

## January is Cervical Cancer Awareness Month

Cervical cancer usually develops in women 40 or older. Because there are often no symptoms it is important for women to be regularly screened with a Pap Smear Test. A Pap Smear Test can help detect cervical cancer and vaccines are available to help prevent it all together. Talk to your physician about getting a Pap Smear Test and getting vaccinated. Following these simple steps could change your life!

### ***The Maine Breast and Cervical Health Program May Be Able to Help***

The Maine Breast and Cervical Health Program is part of Maine Center for Disease Control. If you qualify, it will pay for the following services when you see a Participating Health Care Provider:

- Breast Exams
- Pap Tests
- Pelvic Exams (internal exams)
- Mammograms (breast x-ray)
- Limited Diagnostic or Follow-up Services

Uninsured women undergoing treatment for breast or cervical cancer may also qualify for MaineCare.

### ***You May Get Free Services If:***

- You are a Maine woman, age 40 or older;
- Have no health insurance;
- Your health insurance does not cover mammograms or Pap tests;
- Have a high deductible; and
- You meet income guidelines at or below 250% of the Federal Poverty Level.

There are limited openings for women age 35-39 who have seen a doctor and need additional tests for possible breast or cervical cancer OR if they have not had a Pap test in 5 or more years.

For more info call: 1-800-350-5180, press 1 or 207-287-8068  
TDD/TTY at 1-800-438-5514

## A New Year and a New and Healthier You!

Didn't have a chance to make your plan for quitting tobacco on New Years Day? Don't worry. It's still the perfect time to make 2010 the year you kick tobacco. For all the reasons you want to quit call the toll-free Maine Tobacco HelpLine at 1-800-207-1230 and let them help you create a plan that's designed just for you!



## January 17-23 is Healthy Weight Week

63% of Maine adults are considered either overweight or obese. Healthy eating and regular exercise can help you reach your ideal weight and reduce the risk of chronic diseases such as obesity, cancer, diabetes, and high blood pressure. It can also help you look your best and give you more energy!

To eat healthy, try a variety of fruits, vegetables, whole grains, and lean proteins at every meal so your body gets the nutrients it needs to work properly. Lean proteins include seafood, skinless meats like turkey, chicken, low or non-fat dairy products, and lean cuts of beef and pork.



## What's A Whole Grain?

We hear a lot about the importance of eating whole grains as part of a nutritional diet, but did you ever wonder what a whole grain is?

Whole grains such as brown rice, barley, oats, rye and wild rice:

- Contain all three edible parts of the grain.
- Are high in fiber.
- Have more nutrients than refined grains such as white rice and those found in white bread.

A grain is considered whole when all three parts – bran, germ and endosperm – are present. Most of the antioxidants and vitamins that are good for you are found in the germ and the bran of a grain. Refined grains don't have all three parts and so they don't have all the things you need to keep healthy.

### It's EASY to eat more whole grains.

To replace some of the refined-grain foods that you're eating with whole grain foods try the following:

- have a slice of whole grain bread to replace your white bread
- have a serving of whole grain breakfast cereal in the morning
- substitute half the white flour with whole wheat flour in your regular recipes for cookies, muffins, quick breads and pancakes
- add brown rice, wild rice or barley in your vegetable soup
- snack on popcorn instead of chips on movie nights



## What You Do For You

Health and well being are more than just a matter of diet and exercise. A big part of living a full and healthy life is finding the things that make you happy and give you pleasure. They don't have to be big and expensive. Often the simplest things can give us that very important lift. This month give yourself a treat. Do something just for you.



It's simple.

Visit an art gallery or museum. Walk down the street and take in nature's beauty.

Paintings, sculpture, architecture and other forms of art can be pleasing to look at and give us a great feeling inside. They can also inspire creativity and excitement.

## 4 Things You Can Do To Add 14 Years

A new British study shows that people live, on average, 14 years longer if they:

- Don't smoke
- Get regular exercise
- Drink only moderate amounts of alcohol
- Eat 5 servings of fruits and vegetables a day

While each of these have been shown to increase lifespan, this is the first study to show the benefits of doing them all.

**This publication is brought to you by Bangor Region Public Health and Wellness,  
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