

New Year's Resolution: QUIT SMOKING

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January 1st is a time for celebration with family and friends, reflection on the past year as well as the dreaded **NEW YEAR'S RESOLUTION**. Thousands of Americans will make the decision to quit smoking in 2009. Some will decide to quit for their health, some for their families and others because of the approaching vote on a Smoke-Free Wisconsin. Whatever the reason, quitting is a difficult. Here are some tips from the American Lung Association that will increase the probability of you keeping to your resolution and quitting smoking in 2009.

- **Talk to your doctor** about the different over-the-counter and prescription medications available to help you quit smoking.
- **Look into different kinds of self-help options** available to smokers. Visit www.lungusa.org for suggestions.
- **Take time to plan.** Pick your quit date a few weeks ahead of time and mark it on the calendar. If you can, pick a day when life's extra stresses are not at their peak, such as after the holidays. Mark a day on the calendar and stick to it.
- **Get some exercise every day.** Walking is a great way to reduce the stress of quitting. Exercise proven not only to combat weight gain, but also improves mood and energy levels.
- **Eat a balanced diet.** Drink lots of water and get plenty of sleep.
- **Ask family, friends and co-workers for their help and support.** Having someone to take a walk with or just listen can give a needed boost.
- **You don't have to quit alone.** Help is available. Consider joining a stop-smoking program like *Freedom From Smoking*® offered by the American Lung Association or call the Wisconsin Quitline at 1-800-784-8669.

Did you know...

The Addiction Resource Council has a proven effective smoking cessation program from the American Lung Association. The *Freedom From Smoking*® (FFS) program includes eight interactive sessions over seven weeks, featuring discussion and skills practice. The program was ranked the most effective smoking cessation program in a study conducted by Fordham University Graduate School of Business.

Freedom From Smoking® is perfect for businesses that want to help their employees quit and reduce their healthcare costs. Barb Lynch, ARC's FFS instructor, does on-site sessions and last year had a participant quit rate of 58%.

Contact Barb at the ARC for more information about *Freedom From Smoking*® and how she can come to your company.

blynch@arcouncil.net

262-524-7921

Let's see what participants of *Freedom From Smoking*® had to say about the class and the instructor, Barb!

"I have tried to quit smoking in the past and was never successful-I believe the combination of the chantix & the clinic helped to make me a success at quitting smoking."

"I would probably not have made this attempt had my employer not supported this effort."

"I am pleasantly surprised that I am now smokefree-this is a great program."

"The instructor was very caring and supportive-she did not judge anyone."



When Smokers Quit...

After you smoke that last cigarette, your body begins a series of changes that continue for years.

Short-Term Benefits

- 20 minutes after you quit smoking your heart rate drops, constricted blood vessels return to normal and body temperature of your hands and feet increases to a normal level.
- 12 hours after quitting the carbon monoxide level in your blood drops and oxygen levels return to normal.
- 5 to 7 days after quitting the addicting nicotine is gone from your body.
- 2 weeks to 3 months after quitting your heart attack risk begins to drop and your lung function begins to improve.
- 1 to 9 months after quitting your coughing and shortness of breath decrease.

Long-Term Benefits

- 1 year after quitting your risk of coronary heart disease is half that of a smoker.
- 5-15 years after quitting your stroke risk is reduced to that of a nonsmoker's.
- 10 years after quitting your lung cancer death rate is about half that of a smokers and your risk of cancers of the mouth, throat, esophagus, bladder, kidney and pancreas also decrease.
- 15 years after quitting your risk of coronary heart disease is back to that of a nonsmoker's.

Visible Rewards/Benefits

- Premature wrinkling of the skin will subside.
- Food will taste better.
- Clothes, breath and hair won't smell.
- Fingernails and teeth won't be stained yellow.
- Sense of smell will return to normal.
- Ordinary activities will no longer leave you out of breath.

Healthy Environment for Family and Friends

- The people around you won't be breathing cigarette smoke which can cause disease, including lung cancer, even in healthy nonsmokers.
- You will protect your children from respiratory problems as well as decreasing their chances of starting smoking. (A teenager is almost twice as likely to be a smoker if one or both parents smoke.)

READY TO QUIT?

Call the Wisconsin Tobacco Quit Line at:
1-800-QUIT-NOW

Smokers who call the quit line are 3 to 4 times more likely to successfully quit.

The Dangers of Cold Weather and Alcohol

There is nothing like a drink to warm you up on a cold winter's night, right? Not exactly.

It is important to drink responsibly year round, but especially during the winter months when alcohol has an increased impact on our bodies. December of 2008 has given us enough winter weather for an entire year, but we are looking at a couple more months of snowy and cold weather, so here are some facts about the impact of consuming alcohol in cold weather.

