



What You Do Matters

For Healthy Living in Eastern Maine Communities

www.WhatYouDoMatters.org

September 2009

September 21st is World Alzheimer's Day

Diagnosing Dementia: See It Sooner

Alzheimer's disease is the most common cause of dementia. Dementia is a general term for the loss of memory and other abilities which can be very serious and cause people to not be able to do even the most basic daily life tasks. Dementia gets worse over time and can be fatal.

- **There is no current cure for Alzheimer's.** Treatments for symptoms combined with the right support can make the life of people living with Alzheimer's better.
- **Certain lifestyle factors increase the risk of developing Alzheimer's including:**
 - Age
 - Family history
 - Having had a head injury at some point in your life
 - Having high blood pressure, heart disease, high cholesterol, stroke or diabetes
- **Early diagnosis gives people time to plan and seek treatment.** Talk to your healthcare provider if you or someone you know has any of the following warning signs:
 - Forgetting recently learned information, forgetting important dates, or having to ask for the same information over and over again
 - Trouble performing routine tasks such as driving to work
 - Misplacing things and losing the ability to retrace steps
 - Personality and mood changes
 - These are only a few of the warning signs.

For more information on warning signs visit:

www.alz.org/10signs

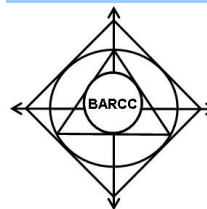
For more information visit: <http://www.alz.org/index.asp>

September is National Alcohol and Drug Addiction Recovery Month

Drug and Alcohol addiction costs Maine over 800 million dollars each year, or about \$682 for every resident. Beyond the economic costs, the personal costs of addiction are untold.

For a person in recovery, each day is a fresh start and it may not always be easy to find the supports to succeed. Help from family members and the community can often make a big difference for a person.

September marks National Alcohol and Drug Addiction Recovery Month. This is a great time to find out more about addiction recovery, challenge stereotypes and support recovery as a community responsibility.



The 2nd Annual Bangor Area
Summit on Addiction
Recovery
Thursday, September 10,
2009
8:30 a.m. – 4:00 p.m.
Bangor Civic Center

Bangor, Maine

Together We Learn, Together We Heal

For more information visit www.BangorRecovery.org

If you or someone that you know is struggling with addiction recovery, know you are not alone and that local supports are available.

Find out more by visiting the Bangor Area
Recovering Community Coalition at
www.BangorRecovery.org.

It's Easy to Eat More Fruits and Veggies

- Add some sliced apples or berries to some low or fat free granola and yogurt.
- Have fruit as a mid- morning snack.
- Add strawberries, blueberries, or bananas to your waffles, pancakes, cereal, oatmeal, or toast.
- Top toasted whole-grain bread with peanut butter and sliced bananas.
- Add bell peppers, broccoli, spinach, mushrooms or tomatoes to your omelet.
- Canned, dried, and frozen fruits and vegetables are also good options. Look for fruit without added sugar or syrup and vegetables without added salt, butter, or cream sauces.



For more information visit:

<http://www.fruitsandveggiesmatter.gov/>

How Much Do You Know About Cholesterol?

Cholesterol is a natural substance found in all living tissue that can be dangerous when it builds up in your arteries. High cholesterol can lead to heart disease and stroke.

- Adults 20 years of age and older should have their cholesterol checked at least once every 5 years.
- Total cholesterol is made up of LDL (“bad”) cholesterol, HDL (“good”) cholesterol and triglycerides. Your total cholesterol should be under 200 mg/dl.
- Certain lifestyle factors decrease risk:
 - Exercising
 - Not smoking
 - Maintaining a healthy weight
 - Limiting alcohol consumption
 - Eating a diet low in saturated fat and cholesterol.
- Other risk factors you can’t change include age, gender and family history.

Talk to your healthcare provider about having your cholesterol checked at your next visit.

For more information visit: www.americanheart.org

Y FIT TIP -- Physical Activity and Aging

Regular physical activity can prevent many health problems and keeps bones and muscles strong. Older adults need at least 150 minutes of activity such as brisk walking per week plus muscle strengthening exercises on at least 2 days per week. Try these tips to get started:

- Look for daily opportunities to exercise, like parking your car further from your destination.
- Choose an exercise you like and stick with it. Walk, bike, swim, dance, fish!
- Use the buddy system. It’s harder to say no when someone is planning to exercise with you.
- Remember that even a little physical activity is better than none. Break up your physical activity into 10 minute sessions.
- Join a walking group or visit a local Y, recreation center, park, church, or senior center. Look for classes such as Bone Builders and Matter of Balance.



For more information visit: <http://www.healthyaging.net/fitness.htm> or <http://www.cdc.gov/physicalactivity/everyone/guidelines/olderadults.html>