



## The Benefits of Quitting

According to the American Cancer Society, here are some ways your health begins to improve within minutes of quitting smoking:

**20 minutes after quitting** ... your heart rate and blood pressure drop.

**12 hours after quitting** ... the carbon monoxide level in your blood drops to normal.

**2 weeks to 3 months after quitting** ... your circulation improves, and your lung function increases.

**1-9 months after quitting** ... coughing and shortness of breath decrease, and the tiny hair-like structures called "cilia" in the lungs that move mucus start to regain normal function.

**1 year after quitting** ... the excess risk of coronary heart disease is half that of a continuing smoker's.

**5 years after quitting** ... risk of cancer of the mouth, throat, esophagus and bladder are cut in half, while stroke risk can fall to that of a nonsmoker after 2-5 years.

**10 years after quitting** ... the risk of dying from lung cancer is about half that of a person who is still smoking.

**15 years after quitting** ... the risk of coronary heart disease is that of a nonsmoker's.

In addition to the benefits above, quitting smoking lowers the risk of diabetes, lets blood vessels work better and helps the heart and lungs.

## Aultman Tusc Therapy Team Celebrates "Movember"

If you walk into Aultman Tusc Therapy and see many male staff members with mustaches, you're not in the midst of a 1970s flashback. The team is raising awareness about men's health issues – specifically prostate cancer – by participating in Movember.

Movember is a worldwide movement in which men, known as "Mo Bros," start November clean-shaven and grow mustaches to bring awareness to prostate and testicular cancer. The event got its start in 2004 in Australia, where "mo" is slang for mustache. During November each year, Mo Bros become walking, talking billboards to raise funds and awareness for men's health issues.

"We did a similar mustache-growing event last year, but it was just bonding for the Tusc Therapy guys," said Physical Therapist Assistant Tim Hinchliffe. "This year, we're doing it for something worthwhile."

In addition to raising awareness about prostate cancer, the Tusc Therapy team is raising funds for men who cannot afford prostate screenings or who need medical treatment or transportation. "We asked what our community's needs are, so we could raise funds to meet those specific needs," Hinchliffe said. "You can donate at [www.aultmanfoundation.org](http://www.aultmanfoundation.org) and target your gift to Movember."

The Movember movement has grown beyond the Tusc Therapy men. "Our female co-workers, called Mo Sistas, are helping to get the word out," said Physical Therapist Assistant Chris Schlachter. "We do stuff together as a group all the time, so it's great that we're all working to raise awareness about prostate cancer. Movember gives us a platform to bring people together to help the community."

Many patients have inquired about the prevalence of facial hair on the Tusc Therapy staff. "Patients ask questions, which gives us the opportunity to educate them about what we're doing," Schlachter said. "One patient jumped on board to grow a mustache, and he's talking to men in his workplace about Movember."

According to the Movember website, more than 1.1 million men and women have supported the cause and raised \$174 million worldwide through the power of the mustache. "We know we look kind of goofy," Hinchliffe joked. "But we decided to go for it and see what happens. Hopefully we'll make a difference in the community."



■ Tusc Therapy Mo Bros (left to right) Dan Fomich, Jay Creaturo, Chad Gooding, Tim Hinchliffe, Joe Blandine and Chris Schlachter show off their mustaches in the early stages of Movember. Check the guys' weekly mustache progress at <http://moBro.co/ATMNovember>.

# AULTMAN HELPS TOBACCO USERS "GIVE IT UP"

For area residents addicted to tobacco, Aultman offers a free cessation program called "Give It Up."

Group sessions are held once a week for six weeks, covering everything from how to create a "quitting plan" to tips on staying tobacco-free.

Laura Bitonte, RN, and Sara Schaub, exercise physiologist, lead the cessation program. Both completed training through OhioHealth's Tobacco Dependence Program and are now tobacco treatment specialists (TTS).

"Our Give It Up program follows public health guidelines for the treatment of tobacco dependence published by the Centers for Disease Control and Prevention," Bitonte said. "We evaluate participants' smoking patterns and teach individualized behavior modification techniques to minimize relapse and create lifestyle changes."

It is estimated that approximately

70 percent of smokers want to quit completely, and about 40 percent of smokers try to quit each year.

