

# Healthy Waldo County Newsletter



March 2010

A Local Healthy Maine Partnership

## National Nutrition Month

Start with the basics. Eating right doesn't have to be complicated. A healthy eating plan emphasizes fruits, vegetables, whole grains, low-fat or fat-free dairy and includes lean meats, poultry, fish, beans and nuts. A healthy eating plan is also low in saturated fats, trans fats, cholesterol, salt and added sugars.

Make calories count by thinking nutrient-rich rather than "good" or "bad" foods. Most food choices should be packed with vitamins, minerals, fiber and other nutrients – and lower in calories. Be aware of portion sizes. Even low-calorie foods can add up when portions are larger than you need.

Focus on variety by eating a variety of foods from

all the food groups. Fruits and vegetables can be fresh, canned or frozen. Look for locally grown produce that's in season. Vary protein choices with more fish, beans and peas. Include at least three servings of whole grain cereals, breads, crackers, rice or pasta every day.

**Think nutrient rich instead of "good" or "bad" foods.**

Make the most of family mealtime. Eating meals together provides the opportunity to help children develop a healthy attitude toward food. It also enables parents to serve as role models, introduce new foods and establish a regular meal

schedule.

Balancing physical activity and a healthful diet is your best recipe for managing weight and promoting overall health and fitness. Set a goal to be physically active at least 30 minutes every day.

For more information  
[www.mypyramid.gov](http://www.mypyramid.gov)  
[www.eatright.org](http://www.eatright.org)



National Nutrition Month® March 2010  
American Dietetic Association

## Colorectal Cancer Awareness Month

Colorectal cancer is the second leading cancer killer among men and women. It is cancer of the colon or rectum. With recommended screening, this cancer can be prevented by removing polyps before they become cancerous, or it can be

detected early and be more easily and successfully treated.

Risk Factors:

- Age 50 and older
- Tobacco smoking
- Heavy alcohol use
- High-fat diet
- Lack of exercise

- History of polyps, and or chronic ulcerative colitis, Crohn's Disease, and Inflammatory Bowel Disease.
- Family history of inherited colorectal cancer.

[www.cancer.org](http://www.cancer.org)

### National School Breakfast Week

March 8 - 12

### National Sleep Awareness Week

March 7 - 13

### National Poison Prevention Week

March 14 - 20

### Brain Awareness Week

March 15 - 21

### Optimism Month

### Red Cross Month

### Save Your Vision Month



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## Colorectal Cancer: Reduce Risks and Early Detection

The best way to stay well is to make the healthiest choices possible. These simple precautions now can help significantly reduce your risks for colorectal cancer.

### Eat well for life

- Eat a fiber rich diet, including lots of fruits, vegetables, whole grains, beans and nuts.
- Limit fatty red meat and processed meats.
- Keep fat intake to less than 30% of your total calories.
- Avoid foods high in cholesterol.

### Limit alcohol intake

### Quit smoking and other tobacco use

- Maine Tobacco Helpline  
1-800-207-1230
- Freshstart 930-2650

### Watch your weight

- Eat appropriate portion sizes
- Exercise regularly

### Early Detection

The most important precaution you can take is to get screened. Screening can find polyps before they become cancerous and colorectal cancer is 90% treatable when detected early.

Start getting screened when you turn 50.



*Inside a virtual colon, polyps are shown before developing into colon cancer.*

## Early Detection: tests recommended for colorectal screening

**Colonoscopy** - visually inspects the interior walls of the entire colon. Recommended screening interval is every 10 years, starting at age 50.

**Flexible sigmoidoscopy** - visually inspects the interior walls of the rectum and part of the colon. Recommended screening interval every 5 years.

**Double-contrast barium enema** - is a series of x-rays of the colon and rectum. Recommended screening interval is every 5 years.

**Fecal occult blood test (FOBT)** - checks for hidden blood in three consecutive stool samples. Recommended screening interval is every year.

*Start regular screening at age 50, however if you are at greater risk you may need to start at an earlier age.*

## Breakfast Recipe

This can be mixed ahead of time and if there is no time to eat until you reach the office, bring a container with you.

### Breakfast Bran & Fruit Mix

2 cups of bran flakes

2 cups of a high fiber cereal

1/2 cup of chopped nuts

1/2 cup chopped prunes

1/2 cup raisins

Mix ingredients together and store in an air tight container. Serve with sliced seasonal fruit, low fat milk or low fat yogurt.

Approximately 220 calories per 1/2 cup.



