Using Tobacco? Commit to Quit

Did you know that more than 440,000 people die from smoking-related causes each year?

According to the Centers for Disease Control and Prevention, tobacco use is the single most preventable cause of disease, disability and death in the United States. More than 20 percent of Americans 18 years of age or older currently smoke cigarettes. Thousands more use smokeless tobacco, which is linked to cancer, gum disease and tooth decay, premature birth and low birth weight. Additionally, the American Cancer Society reports that smoking damages nearly every organ in the human body and accounts for 30 percent of all cancer deaths.

Cessation can significantly reduce the risk of suffering from tobacco-related diseases. Health benefits include the reduction in risks of:

- Lung and other types of cancer.
- Coronary heart disease, stroke and peripheral vascular disease.
- Respiratory symptoms, such as coughing, wheezing, and shortness of breath. The rate of decline in lung function is slower among persons who quit smoking.
- Developing chronic obstructive pulmonary disease (COPD), one of the leading causes of death in the United States.
- Infertility in women of child-bearing age.

While tobacco dependence is a chronic condition that often requires repeated interventions, effective treatments and helpful resources exist. In addition to offering Tier Zero medicines for tobacco cessation, Emory offers Smoking Cessation classes through FSAP. For more information, see page 4, or contact FSAP at 404-727-4328.

Sources: Centers for Disease Control and Prevention, www.cdc.gov
American Cancer Society, www.cancer.org

MY STORY: A Relationship Not Meant to Be – For Good Reason

Linda Rosen’s (manager, Business Systems, Budd Terrace) relationship with cigarettes began when she was 18 years old. However, they cut ties three years ago. They haven’t called and they haven’t written, and Rosen is perfectly fine with that. She knew her relationship with cigarettes was doomed when she signed up for the Faculty Staff Assistance Program’s (FSAP) Smoking Cessation class three years ago.

“I signed up for the class because I really wanted to quit,” said Rosen. “This was going to be my third – and last – quit. At the time of the class, I had an unpleasant cough because of smoking. It also was a lot of trouble to smoke – trying to figure out when and how I was going to get my next cigarette took a lot of energy.”

In the class, participants made a decision on when they wanted to quit and then worked back from there. The instructor gave each participant a rock to symbolize his or her journey. Rosen keeps her rock in her purse and touches it often as a reminder of her commitment to being smoke-free.

See more of Linda’s story on Emory’s Health Spotlight, www.hr.emory.edu/healthspotlight.

By Brianne Gloski, EHC Communications
Wellness and Lifestyle

Living Successfully with a Chronic Illness

One of the primary goals of the Healthy People 2010 initiative ([www.healthypeople.gov](http://www.healthypeople.gov)) is to improve quality of life. People who have chronic illnesses, such as diabetes, heart disease, hypertension, etc., face daily challenges that can affect quality of life. Despite this, there are strategies to actively manage chronic illness and prevent symptoms from becoming worse.

Adhere to treatment as prescribed by your healthcare provider. Before stopping any medication, be sure to talk to your doctor. Remember, certain medications are available through Emory’s Tier Zero prescription program.

View the glass as half full! There are health benefits to optimism. If you feel down because you can no longer manage certain activities as well, focus on what you are able to do and simple pleasures in life.

Seek help for depression. Untreated symptoms of depression can actually worsen physical symptoms and hinder your ability to follow your prescribed health care regimen.

Engage in physical activity. Yoga releases beta endorphins, which serve as a natural pain killer. Set small goals for exercise and increase time or intensity as you are able.

Eat well. Ask your healthcare provider about foods which may be helpful for your condition. Antioxidant and anti-inflammatory foods such as blueberries, green tea, cherries, and foods with Omega-3 fatty acids, can help decrease pain.

Use humor! Laughter can boost your immune function, lower your blood pressure, increase your pain tolerance and elevate your mood.

Utilize social support. Reach out to family and friends. Join a social or support group. Need additional support? Contact FSAP at 404-727-4328.

More Ways to Improve Interpersonal Relationships at Work

In the last edition of *All About Health*, we provided several strategies to strengthen workplace bonds. Here are five additional tools you can utilize to create productive and meaningful interactions at work:

- Identify shared obstacles and goals. During conflicts, we often magnify personal differences.
- Seek out and value peoples' strengths to create a scenario where each party benefits from the other. For example, someone who sees the larger picture can complement someone who notices details.
- Rethink the need to be right. See “winning” as successful collaboration, rather than insistence on proving a point.
- Be consistent. Demonstrate what you want from others, rather than doing one thing and expecting another. Be aware that you could be unintentionally sending a negative message through body language, which could sabotage your efforts if unchecked.
- Keep working on your communication strategies. Practice with friends or family to make these techniques easier to apply. Visit [www.newconversations.net](http://www.newconversations.net) for a free workbook.

For free, confidential counseling services related to enhancing workplace relationships, or support for any concern that impacts you personally or professionally, please contact FSAP at 404-727-4328.