"Quitting 'cold turkey' can be very difficult. It works for about 7 percent of people," Schaub offered. "Smokers who use proven interventions – such as assistance from a health care provider, FDA-approved medications and behavioral counseling – greatly increase their likelihood of quitting permanently."

After learning about the "science" of tobacco addiction, each Give It Up participant puts together a quitting plan that includes a specific date to stop using. "From there, it is all about learning to combat the obstacles associated with quitting – such as

weight gain, stress, withdrawal and cravings – and preparing participants to stay tobacco-free for good," Schaub shared.

Participants are welcome to attend additional classes after completing the initial Give It Up program as well as call for more support to stay tobacco-free.

Classes are held in the Cardiac Rehab department in the Aultman Heart Center, located on the third floor of the Bedford building. The next Give It Up session starts in December. To register or learn more, call 330-363-QUIT (7848).



■ Tobacco Treatment Specialists Laura Bitonte (left) and Sara Schaub show the carbon monoxide analyzer used in Give It Up classes and the Commit to Quit gift bag given to inpatients who want to quit tobacco.

## Participants in the free Give It Up tobacco cessation program:

- Examine their tobacco-use history.
- Identify barriers that keep them from quitting.
- Create a quitting plan, including a specific date to stop using.
- Learn to combat the obstacles associated with quitting – such as weight gain, stress, withdrawal and cravings.
- Get prepared to stay tobacco-free for good.
- Attend additional counseling sessions or call for support after completing the program.

## Give It Up: a Journey Toward Better Health

It is said that "old habits die hard." But Canton resident Betty Kackley has proven that even decade-long habits can be broken with determination.



Betty, a smoker for more than 30 years, began lighting up in high school. "I started smoking because a friend of mine smoked. I choked and gagged my way through it at first," she said. "I wanted to be cool, and I gave in to peer pressure."

Decades later, Betty was up to smoking two packs a day. She tried multiple times to quit smoking, but nothing worked. One life-changing day, Betty read about Aultman's "Give It Up" smoking cessation program and decided to try the six-week sessions. "I found the

group setting to be very relaxed," she said. "Laura Bitonte and Sara Schaub, the tobacco treatment specialists who run the program, are so sweet. They guide you in a gentle way with positive reinforcement."

Through the Give It Up program, Betty learned she could use multiple cessation aids simultaneously. "I didn't know combination therapy was an option," she shared. "I had tried the patches and gum before but not at the same time."

Betty continued to smoke while attending Give It Up in April 2010. A month later, she replaced cigarettes with nicotine patches and gum to ease her transition to a tobacco-free life. "I set goals for when I would decrease the strength of the patches," she said. "You have to listen to your body. It will tell you when it's ready for a smaller amount of nicotine."

After she quit smoking, Betty noticed positive physical changes in a matter of days. "When I smoked, every morning would be a

30-minute ritual of hacking, coughing and trying to clear out the congestion in my head," she explained. "I was taking medication because I thought I had allergies. But literally on the fourth morning after I quit smoking, my head felt clear."

She learned in Give It Up class that it is important for former smokers to keep their hands busy and break the habit of holding cigarettes. For a while, Betty kept two cinnamon sticks in her car. "I would crack the car window and pretend to flick the ashes," she said. "I would play with drinking straws or anything to keep my hands busy until they stopped fidgeting."

Betty praises Aultman for offering the free Give It Up program. "I'm really grateful I went to Give It Up. It's a convenient location and a clean atmosphere. You learn about the many treatment options and set your own time frame for quitting," she said. "If I hadn't learned about the program, I'd still be smoking today."

**"If I hadn't learned about the program, I'd still be smoking today."**

– BETTY KACKLEY

## Kick Butt During the Great American Smokeout

Aultman joins the American Cancer Society in marking the 36<sup>th</sup> Great American Smokeout.

**Thursday, Nov. 17**  
Aultman Hospital Main  
and Bedford Lobbies  
9 a.m. to 5 p.m.

Stop by Aultman to:

- Test the carbon monoxide level in your blood.
- Learn about options for quitting tobacco, including Aultman's "Give It Up" tobacco cessation program.
- Enjoy free refreshments.
- Pick up free samples of nicotine gum.



