



For Healthy Living in Eastern and Northern Maine Communities

www.WhatYouDoMatters.org



June 2011

June 27th is National HIV Testing Day



Knowing your HIV status is important because it can help stop the spread of HIV. In the United States about one in five people infected with HIV or AIDS do not

know they have it, and many new HIV infections are caused by people who don't know they are infected.

Getting tested is also important because treatment options increase when the disease is detected in the early stages.

Who needs to get tested?

Everyone who is old enough to be sexually active or do recreational drugs should be tested routinely at regularly scheduled well-patient doctor's visits.

It's especially important for people in high-risk groups to get tested regularly. These include:

- Sexually active younger teenagers
- Poor women of color
- Men who have sex with men (MSM)
- People who inject or snort drugs with others
- Sex workers, including anyone who has to exchange sexual favors for necessities of life
- People who live in HIV "hot spots" sometimes only a few blocks in area, where the HIV infection *rate is so high that anyone who is sexually active – no matter how carefully – is at risk.*

Where do I get tested?

Testing is simply and easy, with options for quick results; there are lots of places to get tested including freestanding HIV testing centers, health departments, hospitals, private doctors' offices, and clinics. To find testing sites near you or for more information visit

www.hivtest.org.

Bath Salts—Dangerous New Designer Drugs

Use of 'bath salts' are on the rise in Maine, and that is not good news. Bath salts are a new, dangerous and legal synthetic drug whose effects mimic cocaine or ecstasy. Their use can result in psychosis, paranoia, hallucinations, convulsions, psychotic episodes and suicidal tendencies. Bath salts are sold online, in smoke shops or convenience stores under names such as Ivory Wave, Purple Wave, or Vanilla Sky; they can be snorted, smoked, eaten or injected.

These products are not regulated by the FDA because they are labeled 'for novelty use only' and are not marketed for human consumption. Bath salts produce strong post-use cravings and their effects can last for days after their use.

In January 2011, the American Association of Poison Control Centers

received more calls related to 'bath salts' than they did for the entire 2010 calendar year.

Parents should watch their kids for signs of agitation and paranoia; kids who are going through a large amount of money without a good explanation may also be using.

For more information visit: <http://www.ama-assn.org/amednews/2011/04/11/hil20411.htm> or <http://www.whitehousedrugpolicy.gov/news/press11/020111.htm>.



Grilling Safety

The summer season is upon us and with it comes barbecues and backyard gatherings.

The Home Safety Council recommends following these guidelines to keep you and your family grilling safe this summer:

- Designate the grilling area a “No Play Zone” keeping kids and pets well away until grill equipment is completely cool.
- Always stay by the grill when cooking.
- Before using, put your grill at least 10 feet away from other objects, including the house and any shrubs or bushes.
- Only use starter fluid made for barbecue grills when starting a fire in a charcoal grill.
- Before using a gas grill, check the connection between the propane tank and the fuel line to be sure it is working properly and not leaking.
- Never use a match to check for leaks. If you detect a leak, immediately turn off the gas and don't attempt to light the grill again until the leak is fixed.
- Never bring a barbecue grill indoors, or into any unventilated space. This is both a fire and carbon monoxide poisoning hazard.



For more information visit: <http://www.homesafety.org>.

**According to NFPA,
June and July are peak
months for grilling fires**



National Fire Protection Association
The authority on fire, electrical, and building safety

Celiac Disease

Celiac Disease (CD) is an inherited condition that affects both children and adults. When people with CD eat foods that contain **gluten**, a toxic reaction causes damage to the small intestine and does not allow food to be properly absorbed. Gluten is the common name for the proteins found in wheat, rye, and barley. When gluten is removed from the diet the small intestine begins to heal and overall health improves.

Celiac Disease and Adults

Symptoms in adults may include

- Abdominal cramping, intestinal gas
- Bloating of the stomach
- Chronic diarrhea or constipation (or both)
- Fatty stools
- Unexplained weight loss with large appetite
- Unexplained weight gain.

Less common symptoms may include: bone or joint pain, osteoporosis, lack of energy, migraine headaches, and tingling or numbness in the hands or feet.

Celiac Disease and Children

Infants, toddlers and young children with CD may suffer from:

- Growth failure
- Vomiting
- Bloated abdomen
- Behavioral changes.

Diagnosis and Treatment

The first step in diagnosing CD is a simple blood test performed by your doctor. The only treatment for Celiac Disease is a gluten-free diet. Medication is not normally required.

Though 1 out of 133 people in the U.S. has CD, it's estimated that 97% of those with the disease don't know they have it. Because damage can occur to the small intestine even when there are no symptoms, it's important to talk to your doctor to find out if you have CD.

For more information visit: <http://www.celiac.org/>.