



For Healthy Living in Eastern and Northern Maine Communities

www.WhatYouDoMatters.org



October 2011



Breast Cancer Awareness Month

Each year over 1,000 Maine women are diagnosed with breast cancer. When detected early, there are a number of effective treatment

options available. The Maine Breast and Cervical Health Program helps pay for breast and cervical cancer screenings for women who qualify. Call 1-800-350-5180 or visit <http://www.maine.gov/dhhs/bohdcfh/bcp/> to find out if you, or someone you care about, are eligible for this free screening program.

Thinking about quitting smoking? Make a Plan to Quit Now!

The **Great American Smokeout** sponsored by the American Cancer Society is on **Thursday November 17th**. The annual event seeks to help smokers gain the confidence to give quitting a try. If you can quit tobacco for **24 hours**, you have the ability to quit for good. Decide to quit this year and use this day for motivation and prove to yourself you can do it.

Visit www.WhatYouDoMatters.org How to quit page for tips and resources.

The Quit Link, www.thequitlink.com, the Maine community of online support to quit smoking.

The Maine Tobacco HelpLine, 1-800-207-1230 set goals and design a personal quit plan with a tobacco treatment specialist.



October is Walk and Bike to School Month in Maine!

Every spring and fall, Maine schools and communities join together to promote the social and health benefits of walking and wheeling to school. We encourage you to think about how your

school and community will celebrate this month. Here are some tips to get started!

Find others who are interested in helping: the school principal, PTA/PTO members, other parents and students, health and P.E. teachers, school nurse, retired people in your community, and your local [Healthy Maine Partnership](#).

Decide what type of event makes sense for your school and community. [Walking School Buses](#) can be a great place to start--parents, teachers, volunteers and students meet at a designated location and walk safely together to the school.

Walk and Bike to School Days:

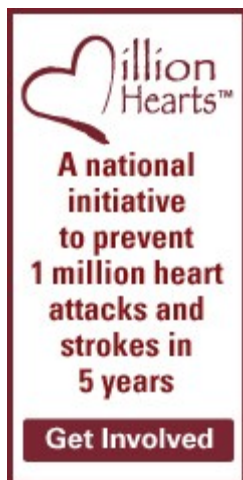
Encourage a healthy and active lifestyle

- Improve academic performance and classroom behavior
- Help students learn safe walking and bicycling behavior
- Reduce air pollution and vehicle speed near schools
- Improve social networks between students
- Help make streets safer for walking and bicycling

For more information, resources, and materials visit www.MaineSafeRoutes.org or [http://](http://www.maine.gov/mdot/opt/srts.php)

www.maine.gov/mdot/opt/srts.php

Heart disease and stroke are two of the leading causes of death in the United States.



Every day, 2,200 people die from cardiovascular disease—that's 815,000 Americans each year, or 1 in every 3 deaths. Americans suffer more than 2 million heart attacks and strokes each year.

[Million Hearts](#) is a national initiative to prevent 1 million heart attacks and strokes over the next five years.

What can you do?

PREVENT heart disease and stroke in your family by **UNDERSTANDING** [the risks](#).

GET UP and **GET ACTIVE** by exercising for 30 minutes on most days of the week.

KNOW your **ABCS**:

- Appropriate **A**spirin Therapy
- **B**lood Pressure Control
- **C**holesterol Control
- **S**moking Cessation

STAY STRONG by eating a heart-healthy diet that is high in fresh fruits and vegetables and low in sodium, saturated and trans fats, and cholesterol.

TAKE CONTROL of your heart health by following your doctor's instructions for medications and treatment.

Visit <http://millionhearts.hhs.gov/> to find out more.

What You Can Do to Live a Healthier and Longer Life

A new CDC report finds that people can live longer if they practice one or more of the following healthy lifestyle behaviors:

1. **Avoid Excessive Alcohol Use:**
 - Men should have no more than two drinks per day; and women no more than one drink per day.
2. **Avoid Tobacco:**
 - If you do not smoke, don't start.
 - If you currently smoke, and want help quitting, call The Maine Tobacco Helpline at 1-800-207-1230.
3. **Improve Nutrition:**
 - Eat more fruits, vegetables, whole grains, fat-free and low-fat dairy products, and seafood.
 - Eat fewer foods with sodium (salt), saturated fats, trans fats, cholesterol, added sugars, and refined grains.
4. **Engage in Physical Activity:**
 - Be active for 30 minutes a day on most days of the week, and engage in muscle-strengthening activities on 2 or more days of the week.

People who engaged in all four healthy behaviors were 66 percent less likely to die early from cancer, 65 percent less likely to die early from cardiovascular disease, and 57 percent less likely to die early from other causes compared to people who did not engage in any of the healthy behaviors. **Not smoking provides the most protection from dying early from all causes.**

For more information visit: http://www.cdc.gov/Features/LiveLonger/?s_cid=ostltsdyk_govd_127&source=govdeliver

Medicare Open Enrollment

This year MediCare Open Enrollment starts earlier – October 15 – and ends sooner – December 7. If you need help contact Eastern Area Agency on Aging at www.eaaa.org or call 207-941-2865 or 1-800-432-7212.

For More Information go to: www.cms.gov/center/openenrollment.asp