



live well, work well

February 2013

Smoking and Your Health

Quit for good this time

The Scary Truth

According to the American Lung Association (ALA), smoking kills an estimated 443,000 people each year, and the ALA predicts that number will continue to rise. Smoking alone is more lethal than AIDS, automobile accidents, homicides, suicides, drug overdoses and fires combined.

You Can Quit

Quitting smoking is said to be one of the most difficult things a person can undertake. However, with some thoughtful planning and a strong will, you can quit. There are several smoking-cessation tools and techniques available to help you quit smoking:

- Nicotine replacement therapy
- Scheduled reduction
- Quitting "cold turkey"
- Hypnosis and acupuncture
- Prescription drugs

If you want to quit smoking for good, here are some suggestions to help you succeed:

- Make the decision to quit and stick to it!
- Choose a start date and method.
- Plan for cravings during withdrawal periods and determine your coping method(s).
- Commit to long-term use of the methods mentioned above to ensure that you will succeed.

Benefits of Quitting

Quitting smoking has many short and long-term health benefits:

After 20 minutes - Blood pressure, pulse rate and body temperature return to normal.

After 8 hours - The body starts to heal itself – the carbon monoxide level in your blood drops to normal and your oxygen level increases to normal.

After 24 hours - Your chance of heart attack decreases.

After 48 hours - Nerve endings begin to regenerate and your sense of taste and smell improve.

After 72 hours - Bronchial tubes relax, lung capacity increases, and breathing becomes easier.

After 2 weeks to 3 months - Your circulation improves, physical activity becomes easier and lung function increases up to 30 percent.

After 1 to 9 months - Coughing, sinus congestion, fatigue and shortness of breath decrease while your body's overall energy level increases.

After 5 years - Your chance of dying from lung cancer decreases by almost 50 percent.

Smoking Cessation Resources

Now available under the Walworth County Health Plan - Smoking cessation office visits, counseling fees, and prescription smoking cessation drugs (prescriptions are covered for up to 180 days). For additional details about covered benefits, contact Employee Benefits at 262.741.4949

Support Linc, Walworth County's Employee Assistance Program, also offers free smoking cessation resources including articles, referrals, and counseling services. These resources are available to all Walworth County employees and members of their immediate household. To access Support Linc call 888-881-LINC (5462) OR log on to www.support-linc.com. *For website log in information, contact Employee Benefits at 262.741.4949

Did you know...?

Staying smoke-free is the most difficult part of the quitting process. You may experience cravings for months, even years, after you quit. Commit to long-term methods that will help you through your cravings. Don't let all your hard work go to waste.



Feb. 14 is National Donor Day

Donating isn't just for the wealthy—almost anyone can donate organs, tissue, marrow, platelets, blood and plasma, and it doesn't cost a thing.

For National Donor Day this year, set up a blood drive or bone marrow registry drive in your community, or register as an organ, tissue or marrow donor.

While the number of blood transfusions increases by 9 percent each year, only 5 percent of eligible donors donate blood. Since blood cannot be manufactured, the only way to gain blood for transfusions is through blood donation. Your blood donation will save lives.

DID YOU KNOW...

Eighteen people will die each day waiting for an organ.

While many organs can only be donated by deceased donors, others can come from living donors as well.

Staying Hydrated in the Winter Months

While staying hydrated is important year-round, it's especially difficult in the winter months. Cold weather can make your skin dry and flaky, and can make drinking water seem like a chore. Follow these tips for staying hydrated this winter:

- Make your water taste better - Try infusing it with fresh fruit (lemon slices, berries, cucumber slices, etc.) and keeping a full pitcher handy in the fridge.
- Eat plenty of fruits and veggies - Apples are made up of about 84 percent water, while tomatoes are 94 percent water.
- Mix up cold, hot and room temperature drinks - Try having a cup of hot tea in the morning, drinking ice water with meals and placing a water bottle next to your bed for middle-of-the-night cravings.
- Take water with you - It is easy to stop at a soda machine when you're out and about, but taking water bottles with you (in your purse, car, etc.) may help you avoid giving in to sugary drinks.



Be Frugal – Do It Yourself

There's more to thrift than just shopping sales. If you save 50 cents on a bag of potatoes, but then spend \$20 getting fast food because you don't make time to cook, you're not getting ahead. Increase your independence and save money in the long run. Learn how to do the following things:

- Garden - Grow your own fruits and veggies. Go all-out and grow squash, potatoes, tomatoes and more, or start small by cultivating your own fresh herbs.
- Cook and bake - Stop wasting your money on eating out. Plan your meals at the beginning of the week, get groceries and stick to your plan. Pick up a few cookbooks at the library—whether you're looking for quick meals, healthy snacks or sumptuous desserts, there's a cookbook to meet your needs.
- Can and preserve - Buy produce in bulk when it's in season or on sale, or grow your own. Can or preserve it for later in the year when produce costs skyrocket.
- Sew, knit or crochet - Hiring a seamstress for alterations can be expensive. Giving up on your favorite pair of jeans because the button falls off is just unnecessary, and even the simplest curtains can be costly. Sewing, knitting and crocheting are excellent ways to get exactly what you're looking for without spending a lot of money.
- Household repairs - While some things are best left to professionals, others can be done by pretty much anyone—learn to unclog drains, re-caulk showers and fix squeaky doors and you'll save yourself a big chunk of change.

Quinoa & Black Bean Salad

Quinoa is a grain that provides all nine essential amino acids, making it a complete protein. It is cholesterol- and gluten-free as well. This quinoa and black bean salad is a healthy lunch option.

½ c. dry quinoa
 1 ½ c. water
 1 ½ tbsp. olive oil
 3 tbsp. lime juice
 ¼ tsp. cumin
 ¼ tsp. ground coriander
 2 tbsp. cilantro, chopped
 2 medium scallions, minced
 1 can (15 oz.) black beans, rinsed and drained
 2 c. tomato, chopped
 2 medium bell peppers (1 red, 1 green), chopped
 2 fresh green chilis (or to taste), minced
 Black pepper (to taste)

Rinse quinoa in cold water. Boil water in saucepan, add quinoa. Return to boil. Simmer until water is absorbed, 10 to 15 minutes. Cool 15 minutes. Meanwhile, mix olive oil, lime juice, cumin, coriander, chopped cilantro and scallions in small bowl. Set aside. Combine chopped vegetables with black beans in large bowl. Set aside. Once quinoa has cooled, combine all ingredients and mix well. Cover and refrigerate until serving.

Yield: 6 servings. Each serving provides 208 calories, 5g total fat, 1g saturated fat, 0mg cholesterol, 284mg sodium, 7g total fiber, 9g protein, 34g carbohydrates and 619mg potassium.

Source: www.nhlbi.nih.gov