



live well, work well

November 2011

Brought to you by: Holmes Murphy & Associates

The Time is Now: Quit Smoking for Good!

Lung cancer is the leading cause of cancer death in the United States, and represents one in every three cancer deaths, according to the Lung Cancer Alliance. November is Lung Cancer Awareness Month, making it a perfect time to shine a spotlight on the risk factor that causes about 87 percent of lung cancer cases: smoking cigarettes.

After you quit smoking, your body experiences positive changes within hours. Body function improves and health risks continue to decrease for several years. Ten years after quitting, your risk of dying from lung cancer is half that of a current smoker.

If the medical reasons aren't enough motivation to quit, think of all the money you'll save. A pack-a-day smoker could save over \$200 a month – imagine all the ways you could spend that money.

And don't forget to consider your loved ones. If you smoke in your home or car, you are endangering your family, friends and pets. Secondhand smoke can cause a variety of health conditions and diseases, and causes thousands of deaths each year in nonsmokers.

Ready to quit? Nov. 17 is the Great American Smokeout, a day when smokers around the country quit



smoking together. This year, take the steps you need to stop smoking for good!

Start planning now. Mark the date on your calendar and tell family and friends of your plan to make sure you follow through. Tell your doctor about your plan to quit and consider using a prescription quit aid.

Prepare for the challenges you will face after quitting. You may need to change your routine or activities to avoid situations that worsen your cravings. Make a list of times you may feel tempted to smoke, and come up with coping methods. For instance, you may want to keep gum or healthy snacks handy to occupy your mouth.

For additional advice and support, visit www.cancer.org/Healthy/StayAwayfromTobacco/GuidetoQuittingSmoking/index.

Banish Back Pain

Feeling pain or soreness in your back? These tips can help you reduce your pain and prevent it in the future:

- When lifting, bend your knees, not your waist.
- Invest in a good mattress – it can make a world of difference in your pain level and your sleep quality.
- Sit up straight! Good posture reduces the strain on your back.
- Strive to reduce your stress level. Stress can increase tension in your body and cause back pain.
- Always warm up before doing a physical activity.

DID YOU KNOW?

Improving your physical fitness is one of the best things to do for a sore back. Maintaining a healthy weight, improving flexibility and strengthening back, abdominal and leg muscles can help reduce and prevent back pain. Exercising may be difficult with back pain, so ask your doctor what type of exercises and stretches would be best for you.





Eating Out? You Can Still Eat Healthy

Hectic schedules mean that convenience often trumps nutrition when it comes to meals. But if you choose wisely, eating out doesn't have to bust your diet. Whether you're grabbing fast food or sitting down at a restaurant, remember these tips:

- Choose water to drink instead of soda, juice or alcohol.
- Order your food without dressing or sauces, such as mayo, cheese and sour cream. Or, ask for the dressing on the side and use just a little.
- Watch out for words like deep-fried, pan-fried, batter-dipped, breaded, creamy, crispy and au gratin – these dishes tend to have more calories.
- Choose leaner meats, such as chicken or turkey instead of beef. Substitute a side salad for fries, or ask for vegetables instead of potatoes. Opt for whole wheat for bread or pasta.



- Split a dinner portion with someone or ask the server to wrap up half of your meal right away – so you aren't tempted to consume the giant portion served to you.
- Don't add salt – restaurant food tends to already be high in sodium, especially fast food.

Is Your Family Protected?



It's not pleasant to think about, but if you died unexpectedly, could your family cope financially without your income? Life insurance protects your loved ones in the event of your untimely death, but many people don't realize its true value. Ask yourself:

- Are you the primary household income?
- Do you have a mortgage, college loans or other debt?
- How would your family support themselves if you died?
- Could you (or your family) afford tens of thousands of dollars in medical bills and/or funeral costs?
- Who would have the burden of paying any debt or other financial responsibilities that you leave behind?
- If you do have a policy, does it pay out enough to cover all of these financial responsibilities for your loved ones?

Whether you are young and single, middle-aged with a family or nearing retirement, having adequate life insurance is vital. Speak with a financial adviser about your needs and coverage options. You may think you can't afford another monthly premium, but can your family afford it if you don't?

Vinaigrette Salad Dressing

Salad is a healthy choice, but most dressings are loaded with calories – try this delicious dressing as a light alternative.

- 1 bulb garlic, separated and peeled
- ½ cup water
- 1 tbsp. red wine vinegar
- ¼ tsp. honey
- 1 tbsp. virgin olive oil
- ¼ tsp. black pepper

Place the garlic cloves in a small saucepan and pour water to cover them. Bring water to a boil, then reduce heat and simmer until garlic is tender (about 15 minutes). Reduce the liquid to two tablespoons and increase the heat for three minutes. Pour the contents into a small sieve over a bowl, and with a wooden spoon mash the garlic through the sieve into the bowl. Whisk the vinegar into the garlic mixture; incorporate the oil, honey and pepper. Yields 4 servings at 33 calories per serving.

