

Healthy Waldo County Newsletter

National Breast Cancer Awareness



Waldo County General Hospital has a number of events planned for Breast Cancer Awareness month in October. None is more important than making sure you have a yearly mammogram if you are a woman over 40 or are younger and have a close family member who has had breast cancer.

In celebration of Breast Cancer Awareness month, the Imaging Department at the hospital will be wearing special ball caps and will be giving out pink ducks to each person who has a mammogram during the month. There will also be a free raffle for a lovely necklace, earring and bracelet set.

On Tuesday, Oct. 12, from 6:30 p.m. to 8 p.m., there will be panel discussion titled "Breast Cancer: Get the Facts from Screening to Treatment." Expected to be on the panel are: Dr. Nancy Webb, radiologist; Dr. Jeffrey Sedlack, surgeon; Dr. Betsy Connelly, oncologist; and Dr. Barbara MacDonald, naturopath.

Dr. Webb will discuss the difference between screening and diagnostic mammography; about the good survival rates when a breast cancer diagnosis is made early; the need to have a mammogram if you are over 40 even if there is no family history; how a diagnosis will affect your life; and what to do if you are told you have breast cancer.

The surgeon will talk about how to work through the process of examining your options if you get a diagnosis along with various biopsy methods.

Dr. Connelly is expected to talk about the changes in treatment today versus even 10 years ago; how family history can affect the odds for getting breast cancer; the help you will get to make a plan of action; and how the pathology of your cancer can affect the odds of a re-occurrence in the future.

Dr. MacDonald, author of "The Breast Cancer Companion," will discuss how complementary care can work with conventional treatment. For example, how herbs and chemotherapy work together to kill cancer cells; which common nutritional supplements should not be used by patients undergoing surgery and radiation; and what holistic cancer care means and what things may help prevent cancer recurrence. Dr. MacDonald says her book "serves as a bridge between conventional medical and the naturopathic world—increasing the confidence and knowledge about common anti-cancer therapies utilized in both medical systems."

There will also be time set aside for questions from the audience. There may also be some cancer survivors present to respond to questions.

On Sunday, Oct. 24, at 1 p.m., the annual Oncology Walk will take place. The walk is intended to honor those who are fighting cancer and those who fought the good fight but lost. The walk also raises money for the hospital's Oncology Patient Assistance and Mammography Fund. That fund pays for mammography, both screening and diagnostic, for patients who cannot afford to pay for it themselves and also helps cancer patients with co-pays and costs for care that are not covered by insurance.

As part of the Oncology Walk, departments within the hospital, individuals, and local businesses put together extraordinary baskets to be raffled off. For a week before the walk, the baskets are on display in a room at the hospital. Raffle tickets can be purchased for \$1 each; six for \$5; or 15 for \$10 and then each ticket can be deposited in a bucket in front of the basket or baskets you want to try to win. The winning tickets are drawn after the walk is completed.



October 2010

A Local Healthy Maine Partnership

National Breast Cancer Awareness Month

National Dental Hygiene Month

National Domestic Violence Awareness Month

Promoting Safe Use/Preventing Abuse - Talk About Prescriptions Month

Eye Injury Prevention Month

National Fire Prevention Week 4 - 10

National Health Education Week 17 - 23

National Drug Free Work Week 18 - 24

Red Ribbon Week 23 - 31

National Mammography Day 22nd

Lung Health Day 27th

Halloween Safety



Inside this issue:

<i>Dental Hygiene Tips</i>	2
<i>Drug-Free Work Week</i>	2
<i>Talk About Prescriptions</i>	2
<i>Red Ribbon Week</i>	
<i>New Hope for Woman</i>	3
<i>Halloween Safety</i>	4
<i>Pertussis Alert</i>	4
<i>Contact Us</i>	4

No Health Insurance
Maine Breast and Cervical Health Program

1-800-350-5180 or 1-207-287-8068

TTY: 1-800-438-5514

Free Mammograms and Pap tests for woman
To qualify:

Be age 40-65

Have little or no insurance

Meet income guidelines

National Dental Hygiene Month



Why is candy and other sugary foods bad for teeth?

Sugar on the tooth surface is changed to acid within 5 minutes time. The acid acts to dissolve the tooth surface. When this happens often enough, the tooth surface breaks down. At first you see white spots (known as areas of demineralization), then dental decay occurs.

Should children use a different toothbrush than adults?

Children should use smaller brushes with shorter brushing planes in proportion to the size of their mouths. Most children use brushes that are too big to be easily maneuvered into small spaces in their mouth. By the way, in addition to changing brush every three months or when the bristles appear worn, it's a good idea to toss those brushes after colds or sore throats!

