

# NOVEMBER 21<sup>ST</sup> IS THE GREAT AMERICAN SMOKEOUT

Each year, the American Cancer Society's Great American Smokeout® event is held on the third Thursday in November. This year the event falls on **November 21st** and along with the American Cancer Society, we want to encourage all smokers to create a quit-for-good plan or simply stop smoking on the day of the event. Any and all attempts to quit smoking are beneficial so we encourage you to speak with a smoker in your life (or yourself) about making a quit plan in honor of the Great American Smokeout® during Lung Cancer Awareness Month.



## QUICK FACT

BY: WELLWORKS FOR YOU

## DID YOU KNOW?

November is Lung Cancer Awareness Month and according to the American Cancer Society, more than 34 million Americans still smoke cigarettes, and smoking remains the single largest preventable cause of death and illness in the world.

# TIPS TO KEEP YOUR LUNGS HEALTHY

By: The American Lung Association

Sometimes we take our lungs for granted. They keep us alive and well and for the most part, we don't need to think about them. That's why it is important to prioritize your lung health.

Your body has a natural defense system designed to protect the lungs, keeping dirt and germs at bay. But there are some important things you can do to reduce your risk of lung disease. Here are some ways to keep your lungs healthy.

### Don't Smoke

Cigarette smoking is the major cause of lung cancer and chronic obstructive pulmonary disease (COPD), which includes chronic bronchitis and emphysema. Cigarette smoke can narrow the air passages and make breathing more difficult. It causes

chronic inflammation, or swelling in the lung, which can lead to chronic bronchitis. Over time cigarette smoke destroys lung tissue and may trigger changes that grow into cancer. If you smoke, it's never too late to benefit from quitting. The American Lung Association can help whenever you are ready.

### Avoid Exposure to Indoor Pollutants That Can Damage Your Lungs

Secondhand smoke, chemicals in the home and workplace, and radon all can cause or worsen lung disease. Make your home and car smoke free. Test your home for radon. Avoid exercising outdoors on bad air days. And talk to your healthcare provider if you are worried that something in your home, school or work may be making you sick.

### Minimize Exposure to Outdoor Air Pollution

The air quality outside can vary from day to day and sometimes is unhealthy to breathe. Knowing how outdoor air pollution affects your health and useful strategies to minimize prolonged exposure can help keep you and your family well. Climate change and natural disasters can also directly impact lung health.

[Click here](#) to continue reading the article and for additional resources on lung health.

**Source:** <https://www.lung.org/lung-health-and-diseases/protecting-your-lungs/>

# FEATURED RECIPE:

## Sweet Potato Casserole with Crunchy Oat Topping

Serves 12 (serving size: about 1/2 cup)



### INGREDIENTS

- ❑ 3 pounds sweet potatoes, peeled and chopped (about 8 cups)
- ❑ 1/2 cup 2% reduced-fat milk
- ❑ 2 tablespoons unsalted butter, melted and divided
- ❑ 1/2 teaspoon vanilla extract
- ❑ 3/4 teaspoon kosher salt, divided
- ❑ 1 large egg, beaten
- ❑ Cooking spray
- ❑ 1 cup old-fashioned rolled oats
- ❑ 2/3 cup pecans, chopped
- ❑ 3 tablespoons almond meal
- ❑ 3 tablespoons maple syrup, divided
- ❑ 1 tablespoon canola oil

### DIRECTIONS

1. Preheat oven to 375°F.
2. Place potatoes in a large saucepan; cover with water to 1 inch above potatoes. Bring to a boil; reduce heat and simmer 6 minutes or until potatoes are tender. Drain. Return potatoes to saucepan.
3. Add milk, 1 tablespoon butter, and vanilla; mash to desired consistency. Stir in 1/2 teaspoon salt and egg.
4. Spread potato mixture in the bottom of an 11- x 7-inch glass or ceramic baking dish coated with cooking spray.
5. Combine remaining 1/4 teaspoon salt, oats, pecans, almond meal, and 2 tablespoons syrup in a bowl. Add remaining 1 tablespoon butter and canola oil; toss to coat.
6. Sprinkle oat mixture over potatoes.
7. Bake at 375°F for 18 minutes or until surface is golden. Remove pan from oven; drizzle with remaining 1 tablespoon maple syrup.

### NUTRITION

**Serving Size:** Serves 12 (serving size: about 1/2 cup)

**Per serving:** Calories 232 Fat 10.1g Sat fat 2.1g Mono fat 4.5g Poly fat 2.1g Protein 4g Carbohydrate 31g Fiber 5g Cholesterol 21mg Iron 1mg Sodium 195mg Calcium 56mg Sugars 9g Est. added sugars 3g

**Source:** <https://www.cookinglight.com/recipes/sweet-potato-casserole-crunchy-oat-topping>

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## HEALTH TIPS FOR THE FALL

- Get your flu shot, if you feel it's necessary – Kimberly S
- Enjoy the beautiful fall surroundings and appreciate the positive things in your life – Tim S
- Keep wearing sunscreen – Joe K
- Keep wearing sunglasses to protect your eyes – Nicole D
- Moisturize so the colder weather doesn't dry out your skin – Joe K
- Drink water to stay hydrated – Lindsey B
- Be aware of your fall allergies and take appropriate precautions – Jen K
- Stick to your daily routine – Tori B
- Wash your hands – Jen K
- Drink your tea, if you like it! – Carly K
- Take a walk during the day to get your Vitamin D – Lindsey B
- Carve out 15 minutes to be outside each day – Nicole D
- Sneeze or cough into your elbow to keep germs from spreading – Kevin H
- Eat in-season produce – Jessica H
- Take a hike and take in the beautiful changing leaves – Miranda M
- Wear the proper reflective gear when exercising outdoors during the evening – Brooke W
- Practice safe cooking during the holidays – Brooke W
- Roast vegetables for "sheet pan dinners" to eat more veggies – Kristin I
- Workout in the morning because you may not be as motivated at night when it gets dark earlier – Caitlyn D
- Try a healthy swap/alternative for one of your holiday favorites – Megan T
- Try an immune-boosting smoothie to help you stay healthy during cold and flu season – Jack L
- Spice up your fall cleaning with an environmentally friendly cleaner – Lauren M
- Invest in self-timers for your outlets to set your bedroom lights to turn on when the sun normally rises to help get up in the mornings – Alex S
- Check for ticks after you are outdoors – Veronica G

**Please Note:** The Content in this newsletter is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

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