



Be thankful, improve your life

Giving thanks is a healthy habit you can practice 365 days a year – not just on the fourth Thursday of November.


People who are grateful are healthier both physically and mentally – and happier – researchers say.

Anyone can learn to be more grateful. Here are several simple gratitude exercises to try.

- Make a list of things you're grateful for each morning when you wake up or each night before bed.
- At mealtimes, ask each of your family members, "What are you grateful for today?"

- Collect and read gratitude quotes.
- Take time to be grateful for even the simple things that you may take for granted, such as a good night's sleep or clean air.
- Mark your work calendar with "gratitude" as a reminder. When this reminder pops up on your calendar, think about something good that's happened during your day.
- Look for reasons to be grateful – even when you're struggling. This can help you realize that you can learn powerful lessons when faced with adversity.

- Create gratitude index cards that describe people you admire. Refer to them for inspiration.

 Taking time to give thanks for even the smallest blessings can help you appreciate the good things in your life – and cope with times of struggle.



Carpenters: Plan to join the Great American Smokeout

Can quitters be winners? The answer is yes for tobacco users. Join the **Great American Smokeout** on Nov. 21. It's a national "day without tobacco" sponsored by the American Cancer Society.

Quitting for one day can produce remarkable health benefits. For example, 20 minutes after not smoking your heart rate and blood pressure decrease. Within 12 hours after quitting, the carbon monoxide level in your blood drops to normal and

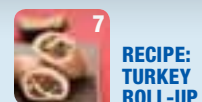
your sense of taste improves. Just imagine the benefits of quitting for two days... two weeks... two months... two years... for life.

If you're serious about quitting, forget about "cold turkey." And don't just wing it. Enroll in **Quit For Life** and let a highly trained Quit Coach help you develop a solid game plan. Quit For Life is free to eligible carpenters and dependents. Call **1-866-784-8454** to enroll or sign up online at www.quitnow.net/ctww.

Have you tried quitting with limited success in the past? It can take several attempts, so keep trying. Quit For Life offers the support you need to beat tobacco once and for all. You'll get...

1. **Free coaching calls** — Five telephone counseling sessions with a trained Quit Coach will help you create a step-by-step Quit Plan and teach you coping strategies for situations that trigger your desire to smoke.

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EXPERT INSIGHT

Make your space a healing place

By William C. Mundell, M.D., General Internal Medicine, Mayo Clinic
 Dr. Mundell recently led a team in designing and remodeling 50,000 square feet of patient care space at Mayo Clinic in Rochester, Minn.

When people are under less stress, they're more likely to heal, research shows.

With this in mind, healing environments in health care facilities help create a calming space. These spaces are created in a way that helps combat day-to-day and higher intensity feelings of stress.

Try making your home or work space a healing place with:

Elements of nature

- Earth tone colors or wood or grasses
- Aquariums, interior gardens or photos of nature

Soothing lighting and sound

- Broad-spectrum lighting
- Less equipment noise
- Background noise that mimics the sounds of nature

Social cues

- Seating arrangements that help encourage people to visit
- Areas that allow for privacy when it's needed

To get started, choose calming colors. Natural tones may be calming for some people, while bright colors may work better for others. Choose colors that bring you the most peace and help you feel a sense of calm.

From there, bring in decorations with nature in mind, such as plants, murals or photos of nature.

How to resolve workplace conflict

Next time you face conflict with a co-worker, keep these points in mind to help you address it directly and effectively.

Expect the best. Try to assume that most people you work with mean well. Well-intentioned co-workers may truly not know how their behavior is affecting you until you bring it up.

Prepare ahead of time. Think about what you want to say and what you want to accomplish from the conversation.

Use respectful body language. Keep an open posture. Don't keep your arms crossed or place your hands on your hips.

Take responsibility. Recognize the role you play in the conflict instead of assigning all of the blame to others.

Choose the right time and place. Tackle a conflict when it's fresh, but after you've calmed down. When appropriate, hold the conversation face to face and in private. Avoid sniping back and forth via email.

