U.S. NAVAL HOSPITAL NAPLES, ITALY

For YOUR Health

A Health Promotions Newsletter

Volume 2, Issue 8 November 2009

TOBACCO CESSATION KICKIN' THE HABIT

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The Great American Smokeout

November 19th marks the 34th 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 to plan in advance and 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 a good time? Then the time is now! Let us help you become tobacco free! If you need help developing a plan to quit by November 19th call us now at DSN 629-6311/6313 to start your journey to a healthy new life!!

Out-a-Breath

Many smokers hear about the effects of tobacco on the lungs, but they choose not to change. One thing to consider is that the risk for emphysema, a common disease caused by smoking, is greatly reduced by the act of quitting smoking.

It's worth it to quit. Some lifestyle changes will come about once you are diagnosed with emphysema. First, emphysema cannot be cured or reversed only the progression can be slowed down. By the time a person develops the symptoms of emphysema they have had the disease developing for many years before it became noticed. Some symptoms that may be experienced are: shortness of breath, chronic mild cough which may cause large amounts of dark sputum, and sometimes weight loss. As the time goes on these symptoms will become worse and you may also develop swelling of the feet and ankles along with difficulty sleeping. To make life easier, those who have emphysema carry around an oxygen tank, as it helps to breath easier. That means having an attachment with you for the rest of your life. The one main thing proven to help slow this disease is to quit smoking. Over all, as the disease continues, the treatment methods are greatly needed and required frequently. With the diagnosis of emphysema your chances of developing pneumonia and acute bronchitis are increased. The over all survival rates for those with emphysema are less than those given to those diagnosed with Chronic Obstructive Pulmonary Disease.

If you have any questions on concerns about your health or if you smoke and want to stop, please contact your physician or the Health Promotion Department today!

Questions?

Contact Health Promotions at napleshealthpromotions @med.navy.mil

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 USNH & Group Sessions at CAPO.

Call DSN 629 6311/6313 for more information

USNH NAPLES HEALTH PROMOTIONS

15 Reasons why you should smoke

1. You should smoke because it is an expensive habit.
2. You should smoke because it turns you teeth and fingers yellow.
3. If you want to be turned down when asking for a date, you should smoke.
4. You should smoke because you want to increase your chances of getting numerous types of cancer.
5. You should smoke so, not only you, but all of your possessions smell horrible.
6. If you've ever wanted to breathe through a hole in your neck, a good way to help achieve that goal is by smoking.
7. You should smoke because it could adversely affect your job application.
8. You should smoke so you can walk in the rain, only to stand there shivering for 5 minutes just to walk in the rain again.
9. You should smoke so your children can pick up the habit.
10. If you've wanted to carry around oxygen bottles every where you go and in your sleep in order to continue living, you should smoke.
11. You should smoke because there's no better way to inhale so many different toxic chemicals (over 500 to be a little more precise).
12. You should smoke because, who doesn't want their life run by an inanimate object?
13. You should smoke so you don't have to "fit in".
14. If you've ever wanted to live a tired and "out-of-shape" life, you should smoke.
15. Last, but not least, you should continue to smoke because the 1 or 2 weeks of withdrawal symptoms just aren't worth a better life.

Check out the effects "Kickin' the Habit" can have!

Within 30 minutes, your heart rate and blood pressure drops to a more "normal" state

Within hours, the levels of carbon monoxide in your bloodstream drops, letting your blood carry more oxygen

2 days after quitting, nerve endings begin to regenerate, the sense of smell and taste return

Within 72 hours, your bronchial tubes expends and your lung volume increases

Months after quitting, your shortness of breath decreases

In the first year, your risk of heart attack attributed to smoking decreases in both men and women

When you quit smoking, your body has the chance to heal.

After 10 years of not smoking your risk for developing cancer is about the same as non smokers

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 629-6311 for more information

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.

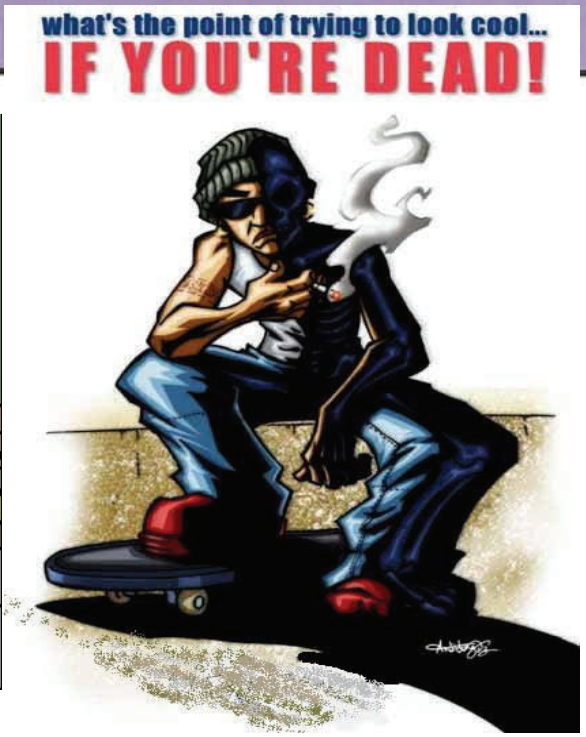
You say: I would like to be your friend, but what does smoking have to do with it?

