



What You Do Matters

For Healthy Living in Eastern Maine Communities

www.WhatYouDoMatters.org

March 2009

March is National Colorectal Cancer Awareness Month
Colorectal cancer is the second leading cancer killer of men and women, but is 90% treatable when detected early

Colorectal cancer includes cancers of the colon and rectum.

There are often no symptoms so screening is very important.

If you're over 50 or are younger but have other risk factors, ask your doctor about colorectal screening.



Symptoms:

- Blood in the stool
- Constipation
- Fatigue
- Change in bowel movements
- Stools that are narrower than usual
- Feeling as if bowel hasn't emptied completely
- Abdominal discomfort such as frequent gas pains, bloating, fullness, or cramps
- Diarrhea
- Vomiting
- Reasonless weight loss

Risk Factors:

- Age
- Physical inactivity
- Alcohol consumption
- Personal or family history of colorectal cancer and/or polyps
- Smoking
- Poor nutrition
- Being overweight

Reduce Your Risk:

- Eat more fiber, fruits, and veggies and cut back on red meat
- Exercise at least 30 minutes a day five or more days per week
- Get screened regularly once you reach age 50, earlier if you have more risk factors.



For more information visit: www.mainepublichealth.gov

Y Fit Tip—Fitting Physical Activity Into a Busy Schedule . . .

- **Schedule exercise** as you would a meeting. You'll be more likely to stick to the "meeting" time
- **Exercise first thing in the morning**, before you have a chance to get distracted
- **Something is better than nothing.** The 15 minute walk you do take is better than the 3 mile jog you didn't take.
- **Try the 10 minute rule.** If you feel too tired to work out try something light for 10 minutes. Chances are after 10 minutes you'll feel energized and continue. If you still have no energy after 10 minutes, stop for the day and give yourself a rest.

Type 2 Diabetes: Prevention Begins in Childhood



Formerly called adult onset diabetes, Type 2 Diabetes is occurring more often in children. The biggest risk factor for children is excess weight.

Being overweight as a child doubles the risk of developing Type 2 Diabetes later in life.

Type 2 Diabetes:

- Occurs when blood sugar is too high
- Can cause problems with eyes, nerves, kidneys, heart, blood circulation and early death from complications
- Can be managed through diet, physical activity, and medication

Other risk factors include:

- Family history
- Female
- Specific ethnic groups (American Indian, African- American, Asian, Hispanic/Latino)

Symptoms:

- Unexplained weight loss
- Dry mouth
- Frequent urination
- Fatigue
- Blurred vision
- Heavy breathing
- Itchy skin
- Increased hunger or thirst, even after eating
- Slow healing cuts or sores
- Numbness or tingling in the hands or feet



For more information visit: <http://diabetes.webmd.com/type-2-diabetes-in-children>

Help Your Child Develop Healthy Eating Habits

- **Make meal time family time:** Family dining promotes children's health and happiness. It also gives you a chance to model good eating habits and table manners

- **Involve children in meal preparation:**

Children are more likely to try something they've helped create, and they will be more likely to cook for themselves as they grow up



- **Lead by example:** Children pick up your attitudes and behaviors, your eating habits, likes, dislikes, and willingness to try new foods

- **Make food fun:** Cut food into creative shapes with cookie cutters, encourage your child to make shapes with pretzels, help your child make his/her own trail mix
- **Offer a variety of food:** Your child needs lots of different nutrients to grow a strong, healthy body and will be more likely to try and enjoy new foods
- **Introduce new foods often:** The more a child is offered a food the more likely they'll be to try the food
- **Start with small portions:** Encourage your child to take small portions and help them listen to their bodies so they know when they are full

For more information visit: www.mypyramid.gov

Eating Healthy When Eating Out . . .

- Choose items that are baked, broiled or grilled, instead of fried or crispy
- Ask for a doggie bag and save half for lunch tomorrow
- Choose lean cuts of meat
- Split a meal or dessert with a friend
- Ask for salad dressings on the side
- Choose water, diet soda or unsweetened ice tea instead of regular soft drinks or alcoholic beverages

For more information visit: www.mypyramid.gov