The Great American Smokeout encourages people to stop using tobacco for one day or make a plan to quit. By doing so, tobacco users will take a huge step toward reducing their cancer risk and improving their overall health.



### Health Vision 2020

Aultman's vision is to make Stark a healthier county by 2020. This year, the Health Vision 2020 committee is focused on tobacco use and obesity. Aultman is presenting free educational programs – such as this Great American Smokeout event – and health screenings to motivate community members to live healthier.

# AULTMAN



## CENTER of EXCELLENCE



## Orthopaedics

Many orthopaedic problems need more than one medical service. You may require emergency room treatment, medical treatment, surgery, therapy, medical equipment for the home or intense on-site rehabilitation.



## Heart

Aultman Hospital has been named one of the nation's 50 Top Cardiovascular Hospitals by Thomson Reuters for 2011. At the Aultman Heart Center, prevention is a priority. Our education and risk factor identification programs can help you keep your heart healthy.



## Cancer

The Aultman Cancer Center is a fusion of ideas, technology, talent and compassion. The physicians associated with Aultman Cancer Center evaluate and design individual patient treatment plans based on the type, stage and aggressiveness of the patient's disease.



## Neurosurgery/Stroke

Trauma or illness involving the brain, spinal cord or nervous system can be a frightening experience for a patient and loved ones. Take comfort in knowing you are in the hands of some of the region's most skilled neurological experts, neurosurgeons and stroke specialists.



## Women/Children

Together with our patients, the Aultman Birth Center is promoting and uniting families for life. We take a team approach to providing the best care for you and your baby – under one roof.



## Emergency/Trauma

Aultman's Emergency/Trauma Center, staffed by board-certified physicians, is designed to allow the fastest access possible to the latest in emergency-care technology.



## Critical Care Medicine

Going to an intensive care unit (ICU) can be a very emotional experience. Aultman patients receive specialized care from our Intensivist Program and our dedicated group of critical care nurses, critical care pharmacists, respiratory therapists and intensivists.

**AULTMAN**  
Aultman is My Hospital™

## ATTEND A FREE HEALTH TALK

**Diabetes: Are You at Risk?**  
Monday, Nov. 21 from 6-7:30 p.m.

Speaker: Liz Heiser, RN  
Certified Diabetes Educator

Aultman West Community Room  
2021 Wales Ave. N.W. in Massillon

Learn about risk factors, how diabetes develops and how to prevent the condition including healthy eating, exercise and weight control.

Call 330-363-TALK (8255) to register, or sign up at [www.aultman.org](http://www.aultman.org).

## Type 2 Diabetes Risk Factors

- Family history of diabetes.
- Being overweight.
- Age greater than 40.
- Having had gestational diabetes or giving birth to a baby weighing more than 9 pounds.
- Leading a sedentary lifestyle.
- Having high blood pressure and/or high cholesterol levels.
- Smoking.
- Heavy alcohol use.
- Use of certain medications.
- Injury to the pancreas (accident, tumor, infection, surgery).
- Being of African-American, Hispanic or Native American descent.

## Aultman Diabetes Support Groups

## Type 2 Diabetes "Lunch Bunch"

- Second Tuesday of each month.
- 12-1 p.m. in the Cardiac Rehab education room, third floor of the Bedford building.
- Call 330-363-5235 for more information or to make a reservation.

## Teen Diabetes Support Group

- Third Thursday of the month.
- 6-7:30 p.m. in the Diabetes Education department, ground floor of the main hospital.
- Parent/guardian must accompany teens to the group.
- Call 330-363-5235 to register or learn more.



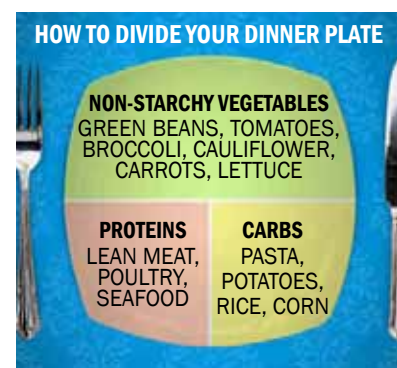
## AULTMAN HELPS PEOPLE WITH DIABETES IMPROVE THEIR HEALTH

More than 25 million adults and children in the United States have diabetes, according to the American Diabetes Association (ADA).