Alcohol increases susceptibility to cold injury by increasing heat loss and reducing shivering. Alcohol increases urine output, which may lead to dehydration. Alcohol also blunts the senses and impairs judgment, so the individual may not feel the signs and symptoms of developing cold injury. In addition, any source of nicotine, such as smoking or chewing tobacco, can increase susceptibility to cold injury.

Alcohol interferes with your body's temperature control mechanism. In cold weather you may not be able to stay as warm as you normally would.

Alcohol is a depressant. It can slow the heart and also quicken the ill effects of cold body temperatures.

Alcohol dilates peripheral blood vessels near the surface of the body, and so steals crucial warmth from internal organs. Although alcohol seems to warm your body, the end result can be to pull the heat out and accelerate the problem of hypothermia.



Smokers and Overeaters Less Costly to Society?

ARC certainly believes that not smoking, eating a well balanced diet and regular exercise are ingredients to a healthy life in which one is a productive member of society. The following article from *The Monday Morning Report*, however, takes a different look at smokers and overeaters and contends that instead of adding to health care costs, smoking and overeating might actually be saving a large sum of money...

“People who smoke and overeat may do themselves a lot of harm, but in the long run they are actually less costly to society than healthy people, say a Dutch study. That’s because smokers and obese people die younger, and thus consume fewer healthcare dollars. Researchers at the Netherlands National Institute for Public Health and the Environment created a computer model to simulate the health costs for “healthy-living” people, smokers and the obese. Up to age 56, obese people and smokers had the most expensive health-care needs. But the smokers died seven years earlier and the obese four years earlier than those without poor health habits. Most health-care dollars are spent caring for the very frail in their final years and months of life, so people who live healthfully, cost a total of \$417,000 in medical costs over their life spans, while the obese cost \$371,000 and smokers, \$326,000. “This throws a bucket of cold water on the idea that obesity is going to cost trillions of dollars,” said Patrick Basham, a professor of health politics at John Hopkins University.”

This article, originally entitled “People Who Smoke...” was taken from *The Monday Morning Report*. www.mondaymorningreport.com

Drink Responsibly...

Remember to drink responsibly. We have seen and heard that thousands of time in alcohol ads, but what is the definition of responsibly? The U.S. Department of Health and Human Services has put forth these guideline to help us determine what is *responsible drinking*.

What is a Drink?



Men: No more than 2 drinks per day



Women: No more than 1 drink per day

This limit is based on differences between the sexes in both weight and metabolism.



12 ounces of regular beer (150 calories)



5 ounces of wine (100 calories)



1.5 ounces of 80-proof distilled spirits (100 calories)

Who Should NOT Drink?

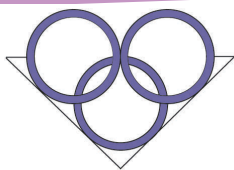
Pregnant Women * Children and Adolescents * People taking certain medications * Anyone Who Plans to Drive



ARC 24 Hour Help Line
262-524-7920

Help for a loved one.
Help for you.

Sometimes just talking to someone gives you the strength to get the help you need or even get through another day. You don't have to be held hostage by your alcohol or other drug use problem or the problem of a loved one.



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ADDICTION RESOURCE COUNCIL, INC.

Help and Hope

We're on the Web!
www.arcouncil.net

The ARC can earn a donation every time you search the Internet and shop online!!!

GoodSearch & GoodShop



Search the web with Yahoo-powered **GoodSearch.com** and they'll donate a penny to the ARC each time you search!

Shop at more than 600 **GoodShop.com** merchants including Amazon, Best Buy, Toys R Us, and others, and a percentage of each purchase will go to the ARC!

• Since 1971, the Addiction Resource Council, Inc. has been providing affordable, cost-effective solutions to help address substance abuse and dependence problems.

Upcoming Recovery-Friendly Events

Pass It On Club-Milwaukee:

A C.A. of Wisconsin Area Pre-Convention Party

January 10, 2009 7:00 pm—Midnight

Guest Speaker 7:30 pm

Open Speaker Meeting and Dance

Chili to be served

Visit www.passitonclub.com

or Jim at jries@wi.rr.com and 414-379-3607 for more info

Annual Spaghetti and Meatball Dinner

January 24, 2009

Dinner at 5:30pm and Speaker at 7:00 pm

Club Members: \$10 Non Club Members: \$12

Visit www.passitonclub.com for more info

Upcoming Council Events

Make sure to put the **Annual ARC Open House**

on **Friday,**

February 13th from 2:30-4:30

on your calendar!

Come and see what the ARC has to offer!

Get Your Loved One Sober

Monday Evenings:

February 2 - March 16

5:30-7:30pm

No fee to attend, but **registration is required.**

It is not too late to come to:

ADDICTION:

Why Can't They Just Stop?

January 5, 12, 19, 26, 2009

6:00-8:00 pm

New Berlin Public Safety Building

16300 W. National Avenue

New Berlin, WI

Registration not required.

262-524-7921

