

# HEALTHY LIVING

Wellness Newsletter from **AAOA Healthcare**

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## inside

The Signs of Stroke (Page 3)

Spreading the Risk (Page 3)

Type 2 Diabetes: 5 M's for Healthier Kids (Back)

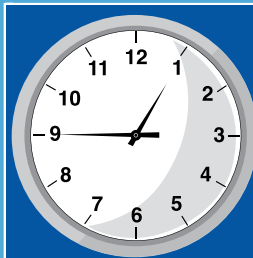
## INSIDE YOUR LUNGS

- How smoking does its damage
- According to the ACS, tobacco use is responsible for nearly 1 in 5 deaths in the United States.



Pumpkin Spice  
Muffins  
Chock full of omega-3's

(Page 2)



You and the Clock  
Time-Friendly Tips for  
More Productive Days

(Page 3)

# INSIDE YOUR LUNGS

## Peril in Every Puff: A Toxic Mix

When you inhale tobacco smoke, it brings more than 7,000 chemicals into your lungs; and more than 60 of those are known to cause cancer. Here are just a few you might be familiar with:

**Cyanide** — sometimes used to exterminate pests and vermin

**Formaldehyde** — used as a preservative in labs and mortuaries

**Ammonia** — included in many household and industrial cleaners

**Carbon monoxide** — the same poisonous gas that's in car exhaust fumes

**Benzene** — found in gasoline

## Taking Your Breath Away

Tobacco use can harm your body in many ways. When inhaled, smoke immediately begins to damage and irritate cells. Among other things, it harms your cilia, the tiny, hair-like structures that normally sweep mucus and impurities out of your lungs and airways.

Some people develop a "smoker's cough," which can be

a sign that smoke-damaged cilia are trying to do their job, but eventually, cilia may stop working altogether.

Smoking is the single strongest risk factor for lung cancer, but it also leads to another dangerous condition: COPD (chronic obstructive pulmonary disease). With COPD, damaged and inflamed lungs aren't able to fill up and deflate as they should. The two most common forms are emphysema and chronic bronchitis.

According to the National Institutes of Health, COPD is the third leading cause of death in the United States. Smoking is to blame for up to 90 percent of cases. The longer and heavier you smoke, the greater your risk of COPD.

When it comes to cancer, the lungs aren't the only worry. Smoking has been linked to cancers of the throat, mouth, bladder, pancreas, cervix, ovaries, colon, rectum, kidney and stomach — to name a few.



## Be a Quitter!

It's never too late to stop smoking or kick another tobacco habit.

Start by talking with your doctor. He or she can help you find the best strategy for you. Your plan to quit may include counseling, support groups, nicotine

replacement products and other cessation tools.\*

Quitting tobacco often takes several tries, so don't give up. Millions of people have done it and you can, too.

\*Check your benefits plan to see what services may be covered.

# Pumpkin Spice Muffins

## Get extra omega-3's from walnuts in this recipe

### Preparation

1. Heat oven to 350°F. You'll need 20 muffin cups lined with paper liners. Beat sugars, butter, spices, vanilla, baking powder, baking soda and salt in a large bowl with mixer on medium speed 2 minutes until blended.
2. Beat in eggs and whites. Beat in pumpkin purée on low speed until just combined. Alternately beat in flour, then milk, until just blended. Stir in berries.
3. Put 1/4 cup batter in each muffin cup. Bake 30 minutes or until toothpick inserted into centers comes out clean. Cool 5 minutes in pans on rack, remove from pans and cool.
4. Drizzle: Up to 4 hours before serving, stir ingredients in small bowl until smooth. Scrape into a small zip-top bag. Cut a small tip from one corner of bag and drizzle over cupcakes. Garnish with pumpkin seeds.



