

# TAKE CHARGE!



November 2021

## Breathe Easier

**It's time again for the Great American Smokeout.** On November 18, thousands of people in the U.S. will take the first step toward better health and living tobacco-free. Cigarette smoking can shorten one's life and harm nearly every organ in the body. Millions of Americans live with smoking-related diseases, including emphysema and chronic bronchitis.



**Cigarette smoking causes an estimated 480,000 deaths every year in the U.S.** Fortunately, the number of deaths triggered by smoking have declined in the past several decades, from 42% in 1965 to about 15.5% in 2016, thanks in part to the American Cancer Society, which has sponsored the Smokeout for 40 years.

**Kicking smoking can be very hard.** Most smokers try quitting several times before they make it across home plate. Take steps to set yourself up for success with strategies recommended by [smokefree.gov](http://smokefree.gov), including:

- Asking your health care provider about smoking cessation medications.
- Throwing away your cigarettes, lighters, matches and ashtrays.
- Contacting close friends and asking for their support as you are quitting.
- Chatting online or working with a local in-person trained smoking cessation counselor.
- Signing up for a Smokefree app or text message program to get daily tips and support.

**When cravings strike:** Stop what you're doing and do something else. Text a friend. Get up and exercise. Drink some water and take deep breaths. Go where others aren't smoking.



Now, to kick cigarettes (or encourage a friend, relative or teenager to quit), mark your calendar to get started on **November 18**. Make an appointment with your provider for advice or contact [smokefree.gov](http://smokefree.gov) for a personalized quit plan — and breathe easier.

## city events

### Tech Neck Webinar

**Tuesday, November 2**  
11:30 am – 12:30 pm  
Click [here](#) to join

### Emotional Eating Webinar

**Wednesday, November 3**  
12:00 pm – 1:00 pm  
Click [here](#) to join

### Deferred Compensation Webinars

#### Managing Taxes on Your Retirement

**Thursday, November 4**  
12:00 pm – 1:00 pm  
Click [here](#) to register

#### Special Catch-up Options

**Wednesday, November 17**  
12:00 pm – 12:30 pm  
Click [here](#) to register

### Staying Healthy This Winter: Addressing Immunizations – COVID 19 and Flu Webinar

**Wednesday, November 10**  
12:30 pm – 1:00 pm  
Click [here](#) to join

### Single Parenting: Strategies and Resources Webinar

**Wednesday, November 10**  
12:00 pm – 1:00 pm  
Click [here](#) to join

### Stress Management: Building Resilience Webinar

**Wednesday, November 17**  
5:30 pm – 6:30 pm  
Click [here](#) to join

“Don't compare yourself with other people; compare yourself with who you were yesterday.” — Jordan Peterson

**Note:** Due to production lead time, this issue may not reflect the current COVID-19 situation in some or all regions of the U.S. For the most up-to-date pandemic information visit [coronavirus.gov](http://coronavirus.gov).

 The Smart Moves Toolkit, including this issue's printable download, **Nutrition and the Common Cold**, is at [personalbest.com/extras/21V11tools](http://personalbest.com/extras/21V11tools).

# Vaccination and Screening Guide



**Getting screened and immunized are everyone's top health goals.** The following recommendations are for normal-risk adults. People at increased risk may have different needs based on their health care provider's advice.

## Immunizations

COVID-19 (SARS-CoV-2): Dosage varies.

Hepatitis A: 2 or 3 doses if at risk.

Hepatitis B: 2 or 3 doses if at risk.

Human Papillomavirus (HPV): 2 or 3 doses, previously unvaccinated through age 26.

Influenza (Flu): 1 dose every year.

Measles, Mumps, Rubella: 1 or 2 doses if at risk.

Meningococcal Meningitis: 1 or more doses if at risk, as advised.

Pneumococcal Conjugate Vaccine (PCV13): 1 dose.

Pneumococcal Polysaccharide Vaccine (PPSV23): 1 or 2 doses as advised.

Tetanus, Diphtheria, Pertussis: Get Tdap once, then a Td or Tdap booster every 10 years.

