

HEALTH

Now is the Right Time to Quit Smoking

For Your Health

For people who smoke, kicking the habit is one of the healthiest things you can do for yourself. Cigarette smoking kills. Each puff of cigarette smoke exposes users to 2,500 chemicals and cancer-causing agents, including nicotine, tar, and carbon monoxide.

Smoking causes 87 percent of lung cancer deaths and increases the risk of developing cervical and other cancers. Smokers are more likely to experience heart attack, stroke, emphysema, bronchitis, osteoporosis, rheumatoid arthritis,

BY DR. JAMES
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cataracts, and infertility than non-smokers are.

Pregnant women who smoke put their babies at a higher risk for preterm birth, low birth weight, sudden infant death syndrome, poor lung function, asthma, and bronchitis. The harmful chemicals in cigarette smoke are also passed through breast milk to babies.

Smokers who quit can stop or reverse the damage caused by cigarettes. In the days and months after you quit, your heart rate and blood pressure drop to healthier levels, and your breathing, circulation, and sense of smell and taste may improve. Heart attack risk decreases by 50 percent within the first year after quitting, and the chances of developing lung cancer, heart disease, and other ailments fall to nearly that of a nonsmoker in the first few years.

Nicotine withdrawal and cravings derail 70 to 90 percent of quit attempts. If you are thinking about quitting, nicotine replacement products—such as patches, gum, lozenges, inhalers, and nasal spray—

or doctor-prescribed medications, such as bupropion or varenicline, can help curb cravings and may increase your chances of quitting successfully.

Smokers can call 800-QUIT-NOW, a free national smoking cessation hotline, to speak with trained counselors who will help develop individualized quit plans. Support groups, such as Nicotine Anonymous, and other local smoking cessation resources may also be a great place to start.

Set a quit date when you will throw away all your cigarettes and clean your clothes to get rid of the smoky smell. You may want to schedule your quit date for Nov. 17

to coincide with the Great American Smokeout.

Keep busy on your quit day—exercise, go to the movies, take a long walk, etc.—get plenty of water, and ask your friends and family to help keep you honest.

According to a recent study, almost 70 percent of smokers want to quit. It takes most smokers several tries to finally quit for good. If your first attempt is not successful, don't get discouraged. Get some help and get back on track.

For more information on smoking cessation, go to cancer.org.

Dr. James N. Martin Jr. is president of the American Congress of Obstetricians and Gynecologists.

HEALTH WATCH

Free Dental Services Day -- The Oregon Dental Association will host Mission of Mercy dental clinic on Monday, Nov. 23 and Tuesday, Nov. 22 at the Oregon Convention Center. Teeth cleanings, x-rays, fillings, extractions and partial dentures will be performed on a first come, first-served and at no charge. Doors will open at 6 a.m.

Senior Aerobics -- A low-impact workout

geared specifically toward seniors. Call 503-449-0783 for current schedule.

Mind Body Health Class -- Learn and practice techniques to help you improve your mood, health and wellbeing, including effective ways to manage difficult emotions and chronic stress or illness. Registration is \$70 for Kaiser Permanente members and \$95 for nonmembers. Call 503-286-6816.

Red Cross Certification -- The Oregon Trail Chapter Red Cross now offers credits to

helps professionals maintain licensing or certification. For a cumulative list, visit pdxinfo.net.

Chronic Pain Support Group -- Meets the first Wednesday at 4 p.m. to 5:30 p.m. and the third Wednesday of each month, from 7 p.m. to 8:30 p.m. For more information, call 503-256-4000.

Weight Loss Help -- Take Off Pounds Sensibly (TOPS) meetings are held every Wednesday from 8:45 to 10 a.m. at the Hollywood Senior Center, 1820 N.E. 40th Ave. Anyone interested is invited to visit and learn more. For details, call 503-287-0731.

Cardiac-Rehab Exercises -- A medically supervised exercise program for people dealing with heart conditions. For information, call 503-251-6260.