### Nutrition Facts

Yields 20 Muffins

Amount Per Serving

Calories 177g	Fiber 1g
Fat 5g	Protein 3g
Sodium 189mg	Carbohydrates 31g

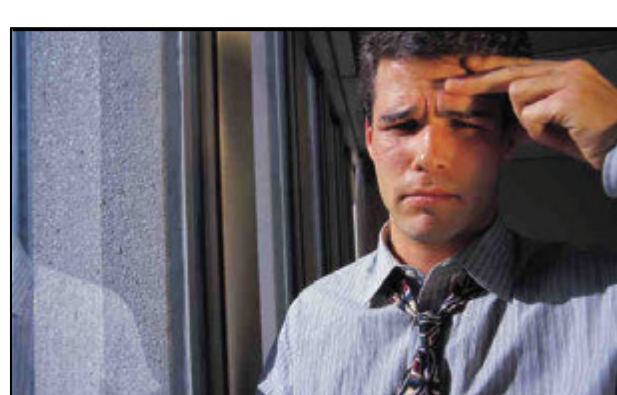
### Ingredients

- 1/2 cup each granulated sugar and packed light brown sugar
- 6 Tbsp unsalted butter, softened
- 2 tsp each ground cinnamon and vanilla extract
- 1 1/2 tsp ground ginger
- 1/2 tsp ground cloves
- 1 tsp each baking powder and baking soda
- 3/4 tsp salt
- 2 large eggs plus 2 large egg whites
- 1 1/4 cups pumpkin purée
- 2 1/2 cups all-purpose flour
- 1/2 cup milk
- 1 1/2 cups fresh or frozen cranberries, halved

### Maple Drizzle

- 2/3 cup confectioner's sugar
  - 3 Tbsp pure maple syrup
- Garnish: toasted pumpkin seeds





## Every Minute Matters: Know the Signs of a Stroke

**This vital info could help you save a life – maybe even your own.**

When someone is having a stroke, time isn't on your side unless you act fast. How you react could be lifesaving; and it may mean the difference between a successful recovery and a lasting disability.

So, know what to look for and what you should do.

### Be Alert to the Sudden Signs

A stroke occurs when the brain doesn't get the oxygen-rich blood it needs. Most often, that's because a blood clot has blocked a vessel, but it can also happen when bleeding occurs in the brain.

### Stroke symptoms come on suddenly and can include:

- Numbness or weakness of the face, arm or leg on one side of the body
- Dizziness, trouble walking, or loss of balance or coordination
- Confusion, trouble speaking or trouble understanding speech
- Trouble seeing in one or both eyes
- Severe headache with no known cause

### It's an Emergency!

Why is getting help quickly so important? When the brain doesn't get enough blood, or has a bleed, brain cells are damaged or die. As a result, a person may have paralysis, vision loss, and difficulty thinking and speaking. Besides saving lives, fast treatment may prevent these problems from becoming permanent.

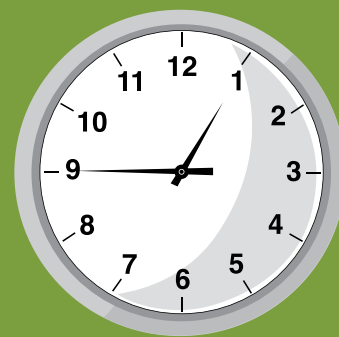
### Remember:

Someone having a stroke may not know it. So, it could be up to you to get help. Call 911 the moment you suspect a stroke in yourself or others, even if the symptoms went away after a few minutes. This could be a warning sign of a more serious stroke to come. Play it safe, make the call.

# YOU AND THE CLOCK

CAN YOU EVER BE FRIENDS?

If you're busy, you know this all too well: Stress and time are intertwined.



### Taming the Tension

You can't stop the clock, but you can take steps to keep a time crunch from putting the squeeze on you. Here are some time-friendly tips for better, more productive days:

**See success.** Do you feel overwhelmed by all you have to do? Try this: Picture where you want to be by the end of the day. Be as realistic and reasonable as possible. Then, set achievable goals to get you there.

If you are taking on a big project, break it down into smaller, more doable tasks. Then, tackle one at a time. Don't forget about delegating. Which tasks can you hand off?

**Make a map.** Write out a to-do list each day. Try to keep the number of tasks manageable, and put the most important items at the top. Do those first. A list can help you avoid spinning your wheels on trivial tasks and it feels great to check things off!

