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NEWS AND INFORMATION FOR THE PEOPLE WHO BRING BJC HEALTHCARE TO LIFE

BJC TODAY

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'We put our hearts in home care'

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NOVEMBER IS NATIONAL HOME CARE AND HOSPICE MONTH

BJC Home Care Services staff members, like Home Medical Equipment respiratory coordinator Carlton, touch the lives of patients every day. During November, National Home Care and Hospice Month, these employees receive special recognition. | Photo by Randall Hyman

BJC offers tobacco prevention and intervention support for youth

by India Chapman-Bailey, BJC School Outreach and Youth Development school-community health educator

BJC ■ November is Lung Cancer Awareness Month. With 80 percent of lung cancer deaths caused by smoking and many others caused by exposure to secondhand smoke, lung cancer is the leading cause of cancer death and the second most common cancer among both men and women in the United States. The best way to prevent lung cancer is to avoid smoking. The best way to avoid smoking is not to start.

But for those high school students who have started using tobacco and want to stop, BJC School Outreach and Youth Development offers the Smoke Free Teens On Purpose (STOP) program. STOP is a voluntary, eight-week program, held during school hours. It teaches students to identify their triggers, replace the tobacco habit with healthy options and build resilience and lifelong tools that will help them to overcome their addiction.

Five facts about lung cancer in the U.S.

- Each year, about 200,000 people in the U. S. are told they have lung cancer, with more than 150,000 people dying from the disease.
- About 80-90 percent of lung cancers are linked to cigarette smoking.
- About 7,300 people who never smoked die from lung cancer due to secondhand smoke every year.
- Lung cancer rates are decreasing, because fewer people are smoking cigarettes.
- Screening is recommended for people at a high risk of getting lung cancer because of their smoking history and age.



Are e-cigarettes a safe alternative to smoking?

Cigarette smoking has declined in recent years, but the use of some other tobacco products has increased, especially among youth. The use of e-cigarettes has skyrocketed from 1.5 percent of high school students in 2011 to 16 percent in 2015. Many young people believe e-cigarettes are a safe alternative to smoking, but they contain harmful chemicals, toxins and cause health problems including cancer. For many years it has been illegal under federal law to sell cigarettes and chewing tobacco to minors, and recently e-cigarettes, hookah tobacco and cigars have been added to the list.

What tips can you offer to encourage someone to kick the habit and lower their risk of cancer?

A technique used in STOP is to remember the “4 Ds.”

- Do something else when the urge to smoke strikes. Doodle, chew gum, take a short walk or stretch, for example.
 - Drink a lot of water to help flush out the nicotine and alleviate the physical urge to smoke.
 - Deep breathe — whether sitting, standing or lying down, because it helps to release tension from cravings.
 - Delay the craving. It’s possible to wait out a craving, because the urge will fade within 30 to 60 seconds.
- Nicotine is an addictive drug that takes control of people’s lives — at any age. Policies such as raising the age to purchase tobacco from 18 to 21 and enforcing clean indoor air for all workplaces have prevented many people from starting.



Great American Smokeout is Nov. 17

More than 40 million Americans still smoke cigarettes, and tobacco use remains the single largest preventable cause of disease and premature death in the U.S. By quitting — even for one day — smokers can take an important step toward a healthier life and reducing their cancer risk.

The American Cancer Society Great American Smokeout event is every smoker’s chance to triumph over addiction. Every November, the ACS sets aside the third Thursday (Nov. 17 this year) to encourage smokers to go the distance — and to finally give up smoking. For more information, visit cancer.org.

For more information about the BJC School Outreach and Youth Development STOP program, visit bjcschooloutreach.org or call 314-286-0460. ■

Fitness Flash Weathering the holiday ‘storm’

by Nancy Trail, RD, LD, MEd, BJC WellAware Center dietitian

BJC ■ Ready or not, the holiday season is approaching, and there’s nothing you can do about it. It’s like a hurricane about to hit — all you can do is prepare the best you can and pray for minimal devastation.

First, you get pelted with all those fun-size treats at Halloween, and then comes a deluge of pumpkin-laden drinks, casseroles and pies. The eye of the storm forms at Thanksgiving with the high pressure of planning and preparing the annual fat- and sugar-filled collection of “pilgrim favorites.”

The storm surge hits with gale force as Christmas approaches. Brace yourself for the flood of parties overflowing with cookies, candy, treats and beverages that can annihilate the healthy structure you’ve worked so hard to build all year. This storm system lasts until it’s time to ring in the New Year, and then, finally, lower pressure ensues.

Save yourself and those near and dear to you

This year you can make it through the holiday season without total destruction to your weight or your health



Nancy Trail

just by following a few simple tips to survive the season:

- **Drink plenty of water.** Water has zero calories, keeps you hydrated and fills you up.
- **Eat your calories — don’t drink them.** Cocktails, wine, beer, champagne, hot toddies and egg nog can pack a lot of calories. Remember to count all of the calories you consume. If you have adult or seasonal beverages, then you have to trim calories from meals, snacks and treats.
- **Follow the one-plate rule.** Fill your plate once with small helpings of all of your favorites — and don’t go back for seconds.
- **Eat slowly — and savor the flavor.** If you have food in your mouth, don’t shovel more food into your mouth. Your meals and snacks should be a succession of small bites. Take a bite, chew it, swallow it, take a drink of water, and then take another bite.
- **Choose wisely.** Have very small portions of “holiday treats” so you don’t feel deprived, but try to make healthy choices overall. Fill up on plain vegetables and fruit. Avoid sampling and “picking,” and avoid foods with added fats like dips, sauce, gravy, cheese, butter and cream.
- **Work out.** Burn some extra calories before, during and after the holiday season. It’s important to try to balance calorie intake with calorie expenditure.

Black Friday specials

The following Black Friday specials are available Nov. 14-25 only:

- All-inclusive annual membership for \$250 (two months free); only 15 available/first-come, first-served; after the first 15, the cost is \$275 (one month free)
- Wick away T-shirts \$10 (while supplies last)
- \$45 personal training sessions (limit three per person)
- \$45 massages (limit three per person)

It’s very difficult to avoid consuming extra calories at this time of year, so it’s imperative to burn extra energy.

- **Start new traditions.** Play football or take a walk after dinner. Find low-calorie and low-fat recipes to make your menu items healthier but still delicious. Donate time to the less fortunate.
- **Keep your hands full at parties.** Hold a glass of water in one hand and a napkin or something else in your other hand. If your hands are full, you’re less able to grab or pick at snacks.

For more tips, make an appointment with a BJC WellAware Center nutritionist at 314-286-0525. ■