Tobacco Cessation

According to the Centers for Disease Control and Prevention (CDC), “tobacco use is the single most preventable cause of death in the United States.” If you use tobacco, chances are pretty good that at some point you’ve said, “I’ll quit…next week” or “…next month.” But did you? It’s not easy to quit. Often, people need help and a little extra motivation in order to succeed.

Help is available! Talk with your health care provider about treatment options for quitting. The following are some examples:

• Nicotine replacement therapy, including nicotine patches, inhalers, nasal spray, gum, sublingual tablets (a pill that dissolves under your tongue), and lozenges
• Behavioral therapy, which works by retraining your mind to respond differently to the things that trigger you to use tobacco, such as eating, driving a car, talking on the telephone, or being stressed
• Telephonic support (quit lines) and one-on-one counseling with a provider

One or more of these treatments may work for you. Only you and your provider can decide. If you try one and it doesn’t work, don’t give up! Keep trying until you find what works for you.

Within 20 minutes after you smoke that last cigarette, your body begins a series of changes that continue for years.

► 20 minutes after quitting
Your heart rate drops.

► 12 hours after quitting
Carbon monoxide level in your blood drops to normal.

► 2 weeks to 3 months after quitting
Your heart attack risk begins to drop. Your lung function begins to improve.

► 1 to 9 months after quitting
Your coughing and shortness of breath decrease.

► 1 year after quitting
Your added risk of coronary heart disease is half that of a smoker’s.

► 5 years after quitting
Your stroke risk is reduced to that of a nonsmoker’s 5 – 15 years after quitting.

► 10 years after quitting
Your lung cancer death rate is about half that of a smoker’s. Your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.

► 15 years after quitting
Your risk of coronary heart disease is back to that of a nonsmoker’s.

Source: Centers for Disease Control and Prevention (CDC), “Within 20 Minutes of Quitting,” Smoking and Tobacco Use.
Can You Take Care of Your Asthma?

Jenny grabs a magnifying glass to help Johnny travel through the Taking Care of Asthma Maze. Before he starts, they talk about how they learned to take care of his asthma so he can have fun and not get sick.

Here is what they learned:

• Visit your doctor. Ask your doctor when you need to come back.
• Take your asthma medicine like the doctor tells you. Ask your doctor what medicine to take and what time to take it.
• Learn to stay away from your asthma triggers.
• Follow the Asthma Action Plan that your doctor gave you. Share it with your teachers, coaches, and babysitters.
• Tell your friends and family how you are taking care of yourself. Your family and friends can help you stay healthy.

Can you help Johnny find his way through the Taking Care of Asthma Maze?

Here is a clue: Look at the list above. Start at the magnifying glass. Then, follow the maze until you find everything on the list. When you find your family and friends, you have made it through the maze!

Source: GlaxoSmithKline (GSK)
Take Charge of Your Diabetes:
Get the tests and exams you need and learn how they can help you

Why are lab tests and exams important?
Recommended lab tests can help you prevent or delay diabetes related complications. Even if you feel fine, changes occur in your body when your blood sugar and lipid levels are not controlled. Small blood vessels can be damaged by consistently high blood sugar. When these small blood vessels are damaged, they do not supply blood to areas such as the eyes, nerves, and kidneys.

Understanding your tests
It is important that you understand what tests you need. You should also learn why you need them and what the results mean. The tables below show which tests are recommended, what the test is for, and how often you should have it. (Remember that these are guidelines; always talk to your own health care provider to find out what is best for you.)

When you get your results, find out what they mean. Was the result normal or abnormal? Do you need to do anything to follow up? Do you need to take any other tests? Do you need to see your health care provider? Do you need to take any different drugs or change dosages of current drugs? Don’t be afraid to ask questions if you don’t understand something!

And don’t forget: these tests are specific to diabetes and do not replace regular preventive care. Make sure to have your annual preventive exam and get needed vaccinations, including the flu shot.