Avoid accusations. Comment on specific behaviors or problems rather than making generalizations or attacking your co-worker's personality.

Stay on point. Keep the conversation brief, polite and direct. Suggest possible solutions to the problem.

See the big picture. Try to put yourself in your co-worker's shoes and see a different point of view. This can help you stay out of unnecessary conflicts.

Don't jump to conclusions. Rule out a misunderstanding by presenting your side of the story and listening respectfully to the other person's version of events.

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Want access to the health experts at Mayo Clinic?

This newsletter provides it. Mayo Clinic's 3,700 physicians, scientists and researchers help develop and review articles in this publication. Our editorial board also reviews each article to ensure that we're offering accurate, action-oriented information.



Boost your emotional resilience

Weathering life's storms is easier for people who practice resilience skills during good times – as well as during times of struggle. Take these steps to develop healthy coping skills when you *aren't* stressed. That way, you'll be ready to use them when stress strikes.

Meditate. Focusing on your breathing and picturing yourself somewhere safe and beautiful are two forms of meditation. Meditating can help you relax, calm you and dismiss negative thoughts.

Build bonds. Engaging in trustworthy relationships can strengthen your emotional resiliency. Investing in family and friends who support you can help you cope with stress.

Picture yourself achieving success.

This can help you improve how you respond to stress.

Be aware. Regularly keep in mind that the challenges you face may be out of your control, but how you respond to them is up to you. This conscious awareness goes hand in hand with acceptance – when you let go of worrying about things (and people) you can't change.

✔ With practice over time, you can learn to improve how well you bounce back from life's setbacks and grow from these experiences.

MyStory

Sheri Lindsay: 'I feel beautiful for the first time'

Having a stroke at age 49 was a gift, says Sheri Lindsay. It changed her life in ways she could never have imagined – all for the good.

An eye doctor Sheri saw after her stroke said it best. "He told me if I didn't make a change now, I would not be here to see the most important people in my life grow up," Sheri says. "That day, my life forever changed."

After she came home, she joined her local athletic club. Although she could see only out of her right eye and didn't have much feeling in her left leg, she sat on an exercise bike and pedaled. She met with a hospital dietitian who helped her reshape her diet. Over time, Sheri recovered from her stroke and started taking classes at the gym. Today, Sheri is at a healthy weight after losing 123 pounds.

Sheri says she wouldn't be where she is today without support. Having so many people support her gave her the confidence and the emotional boost she needed not only to recover from her stroke but also to lose a significant

amount of weight through physical activity and healthy-eating habits.

At home, Sheri's husband and two sons, ages 21 and 18, took a team approach to helping Sheri. After Sheri came home, she and her husband started taking a walk every night after dinner. Sheri's sons, both athletic, helped her with her physical activity. Sheri also got a lot of support from people in her community, as well as instructors at the local athletic club.

"I could never have been so successful without the emotional support from everyone, especially my immediate family," Sheri says.

Sheri's life today is vastly different than it was before her stroke. She tells her story to try to help others. Her goal is to be a motivational speaker.

"I feel beautiful for the first time in my life," Sheri says. "The stroke, my recovery and my total transformation have led me in a new direction. How far my life has come – from having such low self-esteem to wanting to share my story and help others."



© SUBMITTED PHOTO

"That day, my life forever changed."

– Sheri Lindsay



Have a personal health success story to share?

Email EmbodHealthnewsletter@mayo.edu or write to Mayo Clinic EmbodHealth newsletter, 200 First St. SW, Rochester, MN 55905. All correspondence becomes the property of Mayo Clinic, which reserves the right to edit material.

Should I take a weight-loss medication?

If you're thinking about taking prescription weight-loss drugs, here's what you need to know.

Don't expect a miracle. Even with weight-loss drugs, you still have to eat a healthy diet, take in fewer calories, exercise regularly and adopt a healthy lifestyle to lose weight. Once you've lost weight, it takes work to stay at a healthy weight.

