Choosing the Tobacco Cessation Program to Help You Quit

At Emory we support your decision to quit - quit smoking, quit chewing smokeless tobacco, and quit using cigars. Using tobacco is not only a social behavior - it is also an addiction. This decision may not be easy, but we are here to assist you on your path to cessation.

Which program fits your needs?
Maybe you need in-person support, medical management, or both! Emory now offers several programs to help you quit.

Freedom From Smoking: Freedom From Smoking is an 8-week facilitated group support program offered by the American Lung Association. You do NOT have to quit prior to enrolling in the class.
- Group quit date (week four of program)
- $50.00 (reimbursed to EU/EHC employees at completion)

NOTE: The next Freedom From Smoking class is scheduled for November 9 – December 28, 2010. Contact FSAP to register.

GetQuit Plan: The GetQuit Plan is a step-by-step online plan designed to help you quit smoking, plus trained coaching support throughout the quitting process. This program is available for Chantix users only.
- Must receive a prescription from your physician
- Users receive web-based support for 12 months
- There is no cost to participate
- Chantix is listed under Tier Zero medication benefits
Visit www.get-quit.com for more information or to register.

Quit for Life: The Quit for Life is a customized program for Emory with the Free and Clear Company.
- Participants can use prescription or over the counter (OTC) medications, including Tier Zero medicines
- Web-based/telephonic support is offered for 12 months
- Cost is $365.00, with 50% reimbursed at completion
To register or learn more about this program, email tobacco.free@emoryhealthcare.org.

Tier Zero Medications: Tobacco Cessation drugs have been added to Tier Zero to support your efforts to lead a healthier lifestyle and assist you with your challenge to stop using tobacco. Emory pays 100% - plan participants will pay $0 for a 30- or 90-day generic prescription supply.

<table>
<thead>
<tr>
<th>Tier Zero Tobacco Cessation Medications</th>
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</thead>
<tbody>
<tr>
<td>Chantix</td>
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<tr>
<td>Nicotrol Inhaler</td>
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<tr>
<td>Nicotrol NS</td>
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<tr>
<td>Zyban</td>
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</tbody>
</table>

Contact FSAP at 404-727-4328 for a Tobacco Cessation coaching session (phone or in-person) or to schedule an in-person appointment with a psychiatrist for an evaluation for Chantix.

Eddie Gammill, BA, MSN, RN, Manager of Wellness Programs, FSAP

For more information on Tobacco Cessation programs and Tier Zero medications, visit Emory’s Health Spotlight website at www.hr.emory.edu/healthspotlight.
Wellness and Lifestyle

Helping Someone You Care About with an Alcohol Problem

Confronting someone who has an alcohol problem is challenging. But it’s best not to wait for him/her to “hit rock bottom” to act. Many substance abuse professionals suggest the following steps to help someone with a drinking problem get treatment.

Stop all “cover ups.” Family members, friends and coworkers often make excuses or try to protect someone with an alcohol problem from the consequences of his or her drinking. This only increases the denial, enables the problem and delays treatment.

Time your intervention. The best time to talk to the drinker is shortly after an alcohol-related problem has occurred - such as a serious family argument or an accident. Choose a private time when he or she is sober, and both of you are fairly calm.

Be specific. Tell the individual that you are worried about his or her drinking. Use specific examples of the ways in which the drinking has caused problems and impacted you or others.

State the results. Explain to the drinker what you will need to do if he or she doesn’t go for help—not to punish the drinker, but to protect yourself and others. What you say may range from refusing to go with the person to any social activity where alcohol is served, reporting concerns to a supervisor, or moving out of the house. Do not make any threats you are not prepared to carry out.

Offer to help. Gather information in advance about treatment options - contact FSAP (404-727-4328), the individual’s insurance provider or the National Drug and Alcohol Treatment Referral Routing Service (1-800-662-4357) for local treatment programs. If the individual is willing to accept help, call immediately for an appointment and offer to go with him or her to the appointment and/or an Alcoholics Anonymous meeting.

Call on a friend. If the individual still refuses to get help, ask a friend to talk with him or her. A friend who is a recovering alcoholic may be particularly persuasive, but any person who is caring and non-judgmental may help. The intervention of more than one person, at more than one time, is often necessary to motivate him or her to seek help.

Find strength in numbers. With the help of a health care professional, some families, friends or colleagues join as a group to confront the individual. This approach should only be tried under the guidance of a health care professional who is experienced in group interventions for alcohol and drug addiction.

Get support. It is important to remember that you are not alone. Support groups offered in most communities include Al-Anon, which holds regular meetings for partners and other significant adults in an alcoholic’s life, and Alateen, which is geared to children of alcoholics (www.al-anon.alateen.org). You can call FSAP for support and local referrals, as well.

For accessing treatment services through the Aetna health insurance plan, contact Aetna Member Services at 800-847-9026 or visit www.aetna.com/docfind/custom/emory for a list of substance-abuse treatment providers.