Stroke Alert Screening -- Check your carotid arteries with a painless ultrasound to assess your risk. Fee \$40. To schedule a screening, call 503-251-6137.

Managing Chronic Hepatitis C -- Third Wednesday of each month at 5 p.m. The informative session is led by a registered nurse to help you manage side effects of medications and dosage preparations and administration; doctor referral required. To register, call 503-251-6313.

Better Breathers -- An asthma educational support group meets on the 1st Tuesday of the month from 1:15 p.m. to 2:45 p.m. at Adventist Medical Center. For information, call 503-251-6830.

Powerful Tools For Caregivers -- 6-week educational series designed to help family caregivers take care of themselves while caring for relatives or friends with chronic illness. Class size is limited, and registration is required. Call 503-413-8018.

Leg Alert Screening -- Check for peripheral arterial disease with this safe, simple screening using ankle and arm blood pressure. The fee is \$40. To schedule an appointment, call 503-251-6137.

Smoke-Free Support Group -- Meets Mondays, 7 p.m. to 8 p.m. For information, call 503-256-4000.

Osteoporosis Screening -- An ultrasound bone density screening with personalized education; fee \$30. To schedule an appointment, call 503-261-6611.

Family Caregiver Support Group -- This topic-oriented group offers a safe place to discuss the stresses, challenges and rewards of providing care to an older relative or friend. Meets the first Thursday of each month at 3 p.m. at Legacy Good Samaritan Hospital.

Free Body Basics -- This physician recommended class is appropriate for all ages and health conditions. Plan to attend this one-session class and learn the simple guidelines for safe exercises, including stretching. Call 503-256-4000 to register.

Empowerment through Relaxation -- Free informal meditation classes that address breathing techniques, some gentle ancient African yoga poses and mental balancing techniques. People have left these classes joyful and with a peaceful view of their lives. Call Dr. Marcelitte Failla at 503-228-6140.

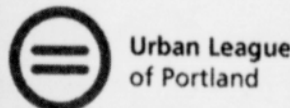
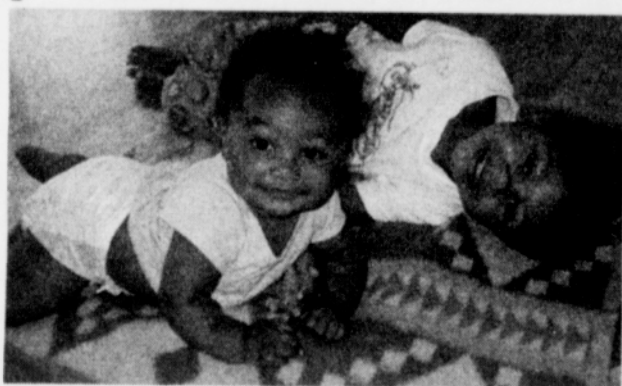
Tenderfoot Care -- Treat your feet with a soak, nail trim, buffing and massage from a licensed nurse at one of six clinics or at your home. Call 503-251-6303 for more information.

Cancer Resource Center -- Providence St. Vincent Medical Center and the American Red Cross have joined forces to create the first in-hospital resource center providing books, printed material, computer access and more for individuals and families dealing with cancer. The center is open Monday through Thursday, 9 a.m. to 4 p.m.

Lead Poisoning Prevention -- Learn how to protect your family from lead poisoning. Ideal for folks in live in older homes with children or pregnant women. Qualified participants receive a free kit of safety and testing supplies. Call 503-284-6827.

No-Cost or Low Cost Health Coverage for Kids and Teens! No family makes too much to qualify!

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Families already enrolled
in Healthy Kids need to
renew coverage annually.
The Urban League can
help!

For more information or to
enroll in Healthy Kids,
contact:

Rachel Gilmer
Healthy Kids Coordinator
503-280-2600 ext 630
Rgilmer@ulpdx.org