

Well in the West

choose to live bravely.



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Smoke-Free Healthy Hearts

Emily Mirza, Gunnison County

Cigarette smoking causes about one fifth of all deaths related to cardiovascular disease (heart and blood vessels) in the USA. If you or a loved one are a smoker you can have a two-to-four times increase in coronary artery disease, that can lead to a 70% higher death rate than in nonsmokers.

What is the link between smoking and cardiovascular disease?

Smoking can cause a buildup of fatty substances in the arteries. This is called atherosclerosis, when the walls of the artery walls thicken from deposits of plaque and fat which in turn can block blood flow in the arteries and to the heart.

What about cigars and pipes?

Researchers have not studied the effects that cigars and pipes have on heart health as extensively as cigarettes. Cigars and pipes do contain some of the same harmful chemicals and users are at a higher risk for heart disease.

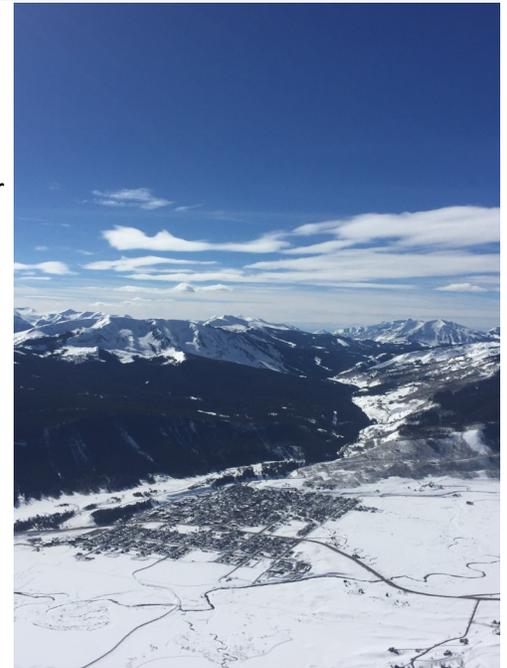
What are the effects of secondhand smoke and heart health?

Similar to cigarette, pipe, or cigar users, secondhand smoke can have harmful effects to nonsmokers who are exposed. It can put nonsmokers at an increased risk for heart disease.

Kick the habit!

Do you or a loved one want to quit smoking for your heart's health? There are a variety of resources to choose from. Your own personal health insurance may provide you with cessation medication or nicotine replacement therapy (NRT). Your Employee Assistance Program may provide counselling. The Colorado QuitLine provides free counseling, NRT, and Chantix for any resident. Call 1-800-QUIT-NOW or visit <https://www.coquitline.org/en-US/>. For a list of quit apps or websites visit <https://www.wcphp.org/tobaccofree-resources/>.

- <https://www.nhlbi.nih.gov/health-topics/smoking-and-your-heart>
- <https://my.clevelandclinic.org/health/articles/17488-smoking>





Spinach, Pear, & Chicken Salad

- 1 pound boneless, skinless chicken breast, trimmed
 - 4 bay leaves
 - 5 tablespoons toasted sesame oil
 - 3 tablespoons rice vinegar
 - 1 tablespoon grated fresh ginger
 - 1 tablespoon Chinese hot mustard
 - $\frac{3}{4}$ teaspoon salt, divided
 - 12 cups chopped stemmed mature spinach
 - 1 large Asian pear, thinly sliced
 - 1 medium cucumber, thinly sliced
 - 1 cup thinly sliced radishes
 - 2 tablespoons toasted sesame seeds
1. Place chicken and bay leaves in a medium saucepan, add water to cover and bring to a boil. Cover, reduce heat to a gentle simmer and cook until an instant-read thermometer inserted into the thickest part registers 165°F, 10 to 15 minutes. Let the chicken cool in its poaching liquid for 15 minutes.
 2. Meanwhile, whisk oil, vinegar, ginger, mustard and $\frac{1}{2}$ teaspoon salt in a small bowl. Combine spinach, pear, cucumber and radishes in a large bowl.
 3. Transfer the chicken to a clean cutting board and shred into bite-size pieces. Season with the remaining $\frac{1}{4}$ teaspoon salt. Add to the salad, drizzle with the dressing and toss to coat. Sprinkle with sesame seeds.

Benefits BOX!

Employee Assistance Program

What is it?

Ouray County has entered into an agreement with Solutions Wellness Center in Montrose to provide a new benefit to our employees! The Employee Assistance Program (EAP) goes beyond your traditional health incentives to provide individual, relationship, and family counseling, as well as free wellness classes. These services are tailored to help deal with challenges in the workplace and at home. This is a confidential work and life resource that is available to you and your immediate family members.

COLORADO
QuitLine[™]
Be tobacco free

FREE Chantix[®]
(Varenicline)



Limited Time Offer. Call Now!

Call 1.800.QUIT.NOW

Eating Well <http://www.eatingwell.com/recipe/262120/spinach-asian-pear-chicken-salad/>

New Ways to Reduce Stress on Your Heart

Lana Athey, Gunnison County

It's easy to get caught up in the hustle and bustle of life, with duties that need to be done at home and in the office. Balancing work and family life can be challenging. There are alternative ways to reduce some of the stress created by everyday life. Something that could be easily done throughout the day in just a few moments that is proven to reduce stress and the risk of cardiovascular disease is mindfulness and meditation.

Stress is our bodies natural alarm system releasing the hormones cortisol and adrenaline into the body which causes our heart rate and blood pressure to rise. When the activation of this response is a regular occurrence it can take a toll on your body and in the long term lead to some very serious health issues including cardiovascular disease.

Research has shown that practicing mindfulness and meditation can help to:

- ♥ Increase one's ability to process information
- ♥ Slow the cognitive effects of aging
- ♥ Reduce inflammation
- ♥ Support the immune system
- ♥ Control the brain's response to pain
- ♥ Improve sleep

For more information on different forms of meditation go to:

<https://www.qaiam.com/blogs/discover/meditation-101-techniques-benefits-and-a-beginner-s-how-to>

<https://www.mindful.org/meditation/>

<https://healthyforgood.heart.org/Be-well/Articles/Meditation-to-Boost-Health-and-Wellbeing>



Tri-County Health Network

Community Health Workers can offer free heart health and diabetes screening!

Contact Lisa Eidsmo at 970-369-9255 for more information or to set-up an appointment