Varicella (Chickenpox): 2 doses if at risk.

Zoster (Shingles): 2 doses at 50 or older.

## Screenings

Blood pressure: Every health care visit or at least every 2 years.

Cholesterol: Starting at 20 and every 4 to 6 years or as advised.

Blood Sugar: Starting at 45 and every 3 years or as advised.

Colorectal Cancer: Starting at 45 and repeat as advised.

Dental, Eye and Hearing: As advised.

Skin Cancer: As advised.

Weight: As advised.

Depression: As advised.

## Women

Breast Cancer: **40 to 44:** Begin, if desired. **45 to 54:** Annually. **55+:** Every 1 to 2 years.

Cervical Cancer: Starting at 21 or as advised.

Osteoporosis: Starting at 65 or earlier as advised.

## Men

Prostate Cancer: Starting at 50, if advised.

## Coughs are normal with colds or flu.

But coughing can interfere with sleep. Over-the-counter cough medications have side effects and aren't recommended for young children. Instead, the FDA recommends non-drug remedies: Drink lots of warm liquids to soothe your throat and thin mucus. Using a humidifier and taking warm showers calm coughs by putting moisture in the air. For adults and older kids, cough drops or hard candy can decrease cough-triggering throat tickles. If coughs persist or worsen, call your health care provider.



GERD Awareness Week is November 22 to 28.



## QuikQuiz™:

### What's Your GERD IQ?

**Gastroesophageal Reflux Disease (GERD)** affects nearly 20% of the U.S. population. Test your knowledge of this common condition.

#### True or False?

- T F** GERD is the backup of stomach acid into the esophagus.
- T F** GERD causes heartburn.
- T F** People with GERD can reduce symptoms by avoiding certain foods and drinks.
- T F** GERD is diagnosed by blood tests.
- T F** There is no cure for GERD.

#### The exact cause of GERD is unknown.

But several factors can worsen the symptoms: obesity, smoking, diabetes, alcohol use and heavy caffeine use. Positive self-treatment:

- 1)** Avoid large meals, **2)** avoid fatty, spicy and fried foods, **3)** avoid eating close to bedtime (wait two to three hours before retiring), **4)** relax and use good posture when eating, **5)** lose weight if needed, and **6)** wait two hours after eating before exercise.

#### ANSWERS:

- 1. True** – GERD is also known as acid reflux, which causes regurgitation (backward flowing of stomach acid).
- 2. True** – When refluxed stomach acid touches the lining of the esophagus, it typically causes a burning sensation in the chest (heartburn) or in the throat (acid indigestion).
- 3. True** – Primary dietary items to avoid include acidic, greasy or spicy foods, caffeine and alcohol.
- 4. False** – GERD may be diagnosed by endoscopy, biopsy, X-ray, 24-hour esophageal acid testing, and esophageal acid perfusion.
- 5. True** – GERD is a chronic condition that, while incurable, is treatable with dietary changes and medications.

## Q: Am I a compulsive buyer?



### A: A shopping addiction differs from a periodic splurge.

Compulsive shoppers act on repeated, uncontrollable urges to spend (often to manage negative emotions), regardless of consequences. They get pleasure from the shopping experience itself.

#### You may be a compulsive spender if:

- You spend all of your disposable income.
- You buy things you can't afford or overdraw your account buying unneeded items.
- You're anxious when you don't shop, and shopping improves your mood.
- You pay your minimum credit card balance yet continue charging.
- Others complain about your spending habits.
- Your behavior causes financial or relationship problems.
- You hide your purchases and feel remorse afterward.

**If applicable, consider seeking assistance** via psychotherapy, support groups (e.g., Debtors Anonymous), credit counseling or medication (if the behavior stems from mental health issues).

## TIP of the MONTH

### Fruit and Diabetes Risk Study

A recently published study revealed that participants who ate two or three daily servings of whole fruit (but not fruit juice) had a 36% lower risk of developing type 2 diabetes at five years of follow-up. Although fruit contains some sugar, it's balanced by fiber, antioxidants and vitamins, which mitigate diabetes risk. Researchers also found that while fruit was helpful, fruit juice was not. **Bottom line:** Choose whole fruit instead of fruit juice most often to reduce the risk of type 2 diabetes.

