

# Road to **WELLfluent**<sup>TM</sup>

Embrace better health.



**YES, YOU CAN  
QUIT SMOKING!**

More than 34 million Americans still smoke cigarettes, and smoking remains the single largest preventable cause of death and illness in the world. Smoking causes an estimated 480,000 deaths every year, or about 1 in 5 deaths. And more than 16 million Americans live with a smoking-related disease. It's not just cigarettes that cause harm. Cigars have many of the same health risks as cigarettes, including causing certain cancers. And e-cigarettes, also known as vapes, which are very common among kids, is a very serious and growing epidemic.

In September, the Centers for Disease Control issued a warning against vaping, which works through the heating of liquid to produce an aerosol that users inhale into their lungs. So far this year, 850 lung injury cases have been reported across 46 states and one U.S. territory. Twelve deaths have been confirmed in 10 cases. Nearly two-thirds of these patients are 18 to 34 years old. It is not yet known what specific substance is causing these lung injuries because no single product or substance has been linked to all cases.

If you have been trying to quit by using e-cigarettes instead, stop! Today there are so many tools, tips, resources and support to help people quit smoking that you should be encouraged and eager to begin a new, smoke-free phase of your life.

Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. But, you can start with day one. Let the Great American Smoke Out event on November 21 be your day to start your journey toward a smoke-free life. You'll be joining thousands of people who smoke across the country in taking an important step toward a healthier life and reducing your cancer risk.

Plus, the American Cancer Society can help you access the resources and support your chance of quitting successfully. To learn about the Great American Smoke Out and available quit tips and tools, call the ACS at **1-800-227-2345** or log on to <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html> The benefits of quitting smoking start immediately. Take a look!

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### 20 Minutes After Quitting:

- Your heart rate drops to a normal level.

### 12 to 24 Hours After Quitting:

- The carbon monoxide level in your blood drops to normal.
- The risk of heart attack is significantly reduced

### 2 Weeks to 3 Months After Quitting:

- Your risk of having a heart attack begins to drop.
- Your lung function begins to improve.

### 1 to 9 Months After Quitting:

- Your coughing and shortness of breath decrease.

### 1 Year After Quitting:

- Your added risk of coronary heart disease is half that of a smoker's.

### 5 to 15 Years After Quitting:

- Your risk of having a stroke is reduced to that of a nonsmoker's.

- Your risk of getting cancer of the mouth, throat, or esophagus is half that of a smoker's.

Visit the following resources for plenty of helpful advice and tips and to get support every step of the way.

#### Tobacco-Free Florida

Quit kit with resources and tips  
[www.tobaccofreeflorida.com](http://www.tobaccofreeflorida.com)

#### 1-877-U-CAN-NOW

To find a local face-to-face center near you, visit  
[www.ahectobacco.com](http://www.ahectobacco.com)

#### American Cancer Society

Quit for Life

[www.quitnow.net](http://www.quitnow.net)

[www.cancer.org/healthy/stayawayfromtobacco](http://www.cancer.org/healthy/stayawayfromtobacco)

#### National Cancer Institute

Smoking Quitline

[www.cancer.gov/cancertopics/tobacco/smoking](http://www.cancer.gov/cancertopics/tobacco/smoking)



**Remember, you're not giving up smoking. You're giving yourself a healthy new body!**

Source: U.S. Department of Health and Human Services. The Health Consequences of Smoking: A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2004.

## How to Eat Healthy On Thanksgiving

Thanksgiving tends to evoke the "feast" mentality, and it's far too easy to overload on your favorite comfort foods like macaroni and cheese, mashed potatoes and gravy, and pumpkin pie. While we urge you to avoid holiday food guilt, try to balance your plate as much as possible without depriving yourself. So help yourself to that creamy macaroni and cheese—but don't forget about the green bean salad.

In fact, the Academy of Nutrition and Dietetics recommends filling up your plate with salad and vegetables before heartier dishes to help you consume less calories during the meal. The organization also notes a common Thanksgiving mistake that even the healthiest eaters make: assuming that nutrient-rich foods are fair game for massive portion sizes. Even though a Thanksgiving meal is inevitably going to be higher in fat, calories, and sodium, you can minimize the damage by mixing in some healthier items.

Source: <https://www.cookinglight.com/entertaining/holidays-occasions/thanksgiving-healthymenu-recipes>



# DIABETIC EYE DISEASE

## 5 Things You Should Know About Diabetic Eye Disease

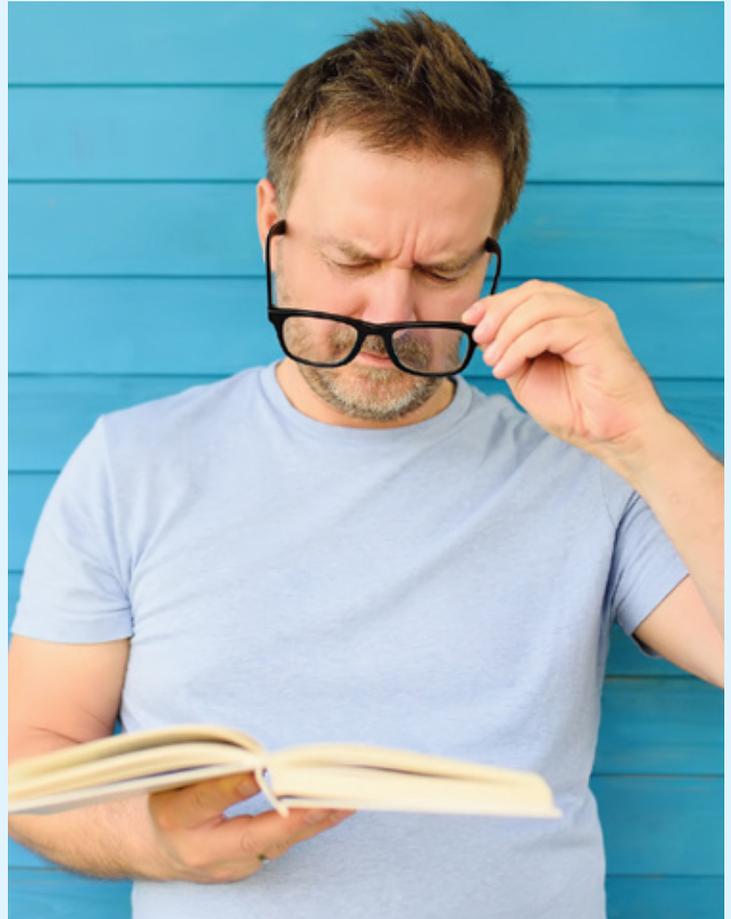
Did you know that diabetes can cause eye disease? If left untreated, it can cause vision loss or even blindness. To help you keep your vision healthy, here are five things the National Eye Institute (NEI) would like you to know about diabetic eye disease