**Brake for breaks.** Even a five-minute breather can be a great refresher. Stretch. Take a few deep breaths and imagine your tension melting away. You'll come back to your tasks with a clearer head.

**Change your tune.** Are you motivated by music? When you need a lift, listen to your favorite up tempo songs. Or, play more mellow melodies when you're feeling tense.

**Take a bow.** At the end of your day, take a few minutes to look back and appreciate what you've accomplished. This will give you some nice momentum going into tomorrow.

### One more word about your list ...

Don't forget this positive perk: The same habits that help you stay healthy also curb stress. So, even when you're busy, or especially when you're busy, take care of yourself.

To feel your best, be sure to eat right, be active\* and get the rest you need. In fact, add these rewarding steps to your to-do list!

\*Talk with your doctor before significantly increasing your activity level.

## Spreading the Risk

When you light up around the people you love, you're harming them, too. People who inhale your secondhand smoke are breathing the same dangerous chemicals you are, and can develop similar health problems. Children are particularly vulnerable to the effects of tobacco smoke.

# Preventing Type 2 Diabetes

## 5 M's for Healthier Kids

Type two diabetes was once considered an adult disease, but it's increasing in children and teens right along with rising obesity rates.

For a parent, this can be a troubling thought, but keep this in mind: If your child has been diagnosed with diabetes, your family is not in this alone. There are people — professionals and loved ones — who can make a healthy difference.



Experts say it's an alarming trend because it means children will be at risk of complications at an earlier age, such as damage the eyes, kidneys, nerves and heart.

### Start With a Plan

You can set things in motion by meeting with your child's health care team. That might include a doctor, a diabetes educator, a registered dietitian and other experts. Make sure your child is there, too. Taking an active role helps kids develop the confidence to care for themselves as they grow.

Together, you'll draw up a treatment plan that will give you the tools you need to help your child stay well. And, be sure to check your benefits plan to see what services may be covered.

### Make an All-Around Healthy Effort

Focus on these five M's to help your child and family thrive:

**1. Menus.** Work with a registered dietitian to plan balanced meals that meet the needs and tastes of your whole family. Then, get your crew involved in shopping and cooking together.

**2. Movement.** According to child health experts, all children, including those with diabetes, need at least 60 minutes of moderate-to-vigorous exercise every day. Be

a positive role model by staying active yourself and planning family fitness time.\*

**3. Monitoring.** Work with your child's health care team to learn how often to test blood sugar and what the target should be. And, learn what to do when your child's levels are too high or low. Controlling blood sugar levels helps kids with diabetes feel well, grow normally and avoid complications.

Monitoring diabetes also means keeping regular doctors' appointments.

Ask how often your child needs to be seen.

**4. Medicine.** Your child may be prescribed insulin or other medications. Be sure he or she is taking any medicine as directed. If you have questions about anything, don't hesitate to ask.

**5. Motivation.** Offer plenty of encouragement and emotional support. Coping with diabetes can be tough on kids and teens. If your child, or your family, is struggling, it may help to talk with a mental health therapist.

\*Talk with your doctor before significantly increasing your activity.

### Smartest Kids on the Block

Research shows that eating a healthy breakfast can boost kids' performance in the classroom. When school starts, these three fuel-ups can earn an A+ for nutrition and ease:

1. A blended smoothie of low-fat yogurt and fruit. Serve with a handful of whole-wheat crackers.
2. A mini whole-grain bagel spread with peanut butter and apple slices. Add a small carton of low-fat milk.
3. String cheese and a make-your-own trail mix of low-fat granola and dried fruit.

#### AAOA HEALTHCARE

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## November WELLNESS TIP



Sheridah Bennett  
(AAOA Wellness Champion)

### Wellness Tip

## Make Health a Family Affair

Children don't like to be singled out; and, kids with diabetes fare better when their families are actively involved. So, when it comes to new routines and healthier habits get everyone on board.

We want your feedback about the Wellness Newsletter. Please e-mail us at [wellness@aoaamerica.org](mailto:wellness@aoaamerica.org) with any wellness tips or healthy recipe ideas.