



# For YOUR Health

A Health Promotions Newsletter

Volume 4, Issue 11

November 2011

## TOBACCO CESSATION Kickin' the Habit

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### The Great American Smoke Out



November 17th marks the 36th anniversary of the "Great American Smokeout" campaign. The Health Promotion Department is encouraging smokers to use this date to make a plan to quit or plan in advance to quit smoking that day.

Did you know that by quitting smoking you can increase your

life expectancy?

Smokers who quit at age 35 gain an average of eight years of life expectancy; those who quit at age 55 gain about five years; and even long term smokers who quit at 65 gain three years.

Do you want to QUIT?

Have you been thinking about it for a while?

That time is now!

Let us help you become tobacco free! If you need help developing a plan to quit by November 17th call us now at DSN 629-6445 to start your journey to a healthy new life!!

### Why Is It So Hard to Quit?

**QUIT TOBACCO.**  
make everyone proud  
[www.ucanquit2.org](http://www.ucanquit2.org)

Smokers know about the ill effects of tobacco on the body. One risk that is not widely known is the risk of developing Chronic Obstructive Pulmonary Disease or COPD. COPD is a disease caused by smoking that damages the lungs' ability to take in oxygen from the air you breathe, leaving the body starving for oxygen. This lack of oxygen to the body's vital organs significantly reduces a person's lifespan.

Smoking is also associated with increased cholesterol levels and peripheral vascular disease or PVD. PVD is a decrease in blood circulation to the extremities. It begins with the legs and moves up the body. And, don't forget the big "C" cancer. The list goes on and on. Yet, even with knowing all of the health risks associated with smoking, people still continue to smoke.

It's no secret that smoking is extremely difficult to quit. Heroin junkies state that it's easier to quit using heroin than it is to quit smoking. This is because smoking does not only involve a physical addiction to nicotine, it also involves a psychological addiction

and it becomes a habit. While nicotine is highly addictive, there are tools available to assist with the physical addiction, from nicotine replacement prod-

ucts to medications that decrease the craving for nicotine. In addition, there are tools to help with the psychological addiction. A careful and honest examination of what a pack of cigarettes signifies can help to identify the psychological aspects of smoking. Often, a pack of cigarettes becomes a friend to combat loneliness or boredom. Cigarettes become the tools to help cope with stressful situations. Identifying the triggers and obtaining healthier and more productive means of coping with those triggers can help a person begin to overcome the psychological addiction to cigarettes. Becoming a non-smoker involves changing from a lifestyle of bondage to a lifestyle of freedom.

The Health Promotions Department is more than happy to help you quit using tobacco. We would rather see you now in Health Promotions than later in an intensive care unit. We understand that it is difficult to quit tobacco, but it is worth the effort. An ounce of prevention is worth a pound of regret. We can help.



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Contact Health Promotions at  
DSN 629-6445/6315



**Ready to Quit Smoking?**

Contact Health Promotions today to get help! We have a plan that will work for you! Individual appointments are available at

US Naval Hospital.  
Call DSN 629 6445/6315 for more information



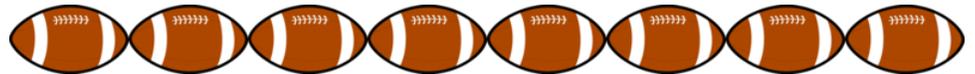
# The Cost of Tobacco



Ever wonder how much it costs to smoke/dip? Here are some numbers for you to chew on. Imagine what else you could spend your hard-earned money on besides tobacco.

Can/Packs a Day	Cost per Day	1 Month	1 Year	10 Years	20 Years
1	\$5.00	\$150	\$1,800	\$18,000	\$36,000
1 ½	\$7.50	\$225	\$2,700	\$27,000	\$54,000
2	\$10.00	\$300	\$3,600	\$36,000	\$72,000
3	\$15.00	\$450	\$5,400	\$54,000	\$108,000

\* actual costs may be higher



## Kick the Habit and this is what you will GAIN!

Within 20 minutes after you smoke that last cigarette, your body begins a series of changes that continue for years.

