



HEALTH & WELLNESS

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Striving to be Tobacco Free

Tobacco use is a major risk factor for so many diseases and health conditions that affect today's society. Smoking has even been identified as the single most preventable cause of death and disease in the United States. Not only is it dangerous to your health, it can also affect you financially. Tobacco users are likely to pay twice as much for insurance and spend an average of at least \$1.1 million over a lifetime in related costs.



The best way to prevent and reduce the risk of developing health conditions from smoking is to quit. However, in addition to quitting there may be a way to heal your body from damage caused from smoking by making healthy food choices.

New research suggests that certain nutrients contained in fruits and vegetables can reverse some of the damage of smoking.

Nutrients that Heal You

VITAMIN C

Vitamin C is a powerful antioxidant that helps to remove some of the cancer-causing cells that damage the body. It also helps to support the immune system!

Foods high in vitamin C include

- Tomatoes
- Bell peppers
- Dark leafy green veggies like broccoli, kale, and brussel sprouts
- Citrus fruits
- Kiwis
- Berries



ANTIOXIDANT FRUIT SALAD

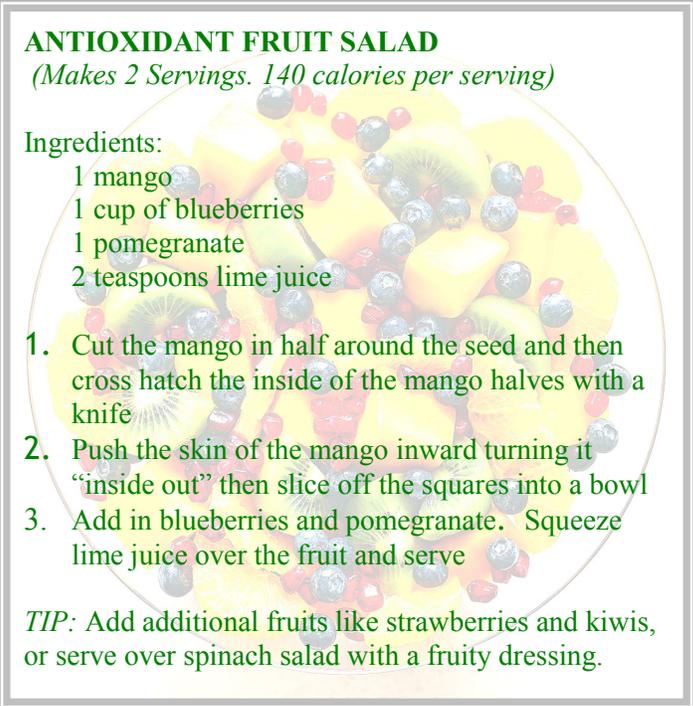
(Makes 2 Servings. 140 calories per serving)

Ingredients:

- 1 mango
- 1 cup of blueberries
- 1 pomegranate
- 2 teaspoons lime juice

1. Cut the mango in half around the seed and then cross hatch the inside of the mango halves with a knife
2. Push the skin of the mango inward turning it "inside out" then slice off the squares into a bowl
3. Add in blueberries and pomegranate. Squeeze lime juice over the fruit and serve

TIP: Add additional fruits like strawberries and kiwis, or serve over spinach salad with a fruity dressing.



VITAMIN E

Vitamin E is also an antioxidant that protects the body from cancer and other chronic conditions such as heart disease.

Sources of vitamin E include

- Vegetable oils like olive or canola
- Wheat germ and whole-grain products
- Nuts and seeds



GREEN TEA AND BLACK TEA

These teas are high in antioxidants that block the activity of cancer causing cells. Other foods that are good sources of this type of antioxidant are black grapes, blackberries, and dark chocolate.

REMINDER: While these nutrients don't guarantee protection from diseases they certainly reduce the risk of chronic disease and are a part of a healthy well-balanced diet.

Tips to Kick the Habit for Good

- **Pick a date to quit** – Pick a specific day within the next month to quit. Prepare yourself for this transition, research on what to expect, and enlist friends and family for support.
- **Talk to your doctor** – Ask your doctor about different medications and smoking counseling options. These things may improve your odds of success.
- **Clean house** – Get rid of all your smoking supplies like cigarettes, lighters, and ashtrays. Doing this decreases the temptation.
- **Join a support group** – The more support you have the better your chances are of quitting. Many hospitals or clinics offer classes or support groups for smoking.
- **Replace smoking with a healthy habit** – Keep your mind off smoking by picking up new hobbies. This could be exercising, painting, cooking, or whatever you are interested in.
- **1-800-QUIT-NOW** – This is the number for the Arkansas Tobacco Quitline. It is confidential and is available 24 hours to offer one-on-one personalized support. There is also a free text messaging service and a smartphone app. Free nicotine replacement therapy may be available as well.



FACT: It takes the average tobacco user 9 times of attempting to quit before they are successful.
SO DON'T GIVE UP!

If at First You Don't Succeed, Try Again!

If you've tried to quit before without success, don't be afraid to try again. Here are some strategies and motivators that may help you quit.

- **Assess past attempts and prepare** – Take the previous attempt as a learning experience. Think about what worked for you and what didn't. Create a new plan that will overcome the barriers from your last attempt.
- **Give yourself some credit for past success** – Whether you quit for a few weeks, a few years, or even a few days be proud of yourself for taking action. You've done it once and you can do it again!
- **Save money** – One pack of cigarettes a day adds up to about \$1,800 a year. Think about other things that you can spend that money on. Maybe a down payment on a new car, college savings for your kids, or a vacation.
- **Make the people around you healthier** – Not only do cigarettes harm you, but the secondhand smoke can also harm your loved ones. It can cause breathing problems and may increase their risk of developing cancer or heart disease.