There's no sure thing. Using a weight-loss medication doesn't guarantee that you'll reach a healthy weight. But reaching and maintaining even modest weight loss can improve your health and help prevent health problems linked to obesity.

Talk to your doctor. If your body mass index (BMI) is higher than 30, or if it's between 27 and 29.9 and you have a weight-related health issue, such as high blood pressure, a weight-loss drug may help. It's important to talk to your doctor about these medications because they can have significant side effects. They may also interact with medications you're already taking.



LIFE LESSONS FROM THE BLUE ZONES® ALBERT LEA, MINN.

People in certain areas of the world tend to live longer, healthier lives and experience very few of the diseases that affect others. In these areas, identified by **Dan Buettner**, author of *The Blue Zones*, people are three times more likely than most Americans to live to be 100 years old – and still enjoy life.

In 2009, residents in Albert Lea, Minn., launched a three-year project to create their own Blue Zone. Here are some of the changes they've made.

Local restaurants have signed a pledge to include healthy choices on their menus. They're adding more options to their salad bar and offering fruit in place of french fries. The schools also follow a healthy-eating policy that includes healthy snack carts rather than vending machines full of candy.

The city of Albert Lea instituted a sidewalk ordinance. When a roadway is re-done, sidewalks are required to be put in on at least one side of the street. A sidewalk project around Fountain Lake, named the Blue Zones Walkway, helps encourage residents to be more active.

Purpose workshops have led to the creation of many small groups. Walking groups called Moais are popular; residents have started dancing and running Moais as well.

✓ People in all of the Blue Zones share key habits. They eat a healthy diet, get regular physical activity, have a sense of meaning and purpose in their lives, and enjoy a strong sense of community and social support.

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QUICK QUIZ: TEST YOUR UNDERSTANDING

- IF YOU TAKE A WEIGHT-LOSS MEDICATION, YOU CAN ACHIEVE AND MAINTAIN YOUR PERFECT WEIGHT WITHOUT EFFORT.**
 True False
- A WEIGHT-LOSS DRUG MAY HELP YOU LOSE WEIGHT IF YOU:**
 Eat a healthy diet Exercise regularly Change your behavior All of the above
- EVEN MODEST WEIGHT LOSS CAN IMPROVE YOUR HEALTH.**
 True False
- TAKING A WEIGHT-LOSS MEDICATION IS ONE WAY TO GUARANTEE WEIGHT LOSS.**
 True False



TAKE THE QUIZ, ENTER TO WIN!

ENTER FOR A CHANCE TO WIN ONE OF MAYO CLINIC'S AWARD-WINNING BOOKS!

Contact information will be used for the purposes of this contest only.

Name: _____

Phone number: _____

Email (optional): _____

MAIL Clip out your quiz and mail it to Stephanie Vaughan, *Mayo Clinic EmbodyHealth* newsletter, 200 First St. SW, Rochester, MN 55905.

OR EMAIL your answers and contact information to EmbodyHealthnewsletter@mayo.edu. Include "Healthy You drawing" in the subject line.

WINNERS Contest entries must be received by Dec. 13, 2013. One winner will be chosen to receive a Mayo Clinic book of the winner's choice. Winners will be notified by phone or by email if no phone number is given.


★
Congratulations to Jolene C., of Balsam Lake, Wis., the winner of the July Healthy You drawing!

Making fitness fun

You know that exercise offers fabulous health benefits, but sometimes you get bored with your routine. Shake it up with these ideas.

Try a new activity. How about dancing? Do you like badminton or sand volleyball? Have you tried activity-based video games, with or without your kids? How about biking, gardening or horseback riding?

Mix it up. You don't have to do the same thing every day. Pick several activities you enjoy. Mix and match. The important thing is to move.

Bump up your intensity. If you really don't enjoy exercise, a new trend might be your answer. With high-intensity [interval training](#),  [SEE PAGE 8](#) you alternate between intense activity and low to moderate activity – but for as little as seven minutes total. Studies have shown you can get some of the benefits of longer activities with intense intervals.