Source: *National Heart, Lung & Blood Institute*



Smoking: Think About Quitting

Part One

Decide for sure that you want to quit smoking. Promise yourself that you'll do it. It's okay to have mixed feelings; don't let that stop you. Every day there will be times you won't feel like quitting, but you have to stick with it anyway. Find reasons to quit that are important to you.

Think of more than just the health benefits, such as:

- How much money you'll save by not buying cigarettes.
- The time you'll have for yourself instead of taking cigarette breaks, rushing out to buy a pack or searching for a light.
- Not being short of breath or coughing as much.
- Setting a better example for your children.
- Write down all the reasons why you want to quit. Keep your list where you'll see it often, such as where you keep your cigarettes, in your wallet or purse, in the kitchen or your car. When reaching for a cigarette, you will see your list and it can remind you why you want to stop.

What You're Really Smoking

Your body gets more than nicotine when you smoke. There are more than 4,000 chemicals in cigarette smoke. Some of the same chemicals are also in wood varnish, insect poison, arsenic, nail polish remover and rat poison. The ashes, tar, gases and other poisons in cigarettes harm your body over time, damaging your heart and lungs. They also make it harder for you to taste, smell and fight infection.

Reasons for Quitting

You will:

- Feel healthier.
- Have more energy, improved focus, increased sense of smell and taste – not to mention whiter teeth, fresher breath, easier breathing and less coughing.
- Lower your risk for cancer, heart attacks, strokes, early death, cataracts and skin wrinkling.
- Make your partner, friends, family, kids, grandchildren, co-workers and yourself proud.
- Save money, and have more of it to spend.
- Not have to worry about when you'll be having your

next cigarette, or what to do if you are going to a place where smoking is not allowed.

Impact on Others

Secondhand smoke can cause cancer, breathing problems and heart disease in non-smokers:

- People exposed to secondhand smoke get colds and the flu more easily, and they often die younger.
- Pregnant women who smoke or are exposed to secondhand smoke are also at risk for tragedies such as losing their baby, low birth weight, an increased risk for SIDS, and having kids that are cranky, restless, often sick and/or are more likely to have learning disabilities. However, quitting can help you have a healthy baby. While it will be beneficial to quit at any time during a pregnancy, the best to quit is before getting pregnant.



- Children exposed to secondhand smoke can experience complications as well. They are much more likely to have breathing problems like asthma, or ear and lung infections, like pneumonia.

Why Quitting is so Hard

Many ex-smokers say quitting was the hardest thing they ever did. Your addiction to nicotine, a substance found in all tobacco products, is why it's so hard to stop smoking. Nicotine makes you feel calm, satisfied, alert and focused. However, the more nicotine you take in, the more you'll need in order to keep getting the same effects, and soon you won't even feel normal without it in your system.

It takes time to recover from nicotine addiction. It is not uncommon for people to make several attempts before they can quit for good. Quitting is also difficult because smoking is such a part of your life and daily routine. The simple actions of holding a cigarette, inhaling, puffing and blowing it out are all part of the addictive behavior. This is especially true when you are feeling stressed, bored, upset or angry. After years of smoking every day, it's likely become so habitual that you may light up without even thinking about it anymore.

Triggers While Quitting

You may feel uncomfortable not smoking during specific times or at places where you usually have a cigarette; these are

called triggers. These situations can turn on your cigarette cravings. For example:

- Feeling stressed or down
- Talking on the phone
- Drinking alcohol
- Watching TV
- Driving
- Finishing a meal
- Playing cards
- Taking a break
- Spending time around other smokers
- Drinking coffee
- Witnessing someone else smoke
- Cooling off after a fight or winding down after sex

Breaking these habits is the hardest part of quitting for most smokers. Knowing what your triggers are is important so you can meet them head-on. Stay away from the things that tempt you. Also, be prepared to fight those urges when they attack:

- Stay away from places that are not smoke-free. If you are somewhere smoking is allowed, sit in non-smoking sections.
- Keep your hands busy by holding a pencil or paper clip. Doodle or write letters, or carry a water bottle.
- Stay away from others who smoke. Spend time with non-smoking friends.
- Keep something else in your mouth such as gum or a carrot or celery stick. Keep your mouth and hands occupied with toothpicks or

straws.

- Drink less, or stay completely away from alcohol. Drinking makes many people want to smoke. Stick to juice, soda or ice water.
- Remember: The urge to smoke will come and go. Cravings usually only last for a brief time.
- Consider when you smoke and why you smoke.
- Keep a record of each cigarette you smoke for the next few weeks to help identify your triggers. You may find that you light up a lot without even thinking about it, and you'll learn which cigarette breaks are your favorites. This information can help you prepare to fight your future smoking urges.

Did You Know...?

Over 18 percent of American deaths every year are from diseases due to smoking.