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**To avoid sickness eat less;
to prolong life worry less.**

~Chu Hui Weng

Inside this edition...**Page 2**

Quit Smoking: Getting Through
the Rough Spots

Page 3

Focus on Health: MRSA
Smokeless Tobacco Products

Page 4

Thanksgiving: Lean and Delicious
Binge Eating: 7 Facts
Focus on Safety: Hunting

The Wellness Chronicle

November 2013

Volume 1, Issue 7

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Look what's happening in November!!!

3 November— Daylight Savings Time ends at 2:00 a.m.!

5 November— Election Day

11 November—Veterans Day

14 November—Lunch/Learn: FLU & MRSA Health Awareness,
Bldg 10, Executive Conf. Room, 1200-1230

14 November—Informational Wellness Table featuring free
blood pressure screenings, Building 350,
Conference Room 1, 1130-1300 hrs.

21 November—Great American Smokeout/Lunch and Learn

28 November—Thanksgiving!



Thursday, 21 Nov 2013: The Great American Smokeout

Lunch and Learn: Smoking Cessation Building 10, Great Room, 1200-1230 hrs.

Say goodbye to your cigarettes, smokeless tobacco,
cigars, pipes, etc. for at least 24 hours!

What is the Great American Smokeout?

The Great American Smokeout, sponsored by the American Cancer Society, dramatically changed Americans' attitudes about smoking. These changes led to community programs and smoke-free laws that are now saving lives in many states.

On November 18, 1976, the California Division of the American Cancer Society got nearly 1 million smokers to quit smoking for the day. That California event marked the first Great American Smokeout, and the Cancer Society took the program nationwide in 1977.

Throughout the late 1980s and 1990s, many state and local governments responded by banning smoking in workplaces and restaurants, raising taxes on cigarettes, limiting cigarette promotions, discouraging teen cigarette use, and taking further action to counter smoking. These efforts are ongoing.

Still, today about 1 in 5 US adults smoke cigarettes and/or use smokeless tobacco (that's more than 43 million people). And about 15 million people smoke tobacco in

cigars or pipes. Lung cancer is the leading cause of cancer deaths for men and women. About 87% of lung cancer deaths are thought to result from smoking. Smoking is responsible for nearly 1 in 3 cancer deaths, and 1 in 5 deaths from all causes. Another 8.6 million people live with serious illnesses caused by smoking.

Smoking (to include cigarettes, smokeless tobacco, cigars and pipes) also causes cancers of the larynx (voice box), mouth, pharynx (throat), esophagus (swallowing tube), and bladder. It also has been linked to the development of cancers of the pancreas, cervix, ovary (mucinous), colon/rectum, kidney, stomach, and some types of leukemia.

What does it take to stay 'quit'?

Quitting smoking can be a long and hard process. But staying tobacco-free is the longest and most important part of it. Every day you must decide not to smoke *today*.

Each day that you don't smoke is a small victory. These all add up to a huge victory over time. Many of the things you did to help you quit smoking can help you stay quit and gain that victory.

Volunteers needed and always welcome. Contact any of the program managers listed above!

How do I get through the rough spots after I stop smoking?

