

Step 3: Select one important personal reason for quitting- a reason that motivates u most.

There are many health-related reasons to give up cigarettes – not just for smokers, but to protect those around you.

- Babies born to mothers who smoke during pregnancy are twice as likely to be born prematurely and with a low birth weight.
- Children who grow up in a home where one or both of their parents smoke have twice the risk of getting asthma and asthmatic bronchitis. They also have a higher risk of developing allergies.
- Infants under two years old are more prone to severe respiratory infections and cot death.



As well as reducing your risk of getting a smoking-related illness, there are other benefits to quitting smoking.

- General health improves – tiredness and headaches can be linked to smoking.
- Your sense of taste and smell improve.
- Your heart will be less strained and work more efficiently.
- Stopping smoking is the single biggest thing you can do to improve your health, but it's a difficult task.

Step 4: Constantly remind yourself about the reasons you are quitting.

Remember Smoking leads to:

- Cancer, Stroke, Heart attacks, Bronchitis, Emphysema...and many more serious conditions.

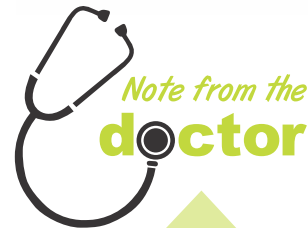
Love yourself enough to quit smoking, and if that is not enough... love someone else enough to do it.



Hypertension is a silent killer- know your blood pressure to enjoy a healthy life... - Anon

This month we focus on:

- World Hypertension Day
- World no Tobacco Day



With 6.3 million people living with high blood pressure, South Africa has one of the highest rates of hypertension worldwide. This makes South Africans more susceptible to life-threatening diseases like stroke and heart disease. Statistics show that about 130 heart attacks and 240 strokes occur daily in South Africa. This means that 10 people will suffer a stroke and five people will have a heart attack every hour (Heart and Stroke foundation).

Lifestyle can be a cause of high blood pressure, diet, smoking, stress, being overweight, and lack of exercise. Unfortunately the most common cause of high blood pressure is unknown- this is called **essential hypertension**.

The advantage of having a nurse at the workplace and an annual examination will identify the condition and also allow for easy access to treatment.

Untreated high blood pressure will result in strokes and heart disease which is totally preventable by being on treatment!

Ensure that you get checked and if you do have high blood pressure, take your treatment!

Dr. RB Malkin

References

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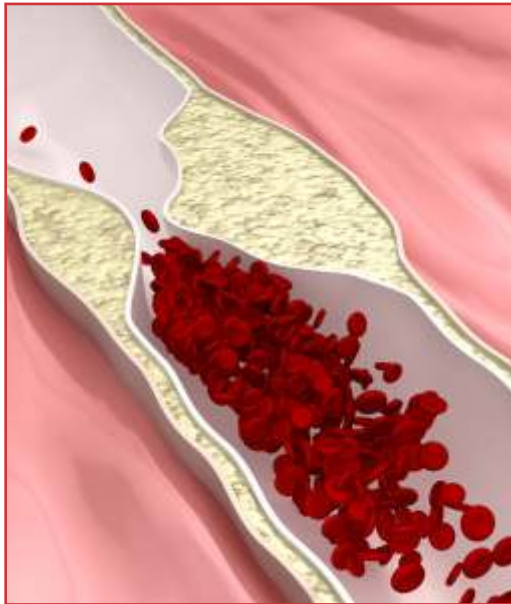
World Hypertension Day

Every year, 17 May is dedicated to World Hypertension Day. The purpose of this day is to promote public awareness of hypertension and to encourage all people to prevent and control the silent killer.



Know Your Blood Pressure

High blood pressure is a common and dangerous condition. Having high blood pressure means the pressure of the blood in your blood vessels is higher than it should be. High blood pressure is called the "silent killer" because it often has no warning signs or symptoms and many people do not know they have it. The only way to make sure you do not suffer from high blood pressure is to get this checked regularly.