<table>
<thead>
<tr>
<th>Physical Exams</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Exam</strong></td>
</tr>
<tr>
<td>Retinal eye exam</td>
</tr>
<tr>
<td>Foot exam</td>
</tr>
<tr>
<td>Weight and blood pressure</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lab Tests</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Exam</strong></td>
</tr>
<tr>
<td>HgbA1c (Glycosylated hemoglobin)</td>
</tr>
<tr>
<td>Urine check for microalbumin</td>
</tr>
<tr>
<td>Lipid profile (fasting blood test)</td>
</tr>
</tbody>
</table>

Ask Mayo Clinic Nurse Line 1-888-668-4336 (toll free)

It’s midnight and someone is sick—you, your spouse, your child. Do you need to go the emergency room? Or can you wait until morning when the clinic is open? These are always tough decisions to make, but you don’t have to make them alone. PrimeWest Health provides 24-hour access to a nurse advice line called Ask Mayo Clinic. A registered nurse is available to talk with you 7 days a week, 24 hours a day, every day of the year.

The Ask Mayo Clinic nurses can help you decide what level of care you need for symptoms and conditions such as the following:

- Fever
- Cough
- Sore throat
- Vomiting
- Diarrhea
- Minor injuries such as scrapes, bruises, or skin irritations

If you need help finding a provider, want to know if a procedure is covered, or have eligibility questions, DO NOT call the nurse line. You can call PrimeWest Health’s Member Services at 1-866-431-0801 (toll free), Monday – Friday, 8 a.m. – 5 p.m., to get answers to these kinds of questions.

Disease Management Sudoku
Sarah Pianka

Directions
The object of the game is to fill in all of the blank squares with the correct letters.

1. Each row of 6 must include all letters of the puzzle word once in any order.
2. Each column of 6 must include all letters of the puzzle word once in any order.
3. Each subsection (2x3) must include all letters of the puzzle word once in any order. Notice that subsections are separated by bold lines.

Answers to Sudoku are on page 7. You can find more detailed instructions at www.primewest.org/members. Click on Disease Management>Disease Management Magazine>Sudoku instructions.

ACTIVE

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Upcoming Events

Jan

National Staying Healthy Month
Take advantage of National Staying Healthy Month and kick off the new year right! Focus on making health choices that you can continue throughout the year. Examples include exercising, eating right, and getting enough sleep.

Feb

American Heart Month (www.americanheart.org)
Cardiovascular disease is a serious problem for many people. February is a great opportunity to learn about how you can prevent heart disease and stroke.

March

National Nutrition Month (www.eatright.org)
This year’s theme is “Eat Right with Color.” Take time this month to think about the foods you eat and how you can establish healthy eating habits. See page 6 for information on healthy cooking alternatives.
Spirometry Testing for COPD
Jennifer Bundy, RN, MSN, PHN, CCP

Chronic Obstructive Pulmonary Disease (COPD) is a common lung disease that makes it hard to breathe. People with COPD can have both emphysema (which destroys the lungs over time) and chronic bronchitis (which causes a long-term cough accompanied by mucus).

How do you know if you have COPD? The most common test is called “spirometry.” Spirometry is a lung function test performed with a “spirometer.” This portable device is a machine that measures the amount of air you can breathe out. It also measures how fast you can push the air out of your lungs. When you take the test, you will be asked to take a deep breath and then blow all the air out of your lungs into a mouth piece that is connected to the machine with tubing. Usually, you will have a clip on your nose to make sure the air is only coming out of your mouth. This test can take anywhere from 5 minutes to a half hour, depending on the different types of tests being done.

To prepare for a spirometry test:
- Do not eat a heavy meal right before the test
- Do not smoke for 4 – 6 hours before the test
- Do use the restroom right before the test

If you know you are going to have the test, tell your provider about any medications you take. He/she will tell you if there are any medications that you should not take. For more information on COPD, see the 2010 Winter issue of PrimeLines.

Source: National Heart Lung and Blood Institute, “Diseases and Conditions Index: How Is COPD Diagnosed?”

Valentine’s Day Alone: Does It Have to Be Lonely?
Jennifer Bundy, RN, MSN, PHN, CCP

Valentine’s Day is fast approaching. For many, it is a wonderful holiday. Others dread it, though, particularly those who are alone. Happy couples, big red hearts, flying cupids—they seem to be everywhere! But do you really need to let Valentine’s Day get you down?