- ◆ **20 Minutes After Quitting**  
Your heart rate drops.
- ◆ **12 hours After Quitting**  
Carbon monoxide level in your blood drops to normal.
- ◆ **2 Weeks to 3 Months After Quitting**
  - Your heart attack risk begins to drop.
  - Your lung function begins to improve.
  - Many people notice an increase in mucus, but this is your lung's way of clearing out the bad stuff
- ◆ **1 to 9 Months After Quitting**  
-Your coughing and shortness of breath decrease.



- ◆ **1 Year After Quitting**  
Your added risk of coronary heart disease is half that of a smoker's.
- ◆ **5 Years After Quitting**  
Your stroke risk is reduced to that of a non-smoker's 5-15 years after quitting.
- ◆ **10 Years After Quitting**  
Your lung cancer death rate is about half that of a smoker's.  
Your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.
- ◆ **15 Years After Quitting**  
Your risk of coronary heart disease is back to that of a non-smoker.





## How can I Avoid WEIGHT GAIN When I Stop Tobacco?



Quitting tobacco doesn't mean you'll automatically gain weight. And even if do gain a couple of pounds, that's not as important as saving your life...and the lives of others.

When people gain weight, it's usually because they start to eat more once they quit smoking. If you watch what you eat and stay physically active, you may not gain at all.

- ◆ Try eating plenty of fruits & vegetables (at least 5 servings a day)
- ◆ Eat whole-grain cereals, pastas and bread
- ◆ Eat fat-free or low-fat snacks like pretzels
- ◆ Eat low-carb snacks like almonds
- ◆ Eat sugar-free hard candy or chew sugar-free gum



- ◆ Walking and other exercise releases stress and calms you
- ◆ Physical activity helps to control your appetite
- ◆ It burns calories and can help you lose weight
- ◆ If you already exercise on a regular basis, increase your exercise time by 15 minutes each day
- ◆ Increase your exercise intensity for at least 10 minutes during your work-out

### Good activities to help you

#### KEEP THE WEIGHT OFF:

- ◆ Do gardening or yard work
- ◆ Take the stairs instead of the escalators or elevators
- ◆ Park further from stores and work and WALK
- ◆ Learn a new DANCE
- ◆ Ride a bicycle
- ◆ Take a Zumba, step aerobics, kick-boxing or spin class at the **Fitness Forum**
- ◆ Join *Spouse Fit* or *Ship Shape* to learn about nutrition and physical fitness
- ◆ Sign up for the *Weight Management Class* in the Health Promotions Conference Room

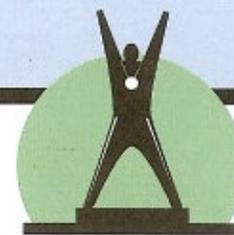


### Other Things To Do:

- ◆ Try relaxation techniques like deep breathing or meditation
- ◆ Think positive thought! *Feel proud of yourself for quitting*
- ◆ Write down why you quit and read it
- ◆ Go where there's no smoking, like stores, movies, churches or libraries
- ◆ Reward yourself for staying a non-tobacco user, but DON'T USE FOOD



## Wanna Quit? Check out these 4 methods



**Cold Turkey**—When you quit “Cold Turkey” you decide to quit smoking all together. This way can be difficult because you immediately stop the supply of nicotine that your body is used getting. You may notice significant withdrawal symptoms physically, mentally and emotionally.

**Tapering**—Tapering involves slowly cutting down the number of cigarettes you take in each day. This works well because you are able to help your body get used to having less nicotine very slowly. You will still notice craving and withdrawal symptoms because your body has become dependent on a certain amount of nicotine.

**Nicotine Patch**—The “Patch” is a popular option at USNH Naples. With this option, you are given a patch that sticks onto your body and delivers a steady amount of nicotine into your blood stream. Every 2-4 weeks your nicotine dose will be decreased until you no longer need the nicotine. Even though you are still receiving the nicotine, you are not being exposed to over 100 chemicals that are present in cigarette smoke.

