers, including throat, mouth, esophagus, and liver
6. **Keep physically active:** 30 minutes of physical activity 5 times per week can increase your overall health and reduce your risk for cancers of the breast, colon, and others
7. **Stay sun safe:** Use a sun block with an SPF of at least 15 all year, even on cloudy days. Wear UV-safe sunglasses, long sleeved clothes, and a wide brimmed hat. Avoid the sun between 10 a.m. to 4 p.m.

See a doctor regularly for the appropriate screenings.

Many cancers are highly preventable if caught early.

For a complete list of screenings for men and women visit [www.menshealthnetwork.org/library/pdfs/GetItChecked.pdf](http://www.menshealthnetwork.org/library/pdfs/GetItChecked.pdf) or contact your local healthcare provider.

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

### Y FIT TIP

Feeling blue? That's the time for fitness! Both aerobic exercise and resistance training are proven treatments for depression. Join a gym, buy an exercise video, or try a new sport.

Winter activities and calories burned per hour:

|                         |     |
|-------------------------|-----|
| Sledding                | 476 |
| Snowshoeing             | 544 |
| Cross-country skiing    | 544 |
| Leisure downhill skiing | 340 |

For a complete list of winter activities and calories burned per hour visit:

<http://caloriecount.about.com>

### Keep Your Child's Smile Happy!

Tooth decay (dental caries) affects children in the United States more than any other chronic infectious disease. Untreated tooth decay causes pain and infections that may lead to problems; with eating, speaking, playing, and learning.

Tooth decay and other oral problems can be prevented with a few simple steps:

- Begin cleaning your baby's mouth during the first few days of birth; wipe gums with a clean gauze pad after each feeding
- Children should visit a dentist regularly starting at age 1
- When your child's teeth begin to come through, brush them gently with a child's size toothbrush and water (no toothpaste until age 2)
- Children ages 2 and older need only a pea sized amount of fluoride toothpaste. Make sure they spit it out rather than swallowing
- For young children, use a child size brush with soft bristles
- Replace toothbrushes every 3- 4 months
- Floss their teeth once a day (start as soon as your child has two touching teeth)
- Ask your dentist or hygienist to demonstrate proper brushing and flossing techniques
- Wear a mouth guard for sports.

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