



For Healthy Living in Eastern and Northern Maine Communities

www.WhatYouDoMatters.org



October 2010



National Breast Cancer Awareness Month

Breast cancer is the 2nd most common type of cancer in Maine, but

when detected early the 5-year survival rate is 98%.

To help detect breast cancer as soon as possible visit the National Breast Cancer Foundation website at <https://www.nationalbreastcancer.org/edp/Default.aspx> to create your own Early Detection Plan.

This plan will help remind you to schedule the following examinations that could help save your life:

- Self breast exams
- Clinical breast exams with your doctor
- Mammograms

When you create your plan, you choose how you want to be reminded of important examination dates by choosing either:

- E -mail
- Calendar
- Text messages
- RSS feeds

You'll receive regular updates that can help you detect breast cancer early.

Get Ready for the Great American Smokeout

Have you been thinking about quitting tobacco but you're not sure you're ready to take the plunge? Then next month's Great American Smokeout is just for you.

The Great American Smokeout is a chance to join millions of people throughout Maine and the nation in quitting tobacco for 24 hours on November 18th. If you can quit for a day you can quit for life, and the best way to improve your chance of success is to begin making your Quit Plan right now.



We hear a lot of different reasons to quit tobacco, but the reason that matters most is the one that's important to you. Take this month to think about why you want to quit and call the toll-free Maine Tobacco HelpLine at 1-800-207-1230 to design a personalized plan that includes personalized coaching and may include free medication to make quitting less difficult.

People who use the HelpLine are three times more likely to succeed in quitting, so start getting ready for The Great American Smokeout by talking with them TODAY!

For more information visit: http://www.tobaccofreemaine.org/quit_tobacco/Maine_Tobacco_HelpLine.php

You May Qualify for Free Breast and Cervical Health Services

The Maine Breast and Cervical Health Program helps low income, uninsured and underinsured women gain access to breast and cervical cancer screening and diagnostic services. Visit <http://maine.gov/dhhs/bohdcfh/bcp/index.htm> to find out if they can help you receive these services free of charge.



Breathe Easy Inside Your Home

During winter, the air inside our homes is 2 to 5 times more poisonous than the air outside. Improving unhealthy indoor air is easy once you find the source.

Second Hand Smoke is one of the most toxic sources of indoor air pollution. Take an important step for the health of your family by taking the Smoke-Free Homes Pledge: www.smokefreeforme.org.

Carbon Monoxide is a colorless, odorless gas that is created when fuel burning appliances are used improperly or aren't running properly. It can be deadly, so every home should have several detectors placed throughout.

Heaters and Furnaces Heaters and furnaces should be adequately vented, cleaned, tested for efficiency, and inspected yearly. Replace furnace air filters to reduce dust and properly repair cracks or damaged parts.

Radon is a colorless, odorless gas and the number one cause of lung cancer among non-smokers. The only way to detect radon is to test. Visit www.MaineRadiationControl.org to find out where to buy test kits or a registered tester.

Molds can cause allergic reactions. Mold can't grow without moisture so finding and eliminating the moisture source is key in getting rid of mold.

Household Cleaners Many indoor pollutants come from the use of solvents in cleaners. Look for non-toxic cleaners.

Paints If you are painting your home consider using non-VOC (Volatile Organic Compounds) paint. Store tightly sealed painting solvents and other chemicals away from your living space.



**October 20 through
October 26**

Drug-Free Workplace Tips for Employees

A safe, healthy and drug-free workplace is everybody's responsibility and employees can play a powerful role in improving workplace safety by encouraging co-workers to seek help:

Using the right approach, a co-worker may have a significant influence. Here are some steps you can take if you suspect a co-worker has a problem with drugs or alcohol:

- Identify with the person and show concern. Say you have noticed a change in behavior and express concern for their safety and that of others.
- Describe your observation of their behavior, using specific days and/or times.
- Urge the person to get help and offer information about how to get it. Find out if you have an Employee Assistance Program (EAP) or if treatment is covered by your insurance plan.
- Tell the person you will no longer hide the problem for him/her.
- Explain how the person's problem use affects you and others at work.
- Reconfirm your concern and be willing and able to follow through.

If the co-worker is still unwilling to accept or acknowledge the alcohol or drug problem, it might be appropriate to involve others. This may mean taking your concerns about safety to a supervisor, who may have more options through the workplace to help the person get assistance.

To learn more about a Drug-Free Workplace, visit www.WhatYouDoMatters.org.