In the seven-minute program, you alternate activities that work different parts of your body, such as jumping jacks (total body), squats (lower body) and pushups (upper body). Your body weight provides resistance, which helps you build strength. Do each exercise intensely for 30 seconds, rest for 10 seconds and then move on to the next activity – all for a total of seven minutes. This type of training can be difficult and is suited for people who are healthy and fairly fit.


Men'sHealth

FITNESS IN MIDDLE AGE AND CANCER

A new study from the **American Society of Clinical Oncology** shows that men who are physically fit in middle age have lower cancer risks as they get older.

The study found that men who were the most physically fit in middle age were less likely to have lung or colorectal cancer as they aged. Being physically fit didn't seem to protect men against prostate cancer. However, of men with prostate cancer, those who were the most fit were less likely to die of their cancer.

Other research also has shown that physical activity helps lower the risk of some cancers.

 Use this research to help you get moving. Aim for at least 150 minutes of moderate-intensity activity, such as brisk walking, each week.

EXERCISING SAFELY IN COLD WEATHER



Take this advice to avoid injury while exercising in the cold.

- **Dress in layers** that you can remove as you start to sweat and then put back on as needed. For best results, the inner layer should be lightweight polyester, topped by a middle layer of polyester fleece or wool. Top that with a waterproof outer layer.
- **Protect your feet** by wearing good-quality socks and boots. They should be snug, but not tight, to promote good blood flow. If possible, carry replacement socks to change into if your first socks get wet.
- **Protect your hands** with gloves or mittens. In extreme cold, mittens are a better option.
- **Wear a hat.** Up to 70 percent of your body's heat can be lost through an uncovered head.
- **Wear sunscreen** with an SPF of 15 or higher. Snow can be an excellent reflector of the sun's rays.
- **Stay hydrated.** Exercise can increase fluid loss in cold weather just as it does when the temperature is higher.



Women's Health

CANCER
PREVENTION
CHECKLIST

More than 250,000 women die of cancer each year in the U.S. Help lower your risk with this checklist.

- **Maintain a healthy weight with healthy eating and regular physical activity.** Being overweight is linked to breast cancer among postmenopausal women, as well as colorectal cancer, endometrial cancer, esophageal cancer, and cancers of the kidney and pancreas.
- **Don't smoke.** Lung cancer is the leading cause of cancer death among American women. Cigarette smoking causes most cases.
- **Avoid secondhand smoke.** It increases a nonsmoker's risk of lung cancer by between 20 and 30 percent.
- **Protect yourself from ultraviolet rays.** Avoid the sun between 10 a.m. and 4 p.m., wear broad-spectrum sunscreen with an SPF of 15 or higher, and avoid tanning beds.
- **Get screened for colorectal cancer starting at age 50.** Most polyps can be found and removed before they can turn into cancer.
- **Limit alcohol.** The more alcohol a woman drinks, the greater her risk of breast cancer.

STAYING TOBACCO-FREE

You've been tobacco-free for a few weeks, but you still get the urge to smoke from time to time. Sometimes these urges are very strong. Boost your odds of staying tobacco-free for the long haul with this advice.

- Remind yourself of how [stopping smoking](#) SEE PAGE 8 is benefiting your health, finances and family.
 - Limit how much alcohol you drink. Drinking alcohol increases your chances of smoking again.
 - Avoid spending time with people and in places you link with smoking.
 - Reward yourself for every day you don't smoke. Use the money you would've spent on cigarettes for a special purchase.
 - Don't let weight gain derail your success. When you stop smoking, your body needs between 100 and 200 fewer calories a day. Help lower your calorie intake by eating lower calorie foods, such as fruits and vegetables, and building more physical activity into your day. Research shows that the health benefits of quitting smoking outweigh the weight gain you may experience.
- ✔ If you do slip up and smoke again, don't beat yourself up. Get back on track and recommit to being tobacco-free. Think about what led you to smoke and come up with strategies to help you avoid smoking next time.