- For the first few days after you quit smoking, spend as much free time as you can in public places where smoking is not allowed. (Places like libraries, malls, museums, theaters, restaurants without bars, and churches are most often smoke-free.)
- Take care of yourself. Drink water, eat well, and get enough rest. This could help you get the energy you may need to handle extra stress.
- Don't drink alcohol, coffee, or any other drinks you link with smoking for at least a couple of months. Try something else instead — maybe different types of water, sports drinks, or 100% fruit juices. Try to choose drinks that are low- or no-calorie.
- If you miss the feeling of having a cigarette in your hand, hold something else — a pencil, a paper clip, a coin, or a marble, for example.
- If you miss the feeling of having something in your mouth, try toothpicks, cinnamon sticks, sugarless gum, sugar-free lollipops, or celery. Some people chew on a straw or stir stick.
- Avoid temptation — stay away from people and places you link with smoking.
- Create new habits and a non-smoking environment around you.
- Get ready to face future situations or crises that might make you want to smoke again, and think of all the important reasons you have decided to quit. To remind yourself of these reasons, put a picture of the people who are the most important to you somewhere you see it every day, or keep one handy in your purse or wallet.
- Take deep breaths to relax. Picture your lungs filling with fresh, clean air.
- Remember your goal and the fact that the urges to smoke will get weaker over time.
- Think about how awesome it is that you are quitting smoking and getting healthy. If you start to weaken, remember your goal. Remember that quitting is a learning process. Be patient with yourself.
- Brush your teeth and enjoy that fresh taste.
- Exercise in short bursts (try alternately tensing and relaxing muscles, push-ups, lunges, walking up the stairs, or touching your toes).
- Call a friend, family member, or a telephone stop-smoking help-line when you need extra help or support.

- Eat 4 to 6 small meals during the day instead of 1 or 2 large ones. This keeps your blood sugar levels steady, your energy balanced, and helps prevent the urge to smoke. Avoid sugary or spicy foods that may trigger a desire to smoke.
- Wear a rubber band around your wrist. Whenever you have a thought about smoking, snap it against your wrist to remind yourself of all the reasons that made you want to quit in the first place. Then remember that you will not always need a rubber band to help you stay in line with your plans to quit.
- Above all, reward yourself for doing your best. Give yourself rewards often if that's what it takes to keep going. Plan to do something fun.

Get support you can count on:

If you're thinking about reaching for a cigarette, reach for help instead. Ask your friends and family to encourage the new non-smoking you, reach out to a support group, visit Nicotine Anonymous, or call 1-800-QUIT NOW. You can always call your American Cancer Society at 1-800-227-2345. The American Cancer Society wants you to quit smoking and are there to support you!. You also can order free copies of our documents from their toll-free number, 1-800-227-2345, or read them on the web at www.cancer.org.



Smokeless Tobacco Products and Their Risks!

Smokers using smokeless products between cigarettes should consider increased risks associated with:

Heart disease

Smokeless tobacco plays a role in heart disease and high blood pressure. American Cancer Society studies show that men who switched from cigarettes to snuff or chewing tobacco had higher death rates from heart disease, stroke, cancer of the mouth and lung, and all causes of death combined than former smokers who stopped using *all* tobacco products.

Carcinogens

The snuff and chewing tobacco products most widely used in the United States have very high levels of cancer-causing agents (carcinogens) called *tobacco-specific nitrosamines*. These carcinogens cause lung cancer in animals, even when injected into their blood. There are other kinds of cancer-causing agents in smokeless tobacco,

such as benzo[a]pyrene and other polycyclic aromatic carcinogens.

Mouth lesions

Leukoplakia is a white patch in the mouth that can become cancer. These are sometimes called sores but they are usually painless. Many studies show high rates of leukoplakia in the mouth where users place their chew or dip. One study found that nearly 3 of 4 of daily users of moist snuff and chewing tobacco had non-cancerous or pre-cancerous lesions (sores) in the mouth. The longer you use oral tobacco, the more likely you are to have leukoplakia.

Tobacco can irritate or destroy gum tissue. Many regular smokeless tobacco users have receding gums, gum disease, tooth decay (from the high sugar content in the tobacco), and bone loss around the teeth. The surface of the tooth root may be exposed where gums have shrunken. All this can cause teeth to loosen and fall out.

Need more reasons to give up smokeless tobacco? Think about social acceptance and cost.

Social acceptance

Chewing and dipping can carry a heavy social price, especially when dating. Bad breath, gum disease, and stained teeth are very unappealing. The spitting you have to do with most smokeless tobacco is not pretty, either. Some employers now ban all types of tobacco on their premises. Other employers won't hire people who use any form of tobacco.