**Chewing Alternatives**— addresses the issues of oral gratification, the ritual associated with pulling out a can, opening it, and placing a pinch between gum and cheek. Some have tried sunflower seeds, bubble gum, sugarless candy and non-tobacco mint chews, that come in the same packaging and have the look, feel and behavior of tobacco chews.

### Ready to Quit Smoking?

Contact Health Promotions today to get help! We have a plan that will work for you! Appointments are available individually at USNH or in Group Sessions at CAPO.

Call DSN 629 6445 for more information

## 5-DAY PLAN TO GET READY!

**Quit Day—5:** List all the reasons for quitting and tell your friends and family about your plan. Stop buying cartons of cigarettes

**Quit Day—4:** Pay attention to when and why you smoke. Think of new ways to relax or things to hold in your hand instead of a cigarette. Think of habits or routines you may want to change. Make a list to use when you quit.

**Quit Day—3:** Make a list of things you could do with the extra money you will save by not buying cigarettes. Think of who to reach out to when you need help, like a smoking support group or your Health Promotions staff.

**Quit Day—2:** Buy over-the-counter nicotine patches or nicotine gum, or get a prescription for the non-nicotine pill, bupropion SR. Clean your clothes to get rid of the smell of cigarettes smoke.

**Quit Day—1:** Think of a reward you will get yourself after you quit. Make an appointment with your dentist to have your teeth cleaned. At the end of the day, throw away all cigarettes and matches. Put away lighters and ashtrays.

**QUIT DAY:** Keep very busy! Change your routine when possible, and do things out of the ordinary that don't remind you of smoking. Remind family, friends, and coworkers that this is your quit day, and ask them to help and support you

**IT'S TIME TO QUIT**



**We can help you stop smoking**



# TEEN SMOKING

## Peer Pressure



While smoking has declined in most groups, it continues to rise among the teenage population. Teenagers begin smoking for a variety of reasons. Some of the reasons are: (1) peer pressure; (2) low self esteem; (3) wanting to be "cool"; (4) a desire to keep weight down; or (5) a parent or close relative smokes. According to research, teenagers get hooked easily, and it's hard for them to break the habit because they are under a lot of peer pressure to keep smoking. Therefore, it is important that teens learn to be confident and passionate about saying "no" to smoking.

Teach your teen what to say when someone tries to get them to smoke?

**They say:** I'll bet you've never tried a cigarette before!

**You say:** That's true... and I've never jumped in front of a moving car before either.

**They say:** You're just afraid to try it.

**You say:** You're right. Cancer DOES scare me!

**They say:** Hey, do you want a cigarette?

**You say:** No thanks, I don't smoke.

**They say:** You're afraid your parents will find out. Come on and try it, they'll never know.

**You say:** It's true they don't want me to smoke. It's also true that I don't want to smoke. And I know that they won't find out, because there won't be anything to find out about!

