



November 2009

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Be Thankful for Family

Thanksgiving Day is National Family History Day! What does this mean? It's a reminder to ensure you have a complete family medical history to provide in the unfortunate case of a family emergency. For example, if your child shows signs of a disorder, family medical history can help the doctor confirm a diagnosis.

Your Child's Family History

- Record the names of your child's close relatives from both sides of the family; include conditions each relative has/had and at what age the conditions were first diagnosed. If the relative is deceased, include cause of death and age of death.
- Use the U.S. Surgeon General's online tool for collecting family histories, called "My Family Health Portrait."
- Discuss family history concerns with your child's doctor.
- Update your child's family history information regularly and share new information with your child's doctor.



Stop smoking
for good on
November 19!

LIVE WELL, WORK WELL

Extinguish the Habit for Good!

The American Cancer Society's Great American Smokeout is being held on November 19! Whether you're a smoker trying to quit, or have a loved one who wants to kick the habit, this day can mark the beginning of a brand-new journey!

The Great American Smokeout has one rule: Quit smoking for 24 hours. In the meantime, you'll have plenty of support from others who have also joined the cause. And if you can make it for one entire day, perhaps you can make it for two... or three? Soon you can be well on your way to a nicotine-free lifestyle, and it can all begin on November 19!

If you are thinking about quitting smoking, the ACS recommends the following steps:

Pick a Quit Day – This is very important, as you need to focus on this day and prepare for it as if it is a work deadline. However, do not pick a day too far in the future, as it will give you time to change your mind.

Prepare for Your Quit Day – There is no "right way" or tried-and-true method for quitting; you should do what is best for you. So, you may want to try cutting down



the number of cigarettes you smoke in the days before your Quit Day – or you can choose to go cold turkey. Other preparation methods include getting rid of all ashtrays; stocking up on oral substitutes such as sugarless gum, carrot sticks and/or hard candy; thinking about putting your plan into practice (will you attend stop-smoking classes?); informing your friends and family of your intention to quit smoking; and changing your routine (think about when you usually smoke – is it when you go out to eat? Then choose smoke-free establishments).

Coping with the Aftermath – Withdrawal consists of two parts: physical and psychological. In order to deal with these, it might be helpful to attend smoking cessation support groups, visit a counselor, or read materials that consist of coping mechanisms. In the meantime, try to avoid temptation by distracting yourself with things like exercise, music, visiting friends, meditation and healthy eating. Never rationalize by saying "Just one..." – you know it will turn into more than one and all your hard work will be erased. **You can do it!**



Traveling with Fido

It's the start of the holiday season, which often means traveling to places far away to see loved ones. If you plan on bringing your pet(s) along, ensure you have all your bases covered to make the trip as pleasant as possible:

- Before the trip, make a checklist of all the things your pet typically needs (such as a water bowl, medication or a favorite toy). Then use the checklist as you are packing for the getaway.
- Also before you leave, look up the nearest emergency centers along the route you are traveling, as well as at your final destination.
- Purchase a pet carrier that is large enough for your pet to stretch out and sleep. Label it with your name and contact information in several areas using



permanent marker and waterproof labels.

- If traveling a long distance via car, bring cleaning materials and plastic bags in case he/she gets sick. It might be wise to avoid feeding your pet a full meal until you arrive at your destination (if it is a one-day trip.)
- Make sure your pet gets plenty of exercise before boarding a plane or getting in the car for a long trip. Also make sure to stop the car frequently to allow for bathroom breaks.



Save on Repairs!

Are you in the unfortunate position of needing to call a repair service? Follow these tips in order to get the most bang for your buck:

- Explain exactly what you need when you call the repair service. Address the problem, what is broken and if the item has a history of breaking down. If the repairperson comes prepared, it will save both of you time.
- Many repair services charge a flat fee and then tack on hourly charges. If you have a few other items that you would like looked at, you might as well have this done while he/she is there.
- Buy your own supplies. Many repair places will charge up to 100 percent markup for their own materials, as well as the time spent shopping for your item(s).



Perfect for Thanksgiving!

Need some ideas for a delicious side dish this Thanksgiving? This recipe is not only tasty, it's heart-healthy... and fast!

Scallion Rice

4 ½ cups cooked brown rice (cooked in unsalted water)

1 ½ teaspoon low-sodium bouillon granules

¼ cup chopped scallions (green onions)

Cook rice according to directions on the package. Combine the rice, scallions and bouillon and mix well. Measure out one-cup portions and serve! Makes 5 servings.

200 calories; 2 g fat; 0 g saturated fat; 0 mg cholesterol; 18 mg sodium; 5 g protein; 6 g fiber

