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# Delta Health Watch



Delta Sigma Theta Sorority, Incorporated  
Philadelphia Alumnae Chapter  
**Physical and Mental Health Committee**

## Smoking Cessation

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### Previous topics:

September: Multiple Myeloma

October: Health Policy Awareness

### Upcoming topics:

December: HIV/AIDS Awareness

Tobacco use is the most common preventable cause of death. About half of the people who don't quit smoking will die of smoking-related problems. Quitting smoking is important for your health and provides many benefits. Soon after you quit, your circulation begins to improve, and your blood pressure starts to return to normal. Your sense of smell and taste return and breathing starts to become easier. In the long term, giving up tobacco can help you live longer. Your risk of getting cancer decreases with each year you stay smoke-free.

Smoking harms nearly every organ of the body; causing many diseases and reducing the health of smokers in general. The adverse health effects from cigarette smoking account for an estimated 438,000 deaths, or nearly 1 of every 5 deaths, each year in the United States. More deaths are caused each year by tobacco use than by all deaths from human immunodeficiency virus (HIV), illegal drug use, alcohol use, motor vehicle injuries, suicides, and murders combined.

~Cancer is the second leading cause of death and was among the first diseases causally linked to smoking.

~Smoking causes about 90% of lung cancer deaths in men and almost 80% of lung cancer

deaths in women. The risk of dying from lung cancer is more than 23 times higher among men who smoke cigarettes, and about 13 times higher among women who smoke cigarettes compared with never smokers.

~Smoking causes cancers of the bladder, oral cavity, pharynx, larynx (voice box), esophagus, cervix, kidney, lung, pancreas, and stomach, and causes acute myeloid leukemia.

~Rates of cancers related to cigarette smoking vary widely among members of racial/ethnic groups, but are generally highest in African-American men.

~Smoking causes coronary heart disease, the leading cause of death in the United States. 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 is associated with a tenfold increase in the risk of dying from chronic obstructive lung disease. About 90% of all deaths from chronic obstructive lung diseases are attributable to cigarette smoking.

~Cigarette smoking has many adverse reproductive and early childhood effects, including an increased risk for infertility, preterm delivery, stillbirth, low birth weight, and sudden infant death syndrome

~Postmenopausal women who smoke have lower bone density than women who never smoked. Women who smoke have an increased risk for hip fracture than never smoking

### SECOND HAND SMOKE

~Secondhand smoke, also known as environmental tobacco smoke, is a complex mixture of gases and particles that includes smoke from the burning cigarette, cigar, or pipe tip and exhaled mainstream smoke. It contains at least 250 chemicals known to be toxic, including more than 50 that can cause cancer.

~Secondhand smoke exposure causes heart disease and lung cancer in nonsmoking adults, and 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 that can increase the risk of heart attack. Secondhand smoke causes sudden infant death syndrome acute respiratory infections, ear problems, and more frequent and severe asthma attacks in children.<sup>2</sup>

~There is no risk-free level of secondhand smoke exposure.

Adapted from the National Cancer Institute; CDC and <http://www.smokefree.gov/>



## Recipe: Cranberry Spritzer

Low in sodium and fat

**Dietitian's tip:** Cranberry juice may help fight urinary tract infections because it contains compounds that help stop certain bacteria from attaching to the walls of the bladder and urinary tract

**SERVES 10**

### **Ingredients**

1 quart reduced-calorie cranberry juice  
 1/2 cup fresh lemon juice  
 1 quart carbonated water  
 1/4 cup sugar  
 1 cup raspberry sherbet  
 10 lemon or lime wedges

### **Directions**

Refrigerate the cranberry juice, lemon juice and carbonated water until cold.

In a large pitcher, mix together the cranberry juice, lemon juice, carbonated water, sugar and sherbet. Pour into tall chilled glasses and garnish with a lemon or lime wedge. Serve immediately.

## 15 quick tips for people who don't like to exercise

1. Don't get intimidated by the prospect of a daily exercise regimen.
2. Reframe the way you think about exercise. Begin to think of each workout as a gift you give to yourself instead of just another "should," "ought," or "must."
3. Make sure you enjoy your exercise program.
4. Make sure your workout is convenient.
5. Make your workout weatherproof.
6. Make sure you're doing it right.
7. If you're having a low-energy day, tell yourself you have to exercise for only ten minutes. That will get you moving.
8. Go with friends. Start a group for walking, running, or training.
9. After a really good workout, write a few notes in your journal about how good you feel.
10. Start with small goals. If you want to run for 30 minutes, start by walking fast. When you can do that, make a goal to spend those 30 minutes running for one minute, walking for one minute.
11. Recognize that some days it will be easier to exercise, and some days you'll have to struggle through the workout.
12. Try behavior modification tapes. Mike Brescia has a good one for exercising at [Momscape.com](http://Momscape.com).
13. Use a visible reward system. After each workout, put a big red star on the calendar as a symbol that you completed the day's workout. Take photos of yourself every month in your workout gear so you have a visual record of your results, too.
14. Get to the bottom of your exercise aversion. For women, if it's the run-of-the-mill gym you can't stand, try a women-oriented fitness center, such as Curves.
15. Be gentle with yourself. Take a day off at least once a week. And if you do skip a few workouts, don't beat yourself up, but do get right back in the routine.

Violets & Pearls,  
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