Remember this: your worth comes from who you are, not who you are with! It’s okay to be alone. Everyone has past relationships that have not worked out—the important thing is to look to the future and all that it has in store for you. Thinking about “what could have been” rarely makes things better. When Valentine’s Day rolls around, think about things you can do to celebrate who you are right now. Spend time with other single friends or family members. Chances are you know someone else who is not in a relationship and would also enjoy some company. Or treat yourself to something special. If chocolates make you happy, go buy yourself the kind that you really want! If you love flowers, get yourself a beautiful bouquet.

Valentine’s Day celebrates love, and the first person you need to love is yourself. If you are feeling too sad and lonely, sometimes that is hard to do. If Valentine’s Day or any other holiday makes you feel unhappy or alone, you may want to talk with your health care provider about depression. It isn’t something you need to face all by yourself.
Heart Healthy Cooking Alternatives
Jennifer Bundy, RN, MSN, PHN, CCP

It may not be as hard as you think to cook for heart health without sacrificing quality and flavor. Many alternatives can also save you money—and the new flavors may pleasantly surprise you! Below is a list of some healthy alternatives to look for.

<table>
<thead>
<tr>
<th>Original Item</th>
<th>Healthier Alternative</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Dairy</strong></td>
<td></td>
</tr>
<tr>
<td>Whole milk</td>
<td>Condensed low-fat or skim milk</td>
</tr>
<tr>
<td>Full-fat sour cream</td>
<td>Low-fat plain or Greek yogurt</td>
</tr>
<tr>
<td>Ice cream</td>
<td>Frozen smoothies, sorbet, or frozen yogurt</td>
</tr>
<tr>
<td>Whipping cream</td>
<td>Low-fat imitation whipped cream</td>
</tr>
<tr>
<td>Chip dip</td>
<td>Salsa</td>
</tr>
<tr>
<td>Cheese (cream, cottage, cheddar,</td>
<td>Low-fat cheeses</td>
</tr>
<tr>
<td>American, etc.)</td>
<td></td>
</tr>
<tr>
<td><strong>Grains</strong></td>
<td></td>
</tr>
<tr>
<td>Ramen noodles</td>
<td>Rice or noodles (spaghetti, macaroni, etc.)</td>
</tr>
<tr>
<td>Pasta with white sauce (alfredo)</td>
<td>Pasta with red sauce (marinara)</td>
</tr>
<tr>
<td>Pasta with cheese sauce</td>
<td>Pasta with vegetables (primavera)</td>
</tr>
<tr>
<td>White bread</td>
<td>Whole wheat or rye bread</td>
</tr>
<tr>
<td>Granola</td>
<td>Bran flakes, oatmeal, grits, or reduced fat granola</td>
</tr>
<tr>
<td><strong>Meat, Fish, Poultry</strong></td>
<td></td>
</tr>
<tr>
<td>Cold cuts, lunch meats (bologna,</td>
<td>Low-fat cold cuts, low-fat lunch meats, or low-fat hot dogs</td>
</tr>
<tr>
<td>salami, liverwurst, etc.), hot dogs</td>
<td></td>
</tr>
<tr>
<td>Bacon or sausage</td>
<td>Canadian bacon or lean ham</td>
</tr>
<tr>
<td>Regular ground beef</td>
<td>Extra-lean ground beef such as ground round or ground</td>
</tr>
<tr>
<td>Chicken or turkey with skin</td>
<td>turkey (read labels)</td>
</tr>
<tr>
<td>Oil-packed tuna</td>
<td>Water-packed tuna (rinse to reduce sodium)</td>
</tr>
<tr>
<td>Beef (chuck, rib, brisket) or pork</td>
<td>Beef (round, loin), pork tenderloin, lean smoked ham (trim</td>
</tr>
<tr>
<td>(spareribs, untrimmed loin)</td>
<td>external fat and choose select grades)</td>
</tr>
<tr>
<td>Frozen breaded fish or fried fish</td>
<td>Unbreaded fish or shellfish (fresh, frozen, canned in</td>
</tr>
<tr>
<td>(homemade or commercial)</td>
<td>water)</td>
</tr>
<tr>
<td>Whole eggs</td>
<td>Egg whites or egg substitutes</td>
</tr>
<tr>
<td><strong>Baked Goods</strong></td>
<td></td>
</tr>
<tr>
<td>Donuts, sweet rolls, muffins, scones,</td>
<td>English muffins, bagels, low-fat muffins, or low-fat</td>
</tr>
<tr>
<td>or pastries</td>
<td>scones</td>
</tr>
<tr>
<td>Cake (pound, chocolate, yellow)</td>
<td>Cake (angel food, white, gingerbread)</td>
</tr>
<tr>
<td>Cookies</td>
<td>Low-fat cookies (graham crackers, ginger snaps, fig bars)</td>
</tr>
<tr>
<td><strong>Fats, Oils, and Salad Dressings</strong></td>
<td></td>
</tr>
<tr>
<td>Mayonnaise and salad dressings</td>
<td>Low-fat mayonnaise or low-fat salad dressings; mustard;</td>
</tr>
<tr>
<td></td>
<td>lemon juice; or plain, herb-flavored, or wine vinegar</td>
</tr>
<tr>
<td>Butter or margarine on toast or bread</td>
<td>Light margarine, whipped butter, jelly, jam, or honey</td>
</tr>
<tr>
<td>Oils, butter, shortening, or lard for</td>
<td>For stir-frying and sautéing, use nonstick cooking spray;</td>
</tr>
<tr>
<td>cooking</td>
<td>in baked goods, substitute applesauce or prune puree for</td>
</tr>
<tr>
<td></td>
<td>oil or butter</td>
</tr>
</tbody>
</table>
Other tips for healthy eating:

