



WELLBEING

A Monthly Newsletter Covering Health and Wellness

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ALAMC Helping Women to Catch Their Breath.

In response to the dramatic rise in lung disease among women, the American Lung Association of Metropolitan Chicago has created a *Catch Your Breath* initiative to educate, advocate and increase research funding. The effort began with a conference and is now a year-long program that is being replicated in over a dozen American Lung chapters around the country.

As the association points out, the numbers are literally "breathtaking."

- In 2000, for the first time, more women died from chronic obstructive pulmonary disease (COPD) than men.
- In 2003, 11.6 million females had asthma compared to 8.2 million males.
- More than 80,000 American women are affected by lung cancer each year, and more than 70,000 die from it annually.
- Cigarette smoking kills an estimated 178,000 women in the U.S. annually.

Not only that, but more women die from lung cancer than from any other type of cancer, and female smokers are twice as likely to develop lung cancer as male smokers.

So what's a woman to do? Here are a few recommended healthy lung actions:

Stop smoking. Or, even better, don't start. There are many different methods and tools available to

assist you in quitting. Don't give up. You can find the one that works for you.

Avoid secondhand smoke. Encourage friends, family and co-workers to quit. Make your home a smoke-free environment.

Test your home for radon. Exposure to radon can cause lung cancer. (You can find out about inexpensive radon testing kits on the ALAMC website).

Catch Your Breath.



Maintain a healthy home environment. Keep your house/apartment well-ventilated, keep humidity levels low, install a carbon monoxide detector near sleeping rooms, wash bedding in hot water, and choose cleaning products and pesticides that do NOT contain toxic ingredients.

Eat a healthy diet, drink water and exercise more. The phytonutrients in fruits and vegetables support healthy lungs, as well as overall health. And, exercising is one of the best things you can do to keep lungs healthy.

Protect yourself from air pollution. Ozone and microscopic particles caused by coal-fired power plants,

cars and buses can be especially harmful to people with lung disease. Keep track of air pollution levels in your area and adjust your plans to avoid exposure to high levels of air pollution.

Get a flu shot. Protect yourself and your loved ones from flu and pneumonia. This is especially important for anyone 50 years of age or older, children six to 59 months, healthcare workers, and pregnant women.

Talk to your doctor. Discuss your lung disease risks with your doctor. Know your symptoms, and discuss screening options, if you believe you are at risk.

Stay informed about lung disease and help educate others. Schedule a presentation on women and lung health for your organization or company.

Become an Advocate. Ask your legislators to support clean outdoor and indoor air policies, as well as increased funding for lung disease research into treatment and cures. Join the American Lung Association's e-advocacy network to receive legislative updates and information on upcoming events along with tips for contacting your elected officials.

Attend the annual Catch Your Breath Conference and Reception. The 2007 Chicago event takes place on May 2.



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A LESSON IN LEGUMES



Don't Know Beans About...

Peas, beans and lentils, known as legumes or pulses, belong to the family Leguminosae. Members of this plant family have pods (called legumes) covering and protecting their seeds. (Peanuts are legumes; they are not part of the tree nuts group.)

Legumes are an excellent and inexpensive source of vegetable protein, key vitamins and minerals, dietary fiber and complex carbohydrates. Combined with grains such as rice, beans can provide a *complete* protein. (See Protein Primer.)

Fresh beans

There are two main types of fresh beans: edible pods such as green beans, snap beans and yellow wax beans, and shell beans that are picked before they mature. The latter include fava beans, soybeans and lima (butter) beans.

Dried beans

These are shell beans that are dried and removed from the pod after they reach maturity. Many types of dried beans can also be purchased canned and ready to use. Here are a few of the more than 100 bean varieties that may be familiar.

- Black – also refried
- Black-Eyed Peas
- Cannellini - or white kidney
- Great Northern
- Lentils (all varieties)
- Lima (Butter) - also combined with corn as Succotash
- Navy
- Peas, Split Peas
- Pinto - also refried
- Red Beans
- Red Kidney- used in chili

You can keep dried beans for years; they are best if used within a year. Use lentils within six months. Store dried beans and lentils in airtight containers in a dry, cool and dark place. *Don't* keep them in the refrigerator until they are cooked. Your cooked beans will keep for up to 5 days in the refrigerator, or for up to 6 months in the freezer.

A Protein Primer

What substance that's found in your muscle, bone, skin and hair, also accounts for about $\frac{3}{4}$ of your weight (after you exclude water)? It's protein, of course.

As we learned in school, *amino acids* are the building blocks of protein. Since the body doesn't store amino acids, it needs a daily supply to work with. Our bodies can manufacture many of the 20-plus amino acids that make up complete protein, but there are *eight essential amino acids* that must be replenished through diet.

- All animal proteins are *complete*, including meat, poultry, seafood, eggs, and dairy products.
- Vegetable proteins (from vegetables, grains, nuts and fruits) are generally *incomplete*, lacking one or more essential amino acid. The exceptions are soy, spirulina, quinoa, buckwheat and amaranth.

You can create complete proteins by combining incomplete proteins – beans and rice or beans and corn, for example. And, recent research indicates you don't have to combine the foods at one meal as long as you consume complementary incomplete proteins in the same day.



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