



long term care connection

Winter 2009

Things to Know



Try a stir fry

Stir-frying is an easy way to cook healthy foods without a lot of fat. And it's quick.

First, chop some vegetables. Good choices: **onions, peppers, broccoli, cauliflower, carrots, zucchini** and **mushrooms**.

Then thinly slice some **lean meat, chicken** or **fish**. Or cut up **firm tofu**.

Next, heat a heavy skillet or wok and coat the bottom with a little bit of **oil**. Use no more than 1 or 2 teaspoons.

Now it's time to add the food, stirring constantly. Start with meat, chicken, fish or tofu. Cook until done.

Add the vegetables and cook until they are tender but still crisp and bright in color.

Season with soy sauce or spices, and serve over rice.

Stress the positive

A positive approach to life can keep you in good spirits and good health.

Stress is a normal part of life. But too much stress can take its toll on your mind and body, increasing the

risk of health problems.

To manage stress in positive ways and stay healthy:

- Take care of your body. Find a kind of exercise you enjoy, and do it regularly. Eat healthful foods. Try to get between seven and nine hours of sleep each night.
- Connect with others. Talking to friends and family can help ease stress.
- Take time to relax. Listen to music, read a book or do a quiet activity.
- Know your limits. Practice saying no to activities if you feel overwhelmed.

Remember, it's OK to ask for help. If you're having a hard time dealing with stress on your own, ask your doctor for help.



Source: Mental Health America

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Smoking

Quit for good

You need more than good intentions to quit smoking.

Quitting takes guts and patience. Quitting takes a plan of action and lots of support. But quitting is one of the best things you can do for your health.

People who stop smoking lower their risk of cancer, heart disease, stroke and early death, says the American Medical Association.

Get ready to quit

To snuff out a smoking habit:

- Talk to your doctor about quitting.
- Pick a date to quit. Try to cut back on smoking before that date.
- Tell your family and friends, so they can offer support.
- Remove cigarettes and ashtrays from your home, car and work.

Plan for challenges

There will be many times when you'll be tempted to light up. You may feel anxious or edgy. This is your body's way of telling you it's learning to be smoke-free. These



feelings will go away with time.

Talk to your doctor about nicotine replacement products or medications to help relieve these symptoms.

Learn to enjoy the benefits of your smoke-free life. Have your dentist clean your teeth. Buy yourself some flowers. Enjoy their scent as your sense of smell improves.

Think of what you could buy with the money you usually spend on cigarettes. And take time to reward yourself for your hard work.

Mercy Care Plan covers drugs that will help you stop smoking. Talk to your doctor about these drugs. Also, the Arizona Smokers' Helpline has stop-smoking services at no cost for Arizonans.

■ **Arizona Smokers' Helpline,**
(800) 55-66-222

■ www.ashline.org

All types of tobacco are dangerous

There's no such thing as a safe form of tobacco.

Some types of tobacco aren't smoked. Even so, these ways of using tobacco still carry health risks:

■ **Spit.** Also called snuff or chew, this can cause cancers of the mouth and throat.

■ **Cigars.** They can cause mouth, throat and lung cancer. One large cigar can have five to 17 times the amount of tobacco as one cigarette.

■ **Clove or flavored cigarettes.** Both deliver more nicotine and tar than regular cigarettes.

■ **Water pipes or hookahs.** These burn tobacco mixed with other flavors. Hookah smoke is high in poisons such as tar and heavy metals. Also, when water pipes are shared between people, diseases can be spread.



Source: American Cancer Society

» action

take

To learn more about quitting tobacco, talk to your doctor.