- When you go shopping, pick low-fat versions of standard items like milk, cheese, salad dressings, and yogurt.
- Pick leaner cuts of meat and skinless chicken breasts.
- Steam, bake, or grill your food as much as possible. Avoid frying and deep fat frying. Use nonstick cooking spray as much as possible to grease pans and skillets.
- Eat more fresh foods and avoid processed foods.
- Avoid adding salt to your meals. Try using spices and herbs, such as garlic, oregano, sage, tarragon, and cinnamon.
- Pay attention to portion sizes (see the 2010 Winter PrimeLines for a handy clip and carry portion size guide from WebMD).
- If you want dessert, take a small piece! Depriving yourself may cause you to overeat or binge later on.
- Be careful of snacking. We often don’t take into account how much food we eat when we snack—that handful of potato chips can quickly become the entire bag!

Source: National Heart Lung and Blood Institute, “Low-Calorie, Lower Fat Alternative Foods.”

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**Turkey Meatloaf**

**Ingredients:**
- 1 pound lean ground turkey
- ½ cup regular oats, dry
- 1 large egg, whole
- 1 Tbsp onion, dehydrated flakes
- ¼ cup low-sodium ketchup

**Instructions:**
1. Combine all ingredients and mix well.
2. Bake in a loaf pan at 350°F for 25 minutes or to an internal temperature of 165°F.
3. Cut into five slices and serve.

**Nutrition facts per serving:**
- Calories 191, Total fat 7 g, Saturated fat 2 g, Cholesterol 103 mg, Sodium 74 mg, Protein 23 g, Carbohydrate 9 g, Calcium 24 mg, Magnesium 33 mg, Potassium 268 mg, Fiber 1 g


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Recipe summary

Number of Servings: 5  
Serving size: 1 slice (3 oz)
Member Services 1-866-431-0801

Attention. If you want free help translating this information, call the above number.

Atención. Si desea recibir asistencia gratuita para traducir esta información, llame al número que aparece más arriba.

Ogow. Haddii aad dooneysoo in lagaa kaalmeeyo tarjama dda macluumaadkani oo lacag la’aan ah, wac lambarka kore.

ملاحظة: إذا أردت مساعدة مجانية في ترجمة هذه المعلومات، فاتصل على الرقم الموجود أعلاه.

Pažnja. Ako vam je potrebna besplatna pomoć za prevod ove informacije, nazovite gornji broj.

This information is available in other forms to people with disabilities by calling Member Services at 1-866-431-0801. To reach us through Minnesota Relay for TTY, Voice, ASCII, or Hearing Carry Over, call 1-800-627-3529 or 711; for Speech-to-Speech relay service, call 1-877-627-3848. Calls to all of these numbers are free.