



# ReLay Your Health!

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## THE GREAT AMERICAN SMOKEOUT: NOVEMBER 19<sup>TH</sup>

by Chiaka Nwoga, B.H.S.

This year, the American Cancer Society marks the 34th Great American Smokeout on November 19 by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By doing so, smokers will be taking an important step towards a healthier life – one that can lead to reducing cancer risk and creating more birthdays! Researchers say that quitting smoking can increase 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. In 2008, a group of hospital executives and Jacksonville city officials announced a smoking ban on medical center campuses. This means that employees and patrons now have to smoke on the other side of the property line.



### **Smoke-Free Air Prevent Heart Attacks?**

It's true! Here are the facts:

- Cigarette smokers are 2–4 times more likely to develop coronary heart disease than nonsmokers.
- Cigarette smoking approximately doubles a person's risk for stroke.
- Cigarette smoking causes reduced circulation by narrowing the blood vessels (arteries). Smokers are more than 10 times as likely as nonsmokers to develop peripheral vascular disease.
- Smoking causes abdominal aortic aneurysm (swelling of the aorta)
- Secondhand smoke exposure causes heart disease and lung cancer in nonsmoking adults.
- Nonsmokers who are exposed to secondhand smoke at home or work increase their heart disease risk by 25–30% and their lung cancer risk by 20–30%.
- Breathing secondhand smoke has immediate harmful effects on the cardiovascular system that can increase the risk of heart attack. People who already have heart disease are at especially high risk.

### **Suggestions on Ways to Quit**

There is actually no one right way to quit, but there are some key elements in quitting with success. First, the decision to quit must be made by YOU, otherwise, the commitment and motivation will be absent. Once you've decided to quit, you should pick a specific quit date within the next month and inform your friends and family of your Quit Day. Picking a date too far in the future allows you time to rationalize and change your mind while telling your loved ones would bring added encouragement. A helpful tip is to try and cut down on the number of cigarettes you smoke each day up until your final Quit Day. With this method, you slowly reduce the amount of nicotine in your body which might help with withdrawal symptoms. A brief note about withdrawal: Nicotine is the main addictive substance in cigarettes and other forms of tobacco and about 80–90% of regular smokers are addicted to nicotine.

**GIVE!  
IT UP!**  
Stop smoking for **life.**  
my.opera.com

Questions? Comments?

We'd like to hear from you.

Please contact

**ReLay Your Health!** at

tlaynews@gmail.com

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www.tlayhealth.com

## 4 FOOD SAFETY RULES FOR THANKSGIVING

**1. CLEAN:** Wash hands, utensils, and cutting boards before and after contact with raw meat, poultry, seafood, and eggs.

- Wash hands with soap and warm water for 20 seconds before and after handling food.
- Run cutting boards and utensils through the dishwasher or wash them in hot soapy water after each use.
- Keep countertops clean by washing with hot soapy water after preparing food.

**2. SEPARATE:** Keep raw meat and poultry apart from foods that won't be cooked.

- Use one cutting board for raw meat, poultry, and seafood and another for salads and ready-to-eat food.
- Keep raw meat, poultry, and seafood and their juices apart from other food items in your grocery cart.
- Store raw meat, and seafood in a container on a plate so juices on other foods.

**3. COOK:** Use a food thermometer – you can't tell food is cooked safely by how it looks.

- Use a food thermometer you can't tell food is cooked safely by how it looks.
- Stir, rotate the dish, and cover food when microwaving to prevent cold spots where bacteria can survive.
- Bring sauces, soups, and gravies to a rolling boil when reheating.

**4. CHILL:** Chill leftovers and takeout foods within 2 hours and keep the fridge at 40 °F or below.

- Cool the fridge to 40 °F or below, and use an appliance thermometer to check the temperature.
- Chill leftovers and takeout foods within 2 hours, and divide food into shallow containers for rapid cooling. Thaw meat, poultry, and seafood in the fridge, not on the counter, and don't overstuff the fridge.

*(from the USDA Food Safety and Inspection Service)*

*(American Smokeout continued from page 1)*

Withdrawal from nicotine can be both physical and psychological. Some common symptoms include:

- \* Feeling down or sad
- \* Having trouble sleeping
- \* Feeling irritable, on edge, grouchy
- \* Having trouble thinking clearly and concentrating
- \* Feeling restless and jumpy
- \* Slower heart rate
- \* Feeling more hungry or gaining weight

These symptoms are common and with the proper program, medications, and behavior changes these symptoms can be managed.

Smokers who want to quit can find support in quitting, including free quit coaching, a free quit plan, free educational materials, and referrals to local resources, by calling **1-800-QUIT-NOW (1-800-784-8669)**. So take charge and decide to quit smoking today.

GOOD LUCK!



### References

1. <http://www.cancer.org/docroot/subsite/greatamericans/content/Media.asp>
2. Hospitals in region going smoke-free. (July 10, 2008). Retrieved from [http://staugustine.com/stories/071008/state\\_071008\\_040.shtml](http://staugustine.com/stories/071008/state_071008_040.shtml)
3. <http://www.cdc.gov/tobacco/>
4. <http://www.smokefree.gov/>

ReLay Your Health! is written to provide clients and readers with the information and motivation needed to achieve and maintain a healthier lifestyle. For individual health problems, obtain medical recommendations directly from a physician.