

Great American Smokeout: November 20

5 Keys for Quitting Smoking

Studies show that these steps will help you quit and quit for good. You have the best chances of quitting if you use them together.

1 Get Ready

- Set a quit date.
- Change your environment. Get rid of ALL cigarettes and ashtrays in your home, car and at work.
- Don't let people smoke in your home or car.
- Review your past attempts to quit. Think about what worked—and what did not.
- Once you quit, don't smoke—NOT EVEN A PUFF!

2 Get Support and Encouragement

- Studies have shown that you have a better chance of being successful if you have help. You can get support in many ways:
- Tell family, friends and coworkers that you're going to quit and want their support. Ask them not to smoke around you or leave cigarettes where you can see them.
- Talk to your health care provider (e.g., doctor, dentist, nurse, pharmacist, psychologist or smoking cessation coach/counselor).
- Get individual, group, or telephone counseling. Counseling doubles your chances of success.
- The more help you have, the better your chances are of quitting. Free programs are available at local hospitals and health centers. Call your local health department for info about programs in your area.
- Telephone counseling is available at **800-QUIT-NOW**.

3 Learn New Skills and Behaviors

- Try to distract yourself from urges to smoke. Talk to someone, go for a walk or get busy with a task.
- When you first try to quit, change your routine. Use a different route to work. Drink tea instead of coffee. Eat breakfast in a different place.
- Do something to reduce your stress. Take a hot bath, exercise or read a book.
- Plan something enjoyable to do every day.
- Drink a lot of water and other fluids.

4 Get Medication and Use It Correctly

- Medications can help you stop smoking and lessen the urge to smoke.
- The FDA has approved medications to help you quit smoking
- Ask your health care provider for advice and carefully read the information on the package.
- Most smoking cessation medications will at least double your chances of quitting and quitting for good.
- Medications may be beneficial when trying to quit smoking; however, if you are pregnant or trying to become pregnant, nursing, younger than 18 years of age, smoking fewer than 10 cigarettes per day, or have a medical condition, talk to your

health care provider before taking medications.

- For information on FDA-approved medications, call **800-QUIT-NOW**. To get more information about prescriptions, contact your health care provider.

5 Be Prepared for Relapse or Difficult Situations

- Most relapses occur within the first 3 months after quitting. Don't be discouraged if you start smoking again. Remember, most people try several times before they finally quit. The following are some difficult situations you may encounter:
 - » **Alcohol:** Avoid drinking alcohol. Drinking lowers your chances of success.
 - » **Other smokers:** Being around smoking can make you want to smoke.
 - » **Weight gain:** Many smokers will gain some weight when they quit, usually less than 10 pounds. Eat a healthy diet and stay active. Don't let weight gain distract you from your main goal. Some quit-smoking medications may help delay weight gain.
 - » **Bad mood or depression:** There are a lot of ways to improve your mood other than smoking. Some smoking cessation medications may also lessen depression.
 - » If you're having problems with any of these situations, talk to your health care provider. —cdc.gov ■



Access the **My Family Health Portrait** web tool to help organize family health history and share the information with health care providers and other family members.



November 27 is National Family Health History Day

The Surgeon General has declared Thanksgiving to be National Family History Day. **Over the holiday or at other times when families gather, the Surgeon General encourages Americans to talk about and to write down, the health problems that seem to run in their family. Learning about their family's health history may help ensure a longer, healthier future together.**

Common diseases like heart disease, cancer and diabetes—and rare diseases like hemophilia, cystic fibrosis and sickle cell anemia can run in families. If one generation of a family has high blood pressure, it is not unusual for the next generation to have similarly high blood pressure. Tracing the illnesses suffered by parents, grandparents and other blood relatives can help your doctor predict the disorders to which you may be at risk and take action to keep you and your family healthy.

To help focus attention on the importance of family history, the Surgeon General, in cooperation with other agencies with the Department of Health and Human Services, has

launched a national public health campaign, called the **Surgeon General's Family History Initiative**, to encourage all American families to learn more about their family health history.

My Family Health Portrait Tool

A recent survey found that 96% of Americans believe that knowing their family history is important. Yet the same survey found that only one-third of Americans has ever tried to gather and write down their family's health history.

Because family health history is such a powerful screening tool, the Surgeon General has created a new computerized tool to help make it fun and easy for anyone to create a sophisticated portrait of their family's health.

The web-based "My Family Health Portrait" tool helps users organize family history information and then print it out for presentation to their family doctor. In addition, the tool helps users save their family history information to their own computer and even share family history information with other family members. Access the **My Family Health Portrait** web tool at <https://familyhistory.hhs.gov>. —hhs.gov ■

Sweet potatoes are rich in vitamin C, potassium and fiber. Packed with beta-carotene (which may inhibit cancer cell growth and work as an antioxidant to improve immune response) these wedges are oven-roasted with a light coating of olive oil, these crunchy on the outside and creamy on the inside wedges are seasoned with rosemary, garlic and mustard.



Sweet Potato Wedges with Rosemary

- 3 small sweet potatoes, peeled and sliced lengthwise in 8 wedges
- 1 Tbsp. chopped fresh rosemary plus a few sprigs for garnish
- ½ tsp. garlic powder
- ½ tsp. dry mustard powder
- 2 Tbsp. extra virgin olive or canola oil
- Salt

Preheat the oven to 450 degrees F. Place the potato wedges in a large bowl. Add rosemary, garlic powder, mustard and oil. Toss to coat well.

Arrange the potatoes on a baking sheet making sure not to overlap the potatoes. Bake for 15 minutes. Turn the wedges over and bake an additional 15 minutes or until the potatoes are soft and beginning to brown.

Lightly season to taste with salt. Garnish with fresh rosemary sprigs. Serve immediately. Serves 4.

Per serving: 146 calories, 7g total fat (<1g saturated fat), 20g carbohydrate, 2g protein, 3g dietary fiber, 54 mg sodium. —AICR ■

November is American Diabetes Month

For more information, visit www.YourDiabetesInfo.org

Diabetes (a disease in which blood glucose, or blood sugar, levels are too high) is one of the leading causes of disability and death. If not controlled, diabetes can cause blindness, nerve damage, kidney disease and other health problems. More than 25 million people have diabetes—and another

79 million are at high risk of developing the disease.

Cope with your diabetes

- Stress can raise your blood sugar. To help lower your stress, try deep breathing, yoga, gardening, taking a walk, meditating, working on a hobby and/or listening to music.

- Make a diabetes meal plan with help from your health care team. Try eating foods with more fiber and drinking water instead of juice or soda.
- Set a goal to be more active most days of the week. Start by taking 10 minute walks, 3 times a day. Twice a week, work to increase muscle strength.

Know what to do every day

- Take your medication even when you feel good. Tell your doctor if you cannot afford your it or if you have any side effects.
- Check your feet every day for cuts, blisters, red spots and swelling. Call your health care team right away about any sores that do not go away.
- Brush floss and your teeth daily to keep your mouth healthy.
- Stop smoking. Call **800-QUIT-NOW (800-784-8669)** for help.
- Keep track of your blood sugar numbers. Be sure to talk about your numbers with your health care team. —ndep.nih.gov