

Mission In Motion

Health & Wellness Monthly Newsletter
October 2012—Healthy Lungs



**SUPPORTING THE
FIGHTERS,
ADMIRING THE
SURVIVORS,
HONORING THE
TAKEN,
AND NEVER, EVER GIVING UP
HOPE.**



this issue

- Say Goodbye to Smoking P. 1
- Tips and Tricks P. 1
- 4000 Reasons to Quit Smoking P. 2
- 5 Tips for Healthy Lungs P. 2
- Smoking Cessation & Resources P. 3
- Not Just Blowing Smoke P. 4
- Upcoming Events P. 4
- Recipe P. 4
- Word Scramble P. 4

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

You can be smoke-free and stay that way. These tips are intended as general information only. Please consult your doctor for specific medical advice.

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Tips and Tricks...

Aerobic Exercise. Walking, running, cycling, swimming, dancing and similar exercise—in or out of a gym—help your lungs and heart work at full capacity. Aerobic exercise, also called cardiovascular exercise, improves your body's oxygen consumption and is great for your lungs.

Do something you enjoy. You won't stick with it if you're bored. Vary your activities to keep things interesting.

4,000 Reasons to Quit Smoking

Did you know there are more than 4,000 individual chemicals that have been identified in tobacco and tobacco smoke? Among those are more than 60 chemicals that are known carcinogens (cancer-causing agents). Smoking is responsible for nearly one in five deaths in the United States.* Because cigarette smoking and tobacco use are acquired behaviors—activities that individuals choose to do—smoking is the most preventable cause of premature death in our society.

Pull out all the stops

Quitting smoking has major and immediate health benefits for people of all ages. Former smokers live longer than continuing smokers and quitting decreases the risk of lung cancer, other cancers, heart attack, stroke and chronic lung disease. If you are looking for ways to start a smoking cessation program, help is available from the Personal Health Manager tools and resources found at Blue Access® for Members. Go to www.bcbstx.com then log in to Blue Access for Members and look for the Personal Health Manager icon to get started.

You can get individual, online support with *Ask A Life Coach* and receive timely feedback to your e-mailed questions about smoking. Tracking your progress is also important in staying

focused on your goals. *My Charts* and *Wellness Tools*, found under the Personal Health Manager menu tab can help you gain more control and awareness about your smoking cessation plan.

There are many good reasons to quit smoking. And that's a good reason to visit Blue Access for Members today to take the first positive step toward quitting.

Who Smokes?

According to the Centers for Disease Control and Prevention (CDC), 44.5 million U.S. adults were current smokers in 2004 (the most recent year for which numbers are available). Of those who smoke, 23.4 percent are men and 18.5 percent are women, which equates to one out of five people. The number of people who smoke according to race/ethnicity include:

Caucasians	22.2%
African Americans	20.2%
Hispanics	15.0%
American Indians/Alaska Natives	33.4%
Asian Americans	11.3%

*Source: The American Cancer Society

5 Tips for Healthy Lungs

Here are five key steps you can take this year and beyond to help you get the most from each breath:

1. **Quit smoking and avoid second-hand smoke.** If you smoke, it's essential to kick the habit once and for all. Half of all adult smokers will die from a lung-related illness. The sooner you quit, the better your odds of reducing your risk of suffering from COPD, emphysema, and other lung conditions. People who don't smoke but breathe in other people's smoke can also be at an increased risk for lung damage. So avoid places where smokers congregate and if a family member smokes, encourage him to stop.
2. **Control your asthma.** If asthma is left untreated, it can eventually damage your lungs. By taking your control medications as directed, you can manage your symptoms and take steps to head off an impending attack. This is essential to ensure the best quality of life and also reduce your risk of suffering a life-threatening asthma attack.
3. **Avoid illness.** For people with respiratory ailments, even a simple cold or flu can lead to complications. The best way to avoid illness is to wash your hands often, avoid large crowds during flu season, and get a flu shot. If you're 65 or older, you may also need a pneumonia vaccine.
4. **Exercise.** Participating in regular exercise can be good for your health. It reduces obesity, keeps your heart strong, and prevents your lungs from working too hard.
5. **Check the air.** If you have asthma or other health problems, check the levels of air pollution and other allergens before heading outside. On days when particle pollution and ozone levels are high, or mold spores and pollen are out in full force, stay indoors as much as possible. Even people without respiratory ailments may find that polluted air compromises their lung function and can lead to asthma or other long-term damage.

Sources:

American Association for Respiratory Care (AARC), American Lung Association (ALA), Cleveland Clinic, The Year of the Lung Campaign

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-2345
- ◆ American Heart Association 1-800-AHA-USA1
- ◆ American Lung Association 1-800-LUNG-USA
- ◆ The Smoking Quitline/National Cancer Institute 1-877-44U-QUIT

Find additional information about smoking cessation by visiting Blue Access® for Members at www.bcbstx.com.

* American Cancer Society

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Not just blowing smoke ...

Chemicals in second-hand smoke can be harmful in many ways.

Where 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





October is Breast Cancer Awareness Month!

Join us on October 18, 2012 as we stand together to support the fighters, admire the survivors, honor the taken and never give up hope.

Date: October 18, 2012

Time: 11:30am to 1:00pm

Speaker: To be announced

Location: Shary Golf Course

4th Annual Mission Pink Walk/Run for Breast Cancer Awareness by Mission Regional Medical Center

Saturday, October 6, 2012 registration begins at 6:30am at Mission Regional Medical Center. Register online at www.MISSIONPINK.org

Call 956-323-1150 for more information!

Upcoming Monthly Health Wellness Seminars::

October 2012—Breast Cancer Awareness

November 2012—Diabetes

December 2012—Alcohol/Drug Abuse

(All topics subject to change)

*If you have a subject or topic that you would like more information on, feel free to make your requests at 956-580-8630.

2012 Annual Health Fair

Free Flu Shots, Lab/Blood Tests, Cholesterol, Blood Pressure exams, etc.

You don't want to miss it!
Details coming soon!

Wellness Scramble

Unscramble the letters of these words. Look for the answer next month.

ska orf lphe fi ouy eedn ti

August Answer:

Embrace healthy changes

Mission In Motion

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

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