



# What You Do Matters

For Healthy Living in Eastern Maine Communities

www.WhatYouDoMatters.org

October 2009

## Breast Cancer Awareness Month



Breast Cancer is the 2<sup>nd</sup> most common type of cancer in Maine. Early detection can help improve the chances of successful treatment. To help detect breast cancer early follow these simple rules:

### Teens and 20's:

Begin a monthly breast self exam to become familiar with what's normal for you so you can detect any signs or symptoms or tell if a change occurs

### 20's and 30's:

Have a clinical breast exam as part of your regular health exam by a health professional, preferably every 3 years

### 40 and over:

Perform a monthly self exam. Schedule a yearly mammogram and have a breast exam by a professional every year

### Look for changes such as:

- Development of a lump or swelling
- Skin irritation or dimpling
- Nipple pain or retraction (turning inward)
- Redness or scaliness of the nipple or breast skin
- A discharge other than breast milk.

To sign yourself or a friend up for an annual mammogram reminder go to:

[http://makingstrides.acsevents.org/site/PageServer?pagename=MSABC\\_FY09\\_mammogramreminder](http://makingstrides.acsevents.org/site/PageServer?pagename=MSABC_FY09_mammogramreminder)

## National Domestic Violence Awareness Month

Domestic violence and emotional abuse are behaviors used by one person in a relationship to control the other.

While anyone can suffer from Domestic Violence, most victims are women and children. Every year over 7,000 Maine women are physically or sexually assaulted by an intimate partner and over half of them are injured as a result of the violence.

**Take care of yourself by asking for help. Call the Statewide Domestic Violence Helpline: 1-866-834-HELP**

For more information visit the Maine Coalition to End Domestic Violence at: [www.mcedv.org](http://www.mcedv.org)

## Y FIT TIP

Running, walking, raking leaves – it's all good for you. Regardless of what you do, regular exercise and physical activity is the path to health and well-being. Exercise burns fat, builds muscle, lowers cholesterol, eases anxiety and depression symptoms, relieves stress, and helps you sleep better.



## Not Just Another Flu Season

This flu season it is doubly important to protect yourself and your family. That's because there are two types of influenza this year, seasonal flu and H1N1, also known as swine flu.



### ***Follow these basic rules to help stop the spread of flu:***

- Cover your coughs and sneezes
- Wash your hands
- Avoid touching your eyes, nose and mouth.
- Avoid close contact with people who are sick.
- Stay home if you are sick.
- Get a flu shot. Begin first with your seasonal flu shot. Then stay tuned for more information about when H1N1 shots are available.

### ***Make a plan if you or a child are home sick for several days:***

- Establish an emergency kit
- Save up sick time
- Explore sick time policies with your employer.
- Have a back-up plan for daycare
- If you manage people in the work-place, insist that sick employees stay home. Consider allowing employees to work from home. Develop a plan to get work done.

To find a flu clinic near you visit [www.flucliniclocator.org](http://www.flucliniclocator.org)

For more information visit: <http://www.cdc.gov/flu/basics.htm> , [www.maine.gov/dhhs/boh/maineflu](http://www.maine.gov/dhhs/boh/maineflu) or [www.maineflu.gov](http://www.maineflu.gov)



In Maine, lost productivity from substance abuse costs employers over \$90 million each year. To help employers

develop a substance abuse policy that fits their specific needs, the Maine Office of Substance Abuse has created Work Alert, an online tool that will provide resources for preventing and managing substance abuse issues in the workplace. Work Alert will help employers develop a substance abuse policy that fits their business in three steps:

1. Involve key employees for input and advice
2. Customize a Policy that is right for your workplace
3. Share the Policy with all employees

If your business already has a substance abuse policy, but would like to do more, you can visit the Office of Substance Abuse's Information and Resource Center to order free brochures and other materials that can help you address a variety of substance abuse issues.

To learn more go to [www.WhatYouDoMatters.org](http://www.WhatYouDoMatters.org) and click on Substance Abuse Costs.

## **Accidental Overdose: Know The Signs**

On average three people die of a drug overdose in Maine every week. The majority of those deaths involve prescription medications.

Tips for preventing overdose:

- Don't mix your medication (especially with alcohol)
- Take the prescribed amount of medication at the prescribed time
- Follow your doctor's orders. Do not double up if you forget to take your medication

**Call 9-1-1 immediately**  
if you suspect you or someone you know is showing signs of an overdose.