Learning how to quit smoking may seem daunting. In fact, it’s a journey with twists, turns, rewards, and surprises. Every journey begins with one step. And for many people, that first step is quitting for 1 day, followed by another, then another.

You can explore quitting during the American Cancer Society’s Great American Smokeout (GASO) on Thursday, November 20, 2014, with the support of others around the nation. The SU event will be held outside of Benny’s. The idea is to quit smoking on that day and begin to enjoy the rewards of a lifetime of smoke-free living.

Evangelical Community Hospital outreach will be present with tips and resources to support your efforts!

How Can You Get Ready to Quit?
November 20th

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How Can You Get Ready to Quit?

Set a quit date. The Great American Smokeout on November 20 is a great time to quit, along with many other people around the country. Or choose another quit day within the next 2 weeks.

Tell your family and friends you plan to quit. Share your quit date with the important people in your life and ask for support. A daily email, text message, or phone call can help you stay on course and provide moral support. Try SmokefreeTEXT for 24/7 help on your mobile phone.

Plan a smoke-free lunch date or game night to distract yourself. Or gather your family in the kitchen to cook a special meal together.

Anticipate and plan for challenges. The urge to smoke is short, usually only 3 to 5 minutes. Surprised? Those moments can feel intense. Before your quit day, write down healthy ways to cope. Even one puff can feed a craving and make it stronger.

Smart moves include:
- Drinking water
- Taking a walk or climbing the stairs
- Listening to a favorite song or playing a game
- Calling or texting a friend

Remove cigarettes and other tobacco from your home, car, and workplace. Throw away your cigarettes, matches, lighters, and ashtrays. Clean and freshen your car, home, and workplace. Old cigarette odors can cause cravings.

Talk to your pharmacist or doctor about quit options. Nicotine patches, gum, or other medicines may help with cravings.
Quit Tips: For smokers

Are you one of the more than 70% of smokers who want to quit? Then try following this advice.

1. Don’t smoke any cigarettes. Each cigarette you smoke damages your lungs, your blood vessels, and cells throughout your body. Even occasional smoking is harmful.
2. Write down why you want to quit. Do you want to—
   Be around for your loved ones?
   Have better health?
   Set a good example for your children?
   Protect your family from breathing other people’s smoke?
   Really wanting to quit smoking is very important to how much success you will have in quitting.
3. Know that it will take commitment and effort to quit smoking. Nearly all smokers have some feelings of nicotine withdrawal when they try to quit. Nicotine is addictive. Knowing this will help you deal with withdrawal symptoms that can occur, such as bad moods and really wanting to smoke.
   There are many ways smokers quit, including using nicotine replacement products (gum and patches) or FDA-approved, non-nicotine cessation medications.
   Some people do not experience any withdrawal symptoms. For most people, symptoms only last a few days to a couple of weeks. Take quitting one day at a time, even one minute at a time—whatever you need to succeed.
4. Get help if you want it. Smokers can receive free resources and assistance to help them quit by calling the 1-800-QUIT-NOW quitline (1-800-784-8669) or by visiting CDC’s Tips From Former Smokers. Your health care providers are also a good source for help and support.
   Concerned about weight gain? It’s a common concern, but not everyone gains weight when they stop smoking. Learn ways to help you control your weight as you quit smoking.
5. Remember this good news! More than half of all adult smokers have quit, and you can, too. Millions of people have learned to face life without a cigarette. Quitting smoking is the single most important step you can take to protect your health and the health of your family.

Chelsey Pagana
Figo Fitness
Classes

Students
Tues. & Thurs.
4:30-5:15pm
Smith Field
$60/session
(That’s $5.50 student discounted price!)

Faculty/Staff
Tues. & Thurs.
12:15-1:00pm
$10/class
Field House near Indoor Track

What is bacterial vaginosis?

Bacterial vaginosis (BV) is an infection caused when too much of certain bacteria change the normal balance of bacteria in the vagina.