Type 2 diabetes:
Foot care facts

Nerve damage and blood flow problems from type 2 diabetes can cause foot problems, some that can be serious. In fact, about 1 in 4 people who has diabetes and gets a [foot ulcer](#) SEE PAGE 8 will need an amputation.

Help avoid foot problems with these tips.

- Check your feet daily for red spots, cuts, swelling and blisters.
- Wash your feet daily with lukewarm water and dry them carefully, especially between the toes.
- Apply a thin coat of moisturizer to the tops and bottoms of your feet, but not between the toes.
- Keep your toenails trimmed straight across and file the edges with an emery board.
- Always wear well-fitting shoes and clean, dry socks.
- Avoid exposing your feet to hot and cold, such as hot pavement or hot bath water.
- Wiggle your toes and move your ankles up and down for five minutes, two or three times a day.



integrativeinsights

Supplements: To try or not to try?

Before you take a dietary supplement, follow these steps.

1 Be skeptical. Look at the bottle and its claims. Research has confirmed the health benefits of some supplements, but others need more study. Also, keep in mind that just because you can buy a supplement doesn't mean it is safe or will work for you. Dietary supplements don't undergo the same scrutiny as prescription medications do.

2 Talk to your doctor. Always talk to your doctor about any supplement you want to take or are taking. This is especially important if you're a woman who's pregnant or breast-feeding. Also, tell your doctor about any problems you have as a result of taking a supplement.

3 Learn the risks. You may be at a higher risk of a supplement's side effects if you:

- Have a chronic health condition
- Are pregnant or breast-feeding
- Are taking more than one medication
- Are planning to have surgery

4 Consider alternatives. Why do you want to take a supplement? Could you get the same results by getting more sleep, being more physically active or changing your diet?

"Supplements are rarely the first or best answer to most common problems or conditions," says **Brent A. Bauer, M.D.**, director of the Complementary and Integrative Medicine Program at **Mayo Clinic**, Rochester, Minn. "Always start by making sure you have a good foundation for wellness – daily exercise, a whole-foods and plant-based diet, 30 to 60 minutes each day of activities that help you manage stress, and connecting regularly to those who bring meaning to your life."

PACKING KID-FRIENDLY LUNCHES

Pack **nutritious lunches** [SEE PAGE 8](#) for your child with these tips.

Make sure each lunch includes some protein, a whole grain, at least one fruit and vegetable, and a dairy product. You can also include an optional small sweet or snack.

Make a list of foods your child will eat from each of these categories and go shopping for them together.

Break up the monotony of a sandwich every day by including wraps, salads and cracker sandwiches in the lunch rotation.

3 LUNCHES TO TRY

Whole-wheat tortilla rolled with peanut butter and grated carrots; fruit kebab of pineapple chunks, strawberries and grapes; low-fat milk; and a mini whole-grain muffin

Half a whole-wheat pita pocket with tuna, lettuce and a drizzle of low-fat salad dressing; banana; low-fat milk; and a small cookie

Salad greens with taco meat, kidney beans and a small amount of low-fat grated cheese; an apple; low-fat milk; and a whole-grain cereal bar



Turkey roll-up

Serves 1 | Ready in 10 minutes

- | | |
|---|---|
| <p>1 (10-in.) whole-wheat tortilla</p> <p>1 T fat-free cream cheese, softened</p> <p>1½ oz. thinly sliced turkey breast</p> <p>2 T dried cranberries</p> <p>2 T minced celery</p> <p>1 green onion with top, finely chopped</p> | <ol style="list-style-type: none"> 1. Warm the tortilla in the microwave on high for about 8 seconds. 2. Spread the cream cheese evenly over the tortilla to the edges. 3. Top the tortilla with turkey, leaving about 1 inch around the edge with no turkey. 4. Sprinkle the cranberries, celery and onion over the turkey. 5. Fold both the right and left edges over the filling and roll from the bottom tightly. 6. Slice in half. |
|---|---|

Nutrition analysis per serving: 220 calories, 1 g total fat (0 g saturated fat, 0 g trans fat, 0 g monounsaturated fat), 35 mg cholesterol, 360 mg sodium, 41 g total carbohydrate (4 g dietary fiber, 13 g sugars), 19 g protein

Use leftover turkey for this fast and fun lunch.





