

# Wellness Newsletter



November 2008

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## Plan Your Quit Day!

Quitting smoking is a big decision; a decision that you have to make for yourself. Most people will not successfully quit just because someone told them to. Internal motivation to quit is essential. November celebrates the Great American Smokeout campaign, supported by American Cancer Societies. **Start thinking about your decision to quit.** Join us November 20 to celebrate quitting, the great advances our community has made to diminish smoking, or celebrate a smoke-free lifestyle. Even if you aren't ready to quit, stop by for information and support.

### Sure steps to successfully quit smoking:

1. Make the decision to quit.
2. Select a quit date and a quit plan.
3. Deal with withdrawal.
4. Stay quit!

## Quit Smoking Resources

Human Resources: 260-481-6840

Indiana Tobacco Quit Line:  
1-800-QUIT-NOW

[www.tobaccofree.org](http://www.tobaccofree.org)

[www.quitsmoking.com](http://www.quitsmoking.com)

[www.cancer.org](http://www.cancer.org)

Tobacco Free Allen County

<http://www.tobaccofreeac.com/>

[www.whyquit.com](http://www.whyquit.com)

[www.becomeanex.org](http://www.becomeanex.org)

If you are ready, **congratulations!**

Free Indiana Quit Line: There are resources on campus and through the state of Indiana that are dedicated to helping you achieve success. Call a quit coach 24 hours a day at 1800-QUIT-NOW. You're headed in a great direction! Visit <http://www.indianatobaccoquitline.net/>

<http://www.cancer.org/docroot/subsite/greatamericans/Smokeout.asp>

**IPFW Great American Smokeout! Celebrate a smoke-free day!  
Thursday, November 20, 2008. 10 am – 2 pm Kettler Hall 1<sup>st</sup> Floor Lobby**

## What Happens When You Quit Smoking?

- ✓ **20 minutes after quitting:** Your heart rate and blood pressure drops. (Effect of Smoking on Arterial Stiffness and Pulse Pressure Amplification, Mahmud, A, Feely, J. 2003. *Hypertension*:41:183.)
- ✓ **12 hours after quitting:** The carbon monoxide level in your blood drops to normal. (*US Surgeon General's Report*, 1988, p. 202)
- ✓ **2 weeks to 3 months after quitting:** Your circulation improves and your lung function increases. (*US Surgeon General's Report*, 1990, pp.193, 194,196, 285, 323)
- ✓ **1 to 9 months after quitting:** Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection. (*US Surgeon General's Report*, 1990, pp. 285-287, 304)
- ✓ **1 year after quitting:** The excess risk of coronary heart disease is half that of a smoker's. (*US Surgeon General's Report*, 1990, p. vi)
- ✓ **5 years after quitting:** Your stroke risk is reduced to that of a nonsmoker 5 to 15 years after quitting. (*US Surgeon General's Report*, 1990, p. vi)
- ✓ **10 years after quitting:** The lung cancer death rate is about half that of a continuing smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decrease. (*US Surgeon General's Report*, 1990, pp. vi, 131, 148, 152, 155, 164,166)
- ✓ **15 years after quitting:** The risk of coronary heart disease is that of a non-smoker's. (*US Surgeon General's Report*, 1990, p. vi)

## November Celebrates

American Diabetes Month  
Great American Smoke out  
Child Mental Health Month  
15-America Recycles Day



Join the fun! Interested in helping with the 20<sup>th</sup> annual health fair? Contact Judy Tillapaugh at [tillapau@ipfw.edu](mailto:tillapau@ipfw.edu)



## Upcoming Events



Quinoa (pronounced KEEN-wah) is a South American grain. It is an amino acid-rich (protein) seed that has a fluffy, creamy, slightly crunchy texture and a somewhat nutty flavor when cooked. Quinoa is available in your local health food stores throughout the year.

