

# THE EDUCATOR >>>>



Information you can use to **TAKE CONTROL** of your health

Issue 3, 2024

## THE HEALTH EFFECTS OF TOBACCO USE >>>>

Tobacco products include cigarettes, e-cigarettes or vapes, cigars, smokeless tobacco and other nicotine products. *Note: marijuana smoke contains many of the same toxins, irritants and carcinogens as tobacco smoke. Smoking marijuana has the same health risks as smoking tobacco.*

Tobacco use harms nearly every organ of the body and causes or worsens many conditions and diseases. It is the leading cause of preventable death in the U.S. resulting in more than 480,000 deaths each year.

### CARDIOVASCULAR RISKS

One of the greatest risks for diseases that affect the heart and blood vessels is tobacco use. The chemicals in tobacco products damage blood vessels and can make them thicken and grow narrower. This makes your heart rate and blood pressure increase. Blood clots can also form and lead to pulmonary embolism, heart attack or stroke.

### RESPIRATORY RISKS

If you have asthma, smoke can trigger an attack or worsen a flare-up. Smokers are 12 to 13 times more likely to die from COPD than nonsmokers. Approximately 75% of all people with COPD have a history of smoking and COPD is the sixth leading cause of death in the United States.

### OTHER RISKS

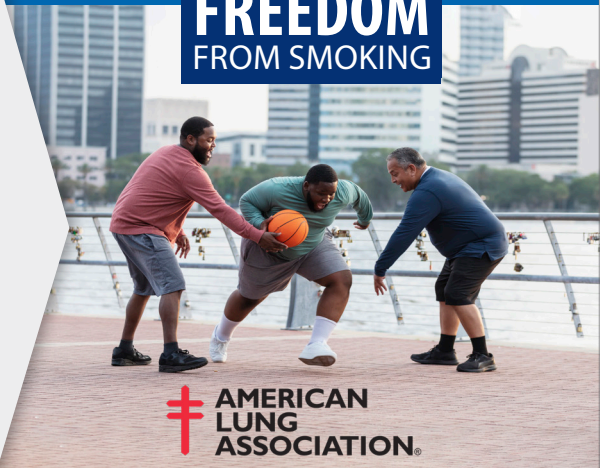
Smoking is a risk factor for type 2 diabetes mellitus and can make it harder to control. The risk of developing diabetes is 30–40% higher for active smokers than nonsmokers.

Tobacco use and secondhand smoke exposure increases one's risk for: heart disease, stroke, erectile dysfunction, fertility issues, blindness, gum disease and/or various cancers.

## LEARN HOW YOU CAN QUIT TODAY! >>>>

Although the first steps can be hard, finding your path to a tobacco-free life is easier with the right help. Talk to a TakeControl Educator for help or register for the next available session of **FREEDOM FROM SMOKING**, a free eight-week program designed by the American Lung Association to help you quit with weekly 60-minute group classes.

**FREEDOM  
FROM SMOKING**



As part of HII's Tobacco Free Incentive Program, employees who complete the program can declare themselves "tobacco-free" and save \$660 annually on their HII medical insurance. The next session begins August 29.

Learn more at [myquadmed.com/bewell](https://myquadmed.com/bewell).



Did you know you can check your TakeControl program status in MyChart?

Contact the TakeControl team to learn more.









## THE BENEFITS OF GOOD SLEEP >>>>

Sleep is as important for health as diet and exercise. Good sleep helps with:



- Improved mood and mental health by decreasing stress hormones
- Managing immune system and chronic condition flare-ups
- Improved concentration, decision making, and memory
- Improvements in weight management through appetite hormone regulation and an increase in energy level
- Improved healing and heart health through reduction in inflammation

Most adults need between 7-9 hours of sleep per night. The quality of your sleep matters as much as the duration. Your body and brain need continuous, uninterrupted sleep. For many of us, that is easier said than done. If the tips to the right don't help, talk with your care team about how to improve sleep quality so you can feel your best.

Y E S				
	GET UP AT SAME TIME	EVENING WALKS	BEDTIME ROUTINE	
				
	COMFORTABLE BED	COOL & DARK ROOM	RELAXING BATH	
	N O			
		HEAVY FOOD	BLUE LIGHT	HARD TRAINING
				
ALCOHOL OR SMOKING		CAFFEINE	STRESS	

## EYE HEALTH FOR ALL AGES >>>>

### How often should I get an eye exam?



- Newborns
- Once between ages 6 and 12 months old
- Once between ages 12 months and 3 years old
- Once between ages 3 and 5 years old
- Every 1 to 2 years after 5 years old



- Once between ages 20 and 29 years old
- Twice between ages 30 and 39 years old
- At 40 years old
- As recommended by their doctor, after age 40 and before age 65
- Every 1 to 2 years starting at 65 years old

### You may need annual or more frequent eye exams if you:

- Wear contact lenses or glasses
- Take medications that have eye-related side effects
- Have had eye surgery or an eye injury
- Have a personal or family history of eye disease
- Have diabetes or high blood pressure
- Have occupations that may be hazardous to the eyes (being a welder, for example)
- Have had refractive surgery (such as LASIK, PRK, or SMILE)

## MEMBERSHIP HAS ITS REWARDS >>>>

If you haven't already, we encourage you to become an **active** member of TakeControl. As an active member, you are more likely to have better management of your chronic condition(s); improved A1c%, better glucose control, and reduction of blood pressure. As part of the HII benefits plan incentive, active members are also eligible for \$0 fees on all QuadMed-operated services at the HII Family Health Center – meaning all health care, physical therapy and lab visits are provided at no cost. Completion of sessions with TakeControl educators, annual or semi-annual health checks and two well-being activities are all that are required by the benefits plan to maintain the \$0 fee incentive and remain an active member.

Contact the TakeControl team to learn more about becoming an **active** member.

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QuadMed

TAKECONTROL >>>>

CONDITION MANAGEMENT PROGRAM



Scan the code to access the TakeControl website today.