

January's Topic: A Healthy New Year



HEALTHCARE CLINIC HOURS:

Monday-Wednesday, Friday

8:00 a.m. to 5:00 p.m.

Thursday

9:00 a.m. to 5:00 p.m.

Phone: (334) 263-8470

Fax: (334) 263-8670

Email: hcc@alseib.org

PHARMACY HOURS:

Monday-Wednesday, Friday

7:30 a.m. to 5:30 p.m.

Thursday

9:00 a.m. to 5:30 p.m.

Phone: (334) 263-8460

Fax: (334) 263-8660

Email: rx@alseib.org

New Year's Resolution: Exercise

- Exercise brings remarkable changes to your body, your metabolism, your heart and your spirits. Daily physical activity will lower your blood pressure, improve your cholesterol, and reduce your blood sugar. Also, exercise cuts the risk of heart attack, stroke, and diabetes while slowing the aging process and prolonging life.
- Everyone should complete at least 30 minutes of exercise most days of the week. The main goal is to complete activities that will get the heart pumping. such as walking, jogging, swimming or completing work out videos. You can do it all at once or in 10-15 minute intervals, do what fits your schedule.
- Things to try to help you get started with an exercise routine.
 - Set a schedule
 - Have someone join you for motivation
 - Alternate your activities
 - Set goals
 - Reward yourself when you meet your goals
- Exercise is the key to getting healthy in 2014!

Tips for Healthy Eating

- Healthy eating is not about depriving yourself from foods, but rather about feeling great, having more energy, and being as healthy as possible. These can be achieved by learning nutrition basics and planning ahead to create and maintain a healthy diet.
 - Keys to healthy eating:
 - Set yourself up for success with simple, slow changes to your diet
 - Increase daily water, fruits, and vegetables intake
 - Eat in moderation
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How to Manage Cravings

1. **Remind yourself** that cravings will pass
2. **Avoid situations** that you associate with smoking
3. **Chew on** carrots, pickles, apples, sugarless gum , or hard candy instead of smoking
4. **Practice breathing exercises:** breathe slowly through your nose and then exhale through your mouth.

Questions or Concerns?

- Alabama QUITNOW Program:
(1-800-QUITNOW)
(1-800-784-8669)
- Monday-Friday,
8am-8pm;
Saturday, 9:30am-5:30pm

Tips for Healthy Eating (continued)

- Eat breakfast and smaller meals throughout the day
- Avoid eating at night
- Increase amounts of whole wheat, protein, and calcium
- Limit sugar and salt
- Research has shown that following a healthy eating plan can both reduce the risk of developing high blood pressure and lower previously elevated blood pressure, along with decreasing the risk of other health complications.

Leaving Nicotine Addiction in 2013...

- If your New Year's resolution is to quit smoking, then you are not alone. It's a popular goal and many, many people succeed. There are more former smokers in the United States—nearly 50 million—than current smokers. Quitting is one of the single most important lifestyle changes one can make to improve their health now and in the future.
- Smoking alone can affect your body in numerous ways:
 - It contains toxic chemicals that can cause lung cancer
 - It lowers your heart healthy HDL “good cholesterol”
 - It increases your blood pressure.
 - It can affect your body’s ability to regulate its blood sugar.
- All these factors and more due to smoking increase your risk of developing and dying by heart disease and diabetes and cancer.
- Unfortunately, smoking is more than just a habit; it is an addiction that leaves you feeling anxious or irritable when you don’t have a cigarette.
- This is because the nicotine goes straight to your brain and activates the release of the “feel-good” chemical dopamine for a short period during a cigarette. Then when you stop smoking, your body craves that “dopamine high” and causes you a feeling of nicotine withdrawal, which urges you to continue smoking.
- So, the smartest way to leave it behind this year is to get help.

Nicotine Withdrawal Help

- ❖ The best way to start a smoke-free New Year is to start with a plan.
 - Understand and hold on to your motivation or reason for quitting
 - “I want to stay healthy for my family”
 - “I don’t want to waste my life and money on cigarettes anymore”
 - “I don’t want to get cancer” and etc...
 - Understand your triggers that are linked to smoking such as:
 - Drinking a cup of coffee
 - Talking on the phone
 - Seeing a friend who smokes, and etc...
 - Set a “Quit day” with a healthcare professional who can best prepare you for that day and help you stay on track with the right advice and treatment.
 - ❖ There are numerous medications which can be used to ensure success in this battle. Some common medications are:
 - Nicotine gum (Nicorette gum, etc)
 - Nicotine inhaler (Nicotrol Inhaler)
 - Nicotine nasal spray (Nicotrol NS)
 - Nicotine patch (NicoDerm CQ, NicoDerm)
 - Nicotine lozenge (Nicorette, generics)
 - Sustained-release bupropion (Zyban)
 - Varenicline (Chantix)
 - ❖ These medications are all best used alone or in combination as an add-on to counseling with a healthcare provider and can be the edge you need to ensure success and a healthy new year.
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The State Wellness Center offers one on one counseling with a pharmacist on smoking cessation and healthy habits. Call for an appointment today at 334-263-8479.

References

- ❖ Centers for Disease Control and Prevention: Your New year Quit Smoking Plan. Updated 12/2013 [Accessed 8 January 2014] Available at: <http://www.cdc.gov/features/smokingcessation/>
- ❖ WebMD:13 Best Quit Smoking tips Ever. Updated 6/2013 [Accessed 8 January 2014] Available at: <http://www.webmd.com/smoking-cessation/ss/slideshow-13-best-quit-smoking-tips-ever>
- ❖ Exercise and relaxation. Harvard Men’s Health Watch. Harvard University. Feb 2011. Available from: http://www.health.harvard.edu/newsletters/Harvard_Mens_Health_Watch/2011/February/exercising-to-relax
- ❖ Paul MW, Smith M, Segal J. Healthy Eating. Last updated Dec 2013. Available from: http://www.helpguide.org/life/healthy_eating_diet.htm



www.alseib.org

CALL FOR AN
APPOINTMENT
TODAY!

(334) 263-8470

State Wellness Center

101 S. Union Street
Montgomery, AL 36104

All active employees covered under the State Employee's Health Insurance Plan (Group 13000) are eligible for a wellness premium discount. Every active employee must be screened each year. HealthWatch Screenings are provided at the State Wellness Center. Schedule your screening appointment online or call the Wellness Center today for your free health screening.

SEIB and Local Government employees along with SEIB retirees are able to use the State Wellness Center Pharmacy. The pharmacy offers various over the counter products at discounted prices and a **free medication delivery service**. Delivery can be provided to the worksite within Montgomery city limits, as well as to residential locations within the **36109** zip code. Please designate which site you would like your medication delivered to, and if it is to your residence someone must be available at the home to receive the delivery.

State Wellness Center Healthcare Clinic

The SEIB clinic has a quality healthcare **TEAM** that includes nurse practitioners, an ambulatory care pharmacist, a physician, and nurses who work closely together to take care of your health and wellness needs.

Services Include:

- Treat minor illnesses
- Provide health education & monitoring
- Check health progress between appointments
- Share information with your physician
- Monitor efficacy & safety of every medication
- Evaluate out of pocket medication expense
- Smoking cessation & weight loss services
- Diabetes education program
- Immunizations & injectable medications
- Develop a personalized medication plan
- Monitor control of chronic illnesses
- Medication check-ups
- Medication therapy management