



Incidence rates for United States 2007 for all Cancer Sites lists Maine amongst the top ten states, with an age-adjusted annual incidence rate of 496 – 516.3 cases per 100,000.

<http://statecancerprofiles.cancer.gov/cgi-bin/quickprofiles/profile.pl?00&001>

Several leading causes of cancer are prolonged exposure to Radon and Arsenic.

RADON is a naturally-occurring radioactive gas that comes from the normal breakdown of uranium that is found in almost all rocks and soils on Earth. Radon is more common in the rocks and soils found in Maine than those found in many other states. Radon can come from the ground, or from well water.

Exposure to radon increases your risk of developing lung cancer. According to the United States Environmental Protection Agency (EPA), radon causes more cancer deaths than any other single pollutant except tobacco smoke. They estimate as many as 20,000 US lung cancer deaths each year may be caused by radon.

24% of radon tests in Penobscot County had levels greater than four (4) picocuries per liter of air (pCi/L) (<http://county-radon.info/ME/Penobscot.html>). The average national indoor radon level is 1.3 pCi/L. More information about radon is available from http://me-radon.info/ME_general.html

Arsenic

Between 3.1 and 9% of wells tested in Holden proved to have unsafe levels of Arsenic. (10 micrograms per liter ($\mu\text{g/L}$) Assessment of Arsenic Concentrations in Domestic Well Water, by Town, in Maine, 2005–09 <http://pubs.usgs.gov/sir/2010/5199/>

Testing

Arsenic and Radon in water test kits are available through the following State web site.

<http://www.maine.gov/dhhs/etl/standard.htm>

Radon in the air test kits may be purchased at local building supply companies. They are available with simple instructions and mailing envelopes. Results are reported by mail or email within a week to ten days in most cases.