Robin Huskey, LCSW, Manager of Education and Outreach, FSAP

Source: The National Institute on Alcohol Abuse and Alcoholism (NIAAA)

This information is intended to support the Healthy People 2010 goal to “reduce substance abuse to protect the health, safety and quality of life for all.” (www.healthypeople.gov)
Nutrition Spotlight

10 Tips to Keep Your Waistline Intact During the Holidays

1. **Manage your appetite.** Have a healthy snack like fruit or low-fat yogurt before heading to a social function.

2. **Engage in daily, moderate physical activity.** Two 15-minute walks each day can make a difference by burning about 100 calories. This is especially easy to do when you’re holiday shopping.

3. **Alternate alcoholic drinks with a glass of sparkling water** to cut down on calories, and drink in moderation. For men, that means no more than two drinks per day and no more than one drink per day for women. One drink equals 5 ounces of wine, 12 ounces of beer or 1.5 ounces of liquor.

4. **Keep a food record** to be more aware of what you are eating. We often underestimate our calorie intake for the day.

5. **Eat breakfast.** People who eat breakfast tend to consume fewer calories throughout the day. Don’t make the mistake of “saving up” on calories because you know you have a holiday party to go to that night.

6. **Plan ahead** to make healthy food choices before you even walk into the party.

7. **Avoid socializing near the food table.** You are more likely to overconsume if you engage in conversation around the food.

8. **Focus on fiber.** High-fiber foods like fruits, vegetables and whole grains are high in volume and satisfying but lower in calories.

9. **Practice portion control.** Eat slower and use smaller plates.

10. **Guarantee a healthy choice** for yourself by bringing a dish that is a part of your healthy eating plan: a vegetable tray, low-fat spinach dip or a lighter dessert.

Source: The American Dietetic Association www.eatright.org
Reviewed by Tara Cox, MPH, RD, Wellness Specialist, FSAP

Wild Rice Stuffing

**Ingredients**

- Cooking spray
- 1 1/2 cups chopped celery
- 1 cup chopped onion
- 1 cup uncooked wild rice
- 2 garlic cloves, minced
- 4 cups fat-free, less-sodium chicken broth
- 1 1/2 tablespoons chopped fresh sage
- 1 cup uncooked long-grain brown rice
- 1/2 cup dried sweet cherries
- 1/2 cup chopped dried apricots
- 1/2 cup chopped pecans, toasted
- 1/2 teaspoon salt (optional for low sodium)
- 1/2 teaspoon freshly ground black pepper

**Preparation**

Heat a Dutch oven or large casserole dish over medium-high heat. Coat pan with cooking spray. Add celery, onion, wild rice, and garlic to pan; sauté 3 minutes. Stir in broth and sage; bring to a boil. Cover, reduce heat, and simmer 25 minutes. Stir in brown rice, and bring to a boil. Cover, reduce heat, and cook for 30 minutes or until liquid is absorbed. Remove from heat; let stand covered for 10 minutes. Stir in cherries and remaining ingredients.

12 servings (serving size: 1/2 cup). Nutritional Information:

- Calories: 190
- Fat 4g
- Protein 5 g
- Carbohydrate 34.4g
- Fiber 4 g
- Cholesterol 0.0mg
- Iron 1.2mg
- Sodium 243 mg
- Calcium 35 mg

Source: Cooking Light, November 2007
Wellness Calendar

Eager Breathers: How to Breathe Mindfully Through Anything
Date: Tuesday, November 9, 2010
Time: 11:30 a.m. – 1 p.m.
Facilitator: Sue Matthews, FSAP Psychologist
Location: 1599 Clifton Rd., Room 1D
Description: Mindfulness of breathing is at the core of all mindfulness practices. Our breathing is always with us like a faithful friend. Come join us for a workshop focusing on the most basic form of self-care, and be prepared to “just breathe”.
Registration Deadline: Monday, November 8, 2010

Parenting Solo: Tips for Single Parents
Date: Wednesday, November 10, 2010
Time: Noon – 1:30 p.m.
Facilitators: Leigh Anne Clark, LCSW, FSAP Clinician, and Leanna Fortunato, Post-Doctoral Fellow, FSAP
Location: 1599 Clifton Rd., Room 1D
Description: Parenting solo provides unique challenges and opportunities for single parents. This workshop will offer helpful strategies for managing various challenges, as well as discovering the positive effects of parenting solo.
Registration Deadline: Tuesday, November 9, 2010

To register, please call FSAP at 404-727-4328.

Give the Gift of Health This Holiday Season

Forget the fruitcake, holiday sweaters and chain restaurant gift cards. This year, give your friends and loved ones something that they will not only enjoy, but will support their wellness goals. Here are some fun ideas to get you started:

$20 or less
- Set of hand weights/resistance band(s)
- Jump rope
- Healthy recipe cookbook
- Pedometer or step counter

Under $50
- Half-hour massage

Under $100
- Personal training
- Heart Rate Monitor
- Cooking class
- Air Purifier

Melissa Morgan, MS, HFS
Wellness Specialist, FSAP

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