*Adding fresh fruit keeps it interesting and nutritious.*

*Brain Awareness Week March 15th - 21st*

## Addiction is Learned Behavior

*According to information from the National Institute on Drug Abuse "It is assumed that an important factor in how individuals begin to use and abuse substances is that they **learn** to do so. The several ways individuals may learn to use drugs include modeling, and operant conditioning."*

### Modeling

People learn new skills by watching others and then trying it themselves. For example, children learn language by listening to and copying their parents. The same may be true for many substance abusers. By seeing their parents use alcohol, individuals may learn to cope with problems by drinking. Youth may learn to use through the modeling influence of a peer group, media and other sources.

### Operant Conditioning

Drug use can be seen as behavior that is reinforced by its consequences, because it changes the way a person feels (e.g., powerful, energetic, euphoric, stimulated, less depressed), thinks (I can do anything, I can only get through this if I am high), or behaves (less inhibited, more confident).

Once you have learned to do something that is pleasurable, your brain signals you to repeat the behavior. Many legal and illegal substances produce powerful "chemical rewards" in the brain because they work directly on "receptors" in the neurons in the brain. Repeated over-stimulation of these receptors can cause the brain to lose the ability to respond to the natural, non-drug stimulation. People may experience this as depression and crave drugs to feel good.

### Addiction is a developmental disease that starts in adolescence and childhood

Adolescents are more vulnerable than any other age group to developing nicotine, alcohol and other drug addictions because the regions of the brain that govern impulse and motivation are not yet fully formed, Yale University researchers have found. The path to addiction is much more rapid in adolescents than adults.

According to Joseph Califano Jr., Director of the Center on Addiction and Substance Abuse at Columbia University "a child who gets through age 21 without smoking, using illegal drugs or abusing alcohol is virtually certain never to do so".

**Healthy Waldo County**  
[www.healthywaldocounty.org](http://www.healthywaldocounty.org)

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**March is Optimism Month**

Optimists enjoy better health, find more success, feel less stress, tend to have a strong support network, and enjoy life more. Sound good?

Try positive self talk as a way of becoming more optimistic and to help reduce stress. Here are a few tips.

- Become aware of what you tell yourself , internal dialog effects how you feel. Start by noticing, use journal writing as a way to take a closer look at your internal processing.
- As you notice yourself saying something negative in your mind, you can stop your thought mid-stream by saying to yourself “Stop”.
- Replace negative statements: use milder wording such as “discomfort” instead of “pain”. Change a negative to a neutral. As you find yourself mentally complaining about something, rethink your assumptions. Are you assuming something is a negative event when it isn’t, necessarily? Change self limiting statements into questions. The next time you find yourself thinking something that limits the possibilities of a given situation, turn it into a question. Doesn’t “How can I handle this?” sound more hopeful than “I can’t handle this” and open up your imagination to new possibilities?

**Poison Prevention Tips**

Store Poison Safely

- Store medicines and household products locked up, where children cannot see or reach them.
- Store products in original containers.
- Use child resistant packaging
- But remember nothing is child-proof.

**Poison Help Line**  
**1-800-222-1222**

**1-800-GIVE-LIFE**  
**(800-448-3543)**

[www.redcrossblood.org](http://www.redcrossblood.org)

*Every blood donor is special,  
every reason to give unique.*

The American Red Cross is where people mobilize to help their neighbors—across the street, across the country, and across the world—in emergencies. Each year, in communities large and small, victims of some 70,000 disasters turn to neighbors familiar and new—the more than half a million volunteers and 35,000 employees of the Red Cross.

Pine Tree Chapter  
122 Target Industrial Circle  
Bangor, ME 04401  
207-941-2903



**Vision Care**



VISION USA™ provides basic eye health and vision care services free of charge to uninsured, low-income people and their families. VISION USA™ was established in 1991 by AOA doctors of optometry who donate their services.

**Call for more information**

VISION USA™  
243 North Lindbergh Blvd.  
St. Louis, MO 63141  
1-800-766-4466, 7 am -7 pm,  
CST (M-F)  
Fax: 314/991-4101  
E-mail: [visionusa@aoa.org](mailto:visionusa@aoa.org)



**Sleep and School Aged Children (5-12 years)**

- Need 10 - 11 hours of sleep
- TV, computer use, video gaming, media and caffeine can lead to difficulty falling asleep, nightmares, and disruption to their sleep.
- Poor or inadequate sleep can lead to mood swings, behavior problems, and cognitive problems that impact their ability to learn in school.

**Sleep Tips**

- Keep regular sleep schedule
- Keep room dark, cool and quiet
- No TV or computers in bedrooms
- Avoid caffeine