Jad Tompkins, LCSW
Claudia Brasfield, PhD

*Nancie A. Vito, MPH, CHES, Consultant*
Save Time with Quick and Healthy Meals at Home

Grabbing a meal on the run or microwaving frozen meals may seem like a time saver, but these meals tend to be higher in sodium and are sometimes loaded with calories and fat. Instead, prepare fast and healthy meals at home. The key is planning!

For breakfast, stock up on whole-wheat English muffins, whole-grain cereals, breads, peanut butter, low-fat cheeses, milk and yogurt, and a variety of fresh fruit. Many breakfast foods don’t need to be cooked, just assembled, such as cereal mixed with yogurt or peanut butter sandwiches.

For lunch or dinner, go for one dish meals. Mixing convenience foods such as ready-made sauces or pre-cut produce with fresh ingredients can also save time. Try pasta and chicken with marinara sauce, or top a frozen pizza with vegetables.

Batch cooking on the weekends will help to save food “prep” time during the week. Make enough of staple food items like baked or grilled chicken, and pasta or rice to last for two meals, then re-invent the item during the week. Grilled chicken can be paired with steamed vegetables and brown rice in one meal, and whole wheat tortillas, sautéed peppers and low-fat cheese in another.

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

Ingredients
1 tablespoons low sodium soy sauce
1 tablespoon orange juice
1 tablespoon rice wine vinegar
1 tablespoon light brown sugar
1/2 tablespoon sesame oil
1/2 tablespoon red pepper flakes, plus more to taste, if desired
1/2 tablespoon cornstarch
1 tablespoon peanut oil
1 pound boneless, skinless breasts, cut into 1/2-inch pieces
4 cloves garlic, minced
2 tablespoons peeled and chopped ginger
4 green onions, sliced
2 cups broccoli florets, blanched

Directions
In a small bowl, whisk together the soy sauce, orange juice, rice wine vinegar, light brown sugar, sesame oil, red pepper flakes and cornstarch. Reserve.

Set a wok over medium-high heat and coat with 1 tablespoon of peanut oil. When the oil shimmers, add about half of the chicken breast pieces. Stir-fry until the chicken is fully cooked through, about 3 to 4 minutes. Transfer to a plate and repeat the process with the remaining chicken breasts.

Add peanut oil to the hot wok to coat the bottom. Add the garlic, ginger, green onions, and red pepper flakes, to taste, and saute until fragrant, about 1 minute. Add chicken back to the pan along with the broccoli florets and stir to warm through. Pour in the reserved sauce and stir until the sauce is thickened and bubbly, about 45 seconds. Transfer to a serving bowl and serve.

Serving suggestion: serve over steamed brown rice or whole wheat noodles (not included in nutrition analysis)

Nutrition: Total Calories 390, Fat 10 grams (15%), Cholesterol 100 mg, Sodium: 250 mg, Carbohydrates 11 grams, Fiber 2 grams, Protein 38 grams

Source: www.foodnetwork.com, modified from Pat Neely’s Broccoli and Chicken Stir-Fry

Nutrition analysis by Tara Cox, MPH, RD, Wellness Specialist
**Improving Wellness in Just Minutes**

In today’s society, many people feel like they don’t have the time it takes to achieve optimal health. It may not be possible to make it to the gym for an hour a day, 5 days a week; however, you can find time to make small improvements for health benefits. Here are some things you can do in minutes that will make a difference over time.

**Write a weekly grocery list.** You’re more likely to stick to your intentions and avoid unhealthy impulse buys.

**Manage stress.** Take a few minutes daily to practice deep breathing exercises, stretch, or write in a journal.

**Move more.** Go for a walk, put on the music and dance, or shoot some hoops. Small pockets of daily exercise can add up to big benefits.

**Make a “To-Do” list for the day or the week.** Having a plan in place will greatly increase your productivity and reduce stress that comes from procrastination and feeling time-pressed.

**Laugh out loud.** Read a funny book or listen to a comedian. Laughter is medicine.

*Melissa Morgan, MS, HFS, Wellness Specialist*

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**FSAP Programs**

**Grief & Loss Support Group**  
Begins Wednesday, October 20

The group will meet weekly for 8 sessions from 3:30 p.m. – 5 p.m (final session December 8). Location: The Emory Wellness Center, 1762 Clifton Rd, Suite 1100

Participants will receive educational information and mutual support regarding the grief process. They will also learn how to cope with grief and create meaning in life after the loss of a loved one.

All prospective participants must be pre-screened no later than Friday, October 15. Group is limited to 8 members.  
*Call FSAP at 404-727-4328 to register or for more information.*

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**Freedom From Smoking**  
8-Week Program

Mondays, September 13 – November 1  
No cost for EHC employees; $50.00 for EU employees (reimbursed upon completion)  
*To register or for more information, contact Tara Cox, Wellness Specialist, tara.cox@emory.edu, or 404-727-4328*