



# Mission in Motion

Health & Wellness Newsletter

December 2014 – Smoking Cessation

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## Not Just Blowing Smoke

Where's there's smoke, there may be cancer. Tobacco smoke contains more than 60 chemical compounds that are known or suspected to cause cancer. Nonsmokers exposed to second-hand smoke absorb nicotine and other toxic chemicals just as smokers do. Besides cancer risk, exposure to second-hand smoke can lead to:

- Coronary heart disease
- Respiratory problems including coughing, phlegm, chest discomfort and reduced lung function
- Increased incidence of middle ear infections in young children
- Lower respiratory tract infections, such as pneumonia and bronchitis
- Increased number and severity of asthma attacks in asthmatic children

Source: American Cancer Society



## Ready To Take A Breather? Smoking Cessation & Resources to Help

Think good things come in small packages? Not when they come in those little packs of cigarettes. Study after study has proven that smoking increases your risk of getting many types of chronic diseases including:

- Cancer of the lung, mouth, throat, esophagus, bladder, kidney, pancreas, liver, cervix, stomach, colon and rectum, and some leukemias
- Lung diseases like emphysema and chronic bronchitis
- Heart disease, stroke and coronary artery disease\*

When you stop smoking, it's a package deal. You get immediate health benefits, and you lower your risk of long-term chronic disease. So think big and make good things happen today by contacting one of these smoking cessation resources:

- American Cancer Society (ACS)**  
1-800-ACS-234
- American Heart Association**  
1-800-AHA-USA1
- American Lung Association**  
1-800-LUNG-USA
- The Smoking Quit line of the National Cancer Institute**  
1-877-44U-QUIT

Try these strategies to break the habit:

- Target a stop date and record your reasons for stopping
- Solicit support and encouragement from friends, family, your physician and stop-smoking resources and programs
- Practice stress-reducers to curb the urge to smoke
- Get medication, if necessary, and use it correctly. Talk with your physician about the use of medications to help you stop smoking, such as nicotine replacement therapy, and use it correctly.
- Prepare for relapse, and keep trying by focusing on your goals and reasons for quitting
- Stopping smoking can improve your health, now and in the future.
- Breathe some new life into your health by quitting — while you're ahead.

Source: The National Women's Health Information Center: American Academy of Family Physicians

## Give It Up And Live It Up

### You can have a healthier, smoke-free life.

Smoking-related diseases cause an estimated 440,000 deaths in the United States each year. Smoking is responsible for an estimated one in five U.S. deaths and costs the U.S. over \$150 billion each year in health care costs and lost productivity.

But here's the good news. Quitting smoking can lead to immediate and lifetime health benefits. Stopping isn't easy, but when you know what your options are and where to go for help, you'll have a better chance of staying smoke-free.

### Get help and support

Having the right support and resources can help you break free from smoking, and stay that way.

### Stop Smoking—Steps you can take:

#### Prepare the way

Now that you've decided to stop smoking, you will need to set a quit date. Also, change your environment by getting rid of all cigarettes and ashtrays in your home, car, and workplace, and don't let people smoke in your home. Now is a good time to review your past attempts to quit. Think about what did and didn't work. Once you have quit, don't smoke at all.

#### Plan your defense

Studies have shown that you have a better chance of being successful if you have help.\* Solicit support from family, friends and coworkers, talk to your health care provider and get individual, group or telephone counseling. Programs are also available at local hospitals and health centers. Call your local health department for information about programs in your area.

#### Behave yourself

Smoking has been a habit, so it's only natural to think about it when you're trying to quit. Learning new behaviors can help distract you from the urges to

smoke. Try talking to someone, going for a walk, or getting busy with a task. Changing your routine can help, too. Take a different route to work or drink tea instead of coffee. Make sure you reduce your stress and plan something enjoyable to do every day. Drink plenty of water and other fluids.

#### Get a Dose of Success

Thinking about trying medications to help you quit the habit? Medications not only help you stop smoking and lessen the urge to smoke, they can double your chances of quitting for good. There are currently five medications that the U.S. Food and Drug Administration (FDA) has approved to help you quit smoking.\* Ask your health care provider for advice before you try any medications and carefully read the information on the package.

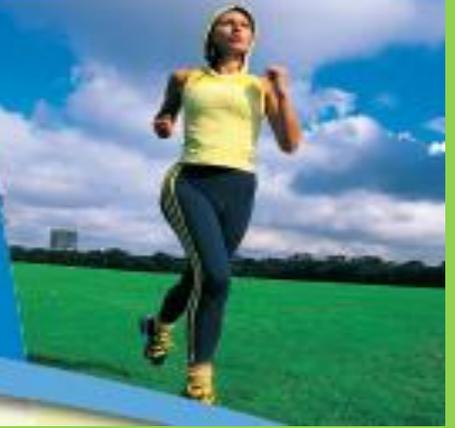
#### Try, Try Again

Most relapses occur within the first three months after quitting. Don't be discouraged if you start smoking again. Remember that most people try several times before they finally quit. Watch out for difficult situations, such as drinking alcohol, being around other smokers, gaining weight and feeling depressed, and look for positive ways to counteract them. Review your reasons for quitting, and focus on the health and lifestyle benefits of not smoking.



