

SUN PRAIRIE SCHOOL DISTRICT AND CITY EMPLOYEE WELLNESS CLINIC

In partnership with SSM Health at work

JULY 2021

Health Benefits of Quitting Smoking Over Time

It's never too late to quit using tobacco. The sooner you quit, the more you can reduce your chances of getting cancer and other diseases.

Within minutes of smoking your last cigarette, your body begins to recover:

20 minutes after quitting



Your heart rate and blood pressure drop.

A few days after quitting



The carbon monoxide level in your blood drops to normal.

2 weeks to 3 months after quitting



Your circulation improves and your lung function increases.

1 to 12 months after quitting



Coughing and shortness of breath decrease. Tiny hair-like structures (called *cilia*) that move mucus out of the lungs start to regain normal function, increasing their ability to handle mucus, clean the lungs, and reduce the risk of infection.

1 to 2 years after quitting



Your risk of heart attack drops dramatically.

5 to 10 years after quitting



Your risk of cancers of the mouth, throat, and voice box (larynx) is cut in half. Your stroke risk decreases.

10 years after quitting



Your risk of lung cancer is about half that of a person who is still smoking (after 10 to 15 years). Your risk of cancer of the bladder, esophagus, and kidney decreases.

15 years after quitting



Your risk of coronary heart disease is close to that of a non-smoker.

These are just a few of the health benefits of quitting smoking for good, but there are others, too.

Quitting also helps stop the damaging effects of tobacco on how you look, including premature wrinkling of your skin, gum disease, and tooth loss. Quitting smoking lowers your risk of other cancers over time as well, including cancers of the stomach, pancreas, liver, cervix, and colon and rectum, as well as acute myeloid leukemia (AML).

Quitting also lowers your risk of diabetes, helps your blood vessels work better, and helps your heart and lungs.

Quitting smoking can also add as much as 10 years to your life, compared to if you continued to smoke. Quitting while you're younger can reduce your health risks more (for example, quitting before the age of 40 reduces the risk of dying from smoking-related disease by about 90%), but quitting at any age can give back years of life that would be lost by continuing to smoke.

Written by The American Cancer Society, November 10, 2020, "Health Benefits of Quitting of Smoking Over Time," <https://www.cancer.org/healths/stay-away-from-tobacco/benefits-of-quitting-smoking-over-time.html#>

What's Happening



Let us help you set your 2021 Health goals.



Here are some Nutritional Resources

[ChooseMyPlate.gov](https://www.choosemyplate.gov) offers free food, fitness, and recipe tool.

[Deancare.com/foodsmart](https://deancare.com/foodsmart) is free for Dean Health Plan members that offers nutritional data, recipes, and discounts.

[Calorieking.com](https://www.calorieking.com) is a free food search and other services that may require additional cost.



Schedule a sports physical today!

Any physical performed after **April 1, 2021**, is valid for the next 2 years. Please fill out and bring the [sports forms](#) to the appointment. Call **608-825-6977** to schedule an appointment.

WELLNESS CARE PACKAGE

July 2021

 **Dean Health Plan**
A member of SSM Health

Programs are open to all, regardless of insurance, unless otherwise noted*

July is Social Wellness Month

Did you know loneliness has been estimated to shorten a person's life by 15 years, the same impact as smoking 15 cigarettes a day? Take time this month to call a friend or family member and reconnect.



Reminder to check the expiration date on your sunscreen to make sure it's actually effective this summer.



Breathe easy this summer. Join the next seven-week [Freedom From Smoking](#) group.

Check out all [upcoming programs & events](#) including webinars, book club, Living Healthy challenges* & more!



As things open back up, don't forget to check out [Partner Perks*](#), discounts at local, wellness-related businesses in your area!



Have you heard of meta-awareness? It's being aware of being aware, or deliberate attention toward the conscious thought. Was the stop light green? Coffee nutty? Dog soft? Did you notice that you noticed? See how this type of thinking changes your mindset for the better!



Set a REAL Goal

Realistic, Easy, Attainable Life Goals to support you in your wellness journey. Check out the [Eating Better](#) REAL goal to help get your nutrition habits on track. Plus check out [Foodsmart*](#) for healthy recipes.