How common is bacterial vaginosis?

Bacterial vaginosis is the most common vaginal infection in women ages 15-44.

How is bacterial vaginosis spread?

We do not know about the cause of BV or how some women get it. BV is linked to an imbalance of “good” and “harmful” bacteria that are normally found in a woman’s vagina.

We know that having a new sex partner or multiple sex partners and douching can upset the balance of bacteria in the vagina and put women at increased risk for getting BV.

However, we do not know how sex contributes to BV. BV is not considered an STD, but having BV can increase your chances of getting an STD.

BV may also affect women who have never had sex.

You cannot get BV from toilet seats, bedding, or swimming pools.

How can I avoid getting bacterial vaginosis?

Doctors and scientists do not completely understand how BV is spread, and there are no known best ways to prevent it.

The following basic prevention steps may help lower your risk of developing BV:

- Not having sex;
- Limiting your number of sex partners; and
- Not douching.
Food Allergy or Intolerance?

What Is an Allergic Reaction to Food?
All of us eat to survive, and most of us enjoy eating. However, recent studies have found that almost 1 in 25 adults are allergic to at least one food. Other studies indicate that food allergy, especially allergy to peanut, is on the rise. As a result, people are becoming aware of food allergy, making it a subject of increasing public concern. A food allergy occurs when the immune system responds to a harmless food as if it were a threat. The first time a person with food allergy is exposed to the food, no symptoms occur; but the first exposure primes the body to respond the next time. When the person eats the food again, an allergic response can occur.

Types of Food Intolerance
Food allergy is sometimes confused with food intolerance.

Lactose intolerance
Lactose is a sugar found in milk and most milk products. Lactase is an enzyme in the lining of the gut that breaks down or digests lactose. Lactose intolerance occurs when lactase is missing. Instead of the enzyme breaking down the sugar, bacteria in the gut break it down, which forms gas, which in turn causes symptoms of bloating, abdominal pain, and sometimes diarrhea. Lactose intolerance is uncommon in babies and young children under the age of 5 years. Because lactase levels decline as people get older, lactose intolerance becomes more common with age. Lactose intolerance also varies widely based on racial and ethnic background.

Food additives
Another type of food intolerance is a reaction to certain products that are added to food to enhance taste, add color, or protect against the growth of microbes. Several compounds such as MSG (monosodium glutamate) and sulfites are tied to reactions that can be confused with food allergy.

Gluten intolerance
Gluten is a part of wheat, barley, and rye. Gluten intolerance is associated with celiac disease, also called gluten-sensitive enteropathy. This disease develops when the immune system responds abnormally to gluten. This abnormal response does not involve IgE antibody and is not considered a food allergy.

Food poisoning
Some of the symptoms of food allergy, such as abdominal cramping, are similar to food poisoning. However, this reaction is not a true allergic reaction. Instead, the reaction is called histamine toxicity or scombroid food poisoning.

Other
Several other conditions, such as ulcers and cancers of the GI tract, cause some of the same symptoms as food allergy. These symptoms, which include vomiting, diarrhea, and cramping.

Fitness Tip:
Having a hard time fitting in 30 minutes or more of exercise a day? Break it up! Aim for 3 or 4 ten minute bursts of exercise throughout your day!!
**Exercise: 7 benefits of regular physical activity**

From boosting your mood to improving your sex life, you know exercise is good for you, but do you know how good?

No. 1: Exercise controls weight  
No. 2: Exercise combats health conditions and diseases  
No. 3: Exercise improves mood  
No. 4: Exercise boosts energy  
No. 5: Exercise promotes better sleep  
No. 6: Exercise puts the spark back into your sex life  
No. 7: Exercise can be fun

The bottom line on exercise  
Exercise and physical activity are a great way to feel better, gain health benefits and have fun. As a general goal, aim for at least 30 minutes of physical activity every day. If you want to lose weight or meet specific fitness goals, you may need to exercise more.

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