



For Healthy Living in Eastern and Northern Maine Communities

www.WhatYouDoMatters.org



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MAY IS ULTRAVIOLET AWARENESS MONTH



You may have heard that unprotected exposure to the sun's ultraviolet rays can cause skin and eye damage, but did you know that just one blistering sunburn can double a child's lifetime risk of developing skin cancer?

Most of us receive between 50% and 80% of our lifetime sun exposure before age 18, so it is important for parents to protect children against the harmful effects of the sun.

As your child begins playing outdoors this spring and summer, follow these tips to help keep them safe.

- For children 6 months and older generously apply sunscreen with SPF 30 or higher. Choose a sunscreen that says on the label that it protects against both UVA and UVB rays (known as "broad-spectrum" sunscreen).

- Re-apply sunscreen at least every two hours and after swimming or sweating.
- Find a shady place to play. Especially during the sun's peak hours between 10 am and 4 pm.
- Wear protective clothing such as long-sleeved shirts, pants, a wide brimmed hat, and sunglasses with 100% UV protection to protect their eyes.
- Use extra caution near water, snow, and sand as they reflect the damaging UV rays and increase the chance of sunburn.
- Children under 6 months of age should be kept out of the sun or covered in clothing; parents can apply a minimal amount of sunscreen with at least SPF 15 to face and backs of hands if necessary.



For more information on sun safety go to www.sunsafetyalliance.org

THE QUIT LINK

The Maine community of online support to quit smoking

1-800-207-1230

THE MAINE TOBACCO HELPLINE

The Helpline is ready to help.

It may not be easy, but quitting tobacco is one of the best things you can do for your health.

Check out Maine's new community for support to quit smoking. Find tools for quitting, hear stories of other Maine residents and find out how to encourage others to quit.

Visit www.thequitlink.com today



MATTER OF BALANCE



Fear of falling is one of the biggest fears seniors have. Seniors who stop being physically active because they are worried about falling begin to lose muscle strength and actually

increase their risk of a fall.

If you or someone you know has stopped gardening, taking regular walks, or is choosing not to leave the house because of this concern, the Eastern Area Agency on Aging has a program that can help.

Matter of Balance is a fall prevention program that teaches seniors how to:

- Manage fears about falling
- View falls as controllable
- Increase balance
- Set realistic goals for increasing activity
- Change the home environment to reduce fall risk factors such as removing area rugs
- Do exercises that increase strength



During the eight week program (a two-hour session per week) participants will join in group discussion, exercise, watch videos, and find practical solutions to help eliminate the fear of falling.

To find out more about **Matter of Balance** in Penobscot, Piscataquis, Washington and Hancock counties contact Lisa Dunning at 941-2865, toll free at 1-800-432-7812 or by e-mail at: info@eaaa.org. In Aroostook County contact Dottie Sines at 764-6185 or by e-mail at dottiesines@aaaa.powweb.com.

ARE YOU LIVING WITH ASTHMA?

Asthma is a disease that affects the lungs. It causes repeated episodes of wheezing, breathlessness, chest tightness, and nighttime or early morning coughing. Though asthma is serious it can be controlled by:



- Taking medicine
- Avoiding the triggers that can cause an attack.

The first step in controlling asthma is removing the triggers that cause an attack. Finding and removing triggers can also reduce the amount of medicine needed to control asthma.

If you or a family member are experiencing asthma-like symptoms there is a free program that can help.

Open Airways at Home is an in-home asthma education program designed to provide families with the information they need to manage asthma at home. Services range from a one time consultation to a four session Open Airways Program.

Open Airways at Home can help you learn more about:

- Signs and symptoms of asthma
- Asthma triggers
- Asthma medications-including the use and care of medication delivery devices
- Peak flow meters and asthma diaries
- Asthma management plans

For more information or to make an appointment with a certified asthma educator call 992-4554 or email: elaine.beaulieu@bangormaine.gov.