# Diabetes and Your Plate

By Cara Rosenbloom, RD

eating smart



### The foods you choose have a powerful role to play if you are managing type 1, type 2 or gestational diabetes.

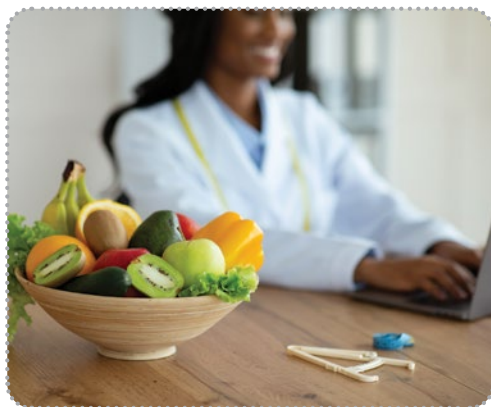
Since diabetes is affected by diet, people often wonder about the changes they need to make in their eating patterns.

#### The answer is that there's no exact one-size-fits-all eating plan for everyone with diabetes,

since everybody responds differently to foods, beverages and dietary patterns.

Research shows that there's no precise percentage of calories from carbohydrate, protein and fat that will benefit all people with diabetes. That means that a low-carb diet may work for some, while a higher amount of carbs may work for others.

**For this reason,** one common recommendation for people managing any type of diabetes is to see a registered dietitian for a personalized nutrition plan to meet their individual needs (check with your insurance for coverage). One diet cannot work for everyone, since we all have different personal preferences, medical conditions, cultural backgrounds, and vary in which foods are available and affordable to us.



**Once your plan is set by a dietitian,** it will likely highlight vegetables, fruit, sources of protein (such as fish, chicken and tofu) and will be lower in ultra-processed foods (such as candy, soda and baked goods) to help manage blood sugar levels. Your dietitian may also teach you the difference in fiber content between whole grains (such as brown rice, whole wheat or oats) and refined grains (such as white rice and white bread).

**The precise types and amounts of food** for your eating plan will be agreed upon by you and your dietitian, based on your preferences and health goals.

## Grilled Salmon with Mango Salsa

EASY recipe

- 1 ripe mango, peeled and diced
- 1 red pepper, diced
- ¼ cup chopped red onion
- ¼ cup chopped fresh cilantro
- 1 jalapeño pepper, diced (optional)
- 1 lime, quartered
- ½ tsp salt, *divided*
- 2 tsp extra-virgin olive oil
- 4 (16 oz.) salmon fillets



In a bowl, combine the mango, red pepper, onion, cilantro and jalapeño (if using). **Squeeze** lime juice over mixture, and stir to combine. **Salt** to taste. **Set** aside to let flavors develop. **Set** your skillet or indoor grill at medium heat and add olive oil. **Lightly** salt salmon, and add to the hot oil in the skillet. **Cook** 4 minutes, then turn and cook another 4 to 5 minutes or to your desired doneness. **Serve** salmon topped with mango salsa.

**Makes 4 servings. Per serving:** 272 calories | 32g protein | 11g total fat | 2g saturated fat | 3g mono fat | 5g poly fat | 11g carbohydrate | 8g sugar | 2g fiber | 355mg sodium



## Stay in Touch

Keep those questions and suggestions coming!

