

Quitting Smoking?

Expect good things ahead

Most tobacco users say the No. 1 reason they quit is to improve their health. It's a very good reason, since about half of the smokers who keep smoking will die from a smoking-related illness.

When you quit, you lower your risk for many health problems, including several cancers, heart attack, stroke and emphysema.

If you have a chronic illness such as diabetes or a breathing problem, quitting will quickly improve your symptoms. Quitting can also affect other people's health — not only family and friends but also anyone exposed to the hazards of cigarette smoke.

Nicotine cravings gradually weaken. Soon you'll enjoy many personal rewards. After two or three weeks, people often report they feel more confident, have renewed energy and feel less stressed about their health. They also like the money they save. *Turn the page for more benefits of quitting.* ▶▶



Before heading out, check the forecast. Don't travel if snow and ice are expected unless it's absolutely necessary. If you must travel, here are five tips to help you prevent accidents:

- 1 Be prepared.** Check your windshield wipers and tires, and replace them if worn out. Bring a charged cell phone, a shovel, blankets, sand or salt, an ice scraper and flares if you're heading out on a long road trip. Be sure to tell others about your travel plans. Tire chains may be necessary in some areas.
- 2 Drive slowly.** Driving too fast is the No. 1 reason drivers lose control in winter driving conditions. *Tip:* Use hazard lights if you're driving below the posted speed limit.
- 3 Keep back.** Allow at least three times more space than usual between you and the vehicle in front of you.
- 4 Avoid skids.** Use a light touch on brakes to avoid skidding. If you begin to skid, ease off brakes and turn in the direction of the skid.
- 5 Be alert.** You can't always see the ice on the road. That's why it's important to drive slowly and keep control of your vehicle.

"In health there is freedom. Health is the first of all liberties." – Henri Frederic Amiel



November is American Diabetes Month.

10 Ways to Prevent Type 2 Diabetes

You can do a lot to prevent type 2 diabetes. Type 2 is the body's inability to use insulin properly. Insulin helps your body use glucose from food for energy. Type 2 is the most common form of diabetes, which causes several disabling health problems.

Even small changes can make a big difference in preventing type 2. *Try these:*

- 1. Ask your health care provider** about your potential risk, especially if you are obese or have reached age 45.
- 2. Stop smoking.** Tobacco use harms your overall health.

3. Get enough sleep.

Too little — an average of five hours or less — may increase insulin resistance and lower glucose tolerance.

4. Try to fit in multiple small meals and nutritious snacks at regular times throughout the day. This promotes steady energy and blood sugar levels.

5. Plan for daily balanced nutrition with 3 ounces of whole grains, 2 cups of fruit, 2½ cups of vegetables and 5-6 ounces of lean meat, poultry or seafood.

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Why Quit Tobacco?

In addition to better health, you can expect several immediate benefits of quitting. Start by saying goodbye to everyday hassles:

- Searching for places to smoke.
- Making sudden trips to buy smokes.
- Being nagged by others to quit.
- Stressing about offending others.
- Feeling trapped by your habits.



For help quitting now, visit the American Cancer Society at www.cancer.org.

Prevent Type 2 Diabetes ... *continued*

6. Enjoy slow carbohydrates. High-fiber breads and whole grains produce a slower rise in blood sugar than their highly processed cousins — refined breads and pasta — that are typically low in fiber.

7. Move more every day. Activity helps your insulin work better.

8. Read food labels on packaged products. Choose options low in added saturated fat and sugars.

9. Ask your provider to help you define an action plan.

10. Make sure these changes fit well into your daily life. Given time, you'll like the results and even enjoy your new habits.

Take these tips seriously if you have been diagnosed with prediabetes, higher-than-normal blood sugar levels but not high enough for a type 2 diagnosis.

You can still beat it.



November is Healthy Skin Month.

Winterize Your Skin



You may notice your skin feeling drier during cold winter weather — it's a common problem, especially with more time spent indoors where the air lacks humidity. **To combat dry, flaky skin:**

- **Avoid bathing in hot water.** Take shorter, cooler showers.
- **Use less or mild soap** to reduce washing away natural oils that prevent dryness.
- **Apply moisturizer daily.** Apply it after bathing to help keep skin moist and supple.
- **Turn down the indoor heat.** Your skin may do better if your house is cooler.
- **Wear gloves** when using abrasive cleansers.



Smart moves toolkit is at www.personalbest.com/extras/nov12tools.

Next Month: [Health in a Hurry](#)

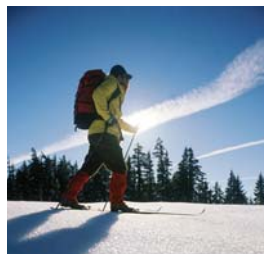
Diabetes Prevention on Your Plate

By Cara Rosenbloom, RD

Your blood sugar level fluctuates throughout the day. It's usually lowest in the morning and rises after each meal in response to food. Through these normal ups and downs, it stills stays within a specific target range.

Studies have shown that losing even 5 to 10% of your body weight can help control blood sugar. Here are some nutrition tips to keep blood sugar levels stable:

- ✓ Eat smaller portions at all meals and snacks.
- ✓ Choose foods with less fat, sugar and salt.
- ✓ Include fish in your meals two to three times a week.
- ✓ Eat fruits that contain soluble fiber, such as apples, pears, oranges and berries. Soluble fiber helps delay the absorption of sugar into the bloodstream.
- ✓ Enjoy non-starchy vegetables with every meal. They are low in calories and high in vitamins, and have little effect on blood sugar levels.
- ✓ Swap refined grains for whole grain oats and hulled barley. They contain fiber that helps delay carbohydrate absorption and the resulting rise in blood sugar.
- ✓ Replace meat with kidney beans, lentils, chickpeas and soy products a few times a week.
- ✓ Drink water instead of sugary beverages.
- ✓ Cook more. Eat less processed and packaged food.



Cold Weather Workouts

Do you head inside when the temperature drops below 40°F and don't venture out again until spring? Our instinct is to avoid the cold. Going for a walk in chilly air may not be your idea of fun, but consider these benefits of wintry outdoor exercise.

Your body likes a change of pace. Exercising indoors in 70+ degrees for months can get boring and is sedentary. Why not break up the monotony? You may find the cool air invigorating.

You have to increase your exercise pace to stay warm outside in cold weather. The benefit? You burn more calories. Cold weather workouts can also enhance your performance because you're working a little harder.

Your mind could use some fun. Get out and soak up the elements again with renewed appreciation — the falling leaves and windblown trees, even the rain and snowfall.

Enjoy outdoor activity four or five times a week. Warm up indoors first, watch your step if it's slippery and don't exercise if frostbite is a risk.