Cost

A tobacco habit costs a lot of money. Figure out how much you spend on tobacco: multiply how much money you spend on tobacco every day by 365 (days a year). Multiply that by the number of years you have been using tobacco and the total will probably shock you. Then multiply the cost per year by 10 (for the next 10 years). Anything else you could do with that money?

Focus on Health: MRSA—What it is, how to treat it, and how to prevent it!



ethicillin-resistant Staphylococcus aureus (MRSA) infection is caused by a strain of staph bacteria that's become resistant to the antibiotics commonly used to treat ordinary staph infections.

Most MRSA infections occur in people who have been in hospitals or other health care settings, such as nursing homes and dialysis centers. When it occurs in these settings, it's known as health care-associated MRSA (HA-MRSA). HA-MRSA infections typically are associated with invasive procedures or devices, such as surgeries, intravenous tubing or artificial joints.

Another type of MRSA infection occurs in the wider community — among healthy people. This form, community-associated MRSA (CA-MRSA), often begins as a painful skin boil and is spread by skin-to-skin contact. At-risk populations include groups such as high school wrestlers, child care workers and people who live in crowded conditions.

Symptoms

Staph skin infections, including MRSA, generally start as small red bumps that resemble pimples, boils or spider bites. These can quickly turn into deep, painful abscesses that require surgical draining. Sometimes the bacteria remain confined to

the skin. But they can also burrow deep into the body, causing potentially life-threatening infections in bones, joints, surgical wounds, the bloodstream, heart valves and lungs.

When to see a doctor

Keep an eye on minor skin problems — pimples, insect bites, cuts and scrapes — especially in children. If wounds become infected, see your doctor. Do not attempt to treat an MRSA infection yourself. You could worsen it or spread it to others.

Causes

Different varieties of Staphylococcus aureus bacteria, commonly called "staph," exist. Staph bacteria are normally found on the skin or in the nose of about one-third of the population. The bacteria are generally harmless unless they enter the body through a cut or other wound, and even then they usually cause only minor skin problems in healthy people.

Preventing HA-MRSA

In the hospital, people who are infected or colonized with MRSA often are placed in isolation as a precaution to prevent the spread of MRSA. Visitors and health care workers caring for people in isolation may be required to wear protective garments and must follow strict hand hygiene procedures. Contaminated surfaces and laundry items should be properly disinfected.

Preventing CA-MRSA

- **Wash your hands.** Careful hand-washing remains your best defense against germs. Scrub hands briskly for at least 15 seconds, then dry them with a disposable towel and use another towel to turn off the faucet. Carry a small bottle of hand sanitizer containing at least 62 percent alcohol for times when you don't have access to soap and water.
- **Keep wounds covered.** Keep cuts and abrasions clean and covered with sterile, dry bandages until they heal. The pus from infected sores may contain MRSA, and keeping wounds covered will help keep the bacteria from spreading.
- **Keep personal items personal.** Avoid sharing personal items such as towels, sheets, razors, clothing and athletic equipment. MRSA spreads on contaminated objects as well as through direct contact.
- **Shower after athletic games or practices.** Shower immediately after each game or practice. Use soap and water. Don't share towels.
- **Sanitize linens.** Wash towels and bed linens in a washing machine set to the hottest water setting (with added bleach, if possible) and dry them in a hot dryer. Wash gym and athletic clothes after each wearing.

Taken from MaycoClinic.com

Wellness volunteers needed and always welcome. Contact any of the program managers listed on the front page!

Lean and Delicious Thanksgiving Suggestions

Turkey: If you're hosting a small gathering, buy a turkey breast rather than the whole bird, as breast meat is lower in calories than dark meat. If you do buy a whole turkey, avoid "self-basting" turkeys, as they often contain added fat. And--it goes without saying--stay away from the deep fryer this year, and roast or smoke the turkey. Stuff the turkey cavity with whole or halved onions, halved lemons or apples, and sprigs of fresh herbs such as sage, marjoram, thyme, and/or rosemary. Rather than rubbing the skin with butter or oil, spray it with an oil spray and season it with salt and pepper.