**1. A group of eye problems**—People with diabetes may face several eye problems as a complication of this disease. They include cataract, glaucoma, and diabetic retinopathy, which is the leading cause of blindness in American adults age 20–74.

**2. No symptoms, no pain**—In its early stages, diabetic retinopathy has no symptoms. A person may not notice vision changes until the disease advances. Blurred vision may occur when the macula swells from the leaking fluid (called macular edema). If new vessels have grown on the surface of the retina, they can bleed into the eye, blocking vision.

**3. Have diabetes? You are at risk**—Anyone with diabetes is at risk of getting diabetic retinopathy. The longer someone has diabetes, the more likely he or she will get this eye disease. In fact, between 40 and 45 percent of those with diagnosed diabetes have some degree of diabetic retinopathy.

**4. Stay on TRACK**—That is: Take your medications as prescribed by your doctor; reach and maintain a healthy weight; add more physical activity to your daily routine; control your ABC's—A1C, blood pressure, and cholesterol levels; and kick the smoking habit.



**5. Get a dilated eye exam**— If you have diabetes, be sure to have a comprehensive dilated eye exam at least once a year. Diabetic eye disease can be detected early and treated before noticeable vision loss occurs.

To learn more, visit <http://www.nei.nih.gov/diabetes>



## GET YOUR FLU SHOT

Don't let the flu dampen your holiday spirit. The best way to prevent illness is to get your flu shot. AvMed members can go to participating pharmacies, their physicians office and retail clinics for a flu shot at no cost (bring your AvMed ID card). If you have questions about the flu shot, speak with your pharmacist or healthcare provider.

# NOVEMBER EVENTS

Date	Time	Event	Location	Description
11/1/19 - 11/3/19	Varies	Disney Wine & Dine Half Marathon Weekend	Orlando	<p>It's a fabulous weekend with some of your favorite Disney chefs! We're serving up a delectable race menu for participants of all ages and skill levels, plus a challenge for those craving two courses. Enjoy a cornucopia of Disney entertainment at the races, and later, live it up at an after-hours Post-Race Party—exclusively for runners and their Guests!</p> <p><a href="http://www.rundisney.com/wine-and-dine-half-marathon/">http://www.rundisney.com/wine-and-dine-half-marathon/</a></p>
Sunday 11/10/19	8:00 am	Salute to Veterans 5K	929 E. Bay Street, Jacksonville, Florida 32202	<p>The Salute to Veterans Run (S2VR) Run/Walk has become a Jacksonville time-honored tradition and longest running Veterans Day 5K in Jacksonville, with this being the 8th year. The legacy of the S2VR has positioned itself as the premier event for the City of Jacksonville's "Week of Valor."</p> <p>The 5K takes 750+ runners along the beautiful St. Johns River and through parts of downtown Jacksonville; at the same time 500+ family, friends, and spectators are enjoying our large family oriented Race Village, complete with food, drinks, bounce houses, several games and other activities.</p> <p><a href="http://1stplacesports.com/races/salute/">http://1stplacesports.com/races/salute/</a></p>
Thursday 11/28/19	8:00 am	Miami Turkey Trot	Tropical Park - 7900 SW 40th Street, Miami, FL 33155	<p>The Baptist Health Turkey Trot Miami presented by Publix offers family fun for all runners, joggers and walkers with a distance for every age and pace. Even the tiniest of turkeys can race! Register your little ones (ages 2-9) to take to their own course this Thanksgiving</p> <p><a href="http://www.turkeytrotmiami.com/">http://www.turkeytrotmiami.com/</a></p>
Thursday 11/28/19	8:30 am	2019 Turkey Trot 5K & 10K	1621 NE Waldo Rd Gainesville, FL US 32609	<p>Join us Thanksgiving morning for Gainesville's 10th annual Turkey Trot 10K &amp; 5K. Get in a good run early so you can enjoy a guilt-free feast later! Support the residents of Tacachale while enjoying an off-road run around their beautiful campus. Please honor the strict 15 mph speed limit while driving on campus</p> <p>This is a friendly, off-road course through the beautiful turkey-filled forest surrounding Tacachale as well as the running trail encircling the entire perimeter of the campus. The property offers not only beautiful running trails, but a very safe and traffic free venue. Though mostly trails, runners can choose between asphalt and grass in several areas.</p> <p><a href="https://runsignup.com/Race/FL/Gainesville/201510kTurkeyTrot2MileFunRun">https://runsignup.com/Race/FL/Gainesville/201510kTurkeyTrot2MileFunRun</a></p>

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A Wellness Newsletter for AvMed Members

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