

The Well

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Provided by Greenbush Health

Are you ready to quit?

Tobacco use is the leading cause of preventable disease, disability and death in the United States. Quitting smoking can lower your blood pressure and heart rate almost immediately.

Are you or a loved one trying to quit smoking? It may be helpful to understand the many positive ways your health — throughout your entire body — will improve if you successfully break the habit

Quitting smoking can help ...

- Rewire your brain and break the cycle of addiction
- Keep your hearing sharp
- Preserve your overall vision (smoking damages your eyes)
- Protect your skin from premature aging and wrinkling
- Avoid dangerous blood clots (your blood will become thinner)
- Slow the buildup of new cholesterol deposits in your arteries

- Stop further lung damage (scarring, however, is not reversible)
- Prevent emphysema (if you stop when you are young)
- Fight off colds and infections more easily
- Reduce your belly fat and lower your risk of diabetes. (if diabetic already it quitting can help keep blood sugar levels in check)
- Return estrogen levels to normal
- Reduce your risk of fractures, both now and later in life

It's never too late to quit, whatever your age. Health benefits can start within 20 minutes. There's no single "right" way to quit either.

For more information and resources
to help you quit smoking, visit:
smokefree.gov





The dangers of e-cigarettes

A 2018 report makes clear: E-cigarettes produce a number of dangerous chemicals including acetaldehyde, acrolein and formaldehyde, which all can cause lung and heart disease.

Source: National Academies of Science, Engineering and Medicine.

Alzheimer's disease: Five warning signs and symptoms

Are you worried that a loved one may be developing Alzheimer's? Here are signs to watch for:

1. **Memory loss that disrupts daily life:** A common early-stage sign, is forgetting important dates or events, asking for the same information over and over, and an increasing reliance on family members or reminder notes or for things they used to handle on their own.
2. **Confusion with time or place:** Someone with Alzheimer's can lose track of dates, seasons and the passage of time (e.g. have trouble understanding something if it is not happening immediately). They may forget where they are or how they got there.
3. **Misplacing things and losing the ability to retrace steps:** A person with Alzheimer's disease may put things in unusual places or lose things and not be able to retrace their steps to find them again. They may even accuse others of stealing what they've "lost."
4. **Decreased or poor judgment:** Someone with Alzheimer's may experience changes in judgment or decision-making such as when dealing with money. They may pay less attention to grooming or keeping themselves clean.
5. **Changes in mood and personality:** People with Alzheimer's can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone.

For more information visit:

alz.org

Calling all pumpkin lovers!

"Pumpkin pointer" recipes

'Tis the season for pumpkin spice lattes and holiday pies, but there are so many more ways to use pumpkin in recipes — and get more health benefits. Plain pumpkin puree is high in fiber and low in calories as well as an excellent source of vitamin A and beta-carotene, antioxidants responsible for protecting our vision.

Add pumpkin to smoothies

Get that yummy pie taste without the added sugar or crust by simply adding a scoop or two of plain pumpkin puree to your smoothie. Try it with half a frozen banana, vanilla yogurt or a vanilla protein powder, your milk of choice and a few ice cubes. Add a dash of pumpkin pie spice and enjoy!

Add pumpkin to chili

Pumpkin is amazingly versatile and can make a great addition to many savory dishes. Mix pumpkin puree into veggie or turkey chili for extra fiber and flavor.

Mix pumpkin into oatmeal

Oatmeal made with whole oats is already a healthy breakfast option, especially when topped with fruit or nuts. For a change of pace, stir in a spoonful or two of pumpkin puree along with a sprinkle of pumpkin pie spice or cinnamon and you'll have pumpkin spice oatmeal!

Use pumpkin as a healthy baking substitute

Swap out added oils or butter for pumpkin puree for a delicious taste bud surprise. Add a 15 oz. can of plain pumpkin puree to your favorite brownie or pancake mix for a tasty treat with only two ingredients.

Source: hhs.gov, President's Council on Sports, Fitness & Nutrition