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.



Nurse Advice Line

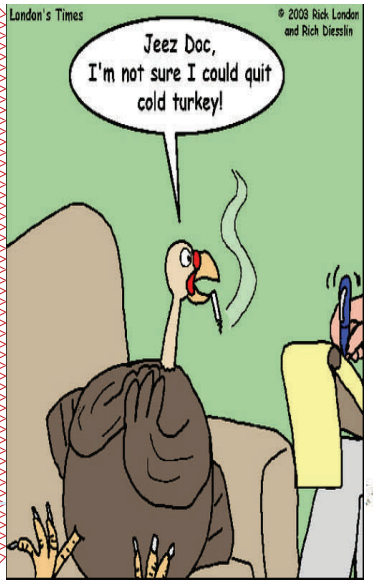
Do you have a health related question?

Do you want or need medical assistance or advice?

Contact the

TRICARE Nurse Advice Line

00800-4759-2330



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F	O	R	M	A	L	D	E	H	Y	D	E	O	R	F

- **Ammonia** (Floor/Toilet Cleaner)
- **Arsenic** (Rat Poison)
- **Beryllium** (Metal)
- **Carbon Monoxide** (Car Exhaust Fumes)
- **Cloroform** (Anesthetic)
- **Copper** (Metal)
- **Cyanide** (Poison)
- **DDT**/Dieldrin (Insecticide)
- **Formaldehyde** (Preserver of bodies, tissue, and fabric)
- **Hexamine** (Barbecue Lighter)
- **Tolulene** (Industrial Solvent)
- **Nicotine** (Insectiside, Drug - more addictive than Heroin)
- **Methane** (Swamp Gas)
- Sodium Hydroxide (**lye**)
- **zinc**

Trying to convince someone to quit? Show them this list - maybe once they see all of the junk that they're putting into their bodies each time they smoke a cigarette, they'll reconsider.

Buyers Be Aware: Nicotine In a Bottle

After being removed from the market by the FDA in 2002, the makers of "Nicotine Water" are back, claiming the product is a "smoking alternative" for smokers who have to fly or find themselves in a place where they can't light up.

The water, to be sold for $2 per half-liter bottle, is said to taste like regular water and contains nicotine that is equivalent to 2-3 cigarettes.

Critics claim that the water poses danger to kids because it looks and tastes like regular water and could be very addictive.

USNH NAPLES HEALTH PROMOTIONS

Contact us to sign up for one of our classes!

Comm: 081-811-6311/6313
DSN: 629-6311/6313
E-mail:
napleshealthpromotions@med.navy.mil

Check out our Website!
www.naples.med.navy.mil
And click on
Health Promotions

Up Coming Events

Meditation Group Mondays @ 1900
Sempre Latte - Wednesdays @ 1200
Smoking Cessation—daily appts
1st Trimester Class-Nov. 18th
3rd Trimester Class-Nov. 16th
Turkey Trot & GASO Run/Walk-Nov. 21st
1st Trimester Class-Dec. 2nd
2nd Trimester Class-Dec. 7th
Breastfeeding Class-Dec. 14th
3rd Trimester Class-Dec. 21st

WASH THOSE HANDS!

MWR'S TURKEY TROT & HP'S GREAT AMERICAN SMOKEOUT RUN

1K/5K Fun Run

21 November

Fitness Forum 8:30 a.m. $5 per person, $10 per family

Turkeys will be awarded by MWR for the winners of each age group.

STROLLER WALK!!

Meets every Thursday at 0800 next to the sliding doors of the TLA in the Piazza.

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 1200-1300 to speak with a lactation counselor.

Ready to Quit Smoking??

Health Promotions offers **Group** Classes and **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

Teen Clinic @ NAHS

Nov 18th

Counseling Services Only

0830-1100

Contact Nurse Thomas @ 629 4010 to schedule an appointment!

DoD VA PHS
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.