

Thrive

FALL 2015

[with COPD/Asthma]



Banishing the S-Word

Tips from successful quitters for kicking your smoking habit

Your family demands your attention. Work worries keep you awake all night. So to deal with the stress, you light up a cigarette.

You probably already know that this behavior can rob you of quality of life, leave you vulnerable to serious illness and contribute to high blood pressure. But a few changes can lead to a healthier lifestyle. Here is a reminder about why to quit smoking—and how to do it.

Nineteen percent of adults smoke regularly, down from

29.5 percent in 1990, according to America's Health Rankings. That's the good news.

But in 2014, then-acting U.S. Surgeon General Boris Lushniak, MD, warned that today's smokers were at greater risk of developing lung cancer than were smokers 50 years ago. He attributed the increased risk to changes in the way cigarettes are made and the chemicals they contain.

Every year, more than 392,000 Americans die from tobacco-caused disease, including **continued on next page**

continued from page 1

lung cancer and chronic obstructive pulmonary disease (COPD), making tobacco use the leading cause of preventable death, according to the American Lung Association.

These tried-and-true tricks of successful quitters may help break your tobacco habit:

Document your commitment. List reasons for wanting to quit, and pick a quit date. Two weeks in the future gives you time to prepare.

Talk to your doctor or pharmacist. Tobacco-cessation products can help you reach your goal.

Eliminate temptations. Rid your house, car and workspace of tobacco products. Clean your house and clothes to remove lingering tobacco smells.

Visit your dentist. You won't want to stain those newly cleaned teeth.

Don't tough it out alone. Tell family and friends about your plan and invite them to smoke-free nights out.

Watch Our Lung Cancer Video

It takes just a minute to learn how to start lowering your risk for lung cancer today. Watch a video from Parrish Medical Center at parrishthrive.com/quitting-reduces-your-risks.



Is Your Kitchen Tempting You?

We all know how we're supposed to eat, but if temptation has been winning the battle against willpower, a change of scenery might help you make smarter food choices.

"Most people are unaware of the nearly 200 decisions they make about food every day," says behavioral scientist Brian Wansink, the author of *Slim by Design: Mindless Eating Solutions for Everyday Life*.

"There are 25 to 30 before we even finish breakfast—not just whether we want Froot Loops or Rice Krispies, but how much we pour in the bowl, how much milk we use and whether we have seconds."

Wansink believes that adapting your environment to support your health goals is more effective than relying on willpower. The natural place to start is in your kitchen.

Set a bowl of fruit on the countertop. Keep unhealthy foods out of sight at the back of the cupboard. Use smaller plates and glasses and don't set serving dishes of food on the table.

Wansink's research team learned that people in a clutter-filled kitchen eat about 44 percent more snacks than people in a clutter-free kitchen. The same snacks were sitting out in both situations.

"There's something about a messy, out-of-control environment that primes us for messy, out-of-control behavior," he says.

Better Breathing

FREE EVENT: Find out what you can do to breathe easier at home.

Tuesday, Oct. 13, 10–11:30 a.m.

parrishthrive.com/events



HealthBridge is a free portal for customized healthcare information you can access anytime, anywhere.

Heart University

Does your heart health make the grade? Start with 100, adding or subtracting points as you check each true statement, then total the numbers to see how your heart scores.



I have a family history of heart disease. (-5)

You can't change your parents, but if you know you have an elevated risk for heart disease, you can pay closer attention to those things you can change.

I get my blood pressure checked at least every two years and my cholesterol tested at least every four to six years. (+10)

Without these important tests, you won't know whether you have two risk factors for heart disease: high blood pressure or high cholesterol.

I smoke. (-20) If you smoke, your heart disease risk is two to four times that of a nonsmoker.

I fill half my plate with fruits and vegetables. (+10)

Following a nutritious diet will help you manage your weight, cholesterol and blood pressure.

I have high cholesterol. (-10) With higher cholesterol numbers comes higher heart disease risk. Total cholesterol should be less than 180 mg/dL.

I have high blood pressure. (-15) High blood pressure, which makes the heart work harder, is a serious risk factor. Blood pressure should be 120/80 mmHg or lower.

I exercise for at least 150 minutes each week. (+10)

Regular exercise—even just walking—is key to keeping the heart healthy. Exercise is also a great tool for relieving stress and lowering blood pressure.

I consume more than one (for women) or two (for men) alcoholic drinks per day. (-5)

Higher levels of alcohol consumption can raise blood pressure, which affects heart disease risk.

I'm overweight or obese. (-10, overweight; -20, obese)

If you're carrying excess weight, your risk for high blood pressure, high cholesterol and diabetes increases. Losing just 10 percent of your current weight can make a difference.

I have diabetes. (-15 if well-controlled; -25 if not)

If you have diabetes, your risk for heart disease or stroke is two to four times higher than for adults who don't have diabetes. And the risk increases even further when blood sugar levels are not well controlled.

Your Grade

90 or higher: A. You're doing a good job of keeping risk factors at bay and managing your health. Keep it up!

80–89: B. You're managing your risk factors, but there's room for improvement.

70–79: C. You're getting by, but you're letting a few things slip. It's time to take a closer look at your risk factors and make some changes.

60–69: D. You're in dangerous territory. It's time to rethink several of your lifestyle habits.

59 and below: You're running a high risk for heart disease. Talk to your doctor today about your heart-health concerns.

Create Your Action Plan Today

If you have COPD or asthma, you know it's a chronic condition that requires ongoing management. Establishing an action plan is part of smart, healthy living, giving you and your loved ones steps to take to head off or relieve your symptoms.

The benefits of an action plan are especially clear when symptoms worsen. It contains details on your maintenance and rescue medications, oxygen needs and lifestyle factors. A plan helps you keep track of your

medications and make sure refills are ordered on time. And it's a way to communicate with emergency personnel so they can choose the best course of treatment for you.

Go to parrishthrive.com/actionplan to download a form, and then talk to your doctor about completing your personalized plan.



Thrive is published as a service to friends and neighbors by Parrish Medical Center, 951 N. Washington Ave., Titusville, FL 32796. Material in *Thrive* is obtained from a wide range of medical scientists and healthcare authorities. If you have any concerns about specific items that appear in *Thrive*, consult your personal physician about their effects on your health. © 2015 MANIFEST LLC

Join HealthBridge

Sign up to receive regular tips for living well, details on upcoming events and classes, and more! Go to parrishthrive.com/healthbridge to get started.

Parrish Medical Center
951 N. Washington Ave.
Titusville, FL 32796

NON-PROFIT ORG.
US POSTAGE
PAID
PMC

Thrive

Light in Body, Light in Mind

Health educator Tanya Abreu wasn't always the picture of health. In fact, the author of *The Feeling Factor: Lesser Known Risk Factors for Cardiovascular Disease* once weighed 320 pounds. She knows the challenges people face, but she also knows the rewards of achieving good health—and how to get there.

"The difference between a long life and a short one is this simple: feeling heavy or feeling light," she says.

She offers these tips.

Stress less. "Cortisol, which is a stress hormone, makes your body hold on to fat," Abreu notes. "Reducing stress helps you lose weight."

Laugh more. Watch a funny movie or spend time with friends. Whatever makes you giggle can help reduce cortisol levels and make you feel happier—and lighter. (Plus, a good belly laugh works those abs!)

Choose light foods. Try guacamole rather than sour cream dip and whole-wheat pasta with roasted garlic marinara ragu instead of Alfredo sauce.

Start walking, dancing or biking. These easy exercises can make you lighter for life.

