

MAY  
2019

## SAY goodbye to bad habits

Experts say that to stop an unhealthy habit, you must replace it with a healthy habit. Here's how to get started.

- **Set a date.** Make a plan for when you intend to quit your bad habit. Put it in your calendar or planner.
- **Stop the triggers.** For instance, don't eat in front of the T.V. if you tend to overeat while watching it. Eat at a table without distractions.
- **Keep track.** Anytime you avoid your unhealthy habit, write down your victory. You'll see how far you've come. This can help you stay motivated.
- **Be kind to yourself.** Promise yourself a healthy reward when you meet a certain milestone. And, don't focus on setbacks or mistakes. Instead, be proud of the things that you did well.

Source: National Institutes of Health



# What to know about blood clots

Healthy blood is designed to clot. When blood clots, it prevents heavy bleeding. But, if a clot happens inside a vein, it can be dangerous. This is called a deep vein thrombosis (DVT). Sometimes, the blood clot may move through the body and get stuck in the lungs. This is called a pulmonary embolism (PE).



## SIGNS OF A CLOT

Signs of a DVT or PE include:

- Swelling, tenderness, redness or warmth in one area of the body
- Chest heaviness or pain
- Sweating
- Feeling out of breath
- Weakness or fainting
- Fast heart beat
- Feeling of impending doom

## KNOW YOUR RISK

Certain things make you more likely to get a blood clot. They include:

- Recent surgery or an injury
- Being in bed for long periods
- Not moving a certain body part, such as a broken leg
- Sitting for a long time, including during travel
- Higher levels of estrogen from birth control pills, pregnancy or hormone replacement therapy
- Medical conditions, such as cancer, Crohn's disease, ulcerative colitis, heart disease, blood clotting disorders or lung disease
- Obesity
- Smoking
- History of atrial fibrillation (A-fib)

## REDUCE YOUR RISK

Talk about your risk with your doctor.

You can lower your risk of getting a blood clot by:

- Getting up from sitting at least every two hours
- Moving around after surgery or being in bed for a long time
- Moving legs and feet while on plane trips
- Wearing loose-fitting clothes while sitting for a long time
- Exercising regularly
- Wearing compression stockings if recommended by your doctor

## WHAT TO DO?

If you think you or a loved one might have a blood clot, see a doctor right away. A blood clot can be treated if it's caught early. Sometimes, doctors use medicines that dissolve the clot. Other times, doctors will perform surgery to remove the clot.

Blood Clot  
Forming

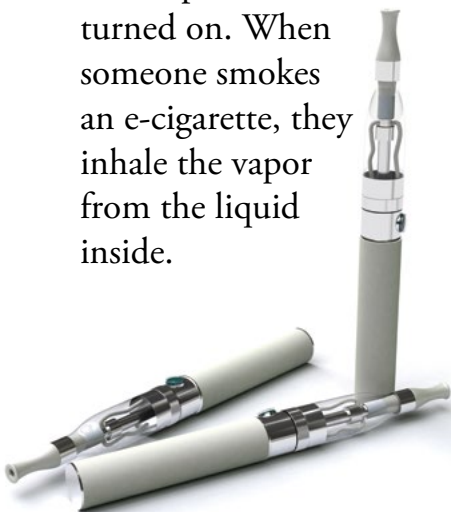
Up to 100,000 Americans die from a DVT or PE every year. These clots kill more people than breast cancer, car collisions, and HIV/AIDS combined.

Sources: American Society of Hematology, Centers for Disease Control and Prevention



# E-cigarettes: *are they safer?*

Electronic cigarettes, also known as e-cigarettes, are often advertised as a “safer cigarette.” E-cigarettes are battery-operated devices that contain liquid. The liquid heats up when it’s turned on. When someone smokes an e-cigarette, they inhale the vapor from the liquid inside.



E-cigarettes are also called JUULs, vapes, vape pens, e-pens and e-hookahs. Smoking e-cigarettes is often called “vaping.”

## IS VAPING SAFE?

E-cigarettes don’t contain tar or tobacco like regular cigarettes.

But, the liquid inside an e-cigarette contains high levels of nicotine. Nicotine is addictive, so it’s hard to stop using it. It also raises blood pressure and can lead to a heart attack.

The liquid in e-cigarettes also contains other chemicals, which may include:

- Acetaldehyde, acrolein, and formaldehyde, which can cause lung and heart disease
- Acrolein, a weed killer that can cause lung cancer and chronic obstructive pulmonary disease (COPD)
- Diacetyl, which can cause serious lung disease
- Benzene, which is found in car exhaust
- Volatile organic compounds, which are chemicals that can cause cancer
- Propylene glycol, which is toxic to cells
- Heavy metals, including nickel, tin and lead

The vapor that a person breathes out of an e-cigarette is called secondhand emissions. It may also contain some of these chemicals. This can make e-cigarettes harmful to people who are nearby, even if they’re not smoking it.



## A MAJOR PROBLEM WITH YOUTH

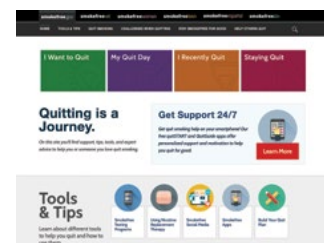
The American Lung Association says e-cigarette use among teens is becoming an epidemic. E-cigarette fruit and candy-like flavorings often appeal to kids and teens. They may think that e-cigarettes are safe. According to the U.S. Institutes of Health, most kids believe the liquid inside is for flavor only.



Nicotine contained in the vaporized liquid is especially harmful to young people. Nicotine can damage a teens’ developing brain. It also makes them more likely to smoke regular cigarettes later.

## GET HELP QUITTING

The Food and Drug administration says e-cigarettes are not a safe or effective way to quit smoking. Instead, you may be replacing one unhealthy habit with a different one.



IF YOU WANT TO  
QUIT SMOKING OR  
VAPING, CALL  
**1-800-QUIT-NOW**  
OR GO TO  
**smokefree.gov**

# Forget the 'perfect' family

## REAL WORLD FAMILIES

Though television shows may portray happy families, every family has disagreements and conflicts. Spouses and partners must work hard to maintain a healthy relationship. This can be difficult, even for happy couples. Disagreements between parents and children are also bound to happen.

Expect problems, obstacles and arguments. The solution is not to avoid these things. Rather, it's to learn how to work through them. If you have ongoing problems with your spouse or kids, talk to your doctor. They may recommend seeing a counselor or family therapist. Remember, there's nothing wrong with asking for help.



## CONTROLLING YOUR KIDS

Many parents believe that what their kids do is a direct result of their parenting. This can put a heavy burden on parents. Remember that children are individuals and may do things that you've taught them not to do. This doesn't mean you've failed as a parent.

Your job is to show each child that they are loved and accepted. Help them learn ways they can succeed, teach them respect for others and help them see their place in the world. This is a huge task, and there's no "right way" that works for every child. Although you can influence and shape your children, ultimately you cannot control them.

Source: American Academy of Pediatrics