- Brushing your teeth for two minutes at least twice a day remains a critical component to maintaining a healthy smile. Studies have shown that brushing for two minutes is perhaps the single most important step an individual can take to reduce plaque build-up and the risk of plaque-associated diseases, such as cavities and gingivitis.
- Proper flossing removes plaque and food particles in places where a toothbrush cannot easily reach, under the gum-line and between your teeth. Because plaque build-up can lead to tooth decay and gum disease, daily flossing is highly recommended.

**Keep Everyone's Lungs Healthy - make a pledge to educate youth to not use tobacco products -
smoke outside your home - obey the Maine tobacco laws**

www.epa.gov/smokefree * www.tobaccofreemaine.org * www.healthywaldocounty.org

**Adult Quit Smoking Program- Freshstart - 930-2650 - Starts October 14th at Waldo County General Hospital -Free
The Maine Tobacco Helpline - Free - Confidential - Supportive - 1-800-207-1230**

Drug Free Work Week - October 18th to 24th



Implement a Drug-Free Workplace Program – *Drug-Free Work Week* is the perfect time to launch a Drug-Free Workplace Program if your organization does not already have one. Such programs are natural complements to other initiatives that help protect worker safety and health. To learn more about them, visit the U.S. Department of Labor's Working Partners Web site www.dol.gov/workingpartners/. In particular, the site's Drug-Free Workplace Advisor Program Builder offers detailed guidance on how to develop a Drug-Free Workplace Program, starting with the first step: a written policy.

*** Contact Patrick Walsh at Healthy Waldo County (338-2200 ext 109)
for more information and support ***

Talk About Prescriptions Month

A successful prescription drug “take-back” program held in Maine and across the nation on September 25th helps to underscore the realization of how many medications are prescribed, how many are not used according to directions, that unused medications may be lying around unprotected and could get into the wrong hands. Parents need to discuss with their children and teens the dangers of taking medications that are not prescribed to them. Some medications can be extremely addictive and others can be fatal when taken in combination with other drugs or alcohol. Secure all medications and keep careful count. Ask your pharmacist about safe return of unused prescriptions drugs.



Red Ribbon Week - October 23 - 31



Red Ribbon Week serves as a vehicle for communities and individuals to take a stand for the hopes and dreams of our children through a commitment to drug prevention and education and a personal commitment to live drug free lives with the ultimate goal being the creation of drug free America. The campaign is a unified way for communities to take a stand against drugs and show intolerance for illicit drug use and the consequences to all Americans. Schools, businesses, the faith community, media, families, and community coalitions join together to celebrate Red Ribbon Week in many ways, such as: sponsoring essay and poster contests; organizing drug-free races; decorating buildings in red; handing out red ribbons to customers; holding parades or community events; and by publicizing the value of a drug-free, healthy lifestyle.



Please let us know if you are planning a Red Ribbon Week activity by calling 338-2200 ext 109 or e-mail pwalsh@brmaine.org.

National Domestic Violence Awareness Month * Turn on the Lights of Respect *

www.newhopeforwoman.org



New Hope for Women was founded in 1981 and is the only agency providing services to battered women, men, their children, families, friends and communities in Lincoln, Knox, and Waldo counties. These services include a 24-hour crisis intervention hotline, emergency shelter, court and systems advocacy, legal information and referrals, support groups for survivors, prevention groups and outreach programs in schools, and community education and response trainings. We opened two units of transitional housing in Knox County in 1997, two units in Waldo County in 1998, and two units in Lincoln County in 2006. Outreach offices are located in Damariscotta and Belfast. All these services are free. New Hope's tri-county coverage area includes six islands with year-round populations, three district courts with seven court days, thirteen high schools, two colleges, four hospitals, nine police departments, and three sheriff departments.

New Hope delivers services directly to individuals affected by domestic or dating violence through our hotline, in our offices, and in court. Additionally, we facilitate weekly support groups. We also maintain a safe home network throughout our tri-county area. At present eight families are providing this service. New Hope's Community Response Program works with our communities in two ways: providing education on domestic violence and the needs of those using our services, and working with institutions to ensure a consistent and helpful response to those needs. Groups we have worked with include child-care workers, clergy, counselors, doctors, legal advocates, mental health workers, hairdressers, dental assistants, and nurses. We frequently address service clubs and organizations. We operate a certified batterer intervention program, **Time for Change**, and work closely with local law enforcement agencies. New Hope is also involved with the Domestic Violence Task Forces in Knox, Waldo, and Lincoln Counties that are focused on improving services for victims and abusers, specifically increased arrests for domestic violence assaults and more successful prosecution.