High blood pressure increases your risk for heart disease and stroke, no matter your age but you can take steps each day to keep your blood pressure in a healthy range (120/80).

You can help prevent high blood pressure by making healthy choices and managing any health conditions you may have.

Practice Healthy Living Habits

By living a healthy lifestyle, you can help keep your blood pressure in a healthy range and lower your risk for heart disease and stroke. A healthy lifestyle includes:

• Eating a healthy diet.

Choosing healthful meal and snack options can help you avoid high blood pressure and its complications. Be sure to eat plenty of fresh fruits and vegetables. Eating foods low in salt (sodium) and high in potassium can lower your blood pressure.

• Maintaining a healthy weight.

Being overweight or obese increases your risk for high blood pressure. To determine if your weight is in a healthy range, calculate your body mass index (BMI).

• Getting enough physical activity.

Physical activity can help you maintain a healthy weight and lower your blood pressure. 30 minutes of moderate-intensity exercise, like brisk walking or cycling, everyday is advised

• Not smoking.

Cigarette smoking raises your blood pressure and puts you at higher risk for heart attack and stroke. If you do not smoke, do not start. If you do smoke, quitting will lower your risk for heart disease. Your doctor can suggest ways to help you quit.

• Limited Alcohol

Avoid drinking too much alcohol, which can raise your blood pressure. Men should have no more than 2 drinks per day, and women only 1.

Measuring your blood pressure is an important step toward keeping healthy. Because high blood pressure and prehypertension often have no symptoms, checking your blood pressure is the only way to know for sure whether it is too high. Make sure you measure your blood pressure at your next wellness day!

World no Tobacco Day

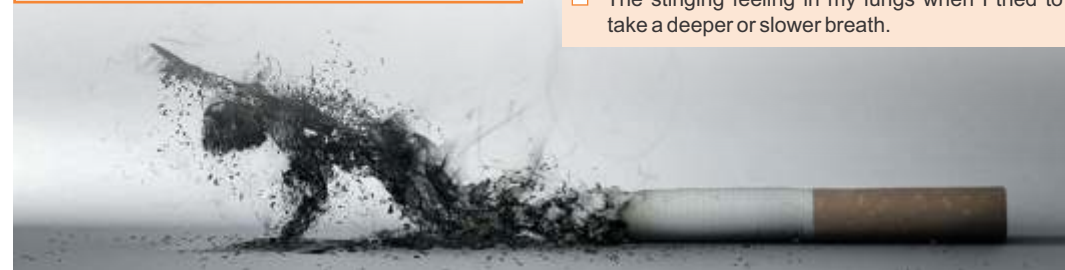
World No Tobacco Day is celebrated around the world every year on 31 May. This promotes No Smoking around the world.



If you have decided to invest in your health by exercising and choosing a healthy diet, eating a lot of fruit or vegetables this healthy behavior means little if you smoke.

The message that 'smoking is bad for you' is an old one, so not everyone gives it their full attention.

We all know smoking leads to an unhealthy lifestyle and can kill...



Take the following steps to quit smoking!

Step 1: Decide to quit- You must WANT to stop.

Step 2: List the all the reasons to quit - what do you hate about smoking?

Tick the box if you HATE these things about smoking

- The after-smell on my clothes, furniture, car, house, everything. Yuck.
- Not being able to breathe properly.
- The constant nagging cough. All day, all night.
- Lots of phlegm, lots of throat-clearing.
- Painful heartburn.
- Feeling out of breath after mild activity.
- Severe throbbing headaches.
- Colds and bronchitis.
- Increased Chances of high blood pressure.
- The ashy taste in my mouth.
- Yellow skin, teeth and fingernails.
- Scaly, unhealthy-feeling skin.
- Dry mouth and constant feelings of thirst.
- Trembling hands and fingertips.
- Getting smoke in my eyes.
- The stinging feeling in my lungs when I tried to take a deeper or slower breath.