



What You Do Matters

For Healthy Living in Eastern Maine Communities

www.WhatYouDoMatters.org

November 2009

NOVEMBER 19 IS THE GREAT AMERICAN SMOKEOUT



Choosing a quit date is an important part of any plan to quit tobacco, and Thursday, November 19 is a great place to start. That's when the American Cancer Society holds its annual Great American Smokeout, a day to help those who use tobacco quit for at least one day. Join friends and neighbors throughout Maine in taking this important first step for your health.

The benefits begin almost immediately.

- **20 minutes after quitting:** Your heart rate and blood pressure drops.
- **12 hours after quitting:** The carbon monoxide level in your blood drops to normal.
- **2 weeks to 3 months after quitting:** Your circulation improves and your lung function increases.
- **1 to 9 months after quitting:** Coughing and shortness of breath decrease.
- **1 year after quitting:** The excess risk of coronary heart disease is half that of a smoker's.
- **5 years after quitting:** Your stroke risk is reduced to that of a non-smoker 5 to 15 years after quitting.
- **10 years after quitting:** The lung cancer death rate is about half that of a continuing smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decrease, too.
- **15 years after quitting:** The risk of coronary heart disease is the same as a non-smoker's.

Help In Quitting Tobacco is a Phone Call Away

Quitting tobacco is the most important thing you can do to live a longer, healthier life. Though quitting is not easy, there are a lot of people ready to help you do it. To connect with one of them, call the Maine Tobacco Helpline at 1-800-207-1230.

Why Should You Call?

- It's free and confidential.
- The Helpline offers positive, supportive messages. No one will pressure you or put you down.
- You'll be offered personal support you can use.
- It's all by phone – you won't have to worry about missing work, or finding someone to watch the kids.
- You are 2-3 times more likely to have success at quitting with the Helpline than if you try to quit on your own.

Based on an average cost of \$6.00 per pack per day, here's how much money you could save annually by quitting smoking:

½ pack-----	\$1095
1 pack-----	\$2190
1 ½ pack-----	\$3285
2 packs-----	\$4380

What Happens When You Call?

- You'll be asked questions to see what kind of help you need.
- If you're interested in quitting, you'll talk to a Tobacco Treatment Specialist.
- If you are ready to quit, you'll get help setting a date and making a plan that works for you.
- You'll get help thinking about what makes you smoke and get ideas to help you cope with urges.
- You'll learn about the nicotine patch, lozenge, or gum and find out if you qualify for the Medication Program.

Whether it's the Maine Tobacco Helpline or your own doctor, speak to someone who is ready to help you start living tobacco free today!

THE FLU AND YOU!

The production of H1N1 (swine flu) vaccine this fall has delayed shipments of seasonal flu vaccine. Soon there will be plenty of both to go around, but until then the following groups are first in line to be immunized once vaccine is available.

These groups are either at higher risk of getting the flu, or at higher risk of having complications if they get the flu.

H1N1 Flu

- Pregnant Women
- Persons who live with infants up to 6 months (parents, siblings)
- Children and young adults 6 months - 24 years
- Persons 25-64 with medical conditions (asthma, diabetes, heart disease)
- Healthcare workers and emergency Medical Staff

Seasonal Flu

- Persons 65 years and older
- Children less than 2 years old
- People of any age with a chronic medical condition (asthma, lung disease, heart disease)
- Healthcare workers

Follow these basic tips for reducing the spread of germs and staying healthy:

1. **Cover your coughs and sneezes with a tissue or sleeve.**
2. **Wash your hands often with soap and water.**
3. **Avoid touching your eyes, nose, and mouth.**
4. **Avoid close contact with people who are sick.**
5. **Stay home if you are sick.**

For more information on the flu go to www.maineflu.gov. For information on local clinics go to www.flucliniclocator.org. or call 992-4527

Know the Signs of Diabetes

As many as one in every nine Maine adults may have diabetes. Diabetes can cause problems with your kidneys, eyes, nerves, feet, legs, teeth, and can increase your risk for heart attack and stroke. Many people have type 2, diabetes and don't realize it. So see your doctor if you notice any of the following:

- Increased thirst
- Increased hunger (especially after eating)
- Fatigue (weak, tired feeling):
- Blurred vision
- Frequent urination (especially at night)
- Weight loss
- Sores that don't heal or frequent infections of the skin
- Numbness or tingling of the hands or feet

Your risk of getting diabetes increases with your weight. But the good news is that simple lifestyle changes like diet and exercise can delay or prevent type 2 diabetes among high risk adults.

Y Fit Tip:

Fall can be a wonderful time to be active outside!

Enjoy the crisp air and fall foliage. Here are 4 ways to be active in the fall:

1. Discover park trails. Go for a walk or take a bike ride.
2. Take your kayak or canoe out one more time before winter.
3. Rake leaves or do yard work and take advantage of the cooler temperatures.
4. Don't enjoy exercising outside? Be an active TV watcher. Try doing sit-ups, standing lunges, lifting weights, or push-ups during commercial breaks.

