

WELLNESS WORKS



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If you're a smoker, you've probably been encouraged by doctors, and maybe even family and friends, to quit. But nicotine addiction is a real condition, and quitting is rarely just a matter of dedication and willpower. If you're thinking about quitting, now is a great time.

Join the Great American Smokeout: November 16, 2017

Every year, on the third Thursday of November, smokers across the nation take part in the American Cancer Society Great American Smokeout. They may use the date to make a plan to quit, or they may plan in advance and quit smoking that day. The Great American Smokeout event challenges people to stop using tobacco and shares tools to help quit.

History

The idea for the Great American Smokeout grew from a 1970 event in Randolph, Massachusetts, at which Arthur P. Mullaney asked people to give up cigarettes for a day and donate the money they would have spent on cigarettes to a high school scholarship fund. (In fact, many people who want to quit smoking take the money they would have spent on cigarettes and save it for a donation, large purchase, or vacation. Using this extra money for a dedicated purpose can keep you on the path to quitting!)

Then in 1974, Lynn R. Smith, editor of the *Monticello Times* in Minnesota, spearheaded the state's first D-Day, or Don't Smoke Day.

The idea caught on, and on November 18, 1976, the California Division of the American Cancer Society got nearly 1 million smokers to quit for the day. That California event marked the first Smokeout, and the Society took it nationwide in 1977.

Each year, the Great American Smokeout event draws attention to preventing the deaths and chronic diseases caused by smoking. From 1965 to today, cigarette

smoking among adults in the U.S. decreased from 42% to about 17%. Strong smoke-free policies, media campaigns, and increases in the prices of tobacco products are at least partly credited for these decreases.

Still, today about 1 in 5 U.S. adults smoke cigarettes. Excluding secondhand smoke, smoking is estimated to cause 32% of all cancer deaths in the U.S., including 83% of lung cancer deaths in men and 76% of lung cancer deaths in women.

Participate

But it's hard to quit smoking. Research shows that smokers are most successful in kicking the habit when they have support, such as:

- Telephone smoking-cessation hotlines
- Stop-smoking groups
- Online quit groups
- Counseling
- Nicotine replacement products
- Prescription medicine to lessen cravings
- Guide books
- Encouragement and support from friends and family members

If you've been thinking about quitting, the Great American Smokeout is kind of like a New Year's Resolution for quitting smoking. It's a great date to start your new life as a non-smoker. But it's important to plan ahead; use one or (preferably) more of these tips to make a plan for that day. Talk to your doctor, find a support group, and let your family know their support will be invaluable.

Adapted from www.cancer.org



Quitting Resources

Once you decide it's time to quit, make use of resources available to you. Many sources are particularly valuable when it comes to making a plan and getting support from others. Here are a few:

Smokefree.gov offers a whole range of smoking cessation help, from planning to quit to staying quit for the long term. It is also associated with a several smartphone apps that can support you on a day-to-day basis. www.smokefree.gov

The American Cancer Society addresses both cigarette and other tobacco use. It offers assistance to smokers and their family and friends. You can put together your own smoking-cessation program, or help teach kids about the dangers of tobacco. www.cancer.org

The Centers for Disease Control offers an index of resources for quitting smoking, including foreign language materials, tips for women, and the FDA guide to smoking cessation products, like patches and gum. www.cdc.gov

And of course, don't forget your healthcare professional! He or she can advise you on methods, write a prescription if necessary, and likely has information on quit-smoking groups and support in your area.

Benefits to Quitting

Quitting seems like an uphill battle, and in reality, it is. However, from day one of quitting there are benefits to your health—and your wallet!

It's never too late to quit using tobacco. The sooner you quit, the more you can reduce your chances of getting cancer and other diseases.

Within minutes of smoking your last cigarette, your body begins to recover:

- **20 minutes after quitting:** Your heart rate and blood pressure drop.
- **12 hours after quitting:** The CO level in your blood drops to normal.
- **2 weeks to 3 months after quitting:** Your circulation improves and your lung function increases.
- **1 to 9 months after quitting:** Coughing and shortness of breath decrease. Tiny hair-like structures that move mucus out of the lungs (called cilia) start to regain normal function in your lungs, increasing their ability to handle mucus, clean the lungs, and reduce the risk of infection.
- **1 year after quitting:** The excess risk of coronary heart disease is half that of someone who still smokes. Your heart attack risk drops dramatically.
- **5 years after quitting:** Your risk of cancers of the mouth, throat, esophagus, and bladder is cut in half. Cervical cancer risk falls to that of a non-smoker. Your stroke risk can fall to that of a non-smoker after 2 to 5 years.
- **10 years after quitting:** Your risk of dying from lung cancer is about half that of a person who is still smoking. Your risk of cancer of the larynx (voice box) and pancreas decreases.
- **15 years after quitting:** Your risk of coronary heart disease is that of a non-smoker.

Are there benefits of quitting that I'll notice right away?

Kicking the tobacco habit offers some rewards that you'll notice right away and some that will show up over time.

- Food tastes better.
- Your sense of smell returns to normal.
- Your breath, hair, and clothes smell better.
- Your teeth and fingernails stop yellowing.
- Ordinary activities leave you less out of breath (for example, climbing stairs or light housework).
- You can be in smoke-free buildings without having to go outside to smoke.

Quitting also helps stop the damaging effects of tobacco on how you look, including premature wrinkling of your skin, gum disease, and tooth loss.

And if all that doesn't convince you, the average smoker would save about \$2,300 per year by quitting! That's \$11,500 over the next 5 years—enough to pay off debt, contribute towards college tuition or retirement, or take some amazing vacations!

Adapted from www.cancer.org



Recipe of the Month:

Brussels Sprouts with Cornbread Croutons

Brussels sprouts, packed with Vitamins A and C, as well as a good amount of iron, make a delicious, as well as nutritious, vegetable side dishes to add to your Thanksgiving table. A good rule of thumb when cooking Brussels sprouts: if it smells too strong, you've cooked it too long.

Ingredients

2 pounds Brussels sprouts, trimmed and halved
 1-1/2 tablespoons olive oil
 1 teaspoon kosher salt
 1/4 teaspoon black pepper
 2 cups cubed day-old cornbread (1/2-inch cubes)
 1/4 cup salted butter
 1 shallot, minced
 1 tablespoon fresh thyme leaves

Instructions

Preheat oven to 425°F. Toss together first 4 ingredients in a large bowl; divide evenly between 2 rimmed baking sheets. Bake in preheated oven until golden brown, about 20 minutes. Reduce oven heat to 350°F.

Spread cornbread cubes evenly on a baking sheet; bake at 350°F until browned and crispy, about 15 minutes.

Cook butter, stirring constantly, in a medium skillet over medium until foaming. Add shallot and thyme; cook, stirring for 1 minute. Drizzle butter mixture over toasted cornbread. Arrange Brussels sprouts in a serving dish; top with cornbread mixture.

Nutrition per serving (makes 8, 3/4 c. servings):

Calories: 116; Calories from Fat: 79; Fat: 8.9 g;
 Saturated Fat: 4.1 g; Cholesterol: 15.2 mg;
 Sodium: 365 mg; Carbohydrates: 8.6 g; Fiber: 3 g;
 Sugar: 2 g; Protein: 3 g;

Adapted from www.southernliving.com