



## January 2013 Newsletter

### Benefits of quitting smoking

[http://www.lung.ca/protect-protegez/tobacco-tabagisme/quitting-cesser/benefits-bienfaits\\_e.php](http://www.lung.ca/protect-protegez/tobacco-tabagisme/quitting-cesser/benefits-bienfaits_e.php)

Quitting smoking is the single best thing you can do to improve your health and quality of life. Non-smokers have a much lower risk of getting dozens of smoking-related diseases like lung cancer, heart disease, and COPD (Chronic Obstructive Pulmonary Disease, including emphysema and chronic bronchitis).

*Here are some other good things that happen to your body once you stop smoking:*

#### Within 8 hours

carbon monoxide level drops in your body  
oxygen level in your blood increases to normal

#### Within 48 hours

your chances of having a heart attack start to go down  
your sense of smell and taste begin to improve

#### Within 72 hours

your bronchial tubes relax and make breathing easier  
your lung capacity increases

#### Within 2 weeks to 3 months

your blood circulation improves  
your lung functioning increases up to 30 percent

#### Within 6 months

your coughing, stuffy nose, tiredness and shortness of breath improve

#### Within 1 year

your risk of smoking-related heart attack is cut in half

#### Within 10 years

your risk of dying from lung cancer is cut in half

#### Within 15 years

your risk of dying from a heart attack is the same as a person who never smoked

## Smoking Cessation Program

- Meet with a Smoking Cessation counsellor
- Assess your readiness to quit
- Identify what triggers the need to smoke
- Determine degree of addiction



Together, the patient and counsellor will determine the plan of action to quit smoking. Individual support sessions will be held weekly for the first month then bi-weekly for up to 12 weeks.

*We are here to help support you in your goal of reducing the amount you smoke to the point of eventually quitting.*

*For more information call:*

**Michelle at 519-357-3930**

### There are many other good reasons to quit smoking:

- You'll set a good example for your children
- Your smoking will no longer affect the health of people around you
- You'll have more money to save or to spend on other things - a pack of cigarettes a day adds up to more than \$3000 a year!
- You'll have more energy to do the things you love
- You'll pay lower life insurance premiums
- Cigarettes will no longer control your life

What are your reasons to quit smoking? Write them down and share them with friends and family or post them on the fridge.

The decision to quit smoking must be made by the person who smokes, for their own reasons and in their own time. You can't do it for them. While pressure from friends or family rarely works, there are ways you can help make their quitting process a little easier.

## Tips for family and friends

### Before they quit

Let your friend/family member know you understand that quitting is their decision. Let them know you care about them no matter what they decide to do. Allow them to choose their own quit date.

Tell them you care about their health and if they want, will help them quit when they are ready.

Find out what quit resources are available in your community. Let your friend know you have the information when they are ready to use it.

If they mention quitting, tell them you know they can do it.

### While they are quitting

**Be understanding.** Learn about nicotine addiction and withdrawal symptoms. Be sympathetic of their moods when they are trying to quit. At times they may want help or to talk about their success. At other times they may want to be left alone.

**Ask** what you can do. They may want you to distract them, encourage them, keep them away from temptations, or simply listen.

**Listen.** Respect what they are feeling and listen without judging or offering advice.

**Offer rewards.** You may offer to do something nice for them if they succeed with short- or long-term goals. But be sensitive to their wants and needs, as this can make some people feel bad if they do not succeed right away.

**Be sensitive.** If they slip or relapse back to smoking, don't try to make them feel guilty or ashamed. Let them know that you understand that quitting is hard. Encourage them to keep on trying. Tell them you will help when they're ready to try again.

**Be there.** Most of all, remember they are your friend or family member first and a smoker second. Show them that you believe in and care for them, whether they smoke or not.

If you smoke, avoid smoking around your friend or family member and encourage them on their quit journey. Better yet, quit with them! If you need help, call the pan-Canadian, toll-free quit line at 1-866-366-3667, or visit the quit smoking website for your province or territory.

# Recipe Corner



## Reduced Fat Buttermilk Biscuits

**Prep Time:** 15 minutes

**Cook Time:** 12 minutes

**Total Time:** 27 minutes



### Ingredients:

- 2 cups all-purpose flour, lightly spooned into measuring cups, and leveled with a knife
- 1/2 tsp salt
- 2 tsp baking powder
- 1/4 tsp baking soda
- 4 tbsp (1/2 stick) unsalted cold butter, cut into pieces
- 3 tbsp honey
- 1 cup fat-free or low-fat buttermilk

### Preparation:

*Preheat the oven to 400 degrees.*

Whisk flour, salt, baking powder, and baking soda in a large mixing bowl. Cut in butter pieces using a pastry blender (or instead with two knives). Add honey and buttermilk, and using a wooden spoon or a spatula, combine until just moist.

Turn the dough out on to a lightly floured surface. The biscuit dough will be a bit sticky. With floured hands, knead three or four times, then fold the dough in on itself before rolling it out to about a 3/4 inch thickness. Cut straight down with a 1 3/4-inch or a 2-inch round biscuit cutter dipped in flour, and place the biscuit rounds close together on a baking sheet lined with parchment paper or silicone mat. For some reason, biscuits (or scones) don't seem to rise as well if you twist the cutter.

**Bake 10-12 minutes, until golden brown.**

**Serve warm. Yield 10-12 biscuits**

**Per Biscuit:** Calories 137, Calories from Fat 39, Total Fat 4.2g (sat 2.5g), Cholesterol 11mg, Sodium 207mg, Carbohydrate 21.5g, Fiber 0.6g, Protein 2.9g