**They say:** If you were my friend, you'd smoke with me.

**You say:** I would like to be your friend, but what does smoking have to do with it?

**They say:** If you were my friend, you'd smoke with me.

**You say:** If you were MY friend, you wouldn't ask me to do something that could kill me.

**They say:** Just one cigarette won't hurt you!

**You say:** You're right. But it won't do me any good, either.

**what's the point of trying to look cool...  
IF YOU'RE DEAD!**

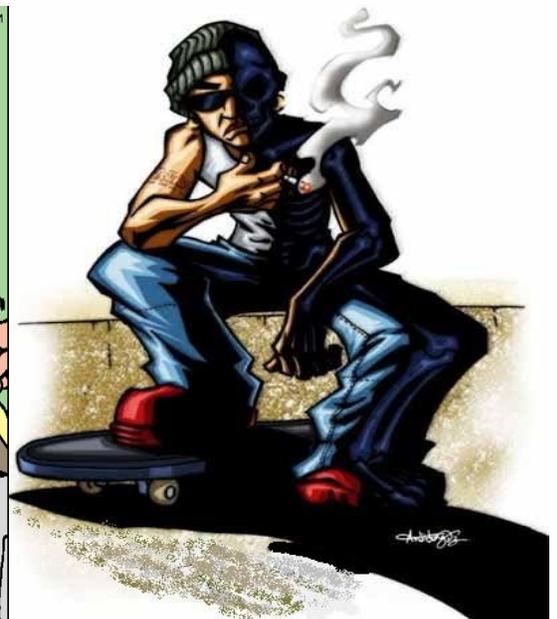
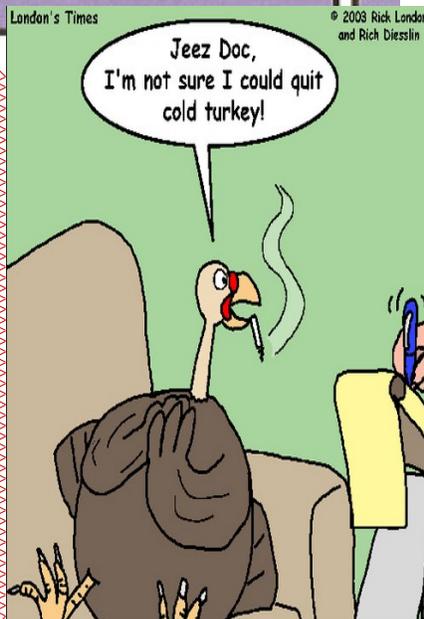
## Nurse Advice Line

Do you have a health related question?

Do you want or need medical assistance or advice?

Contact the  
TRICARE Nurse Advice Line

00800-4759-2330



Look for the  
Health Promotions staff on  
**Nov. 17, 2011**  
to participate in the  
**GREAT AMERICAN  
SMOKE OUT**

If you've been thinking about quitting, Thursday, Nov 17 is the day to change your life. Reinvent yourself with the help of the Health Promotions staff. Start by contacting Health Promotions at 629-6445/ 6315 to begin the plan.

Participation in the GASO will include:

- ◆ Information on how to deal with the **triggers** that keep you smoking
- ◆ Assistance with **nicotine dependence**
- ◆ **Free Quit Kit**, to help stay tobacco-free for the day
- ◆ **Free admission/T-shirt to the Turkey Trot** run on Saturday, Nov. 19, 2011
- ◆ Name included in the raffle for a **FREE TURKEY (donated by the Naples Commissary)**. Drawing to be held on Sat. Nov. 19, 2011 at the Turkey Trot Run; must be present win
- ◆ An invitation to attend the **Weight Management** training class held every 2 weeks in the Health Promotions Conference Room



Join the  
Great American Smokeout.  
17 November 2011

[www.ucanquit2.org](http://www.ucanquit2.org)



**QUIT TOBACCO.**  
make everyone proud



# Turkey Trot



**Date:** Saturday, Nov. 19, 2011      **Location:** Fitness Forum  
**Time:** Registration 0900 -1 mile Family Fun Run 1000 -5K to follow  
**Price:** \$5.00/T-shirt/person; FREE to GASO Participants