WANT MORE INFORMATION?

Visit www.CarpentersHealth.org

For more on:

Interval training
Quitting smoking
Protecting your feet
Packing school lunches

Search on:

[interval training](#)
[stopping smoking](#)
[foot ulcer](#)
[nutritious lunches](#)

HealthQuestions

Q What is “silent” acid reflux disease? How is it different from regular acid reflux?

A “Silent” acid reflux disease (gastroesophageal reflux) happens when what’s in your stomach flows into the lower part of your throat, above the voice box. It can sometimes flow into the back of your nasal airway. With regular acid reflux, stomach acid flows backward into your esophagus.

Silent acid reflux causes heartburn in less than half of people who have it. It causes inflammation of the esophagus only about a quarter of the time. Silent acid reflux often happens when you’re upright and being physically active. Regular acid reflux, on the other hand, happens mostly when you’re lying down. Silent acid reflux signs and symptoms may include hoarseness, cough, a feeling of a lump in the throat, throat clearing and trouble swallowing.

Q Should I be concerned about getting enough vitamin D in the winter months?

A Your body makes vitamin D when your skin is directly exposed to the sun. If you live in a northern location, you may not get enough vitamin D during the winter months. Less of your bare skin is exposed to sunlight. The angle of the sun also reduces how much vitamin D you get. As many as 4 in 10 adults don’t get enough vitamin D.

To get more vitamin D in the winter, build more into your diet. Good sources of vitamin D include fatty fish, such as salmon and tuna. Fortified foods, such as milk, orange juice and breakfast cereal, also are good sources. If your health care provider finds that your vitamin D level is low, you may have to take a vitamin D-3 tablet.

? HAVE A STORY IDEA OR HEALTH TOPIC YOU’D LIKE TO READ ABOUT?

Email it to us at EmbodyHealthnewsletter@mayo.edu or write to us at Mayo Clinic EmbodyHealth newsletter, 200 First St. SW, Rochester, MN 55905.

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Join the Great American Smokeout

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2. **Free nicotine replacement** — Nicotine patches, gum and prescription medication help you cope with withdrawals. Your Quit Coach will help you decide which is best and show you how to use it effectively. Patches and gum are free. Medication is available without copay when prescribed by your doctor.
3. **Free text messaging support (new feature)** — With Text2Quit, you can receive tailored text messages to your mobile phone and play games to combat cravings. You can also stay in touch with your Quit Coach.
4. **Free Web Coach® (new feature)** — Web Coach is a private online support center, where you can complete activities, watch videos, track your progress, support other participants, and even share your progress on Facebook.

The Carpenters website provides links to videos, articles and other resources to help you quit, whether it’s for one day or once and for all. Visit www.ctww.org/tobacco.

Diabetes program helps pre-diabetics, too

An estimated 57 million people have pre-diabetes, according to the American Diabetes Association. This means their blood glucose levels are higher than normal but not high enough to be Type 2 diabetes.

Free counseling is available to eligible carpenters and dependents with pre-diabetes or diabetes. The **Diabetes Management program from Nurtur** will teach you how to manage symptoms and make healthy lifestyle choices so you can slow down or possibly reverse the progression of the disease and enjoy a better quality of life. Call **877-676-7700** to enroll or visit www.ctww.org/nurtur for information.

Remember, many people who have pre-diabetes don’t know it because they are symptom-free or their symptoms develop so gradually they are not aware there is a problem. A physical exam and screening is a good way to find out.

Urgent care centers now easier to locate

For minor emergencies, use an urgent care center instead of the ER. Urgent care centers are open during evening and/or weekend hours and offer walk-in or same-day appointments. Our new urgent care directory makes it easy to locate an urgent care center near you. Look for the link on the Carpenters home page (www.ctww.org).