



HEALTHY AT 80

DAY 1

November is the **Great American Smokeout** - an opportunity for everyone to commit to healthy, smoke-free lives! The theme this year is **“DAY 1.”** Quitting smoking isn’t easy. It takes time, and a plan. The **Great American Smokeout** is an opportunity for smokers to begin the first step on their journey toward a tobacco-free life.

More than 34 million Americans still smoke cigarettes, and smoking remains the single largest preventable cause of death and illness in the world. Smoking causes an estimated 480,000 deaths every year, or about 1 in 5 deaths. And more than 16 million Americans live with a smoking-related disease.

- ⇒ **Quitting smoking improves health immediately and over the long term – at any age.** Stopping smoking is hard, but you can increase your chances of success with help. Getting help through counseling and medications doubles or even triples your chances of quitting successfully.
- ⇒ The US Surgeon General has said, **“Smoking cessation represents the single most important step** smokers can take to enhance the length & quality of their lives.”
- ⇒ Smokers often say, **“Don’t tell me why to quit, tell me how.”** There’s no one right way to quit, but there are some requirements for quitting with success.
- ⇒ It might sound redundant, but **the first step is making the decision to quit smoking.** The decision is one that only you can make. Others may want you to quit, but the real commitment must come from you.



Healthy at 80 is Community Health Centers of Greater Dayton’s informational newsletter on healthy living, created with the goal of helping you stay healthy and thriving through 80 years old and beyond! To read more Healthy at 80 articles, please visit the archives on our website:
www.communityhealthdayton.org/healthyat80

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PREPARE FOR QUIT DAY

Think about why you want to quit. Are you worried that you could get a smoking-related disease? Do you really believe that the benefits of quitting outweigh the benefits of continuing to smoke? Do you know someone who has had health problems because of smoking? Write down your reasons so you can look at them every time you want to smoke. If you're ready to quit, setting a date and deciding on a plan will help move you to the next step.

Once you've decided to quit, you're ready to pick a quit date. This is a key step. Pick a day within the next month as your Quit Day. Picking a date too far away gives you time to change your mind. Still, you need to give yourself enough time to prepare. You might choose a date with a special meaning like a birthday or anniversary, or you might want to just pick a random date. Circle the date on your calendar. Make a strong, personal commitment to quit on that day.

- ⇒ There are many ways to quit, and some work better than others. Nicotine replacement therapy, prescription drugs, and other methods are available. Learn more about ways to quit so you can find the method that best suits you. It's also a good idea to talk to your health care provider, and get their advice and support.
- ⇒ Support is another key part of your plan. Stop-smoking programs, telephone quit lines, Nicotine Anonymous meetings, self-help materials such as books and pamphlets, and smoking counselors can be a great help. Also tell your family, friends, and co-workers that you're quitting. They can give you help and encouragement, which increases your chances of quitting for good.
- ⇒ Prepare for your Quit Day:
 - ⇒ Get rid of all the cigarettes and ashtrays in your home, car, and at work.
 - ⇒ Stock up on oral substitutes – sugarless gum, carrot sticks, hard candy, cinnamon sticks, coffee stirrers, straws, and/or toothpicks.
 - ⇒ Decide on a plan. Will you use NRT or other medicines? Will you attend a stop-smoking class? If so, sign up now.
 - ⇒ Practice saying, “No thank you, I don't smoke.”
 - ⇒ Ask family and friends who still smoke not to smoke around you, and not to leave cigarettes out where you can see them.

<https://www.cancer.org/healthy/stay-away-from-tobacco/guide-quitting-smoking/deciding-to-quit-smoking-and-making-a-plan.html>

ON YOUR QUIT DAY

Over time, smoking becomes a strong habit. Daily events, like waking up in the morning, finishing a meal, drinking coffee, or taking a break at work, often trigger your urge to smoke. Breaking the link between the trigger and smoking will help you stop.

On your Quit Day go down this list:

- Do not smoke. This means not at all – not even one puff!
- Stay busy – try walking, short bursts of exercise, or other activities and hobbies.
- Drink lots of water and juices.
- Start using nicotine replacement if that's your choice.
- Attend a stop-smoking class or follow your self-help plan.
- Avoid situations where the urge to smoke is strong.
- Avoid people who are smoking.
- Drink less alcohol or avoid it completely.
- Think about how you can change your routine. Use a different route to go to work. Drink tea instead of coffee. Eat breakfast in a different place or eat different foods.

HELPING A SMOKER QUIT

General hints for friends and family...