Aultman offers a diabetes education program, led by two certified diabetes educators, to help people in Stark and surrounding counties manage their disease and prevent complications.

The program includes a one-hour personal diabetes assessment, four hours of group education and follow-up communications including telephone calls and newsletters. A doctor's order is needed to attend the Aultman Diabetes Education program.

"We promote healthy lifestyles," said Certified Diabetes Educator Cheryl Michaels, RN. "From eliminating pop from your diet to making exercise a part of your daily routine, healthy living benefits people with diabetes as well their families."



## Healthy Eating

For busy families, fast food provides convenience – but most of the items are high in fat and calories. "If you're going to be at the ball field all day, pack a cooler with sandwiches, fresh fruits and vegetables," said Certified Diabetes Educator Liz Heiser, RN. "Start a meal in your slow cooker before you leave for the day, so you'll have a healthy meal when you come home. You have to think one step ahead, but it's possible to feed your family healthy foods even though you're busy."

For people with diabetes,



■ Aultman Certified Diabetes Educators Liz Heiser (left) and Cheryl Michaels help people with diabetes learn to eat better, exercise and live healthier.

selecting the right kinds of food can be done by dividing a dinner plate. Half of the plate should contain non-starchy vegetables such as green beans, tomatoes, broccoli, cauliflower, carrots or lettuce. One quarter of the plate should be reserved for proteins including lean meat, poultry or seafood. The remaining one quarter of the plate is for carbohydrates such as whole grain bread, pasta or brown rice, potatoes, corn, beans or other starchy foods. Dessert would be a piece of fresh fruit or a small bowl of fruit.

## Being Active

Physical activity is critical to controlling diabetes at any age. "I recently had a teenager ask me whether diet or exercise is most important in managing diabetes," Michaels said. "They're both important, although I think exercise may have a slight edge. For children with diabetes, the key is to start healthy habits early. If diet and physical activity are ingrained in you at an early age, you'll stick with those healthy habits for life."

Families on the go can work physical activities into their daily routines. "If you're watching your child's ball game at a park, take a few laps around the walking track before the game or between innings," Heiser said. "If you're on a family vacation, wear pedometers and have a contest to see who walks the farthest each day."

## Smoking and Diabetes

Smoking isn't good for anyone's health, especially people with diabetes. People who have diabetes and smoke are at higher risk for diabetes complications such as eye,

foot and heart problems. In addition, smoking can cause insulin resistance. Therefore, people with diabetes who smoke may need to take more insulin than nonsmokers.

## Sleep

Sleep can impact diabetes and weight control. "The hormone leptin suppresses your appetite, while ghrelin stimulates it," Heiser explained. "Those hormones can become unbalanced if people with diabetes aren't getting 6-7 hours of restful sleep each night, and weight gain can occur. There is also a connection between diabetes and sleep apnea."

## Stress

Cortisol is a hormone that is released, among other times, in response to stress. "Cortisol is like steroids for fat cells," Heiser said. "For people who are under chronic stress, this makes it hard to lose weight."

Many people turn to food as a coping mechanism when they're stressed. It is important to find a healthy way to manage stress besides eating unhealthy foods, smoking and drinking alcohol.

## Teens with Diabetes

For teenagers with diabetes, Aultman offers a monthly educational program and support group. "When a child is diagnosed with diabetes, the whole family dynamics change," Heiser shared. "Diabetes in kids is a family disease, and communication between the children and parents is key."

Call 330-363-5235 for more information about Aultman Diabetes Education.

AULTMAN: A CENTER OF  
EXCELLENCE FOR ...



IMPROVING OUR  
COMMUNITY'S  
HEALTH

## Is Diabetes Targeting YOU?



More than 25 million Americans have diabetes, and 7 million are undiagnosed.

Are you at risk? Find out by taking the DiabetesAware quiz at [www.AultmanDiabetesAware.com](http://www.AultmanDiabetesAware.com). It's fast, free and simple. If you're at high risk, you'll be invited to a free Health Talk presentation by a certified diabetes educator.



Test your risk today ... to keep diabetes from targeting you!



For a paper copy of the DiabetesAware quiz, call the Sharon Lane Health Information Center at 330-363-3333.