Carbs: Instead of using butter and cream to mash potatoes, save the cooking water when you boil of the potatoes. The starchy water will give the potatoes a creamier texture than plain water would. You can also add turkey or chicken broth, evaporated skim milk, or fat-free sour cream. For extra flavor, stir in roasted garlic and herbs. For added nutrition, add pureed cooked cauliflower, parsnips or turnips.

Stuffing/Dressing: Bake the dressing in a casserole dish rather than in the turkey, where it absorbs fat from the turkey as it bakes. It's hard to slim down a stuffing recipe, so take a small serving if it's your Thanksgiving favorite. Avoid recipes using sausage or bacon; wild rice and grains are more nutritious than bread stuffings.

Gravy: It is one of the biggest calorie culprits on the table. Use vegetable oil rather than turkey drippings when making the gravy--it's still fat, but oil is lower in saturated fat and is cholesterol-free. If you use turkey drippings to add flavor, use a gravy separator. Pour the gravy into a separator and allow it to sit for a few minutes. Some of the fat in the gravy will rise to the top of the glass where you can skim it off easily. Better yet, make a low-fat broth-based gravy or a vegetarian gravy instead.

Side Dishes: Scrap the traditional dessert-style candied sweet potato casseroles in favor of a low-fat, naturally-sweetened dish. Try a cranberry relish or cut down on the amount of sugar in your cranberry sauce by adding fruit juices or apple sauce.

Pumpkin Pie: Most of the fat in a pie comes from the crust. Try a reduced-fat graham cracker crust or a crust-free pumpkin pie recipe.

Source: Allrecipes.com



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SAFE HUNTING!

Focus on Safety: HUNTING

BE S-M-A-R-T!

The Pennsylvania Game Commission offers the acronym SMART as an overview to the five primary firearm safety rules.

S–Safe Direction: Keep your firearm pointed in a safe direction at all times.

M–Make Sure: Ensure you have positively identified your target before firing.

A–Always Check: Be aware of what is surrounding and behind your target before firing.

R–Respect Firearms: Always handle your firearm as if it were loaded.

T–Trigger Caution: Never touch the firearm trigger until you are ready to fire.

7 Facts About Binge Eating

The holiday season means many things, but one of the most universal holiday experiences is:

Lots of food!

There'll be holiday ham, Christmas turkey, sweet potato pie, creamed corn, chocolate cake, and even more deliciously bad-for-you holiday treats. We're all sure to indulge in a little overeating during this holiday season. But before you jump in, consider the following seven facts about "binge eating."

1. The most common symptoms of binge eating include excessive intestinal gas, indigestion, bloating and acid reflux. Depending on what you ate, and how much of it that you ate, it's also very possible that you will suffer from constipation, as a result of not being able to digest all of the food in a timely manner.
2. When you binge eat, you are making your body work harder to digest all that food. This puts a strain on your body and may increase the risk of health complications.
3. Did you know that binge eating affects approximately twenty five million Americans each year? It's the most common eating disorder in the United States.
4. When you binge eat, your stomach's capacity can grow up to 25%... and it can stay that way for up to two weeks, meaning that you'll need to eat more and more food to become full. Eating more high fiber foods can help you *feel* fuller, without actually eating as much overall.
5. Binge eating causes your gallbladder to work harder to keep up with fat digestion. In fact, eating large, fatty meals are a common cause of gallstone attacks. Try doing a liver gallbladder cleanse.
6. Eating a large meal can cause drowsiness, which can be dangerous if you'll be driving home after your meal.
7. Binge eating a number of fatty foods can lead to blood clotting more easily, which leads to the increased risk of heart attack. There is a four-fold increase in the risk of a heart attack within the two hours following a binge eating session.

-Dr. Edward F. Group III, DC, ND, DACBN, DABFM