We run a school outreach program because we believe that prevention is the most certain route to ending domestic violence. Prevention programs at the elementary level include support for bullying prevention and a variety of presentations and activities that teach about identifying and expressing feelings, being a good friend, and knowing how and when to seek the help of adults. Programs in middle schools, high schools and colleges provide information on dating violence, healthy relationships, and domestic violence. In the fall of 1999 New Hope began a Peer Education Program. This program focuses on training high school students to create and deliver prevention presentations to their peers in area schools. This program evolved from a commitment to youth empowerment as well as the knowledge that young people are more likely to alter social behaviors after being educated by their peers.

Purple Lights will be glowing in many locations throughout the Mid-Coast. If you would like to be part of the "glowing" and growing awareness in October contact New Hope for details.

October 2010

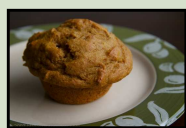


For many people, autumn events like Halloween and Harvest Day are fun times to dress up in costumes, go trick-or-treating, attend parties, and eat yummy treats. These events are also opportunities to provide nutritious snacks, get physical activity, and focus on safety. Below are tips to help make the festivities fun and safe for trick-or-treaters.

- Swords, knives, and similar costume accessories should be short, soft, and flexible.
- Avoid trick-or-treating alone. Walk in groups or with a trusted adult.
- Fasten reflective tape to costumes and bags to help drivers see you.
- Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.
- Hold a flashlight while trick-or-treating to help you see and others see you.
- Always test make-up in a small area first. Remove it before bedtime to prevent skin and eye irritation.
- Look both ways before crossing the street. Use established crosswalks wherever possible.
- Lower your risk for serious eye injury by not wearing decorative contact lenses.
- Only walk on sidewalks or on the far edge of the road facing traffic to stay safe.
- Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.
- Eat only factory-wrapped treats. Avoid eating homemade treats unless you know the cook well.
- Enter homes only if you're with a trusted adult. Otherwise, stay outside.



Harvest Muffins Makes 12



Ingredients

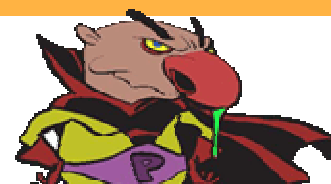
2 1/2 cups flour (try 1/2 whole wheat)	2 eggs, lightly beaten
2 cups sugar	1 cup shredded zucchini
1 Tbsp. cinnamon	1 cup pumpkin
1/4 tsp. cloves	1/2 cup canola oil
1 tsp baking soda	1 cup chopped apples
1/2 tsp salt	

1. Preheat oven to 350 degrees
2. Mix dry ingredients, set aside
3. Mix eggs, oil, veggies and apples
4. Stir in dry ingredients
5. Fill muffin tins two-thirds full
6. Bake for 40-45 minutes or until toothpick comes out clean.

Alert - Pertussis in Maine: Advisory for Parents - Maine CDC

Pertussis is still an important concern in Maine and throughout the U.S. To date in 2010, Maine has seen 32 confirmed cases of pertussis with 11 of those reported in the past month. The majority of people identified are younger than 13 years of age. Half are not up to date on their vaccines or their vaccine status is not known.

The cyclical nature of pertussis, also known as whooping cough, historically causes it to peak every few years, especially when there are high rates of non or under immunization. This year appears to be one of those peak years, given the increase in new cases in many parts of the U.S. Recently, almost 10,000 new cases of pertussis were reported nationally. This figure is close to surpassing the total number of cases reported in all of 2009. One in eight of the reported cases this year are from California, which has seen the highest number of cases in 52 years. Tragically, 8 young infants have died in California from pertussis. All were too young to be vaccinated except for one who had just received one dose. The vaccine protects not only those who are receiving it but also young infants who are too young to be fully vaccinated and are more vulnerable to the devastating effects of the disease.



Adults.....are your vaccines up to date?
Has it been over 10 years since you had a tetanus shot or did you get cut and it has been over 5 years since your last one? If you are between 18 and 64 then you may need a Tdap vaccine. What is Tdap? It stands for Tetanus, diphtheria and acellular pertussis. It protects you against tetanus, diphtheria and pertussis.

Children need 5 doses of DTaP by kindergarten (ages 4 -6) and a Tdap booster by age 11. All teens and adults are recommended to receive Tdap boosters.

CDC and Maine CDC websites also see [attached information flyer for vaccine information](http://www.cdc.gov/pertussis/about/index.html)
<http://www.cdc.gov/pertussis/about/index.html>
<http://www.maine.gov/tools/whatsnew/index.php?topic=DHHS-HAN&id=128206&v=alert>



www.healthywaldocounty.org

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