Have you checked in on yourself lately? Don't forget to take or update your Health Assessment in [Living Healthy*](#). Your individualized report will give you tools & resources to help improve your score and live your best life. Plus, earn your first \$50 in rewards!

LivingHealthy
POWERED BY **W&MD** health services

[Register](#)

You've asked, we've answered! Tues., July 6: Back Health
Upcoming Move with a Doc topics: Tues., Aug. 3: Thyroid Health

For more information, email dhp.health@deancare.com or visit deancare.com/wellness

Summer Social

Summertime social outings means potluck season is here! When deciding what to bring to your next gathering, why not try something new? Here are a few ideas to get you started.

Baba Ghanoush (Roasted Eggplant Dip)

1 large purple globe eggplant **Garnish (optional)**
1 1/2 tbsp tahini 1-2 tbsp olive oil
1 clove garlic, minced Cayenne pepper or
1 tbsp lemon juice paprika
Salt & pepper to taste Parsley leaves

1. Grill or char on stovetop the whole eggplant until its skin is very charred and flakey, turning about every other minute.
2. Let eggplant cool, cut in half the long way, and scoop out the flesh. Discard the skin.
3. Put cooked eggplant, tahini, minced garlic and lemon juice in food processor or blender. Pulse it a few times making sure it is not over blended. You want it to be a similar consistency as hummus.
4. Transfer into a serving bowl and garnish. Serve chilled with pita bread, carrots and celery.

foodsmart

Recipe of the Month

Fennel, Citrus & Roasted Beet Salad

4 small to medium red beets
4 tbsp extra-virgin olive oil
1 tbsp Dijon mustard
1 tbsp champagne vinegar or cider vinegar
1 tbsp finely chopped cilantro, plus
whole leaves and flowers or fennel fronds for garnish
1/2 tsp salt
1/2 tsp freshly ground pepper
1 medium pink or red grapefruit
1 medium navel orange
1 medium bulb fennel, cored and thinly sliced
2 tbsp chopped pistachios

1. Preheat oven to 400°F.
2. Wrap beets in foil and bake until tender when pierced with a knife, 40 minutes to 1 hour. When cool enough to handle, peel, trim and cut into wedges.
3. Whisk oil, mustard, vinegar, chopped cilantro, salt and pepper in a large bowl. Slice both ends off grapefruit. With a sharp knife, remove the peel and white pith; discard. Working over the bowl, cut the segments from their surrounding membranes (discard membranes). Repeat with orange. Add fennel and the beets. Toss to coat.
4. Let stand for 15 minutes. Serve topped with pistachios and cilantro leaves and flowers or fennel fronds, if desired.

Palak Pakora (Crispy Spinach Fritters)

2 cups packed fresh spinach, roughly chopped
1 cup besan gram flour
2 tbsp corn starch
2 tsp chili flakes, adjust to taste
2 tsp coriander crushed
1/2 tsp mango powder
1/2 tsp cumin seeds
1/2 tsp salt
1/8 tsp asafetida
1 tsp oil

1. Combine spinach, besan, corn starch, chili flakes, coriander, mango powder, cumin seeds, salt, and asafetida in a bowl. Mix it well.
2. Add water, as needed, to make a sticky dough.
3. Heat at least one inch of oil in a frying pan over medium high heat. To test, put a drop of batter in the oil. The batter should come up slowly.
4. Oil your palm lightly and form patties (not too thin), using about 2 tablespoons of dough per patty. Place patties on a greased plate.
5. Slowly drop patties into oil, but do not overlap. Fry the pakoras, three to four minutes per batch, turning occasionally, until both sides are golden brown.
6. Repeat this process for the remaining batches.
7. Enjoy hot with a sweet and sour chutney to dip it in.

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in partnership with SSM Health at Work
10 Tower Drive, Sun Prairie, WI 53590
Phone (608)825-6977

[Clinic Website](#)

Clinic Hours

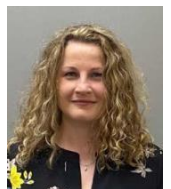
Monday – Thursday 7:30 am – 6:00 pm

Friday 7:30 am – 5:00 pm

PROVIDERS



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