



The Effects of Smoking On Women

By Danelle Zosel-Sanderson, Tobacco Prevention and Education Coordinator

Tobacco smoke causes a wide range of health problems from heart disease and cancer to coughs and reduced lung functions. All tobacco users face all of these risks, but women have additional problems due to their sex. Over 125,000 women die by tobacco smoke each year.

- ← Lung Cancer is one of the leading causes of death in women. In 1989 alone, 44,000 women died due to lung cancer. Indian women have a greater risk of death due to lung cancer. That rate is more than double than the U.S. rate. Lung disease in heavy smokers has three times the risk of bronchitis and emphysema and twice the risk of chronic sinus inflammation as a nonsmoker.
- ← Breast and Cervical Cancer is increased when women smoke, which is the second leading cause of cancer death in women.
- ← Heart Disease is the single biggest cause of heart attacks in young women who smoke. Women aged 35-64 has a higher risk of heart disease than males in the same age group. One to four cigarettes per day doubles your risk of heart attack, while pack-a-day smokers are at risk five times greater than nonsmokers are!
- ← Strokes in women who smoke are three times that of a nonsmoker. Women smokers aged 35-64 are at greater risk of dying from stroke than men die in the same age group.
- ← Menstrual Problems vary in female smokers. They range from heavier periods and irregular periods to not having one at all. For females who do smoke menopause is more likely to begin at an earlier age than that of a female who is a nonsmoker.
- ← Problems with birth control pills are also linked to women to smoke. Their chances of heart attack, stroke, or blood clots increase dramatically. Up to 20 times! If you are a smoker you should choose another contraceptive method or stop smoking.
- ← Problems during pregnancy include low birthweights and premature birth. Women who smoke also have a greater risk to have miscarriages; stillbirths and infant deaths than women do who do not smoke. Many women do not realize is that smoking during pregnancy or exposing newborns to tobacco smoke is related to Sudden Infant Death syndrome (crib death).

It is never too late to quit, even if you are already pregnant. Your concern for family will help you be a good mother and a good role model. You will also feel better when you do quit - and so will your family.

Information from "Stop Smoking in Indian Country" Campaign.

Happy New Year 1999! A New Year

by Sandra Hahn, RN Health Educator

Usually around this time of year many of us are making resolutions. Most of these have something to do with deprivation. Usually these resolutions are not specific, and also pretty unobtainable, such as lose weight, or lose 20 pounds by February. This year, for your health, try concentrating on ADDING to your life. This can give you a feeling of abundance, and since they are positive changes (adding to) rather than negative (taking away) they can be easier and more fun to do. Try these:

1. Eat more!
Eat more vegetables! Your mother was right! Eat at least 3 servings a day. A serving is about half a cup. Start eating veggies earlier in the day, at lunch, or for afternoon snacks. Raw veggies make great snacks. Get your co-workers and family to work on this goal with you, bring veggie snacks to work, trade off, try new ones. I suggest Sugar Peas- you can even buy these washed and ready to eat.

Eat more fruits! Try new ones, get those in season. Again, these are great snacks and great for sack lunches. Make your goal to get at least 2 servings a day. A serving is about one medium fruit, such as an orange or banana or half a cup.

- Eat more fiber! Include other foods that have more fiber in them, such as whole grains, cereals, raw or unprocessed foods. *Fiber One Cereal* is very high in fiber. Mix it with fruit or lowfat yogurt for a snack.
2. Drink more!
Water is essential for life. It helps everything work better!
3. Move more!
Exercise is so important-find ways to move a little more everyday. Get up and move around during the commercials, park a little further from your work, don't sit for more than 30 minutes with out taking a mini break to MOVE! Try something new. It doesn't have to be "exercise" like going to a gym. Go for a walk in a new place, go on a hike, walk over to a friend's. Just move!
4. Have more fun!
Fun, laughter, friendship, play....these sound like slack time activities but they are very important for your health! Joy is excellent medicine for stress and depression. These are related to your physical health-which is related to how productive you are at work and how successful you are in life! Find time *daily*, if not *hourly*, to put some fun in your life.

Have I convinced you to add to your life? Here are some tips to help you make these resolutions stick:

1. Buddy up. Ask a family member, friend, or co-worker to go in with you. Encourage each other. The more support you have, the more likely you are to succeed at adding a new behavior.
2. Leave yourself notes. We are very susceptible to visual reminders. Put up notes, pictures, cues to remind you of your goals. Be sure and make these positive, such as *Eat your veggies!* Rather than *Don't eat any cake!* Your brain sees cake, but not the negative word, don't. The message that sticks with you will be cake! Keep any images positive too, such as pictures of healthy people, or ways you'd like to look. Negative images, such as unflattering pictures of yourself, draw you into negative thinking and won't work the way you want them too.
3. Be prepared. Make it as easy as you can to make these changes. Leave a pair of walking shoes at work. Make sure and stock up on fruits and veggies with your routine shopping. Have snacks available at work or for times when you're in a hurry.



Tooth Talk - Basic Brushing

By: Linda Kruezer RDH

Toothbrushing! How Boring! Ah, contraire. Good daily toothbrushing can keep you out of the dentist's chair. Have you ever been bored at the dentist?

Proper technique takes time and patience, but the end result is well worth the effort. Here are some easy tips to make your toothbrushing work for you:

1. DON'T RUSH! Brush all inner and outer surfaces of all teeth. Everyday. Keep the bristles angled against the gumline, with gentle, even pressure. Use 'little-circles' when moving the toothbrush.
2. DO use a SOFT toothbrush. It's hard to believe that a soft toothbrush actually cleans plaque from teeth better than a hard brush. Hard bristles can cause receding gums, leading to tooth sensitivity.
3. Remember to brush your tongue too. Think of the tongue as a 'shag' carpet, collecting germs and bacteria. Brushing sure helps to keep your breath fresh too!
4. DO replace your toothbrush every 3-4 months. A worn toothbrush can't do the job that a new toothbrush can. A worn brush can actually injure your gums.