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## News & Notes

- **Feeling Anxious?** Get emotional support in person or without leaving home. Use your computer, internet connection and webcam to talk with a professional counselor in real time or make an appointment to meet in person. City of Seattle employees and their covered family members have options through their **medical plan** or the Employee Assistance Program. See the “Know Your Resources” infographic at [bit.ly/3oDT4f8](http://bit.ly/3oDT4f8) and connect with a counselor.
- **Bring on the Fun, Family and Food!** ‘Tis the season for reconnecting with loved ones – whether in person or virtually. WW’s (formerly Weight Watchers) livable weight-loss plan lets you enjoy every delicious, festive moment and still reach your weight-loss goals. All employees and covered adult dependents can join now for as low as \$8.48 per month. Sign up at [WW.com/us/CityofSeattle](http://WW.com/us/CityofSeattle). Join by December 31 and get a free Friend + Family kit at [bit.ly/2ZiV8Ph](http://bit.ly/2ZiV8Ph) with your WW membership.
- **WA Cares Fund:** The City of Seattle hosted two informational WA Cares Fund webinars presented by several state and community partners. To access the recording, click [here](#) and enter passcode j7^\* @=A\*. If you already have a long-term care plan in place, learn more about the exemption process [here](#).

## EXPERT advice — Elizabeth Smoots, MD

### Q: What is coinfection?



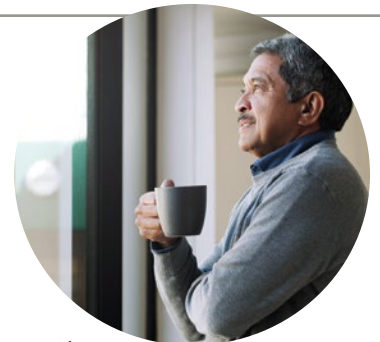
### A: Coinfection means having more than one infection at the same time.

During this flu season, like the 2020-2021 flu season, getting flu and COVID-19 is of special concern and it’s possible to have both infections at once. The symptoms are similar but testing can help determine if you are sick with the flu, COVID-19 or both.

**Factors that may increase the risk of complications include:** Having a weak immune system; active chronic disease especially of the lungs, heart or kidneys; obesity; pregnancy or being older than 65 can place you at increased risk for either infection.

**The best way to avoid coinfection is to get a flu shot.** This is especially important for those at risk for complications. If you haven’t already gotten a COVID-19 shot, getting this vaccine can help, too. And after receiving the vaccines, if you still get a coinfection, your risks for hospitalization and death are lower.

## Over-Caffeinated?



**The smell of coffee is a welcome joy to many of us in the morning.** In fact, millions rely on coffee to give them that extra lift throughout the day. Coffee drinkers get that lift from caffeine.

**However, how much caffeine is too much?** According to the Mayo Clinic, while it depends on many things — such as your weight, age, health and sensitivity to caffeine — it is generally safe to consume up to 400 mg of caffeine a day: That’s the amount found in roughly four cups of coffee or 12 cups of black tea. **Caution:** Pure, powdered caffeine or highly concentrated liquid caffeine can be toxic, causing serious health issues or death. For example, just one teaspoon of powdered caffeine is equal to 28 cups of coffee.

### Here are some other tips to consider before you reach for that extra cup of Joe:

**Cut back on caffeine** if you’re drinking more than four cups of caffeinated coffee (or equivalent) a day. Side effects include fast heartbeat, muscle tremors and insomnia to name a few.

**Tip:** Cut back gradually; an abrupt decrease can lead to unpleasant side effects.

**Know** that coffee, cola and energy drinks aren’t the only sources of caffeine. It is also in teas, chocolate, flavorings and non-cola soft drinks, and it can be added to certain foods.

**Stop** caffeine intake a minimum of six hours before bedtime, advises the Sleep Foundation. Even small amounts of caffeine in the afternoon or evening can disrupt your sleep.

**Be aware** that some medications and supplements can react adversely with caffeine. Ask your health care provider to be sure. For example, mixing ephedrine with caffeine can increase your risk of high blood pressure, stroke, heart attack or seizures.

**Drink decaf.** It contains a bit of caffeine, but can have the look and taste of fully caffeinated coffee.



**Winter can take a toll on your skin.** November is **National Healthy Skin Month**, a great time to commit to protecting your hands, face and other exposed areas. The American Academy of Dermatology recommends lip balm and the generous use of moisturizers formulated for your skin type (dry, oily, combination and/or sensitive). Don’t skip sunscreen but do minimize skin-drying hot baths and avoid skin-damaging tanning beds. Check your skin regularly and consult your health care provider about rashes, changes in moles or other concerns.