*Give it a try!*

### Quinoa and Black Beans

**Makes 8 Servings**

#### INGREDIENTS

- 1 teaspoon vegetable oil
- 1 onion, chopped
- 3 cloves garlic, peeled and chopped
- 3/4 cup uncooked quinoa
- 1 1/2 cups vegetable broth
- 1 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- Salt and pepper to taste
- 1 cup frozen corn kernels
- 2 (15 ounce) cans black beans, rinsed and drained
- 1/2 cup chopped fresh cilantro

#### DIRECTIONS

1. Heat the oil in a medium saucepan over medium heat. Stir in the onion and garlic, and sauté until lightly browned.
2. Mix quinoa into the saucepan and cover with vegetable broth. Season with cumin, cayenne pepper, salt, and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer 20 minutes,
3. Stir frozen corn into the saucepan, and continue to simmer about 5 minutes until heated through. Mix in the black beans and cilantro.

[www.allrecipes.com](http://www.allrecipes.com)

#### November Events:

##### How Sweet Are You? Diabetes Information

November 6, 10 am – 2 pm  
Kettler, Lower Level

##### Healthy Holiday Party Prep Demo

November 13, 12 – 1 pm  
WU 222/224

##### Great American Smokeout

November 20, 10 am – 2 pm  
Kettler, 1<sup>st</sup> Floor Lobby

#### Flu Shots

Nov 4: 3-7 pm WU G21

Nov 12: 10 a – 2 p, WU 114

Flu shots free to employees and spouses. First 200 students receive free flu shots

### Healthy Purdue

*The Purdue Health Initiative*

[www.purdue.edu/healthypurdue](http://www.purdue.edu/healthypurdue)

Purdue Benefit Eligible  
Employees and Spouses:  
**November 7<sup>th</sup> is the  
deadline for Healthy  
Purdue 2008 five apple  
criteria!**

To earn \$250 (pre-tax), log or  
return completed program  
information to Jen Roherty in  
Walb Union 234.

Let us help you be successful!  
Call 481-6746 or 481-6647.  
To self-track apples or complete  
on-line workshops, visit  
[www.purdue.edu/healthypurdue](http://www.purdue.edu/healthypurdue)

#### De-Stress with Fitness!

##### Sport Center Hours:

M-Th: 5:30am-10:00pm  
Friday: 5:30am- 8:00pm  
Saturday: 8am - 5pm  
Sunday: Noon - 8pm

Registered Students are free  
with ID

Employee memberships  
available (\$25 annual fee)

**Monday, November 10  
4:45-6:45 PM**

**FREE! Fitness Assessments**  
Gates Sports Center  
Blood pressure, Height,  
weight, body composition  
and blood sugar available

*Stay informed!* Visit us at [www.ipfw.edu/health](http://www.ipfw.edu/health)

## What is diabetes?

Diabetes is a disease that occurs when your body doesn't make enough of a hormone called insulin, or if your body doesn't use insulin the right way in the response to food intake. If left untreated, it may result in blindness, heart attacks, strokes, kidney failure and amputations. Only half of the people who have diabetes have been diagnosed, because in the early stages of diabetes there are few symptoms, or the symptoms may be the same as symptoms of other health conditions.

## What are the symptoms of diabetes?

Early symptoms of diabetes may include the following:

- Extreme thirst
- Extreme hunger
- Frequent urination
- Sores or bruises that heal slowly
- Dry, itchy skin
- Unexplained weight loss
- Blurry vision that changes from day to day
- Unusual tiredness or drowsiness
- Tingling or numbness in the hands or feet
- Frequent or recurring skin, gum, bladder or vaginal yeast infections

If you are regularly experiencing 1 or more of these symptoms, call your family doctor.

[www.familydoctor.org](http://www.familydoctor.org)

*How Sweet Are You?!*

**IPFW Diabetes Day-November 6, 10 am – 2 pm, KT Lower Level**

Sponsored by IPFW/Parkview Health & Wellness Clinic.

For more information call 481-6647 or 481-6746 OR visit [www.ipfw.edu/health](http://www.ipfw.edu/health) & [www.ipfw.edu/clinic](http://www.ipfw.edu/clinic)



[www.diabetes.org](http://www.diabetes.org)