

SMOKING

AND ITS **HARMFUL** EFFECTS
ON **YOUR BODY**



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SMOKING AND ITS HARMFUL EFFECTS ON YOUR BODY

Tobacco smoke contains over 60 known cancer-causing chemicals. Smoking harms nearly every organ in the body, causing many diseases and reducing health in general.

Nicotine is the addictive drug in tobacco smoke that causes smokers to continue to smoke. Addicted smokers need enough nicotine over a day to feel normal, – to satisfy cravings or control their mood. How much nicotine a smoker needs determines how much smoke they are likely to inhale, no matter what type of cigarette they smoke. The most damaging components of tobacco smoke are:

1. Tar
2. Carbon Monoxide
3. Hydrogen
4. Oxidizing
5. Metals
6. Radioactive compounds

HEALTH RISKS ASSOCIATED WITH SMOKING:

CENTRAL NERVOUS SYSTEM

Smoking increases risk of macular degeneration, cataracts, and poor eyesight. It can also weaken one's sense of taste and sense of smell, so food may become less enjoyable.

Respiratory System Smokers have a higher risk of respiratory infections, colds, and flu. Over time, smokers are at increased risk of developing chronic obstructive pulmonary disease such as chronic bronchitis and emphysema. Long-term smokers are also at increased risk of lung cancer.

CARDIOVASCULAR SYSTEM

Smoking lowers good cholesterol levels and raises blood pressure, which can result in stretching of the arteries and a buildup of bad cholesterol (atherosclerosis). Smoking also raises the risk of forming blood clots. Blood clots and weakened blood vessels in the brain increase a smoker's risk of stroke. Smokers who have heart bypass surgery are at increased risk of recurrent coronary heart disease. In the long term, smokers are at greater risk of leukemia.

Cancers

Oropharynx
Larynx
Esophagus

Trachea, bronchus, and lung

Acute myeloid leukemia

Stomach

Liver

Pancreas

Kidney and ureter

Cervix

Bladder

Colorectal

Chronic Diseases

Stroke

Blindness, cataracts, age-related macular degeneration

Congenital defects—maternal smoking: orofacial clefts

Periodontitis

Aortic aneurysm, early abdominal aortic atherosclerosis in young adults

Coronary heart disease

Pneumonia

Atherosclerotic peripheral vascular disease

Chronic obstructive pulmonary disease, tuberculosis, asthma, and other respiratory effects

Diabetes

Reproductive effects in women (including reduced fertility)

Hip fractures

Ectopic pregnancy

Male sexual function—erectile dysfunction

Rheumatoid arthritis

Immune function

Overall diminished health

SKIN, HAIR, AND NAILS (INTEGUMENTARY SYSTEM)

Smoking causes skin discoloration, wrinkles, and premature aging. Your fingernails and the skin on your fingers may have yellow staining from holding cigarettes. Smokers usually develop yellow or brown stains on their teeth. Hair holds on to the smell of tobacco long after you put your cigarette out.

DIGESTIVE SYSTEM

Tobacco use can cause gum inflammation or infection, which can lead to tooth decay, tooth loss, and bad breath. Smoking also increases risk of cancer of the mouth, throat, larynx, esophagus, kidney and pancreas.

Smoking also has an effect on insulin, making it more likely that smokers develop insulin resistance. That puts them at increased risk of type 2 diabetes. When it comes to diabetes, smokers tend to develop complications at a faster rate than non-smokers.

SEXUALITY AND REPRODUCTIVE SYSTEM

Both men and women who smoke may have difficulty achieving orgasm and are at higher risk of infertility. Women who smoke may experience menopause at an earlier age and increase their risk of getting cervical cancer. Women smokers also experience more complications of pregnancy, including miscarriage, problems with the placenta, and premature delivery.

Source: <http://www.healthline.com/health/smoking/effects-on-body>



WHY YOU NEED TO QUIT SMOKING:

- Quit for your health
- Quit for your finances
- Quit for your looks
- Quit for the people in your life

WHAT ARE THE SYMPTOMS OF NICOTINE WITHDRAWAL?

Symptoms of nicotine withdrawal typically peak within two to three days. The symptoms often go away by two weeks. Some people may experience nicotine withdrawal for several months. Symptoms of nicotine withdrawal include:

- Intense cravings for nicotine
- Sweating
- Headaches
- Insomnia
- Anxiety
- Depression
- Tingling in the hands and feet
- Nausea and intestinal cramping
- Coughing, sore throat
- Difficulty concentrating
- Irritability
- Weight gain



