



May 2019

Quick Takes

Trying to quit? Try the 5 Ds

Even though most people probably know that smoking is unhealthy, the addiction is often stronger than any rational thought about quitting. We've known that smoking causes lung cancer for many years, and we also know that it contributes to heart disease, COPD, stroke and other cancers. "I know I should quit, but I just can't" is a common refrain with many smokers. "The withdrawal is too awful. I don't want to go through that" is another. Or perhaps it's "This just isn't a good time. I'll try to quit after _____ (insert stressful situation or other excuse here)."

With the right preparation and planning, though, quitting is possible, even for the most addicted smokers. There are over-the-counter and prescription medications that are extremely effective and help you manage withdrawal symptoms and physical cravings so that you can focus on your behavioral urges – ask your doctor about whether that's an option for you. But whichever method you use to quit, there are also some mind-over-matter tricks that can help deal with the inevitable cravings: the 5 Ds – distraction, drinking water, delay, deep breaths, and discuss.

There's what the 5 Ds entail: Distract yourself from the craving by going for a walk or tackling a chore. Drink a glass of water so your hands and mouth have something to do besides smoking. Instead of thinking "I'll never smoke again," just get through one five- or ten-minute delay at a time. Do some deep breathing to relax you. And discuss your struggle and your goals with supportive friends and family.

Thinking about all the benefits of quitting can be a motivator, too. In this newsletter, we'll give you ten of them. Check them out!



10 Reasons to Quit Tobacco

Consider these benefits—to you and those around you

We all know that using tobacco is bad for one's health. This is true if you smoke cigarettes, use e-cigarettes ("vaping"), or use smokeless tobacco like chew or dip. If you don't use tobacco, don't start. But if you do, you may need a reminder of how good life can be when you're tobacco-free. Here are 10 reasons to quit tobacco for good.

- 1. Help improve your health right now and for the rest of your life.** Within hours of quitting smoking, your heart rate and blood pressure drop, and the carbon monoxide level of your blood begins to return to normal. Along with those changes, your risk of cancer, heart attack and stroke begins to decline. That decrease continues as long as you don't smoke.
- 2. Avoid the dangers of smokeless tobacco and consider the risks of using e-cigarettes.** Think smokeless tobacco is safer than smoking cigarettes? Think again. The chemicals in smokeless tobacco can cause tooth decay, gum disease and tooth loss. Smokeless tobacco can also cause cancers of the mouth, pancreas and esophagus. While e-cigarettes contain fewer toxic chemicals than regular cigarettes, they produce an aerosol that can contain nicotine, lead, volatile organic compounds, and other substances that can cause cancer.
- 3. Breathe easier and have more energy.** When you quit smoking and your lungs heal, they will begin to work better. You may have less coughing and huffing and puffing on stairs.

4. **Have more money to spend on things you enjoy.** Tally up how much you spend on tobacco products each month. You may be shocked. Then think of what you can do with the money instead. Quitting may also help you save on health and life insurance.
5. **Have sharper senses of taste and smell.** You may be able to delight in subtle flavors and aromas you missed while using tobacco.
6. **Have whiter teeth and cleaner fingers.** You can also cut your risk of gum damage and tooth loss from smoking, vaping or using chewing tobacco or snuff.
7. **Help protect the health of others.** The smoke that curls up from the tip of a cigarette contains substances that can cause disease and death in nonsmokers. The risks are especially great for infants, children and pregnant women. E-cigarette batteries can cause serious explosions and fires, and if swallowed, breathed in, or absorbed through eyes or skin, e-cigarette liquid can be poisonous. Smokeless tobacco ingested by children can cause nicotine poisoning.
8. **Avoid the social stigma that is sometimes attached to smoking.** Smoking is less accepted by society now than ever before. Tobacco is commonly banned or restricted at restaurants, bars, schools, libraries, places of employment and even hotels and apartments. Many public places restrict smoking. Smoking could even limit your relationship choices.
9. **Set a better example for the children in your life.** Very few people want their kids to use tobacco. But children learn from what you do, not necessarily what you say. If you smoke or use tobacco, it's more likely they will, too.
10. **Have more control over your life.** Beating an addiction can give you a renewed sense of power and pride. Why not start now?

Sources:

Smokefree.gov. *Benefits of quitting.* <https://smokefree.gov/quit-smoking/why-you-should-quit/benefits-of-quitting> (Accessed 4/3/19)

Smokefree.gov. *Why do you want to quit?* <https://smokefree.gov/quit-smoking/why-you-should-quit/why-do-you-want-to-quit> (Accessed 4/3/19)

Centers for Disease Control and Prevention. *Electronic cigarettes.*

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/Electronic-Cigarettes-Infographic-p.pdf (Accessed 4/3/19)

Centers for Disease Control and Prevention. *Smokeless tobacco: Health effects.*

www.cdc.gov/tobacco/data_statistics/fact_sheets/smokeless/health_effects/index.htm (Accessed 4/3/19)

Centers for Disease Control and Prevention. *Quitting smoking.*

https://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm (Accessed 4/3/19)

Grilled Teriyaki Pork Makes 4 servings

Our cooks prefer the low-sodium version of teriyaki sauce, and not only because it's significantly lower in salt. It's richer and slightly sweeter than standard teriyaki blends and has a more full-bodied consistency because extra seasonings have been added to compensate for the salt reduction. Takes 30-60 minutes.

INGREDIENTS

- 4 pork medallions (cut from the tenderloin) or boneless loin chops, about 4 ounces (120 g) each
- ¼ cup (60 ml) less-sodium teriyaki sauce, preferably Kikkoman
- 1 teaspoon brown sugar
- 1 tablespoon grated fresh ginger or ½ teaspoon powdered ginger
- 1 - 2 cloves garlic, minced
- 1 teaspoon olive oil

DIRECTIONS

1. Trim any fat or membrane from the meat. Place in a lock-tight plastic bag. Add the remaining ingredients. Close bag securely and shake to distribute the marinade.
2. Marinate in the refrigerator for at least 30 minutes and up to 24 hours.
3. Preheat a gas grill or a stovetop grill pan.
4. Remove the pork from the marinade. Grill 3 to 4 minutes per side, until cooked through. (Discard any uncooked marinade left in the bag.)



NUTRITIONAL INFORMATION

193 Calories
 25 g Protein
 9 g Fat
 3 g Saturated fat
 0 g Trans fat
 2 g Carbohydrate
 0 g Fiber
 374 mg Sodium
 70 mg Cholesterol