



Bangor Region
Public Health & Wellness
City of Bangor

What You Do Matters

For Healthy Living in Eastern Maine Communities

www.WhatYouDoMatters

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Did you know . . .

In Maine, an average of 55 women are diagnosed with cervical cancer each year. Don't let it be you.

- 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 Test
- There are often no symptoms associated with cervical cancer
- Cervical cancer usually develops in women age 40 or older
- Vaccines are available to prevent women from getting cervical cancer, precancerous genital lesions, and genital warts due to HPV



For more information visit: http://www.cancer.org/docroot/CRI/content/CRI_2_4_2X_Can_cervical_cancer_be_prevented_8.asp?rnav=cri or www.cancer.gov/cancer_topics/types/cervical

Here we go again!

Winter in Maine

Take caution when walking on slippery and snow covered surfaces.

- Wear sensible footwear for the conditions
- Keep feet at a wide stance and base and shorten your steps.
- Watch out for ice hidden by snow
- Slips and falls can result in severe strains, broken bones, much pain and disruption in the lives of those who are injured.



Keep your distance when driving.

- Use a following distance equal to 5 to 6 seconds
- Remember, no tire or four-wheel drive will work well on ice
- Clear all windows from ice and snow for best visibility
- Give your vehicle time to warm up
- Slow down! You'll get there, and better yet, with yourself and your vehicle in one piece

Please be safe. You are important. Your families and friends need you.

For more information visit: http://www.weather.com/activities/driving/drivingsafety/drivingsafetytips/snow.html?from=safety_index

Glaucoma is the leading cause of blindness

Glaucoma is a disease that damages the optic nerve. Often, no symptoms occur. If left untreated, glaucoma can cause vision loss or blindness. Everyone is at risk for glaucoma

People at higher risk include:

- **Age:** Risk increases as you get older
- **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.

Prevent glaucoma—getting regular eye check ups can help detect glaucoma in its early stages before permanent damage occurs.

Radon is the second leading cause of Lung Cancer in the United States...

Test the air and water in your home today!

Radon:

- Is a cancer causing radioactive gas
- Comes from the natural breakdown of uranium in soil, rock, and water
- If you breathe in radon, you can get lung cancer
- You can't see, taste, or smell radon

The best way to protect yourself is to test for radon in the air and in the water of your home.

It's never too late to reduce your risk of lung cancer. Don't wait to test and fix a radon problem. If you are a smoker, stop smoking!

To order a radon air and water test visit:

<http://www.maine.gov/dhhs/etl/standard.htm> or call the Health and Environmental Testing Laboratory (207- 287- 1716)

For a list of labs in the state of Maine visit: <http://www.informe.org/het/>

Y fit tip of the month. . .



Is becoming more active one of your New Year's Resolutions?

Make your resolution last all year, set yourself up for success!

- **Be positive when it comes to physical activity:** think of exercise as a break from a busy day rather than punishment for bad eating
- **Find an activity you enjoy:** if exercise is fun you'll be more likely to stick with it
- **Figure out what motivates you:** maybe it's how you feel after exercising or the increased energy you have to play with your kids
- **Remember it's a lifestyle change:** schedule it into your daily routine as you would any other important meeting
- **Get Support:** once you decide to make the change, ask your friends, co-workers, and family to support you.

The early weeks of pregnancy matter.

Many women don't know they are pregnant until they are a few weeks along. During that time even a few drinks or cigarettes could potentially harm the baby. If you're trying to become pregnant or think you might already be, consider the following:



- **Don't drink:** even a few alcoholic drinks during pregnancy can cause a common birth defect called fetal alcohol spectrum disorder (FASD)
- **Take Folic Acid:** all women in child bearing years should take a 400 microgram supplement of folic acid to reduce the risk of birth defects
- **Stop smoking:** smoking during pregnancy can lead to low birth weight and poor infant lung function
- **Avoid illegal drugs and misuse of prescription drugs:** they can cause birth defects and other complications
- **Tell your doctor about any medications you are taking:** taking certain medications during pregnancy might cause serious birth defects.
- **Get a check up:** It's important to have a check up before getting pregnant and to remain in contact with a healthcare provider during your entire pregnancy.
 - For more information visit: <http://www.cdc.gov/ncbddd/bd/default.htm> or www.marchofdimes.com

Make your food gift count this year!

When donating to your local food pantry consider the following:

- Donate foods that you would use yourself
- Look at the expiration dates
- Contact your local food pantry to see what foods they need and accept
- Donate high quality, nutritious foods that won't spoil easily such as:
 - Instant Formula
 - Canned Fruits
 - Powdered Milk
 - Canned Vegetables
 - Canned Meat
 - Beans