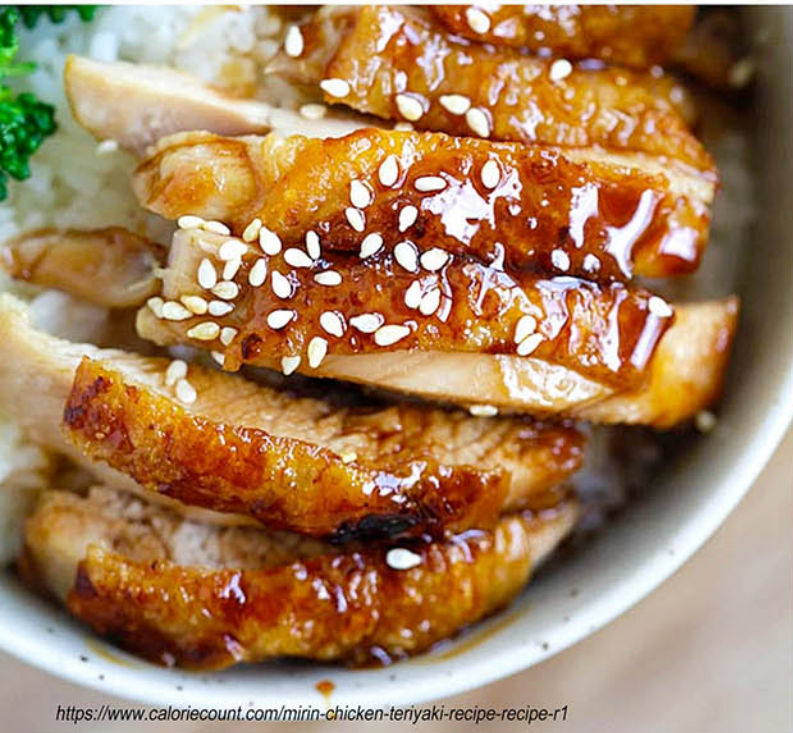
QUITTING STARTS NOW. MAKE A PLAN!

Quitting is tough, it is important that you develop a Quit Plan. Follow these steps to develop a Quit Plan just for you:

- Set your quit date.
- Establish your reasons for quitting.
- Identify your smoking triggers so you can find ways on how to completely avoid these.
- Prepare to fight cravings by adopting new skills and behaviors to help you cope.
- Get rid of any smoking reminders. Wash your clothes, clean your car, and get rid of matches, ashtrays, and any cigarette butts that may be outside your home.
- Identify people who can help you when you need support.
- Ask your healthcare provider about medications that will help you quit.



Sources:
https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/ | <https://smokefree.gov/build-your-quit-plan>
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<https://www.caloriecount.com/mirin-chicken-teriyaki-recipe-recipe-r1>

DIRECTIONS:

1. Marinate chicken in a bowl with about half of the marinade for at least 4 hours or overnight.
2. Whisk all ingredients together except chicken, rice, and vegetables.
3. Grill chicken over medium heat for about 4-5 minutes on each side, or until done.

MENU OF THE MONTH:

Mirin Chicken Teriyaki

This is a unique recipe where the concentration is on the teriyaki sauce. The addition of mirin, a naturally sweet-rice cooking wine, adds depth to the customary sauce and combines with the pineapple juice to tenderize the chicken breasts.

Ingredients: (Makes 4 servings)

- 1/2 cup tamari soy sauce
- 1/4 cup pineapple juice
- 2 tablespoons. brown sugar
- 2 tablespoons. pressed or minced garlic
- 1/2 cup mirin or sake
- 18 ounces cooked chicken breasts, net from 24 ounces fresh boneless, skinless breasts
- 2 cups cooked brown rice
- 20 ounces frozen stir-fry vegetables

4. Follow microwave package directions for stir-fry vegetables. Heat rice in microwave as well. Slice breasts into strips. Heat up remaining marinade.
5. Serve with rice in center of plate, topped with vegetables, then chicken strips.
6. Pour heated marinade over all.

DID YOU KNOW?

that tomatoes do not have to be a deep red color to be an outstanding source of lycopene?

What's New and Beneficial About Tomatoes

- A study shows that the lycopene from orange- and tangerine-colored tomatoes may actually be better absorbed than the lycopene from red tomatoes. That's because the lycopene in deep red tomatoes is mostly trans-lycopene, and the lycopene in orange or tangerine tomatoes is mostly tetra-cis-lycopene.
- Tomatoes are widely known for their outstanding antioxidant content. Researchers have recently found an important connection between lycopene, its antioxidant properties, and bone health.
- Intake of tomatoes has long been linked to heart health. Fresh tomatoes and tomato extracts have been shown to help lower total cholesterol, LDL cholesterol, and triglycerides

Tips for Preparing and Cooking Tomatoes

- Wash tomatoes under cool running water and pat dry.
- If your recipe requires seeded tomatoes, cut the fruit in half horizontally and gently squeeze out the seeds and the juice.
- When cooking tomatoes, avoid using aluminum cookware since the high acid content of the tomatoes may interact with the metal in the cookware.



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Source: <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=44>