# CAN YOU FIND THESE WORDS COMMONLY ASSOCIATED WITH TOBACCO USE?

ADDICTED	Z	C	S	E	U	U	F	J	T	B	T	T	U	B	Q
AIR	C	I	F	I	M	S	D	F	D	W	G	A	U	R	A
APPETITE	R	I	F	P	N	Q	G	T	U	N	S	D	M	E	H
ASHES	W	O	Z	S	I	E	P	N	I	P	B	D	V	A	G
BREATHE	Y	C	D	M	E	U	G	Z	U	U	M	I	A	T	U
BUTT	B	M	H	O	M	T	E	Y	J	L	S	C	K	H	O
CANCER	K	Y	I	K	P	E	T	D	X	M	L	T	U	E	C
CIGARETTES	L	W	A	E	H	X	A	E	G	O	S	E	H	S	A
COUGH	K	O	D	W	Y	H	S	L	R	N	U	D	K	M	N
DISEASE	K	L	R	E	S	A	T	E	S	A	E	S	I	D	C
EMPHYSEMA	R	L	M	L	E	L	E	L	I	R	G	C	P	D	E
EXHALE	L	E	N	A	M	E	J	R	S	Y	E	I	B	O	R
INHALE	T	Y	N	H	A	P	P	E	T	I	T	E	C	Q	P
LUNGS	I	F	P	N	I	S	H	E	N	E	T	N	P	H	L
ODOR	L	W	R	I	N	K	L	E	S	T	A	I	N	E	D
OXYGEN															
PUFF															
PULMONARY															
SMOKE															
STAINED															
TASTE															
WHEEZING															
WRINKLES															
YELLOW															





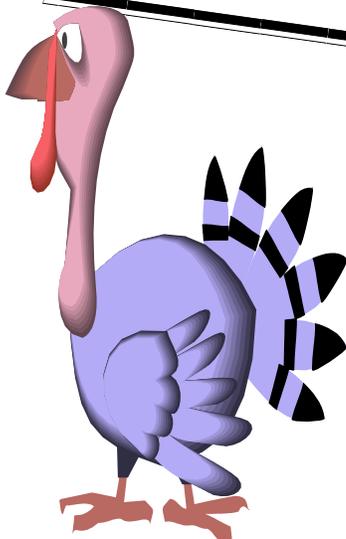
Contact us to sign up for one of our classes!

Comm: 081-811-/64456315  
 DSN: 629-6445/6315  
 E-mail: [napleshealthpromotions@med.navy.mil](mailto:napleshealthpromotions@med.navy.mil)

Check out our Website!  
[www.naples.med.navy.mil](http://www.naples.med.navy.mil)  
 And click on Health Promotions

**Up Coming Events**  
 SECOND TRIMESTER CLASS—  
 07 Nov 0900-1200  
 BREAST FEEDING CLASS—  
 15 Nov 0900-1200  
 THIRD TRIMESTER CLASS—  
 21 Nov 0900-1200  
 INFANT CPR CLASS—  
 21 Nov 1300-1700

WASH YOUR HANDS!



**SPOUSE fit for life**  
 Call Health Promotions for more information. DSN 629-6445/6315



**WIC**  
 The WIC Overseas program is a nutrition education program providing eligible participants nutritious foods, tips on how to prepare balanced meals, nutrition and health screenings, breastfeeding support and access to other resources that will help you and your family lead healthier lives. If you are pregnant, postpartum, or have an infant or child under five, give the WIC Overseas office a call at 629-4960 to see if you qualify for the program.

**Sempre Latte**  
 A Breastfeeding Support Group  
 Are you a breastfeeding mom? Do you have questions, need support, or have questions about breastfeeding?  
 Come to the Pediatric Clinic every Wednesday from 1100-1200 to speak with a lactation counselor.



**Ready to Quit Smoking??**  
 Health Promotions offers Individual Sessions  
 Contact HP for more information and quit smoking today!!



- Frequently Called USNH Numbers
- Central Appointments 629 6000
  - Emergency Room 629 6150
  - Family Practice 629 6271
  - General Surgery 629 6400
  - Internal Medicine 629 6291
  - OB/GYN 629 6404
  - Ophthalmology 629 6386
  - Orthopedics 629 6388
  - Pediatrics 629 6242
  - Pharmacy 629 6225



**ShipShape Weight Management**  
 Are you interested in Healthy Eating and Fitness Classes?  
 Contact Health Promotions to sign up for the next **Ship Shape Class**

Recenter and Reclaim Yourself with Meditation  
 Every Monday @ 1900 in the Support Site Side Chapel.  
 Please come at 1830 if it is your first session.