Do respect that the quitter is in charge. This is their lifestyle change and challenge, not yours.

Do ask the person whether they want you to ask regularly how they're doing. Ask how they're feeling – not just whether they've stayed quit.

Do let the person know that it's OK to talk to you whenever they need to hear encouraging words.

Do spend time doing things with the quitter to keep their mind off smoking – go to the movies, take a walk to get past a craving (what many call a “nicotine fit”).

Don't judge, nag, preach, tease, or scold.

This may make the smoker feel worse about him or herself. You don't want your loved one to turn to a cigarette to soothe hurt feelings.

Don't take the quitter's grumpiness personally during their nicotine withdrawal. Tell them you understand the symptoms are real & remind them they won't last forever. The symptoms usually get better in about 2 weeks.

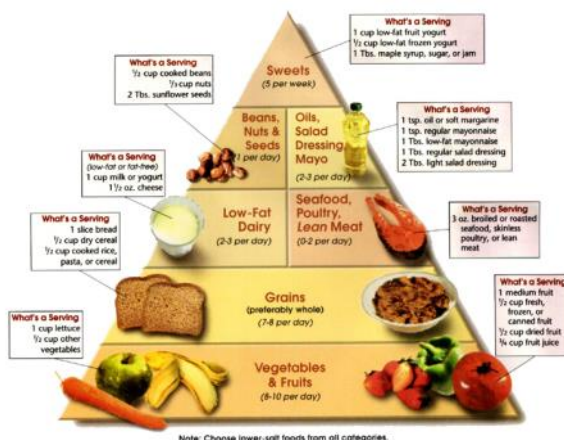
NUTRITION BITES!

How Can I Improve my Cholesterol?

There are lifestyle changes that you can make to improve your cholesterol. You can eat heart healthy foods, reach and maintain a healthy weight, be physically active and not smoke. Some people also need to take medicine to lower their cholesterol because changing their lifestyle and diet isn't enough. Your healthcare providers can help you set up a plan to improve your cholesterol.

What are some cooking tips for me?

- Add a variety of fruits and vegetables to your meals.
- Use a rack to drain off fat when you broil, roast or bake poultry and meats.
- Look for leaner cuts if you choose to eat meat.
- Don't baste with drippings; use wine, fruit juice or marinade.
- Broil or grill instead of pan-frying.
- Cut off all visible fat from meat before cooking.
- Remove the skin from poultry pieces.
- Use a vegetable oil spray to brown or sauté foods.
- Serve smaller portions of higher-calorie dishes.
- Use low-fat, low-sodium options instead of regular cheese.



Cholesterol can join with fats and other substances in your blood to build up in the inner walls of your arteries. The arteries can become clogged and narrow, and blood flow is reduced.

<https://www.heart.org/en/health-topics/cholesterol/>

Delicious & Nutritious

FIVE SPICE COOKIES

Look for five-spice powder on the spice aisle or with the Asian foods in your grocery store to make these cozy, healthy holiday cookies!

7 ounces whole-wheat pastry flour (about 2 cups)
1 1/2 teaspoons five-spice powder
1/2 teaspoon kosher salt
1/2 teaspoon baking soda
2/3 cup packed dark brown sugar
1/2 cup unsalted butter, softened
1 large egg
1/4 cup coarse sparkling sugar or turbinado sugar



- ⇒ Preheat oven to 350°F. Whisk together flour, five-spice powder, salt, and baking soda in a medium bowl. Set aside.
- ⇒ Beat together brown sugar and butter in a large bowl with an electric mixer at medium speed until fluffy, about 2 minutes. Beat in egg. Add flour mixture, and beat at low speed just until combined.
- ⇒ Place sugar in a medium bowl. Roll dough into 25 balls (1 tablespoon each); roll in sugar to coat.
- ⇒ Arrange dough balls 2 inches apart on 2 baking sheets lined with parchment paper. Bake at 350°F until set and starting to brown around edges, about 12 minutes. Cool on baking sheets set on a wire rack for 2 minutes. Transfer cookies directly to wire rack to cool completely. Store in an airtight container up to 3 days. Yield: Serves 25 (serving size: 1 cookie)

<https://www.cookinglight.com/recipes/five-spice-cookies>

Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

Our Health Centers

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937-461-6869

Hours: Mon-Fri 7:30am-5:30pm

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www.communityhealthdayton.org

• Calories 92 • Fat 4g • Satisfat 2g •

Unsatisfat 1g • Protein 1g •

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