**Sources:** \*National Center for Chronic Disease Prevention and Health Promotion; American Cancer Society; American Lung Association

You can be smoke-free  
and stay that way



## Say Goodbye To Smoking

### Benefits of Quitting:

- 🍀 Healthier lungs and reduced risk of heart disease and certain cancers
- 🍀 Increased fertility and lowered risk of miscarriage
- 🍀 Stronger sense of taste and smell

### Ready to stop smoking and start living a healthier life?

- 🍀 Talk to someone who supports your decision to quit
- 🍀 If withdrawal causes irritability, try using relaxation techniques, exercising regularly and avoiding stressful situations
- 🍀 Fight possible insomnia by avoiding caffeine or other stimulants, and by having a relaxing bedtime routine
- 🍀 Wait out cravings and use distractions
- 🍀 If your appetite increases, eat healthy snacks and drink more water
- 🍀 Develop strategies to avoid triggers that tempt you to smoke, and then develop alternatives

*Source: Blue Cross Blue Shield*

## Quit To Be Fit

You know all about the dangers of smoking: heart problems, stroke or cancer. But do you know that smokeless tobacco is also a danger? Like cigarettes, smokeless tobacco (chewing tobacco) has at least 28 cancer-causing substances. Smokeless tobacco has been proven to cause cancers of the mouth, lip, tongue and pancreas.

Smokeless tobacco also affects your oral health:

- 🍀 Gum problems result from the irritation caused by smokeless tobacco.
- 🍀 Sugar is often added to make the tobacco taste better. This raises your chances of tooth decay.
- 🍀 The sand and grit that is added to the product can wear your teeth down.

*Source: American Dental Association*



## Pre-Retirement Seminar

**Date:** December 17, 2014

**Time:** 9:00 a.m.

**Location:** Central Fire Station

**Speakers:** TMRS, ICMA, Nationwide, SOFA



## Health & Wellness Seminars

**\*\*RAFFLE\*\***

Each month we will be conducting a raffle. Must be present to win.

\*If you have a subject or topic that you would like more information on, feel free to make your request to HR.

## Easy Baked Apples

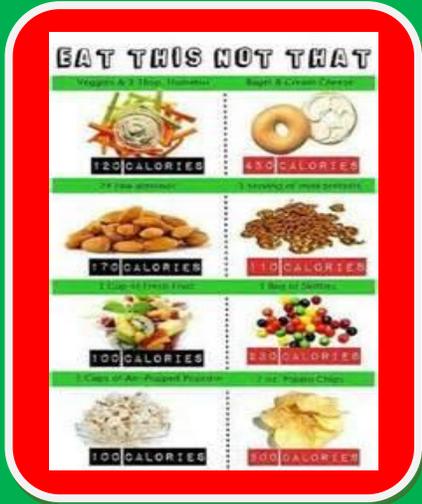
### Ingredients:

- |   |                                  |
|---|----------------------------------|
| Canola oil cooking spray                                | 1/4-1/2 tsp. ground nutmeg       |
| 3 large Granny Smith apples or any variety baking apple | 1/3 cup coarsely chopped walnuts |
| 3 Tbsp. whole-wheat flour                               | 1/4 cup raisins                  |
| 3 Tbsp. brown sugar                                     | 1/3 cup apple cider              |
| 3/4-1 tsp. ground cinnamon                              |                                  |



### Directions:

1. Preheat oven to 350 degrees F. Spray oven-proof glass pie dish.
2. Cut apples in half from top to bottom, core and peel. Lay halves flat and cut into medium slices. Place apple slices in large bowl.
3. In medium bowl, mix together flour, sugar, cinnamon and nutmeg. Sprinkle mixture on apples and gently stir until apples are evenly coated with spices. Gently fold in walnuts and raisins.
4. Spoon apple mixture into prepared pie dish. Drizzle cider evenly over top.
5. Bake 50-55 minutes or until apples are tender. Remove from oven and cool 5 minutes. Using spatula, carefully turn over apple mixture to get caramelized sauce from bottom of dish. Serve hot or let cool to room temperature, refrigerate and serve cold later.



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*Mission In Motion*

*Our mission is to promote health awareness and to encourage healthy lifestyles*