

Healthy Living Newsletter

OCTOBER 2010

TAKE CONTROL OF YOUR HEALTH

VOLUME 5, NUMBER 10

Health & Wellness Events

55 Glenlake flu clinic

- Oct. 07 and Oct 12
- 7:00 AM – 4:00 PM
- Online registration is strongly encouraged
- 2010 flu shot contains the H1N1 vaccine—a separate injection is not necessary

55 Glenlake mammogram clinic

- Oct. 26 and Oct. 28
- St. Joseph's Mobile Mammography Bus
- Capacity is 40 people each date
- More information available early October

Type of Asthma Inhalers

- **Metered dose inhaler**
These inhalers consist of a pressurized canister containing medication that fits into a plastic boot-shaped mouthpiece.
- **Metered dose inhaler with a spacer**
A spacer holds the medication after it is released, making it easier to inhale the full dose.
- **Dry powder inhaler**
These inhalers do not use a chemical propellant to push the medication out of the inhaler. Instead, the medication is released by breathing in a deep, fast breath.
- **Metered dose inhaler with a face mask**
This device is used for infants and small children. It uses as a standard dose inhaler with a spacer. The face mask attaches to the spacer and is sized to fit tightly over the nose and mouth to make sure the right dose reaches the lungs.
- **Nebulizer**
This device turns asthma medication into a fine mist that is breathed in through a mouthpiece or mask worn over the nose and mouth.

Source: www.mayoclinic.com

Asthma

Definition

Asthma is characterized by an inflammation of the air passages, resulting in the temporary narrowing of the airways that transport air from the nose and mouth to the lungs. Asthma symptoms can be caused by allergens or irritants inhaled into the lungs, resulting in inflamed, clogged and constricted airways.

Symptoms

These include difficulty breathing, wheezing, coughing and tightness in the chest. In severe cases, asthma can be deadly.

Asthma tests

Your doctor will inventory your symptoms, ask about your medical history and perform a physical examination. Lung function (pulmonary) tests may be needed to confirm an asthma diagnosis. These tests may include one or more of the following:

- Spirometry
- Exhaled nitric oxide test
- Challenge test

Asthma facts

- There is no cure for asthma, but it can be managed with proper prevention and treatment.
- Asthma has a genetic component. If one parent has asthma, chances are one in three that each child will have asthma. If both parents have the disease, it is much more likely (seven in ten) that their children will have asthma.

Source: www.medicinenet.com, www.aafa.org, www.mayoclinic.com & *UPS RoadMap to Health*

Asthma Triggers

Indoor asthma triggers can lead to increased inflammation in your airways, causing your asthma symptoms to become worse. It is important to know what these triggers are and how you can work to prevent them.

- **Environmental tobacco smoke (ETS).** You should not smoke in your house or allow anyone else to smoke. For some people, the smell of tobacco smoke alone may trigger inflammation, resulting in runny nose, watery eyes, sinus congestion, wheezing and shortness of breath.
- **Animal dander.** No matter what your favorite pet is—dog, cat, bird, or guinea pig—all animals shed dander that can worsen allergies and asthma.
- **Dust mites.** A relative of ticks and spiders, dust mites are invisible to the human eye, and are found in nearly every home in the U.S. They feed on skin flakes and dust in your home. Dust mites are commonly found on mattresses, pillows, carpets, and upholstered furniture. Both pieces of the mites and their droppings are allergens that travel through the air and can trigger asthma symptoms.
- **Cockroaches.** Cockroach droppings and saliva are common triggers of asthma in many people. Because these pests are difficult to avoid, it is essential to learn control mechanisms.
- **Molds.** Molds produce tiny spores that can travel through the air. Inhaling the mold spores can lead to an asthma attack.

Source: asthma.about.com

Lung Cancer at a Glance

Definition

Lung cancer arises when a series of mutations in normal lung cells cause them to become abnormal and grow out of control. The changes take place anywhere from the bronchus (the windpipe) to the small air sacs in the periphery of the lungs, where oxygen exchange takes place.

Causes

Tobacco use is responsible for about 90 percent of lung cancer cases. However, people who have never smoked or who quit long ago may develop lung cancer as well. Common causes include radon exposure in the home, workplace chemicals such as asbestos, and environmental pollutants, including secondhand smoke.

Symptoms

Lung cancer most commonly begins with a chronic cough that doesn't go away over time. Sometimes it shows up with vague symptoms such as fatigue. Other common symptoms include:

- coughing up blood
- difficulty breathing
- wheezing
- pain in the chest, back, shoulder, or arm

About 25 percent of the time there are no symptoms at all.

Source: lungcancer.about.com

How is Chewing Tobacco Different From Cigarettes?

- One average-size pinch held between your cheek and gum for 30 minutes delivers about the same amount of nicotine as three to four cigarettes.
- Using two cans of snuff each week equals the same amount of nicotine inhaled by someone smoking a pack and a half of cigarettes each day.
- Some brands of smokeless tobacco contain additives that increase the rate nicotine is absorbed into the body. Nicotine is so addictive that a person may not be able to sleep without a chew in their mouth.

Source: UPS RoadMap to Health



Cigarettes and Smoking

How smoking harms your body

Many people think that serious physical effects of smoking don't appear until at least middle age. But just a few puffs of one cigarette can quickly affect every system in your body. Casual smoking can rapidly lead to addiction, and the harmful—sometimes permanent—effects can begin in a short time. These problems include:

- More sick visits to the doctor due to increased vulnerability to illness
- Slower wound healing, resulting in longer recovery times
- More frequent ear and sinus infections, colds and pneumonias
- Difficulty breathing due to airway tightening
- Wheezing, persistent coughs, asthma attacks and increased phlegm production
- Increased bad fat deposition in blood vessels leading to early heart disease
- Clot formation and narrowing of blood vessels
- Faster heart rate and compromised blood flow to the heart
- Increased blood pressure, leading to organ damage

Harmful chemicals in cigarettes

Tobacco smoke contains more than 4,000 chemicals. At least 400 of these are poisonous and more than 50 can cause cancer. The main components of tobacco smoke are:

- Tar
- Benzo(a)pyrene, found in emissions from burned plant and petroleum products
- B-naphthylamine, used in the manufacture of dyes, condensation colors and rubber
- Cadmium, a poisonous chemical that can cause liver, kidney, and brain damage; it is commonly found in car batteries
- Nitrosamine, found in harsh detergents; commonly used as an engine degreaser.
- Nicotine
- Carbon monoxide

Other components are methane (sewer gas), arsenic (poison), methanol (rocket fuel), paint, ammonia (toilet cleaner), toluene (industrial solvent) and stearic acid (candle wax).

Reasons to stop smoking

- Your sense of taste and smell will improve.
- Your heart will not work as hard.
- You will add seven to ten years to your life expectancy.
- You will decrease your risk of heart attack, cancers and lung disease.
- You will have more energy.
- Secondhand smoke harms your family, coworkers, and others who breathe your cigarette smoke.
- Secondhand smoke increases your child's chances of middle ear problems, causes coughing and wheezing, and worsens asthma conditions.
- If both parents smoke, a teenager is twice as likely to smoke as a teenager whose parents do not smoke.
- Pregnant women are more likely to deliver babies with low birth weight.

Source: UPS RoadMap to Health