



For Healthy Living in Eastern and Northern Maine Communities

www.WhatYouDoMatters.org



EMHS Move and Improve starts in February -FMI or to sign up go to www.MoveandImprove.org

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Diabetes and Smoking Are a Risky Combination

It's no secret that smoking is bad for your health.

Smoking leads to even greater health risks for people with diabetes. Smoking raises blood glucose (sugar) and reduces the body's ability to use insulin, making it more difficult to control diabetes. In fact, smoking one cigarette reduces the body's ability to use insulin by 15%.

Smoking affects the heart too. Smokers with diabetes are 11 times more likely to die of a heart attack or stroke than non-smokers without diabetes.

Diabetics who smoke are also 2 to 4 times more likely to suffer these problems:

- Nerve damage
- Kidney damage
- Vision loss or blindness
- Dental disease, bleeding gums and ulcers
- Circulation and wound healing problems, which may lead to amputation

Start taking control of your health today!



Take charge of your health—Are you diabetic?

Twenty-four percent (24%) of Americans with diabetes don't know they have it. Take charge of your health. Find out if you might be diabetic. If you are, take the following steps to good health:

- Learn about your diabetes. Talk to your doctor and take any medication prescribed.
- Be active. Try for 30 minutes of physical activity every day.
- Eat healthy and control the size of your portions.
- Add fruits and vegetables to your meals.
- Set a quit date for tobacco if you smoke.

Call the Maine Tobacco HelpLine at 1-800-207-1230. It's free and confidential, and it's three times more effective than quitting alone. Quitting smoking will give you more energy, better control of your diabetes, and reduce the chance of a heart attack or stroke.

Men Live Shorter Lives Than Women -- Do They Have To?

On average, a man's life is nearly six years shorter than a woman's in the U.S. While some of that may be due to hormonal differences, much of that gap is the result of how men choose to live.

Overall, a man is more likely to smoke than a woman, increasing the chances of heart disease and cancer earlier in life. Compared to women, men also:

- Exercise less
- Eat more high fat foods
- Drink more alcohol
- Are less likely to visit a doctor
- Are less likely to use sunscreen
- Engage in more dangerous activities

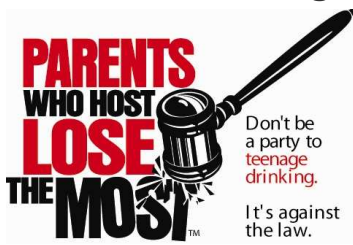
All of these choices combine to increase the risk of obesity, heart disease, cancer, and accidental death. Most of the reasons men live shorter lives are preventable.

To make healthier choices:

- Eat more fruits and vegetables and fewer meats and sweets.
- Get at least 30 minutes of exercise every day
- Quit Tobacco
- Schedule a physical with your doctor, and make sure you visit them regularly and at the first sign something feels wrong.



What Parents Can Do to Help Stop Underage Drinking



Teens who know their parents oppose underage drinking are less likely to use alcohol. To send a clear message to your teen, and to help

them plan their next alcohol-free and drug-free party, work with them using the following plan:

- Make a guest list and invite only a specific number of people.
- Have your child pass out or send invitations to avoid an “open party” situation.
- Don’t send e-mail invitations. They can be forwarded to a large number of people resulting in too many guests.
- Put your phone number on the invitation and welcome calls from parents.
- Set rules ahead of time such as no alcohol, tobacco or other drugs. Set a start and end time for the party.
- Let those attending know that if they leave, they can’t come back.
- Have plenty of food and non-alcoholic beverages.
- Plan activities such as music, games, movies, etc.
- Limit the party access to a certain area of the house/property.
- Call parents of any teen who arrives in possession of alcohol or under the influence.
- Secure all forms of alcohol, firearms, and other potentially hazardous items in your home in a safe place.
- Make regular visits to the party area, being sensitive to teens’ needs for privacy and independence.
- Invite other parents to help chaperone if there will be a large number of teenagers.



This publication is brought to you by Bangor Region Public Health and Wellness • a division of Bangor Health & Community Services • 103 Texas Avenue • Bangor, Maine 04401
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Avoid Bed Bugs on Your Next Vacation

Are you planning a trip this winter or spring? To help make sure your next vacation is free of bed bugs, start by checking web sites like:

www.bedbugregistry.com or
www.bedbugdatabase.com

when choosing your hotel. Search reports from other travelers on hotels where bed bugs may have been found.

Once you arrive, know how to check your room for these pests. The UMaine Cooperative Extension Service has an instructional video that shows you what to do once you arrive at your destination. Check it out at: http://www.youtube.com/watch?v=tnOrYqKpmpI&feature=player_embedded.

To find bed bugs follow these basic tips:

- Bring a flashlight to use for inspecting your room.
- Know what bed bugs look like in their various stages of life and other signs to look for.

If you find bed bugs or signs of bugs request another room or a refund.



Your next step is to make sure you don't bring them home.

Bed bugs can transfer from another person's luggage while in the cargo space of an airplane, train or bus. To avoid stowaways:

- Place all travel bags in garbage bags and seal.
- Carefully check the contents for bed bugs when you arrive home, especially things that aren't washable.
- Put clothes directly into the washer and dryer.
- Leave unpacked travel bags sealed in a garbage bag in case you missed any critters.

These preventative measures are worth the effort. Eliminating bed bugs from your home can be expensive and time consuming. To learn more about bed bugs, Visit: <http://umaine.edu/ipm/ipddl/publications/5004e/>