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NOAH

North Omaha Area Health

Delivering Health Information to North Omaha Since 1997

May 2009
 Issue #140

Smoking and us - Part II

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Why should I get involved in research?

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Happy Mothers Day

10 Reasons to Take Good Care of Your Mother

Mothers get stressed and depleted over time through the accumulation of a thousand little things. Therefore, it is through doing little things each day that are good for you that you accumulate a growing pile of positive resources for your health, well-being, strong teamwork, and lasting love.

10 reasons to take good care of a mother

These are worth knowing for a mother herself, and for anyone who knows her.

1. She's a person - Every human being deserves a chance to be happy and healthy.
2. Her cupboard was already pretty bare - Before their first pregnancy, most mothers don't consume all the recommended vitamins and minerals. Those shelves need re-stocking.
3. Her body's carried a big load - Taken as a whole, pregnancy, childbirth, nursing, and weaning are the most physically demanding activities most people will ever do. Big outputs require big inputs.
4. She does hard work - Studies show that raising young children is more stressful than most jobs. Any kind of demanding work calls for respite and replenishment.
5. She contributes to others - Mothers get worn out not because they've been eating bonbons, but because every day, for twenty years or more, they've been making a family for innocent and precious children. Their giving gives them moral standing, a valid claim on society's care.
6. It's good for the children - A mother's well-being

affects her children in a thousand ways, shaping the lifetime course of a human life. The best way to take good care of children is to take good care of mothers.

7. It's good for her partner - A mother is much more able to be even-tempered, affectionate, and loving when her mate is an active co-parent, shares the load fairly, and is just plain nice. It's enlightened self-interest for a mother's partner to take good care of her.

8. It's good for the marriage - Mothers who are well-nurtured and have supportive partners are much more likely to stay happily married than those who do not. Besides the rewards for children and their

"My mother never gave up on me. I messed up in school so much they were sending me home, but my mother sent me right back." - Denzel Washington

parents, lasting marriages benefit society in many ways, such as bringing stability to communities, lowering demands on the court system, and fostering respect for family.

9. It helps the economy - Maternal stress and depletion increase the nation's medical costs, and they decrease workforce productivity.

They're public health problems, and addressing them would add hundreds of billions of dollars each year to our economy (with related benefits to tax revenues).

10. It's good for society - A culture that values caring for those who are vulnerable, giving, and engaged in long-term wholesome projects (like raising children) - e.g., mothers - will be generally more humane and infused with positive values. And that's good for everyone.

And a bonus reason: Being compassionate, considerate, and generous with a mother

feels good in itself. It's also a deep form of spiritual practice to "love your neighbor as yourself" - even the one sitting with you at the dining room table.



NOAH Inc. 
 North Omaha Area Health

This Publication Made possible by support from
 University of Nebr. Med Center.
 5050 Ames Ave
 Omaha, Nebraska 68104

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Center for Reducing Health Disparities
 College of Public Health

“How sweet it is, is too sweet?”

WASHINGTON (Reuters) - Soft drink makers should invent and market a new category of semi-sweet beverages that will help wean Americans off their reliance on sugary drinks, nutrition experts said on Monday.

They proposed a new class of reduced-calorie beverages with no more than 1 gram of sugar per ounce, which with about 50 calories is about 70 percent less sugar than a typical soft drink contains. They said such drinks should also be free of artificial sweeteners such as aspartame and saccharine.

"We need to retrain American tastes away from super-sweet drinks," Lilian Cheung of the Harvard School of Public Health said in a statement.

"If we can shift the present American norm back to a lower expectation of sweetness, people will adjust their palates, particularly the younger population."

The American Beverage Association, which represents soft drink makers, was not immediately available for comment.

The researchers cited evidence that sugary

drinks are an important contributor to the epidemic of obesity and type 2 diabetes in the United States, where more than two-thirds of the population is overweight or obese.

"The scientific evidence is now clear; soda and other sugar-sweetened beverages are important contributors to obesity in children and adults," said Walter Willett, chairman of Harvard's Department of Nutrition.

"Healthier beverage options would allow individuals to make better choices."

The group said four out of five children and two out of three adults drink sugar-sweetened beverages on any average day. A 20-ounce (590 ml) bottle of soda contains nearly 17 teaspoons (255 ml) of sugar and 250 calories and they said the Food and Drug Administration should be empowered to



require more detailed labeling.

In a study of 90,000 women published in the

**A 20-ounce (590 ml)
bottle of soda contains
nearly 17 teaspoons
(255 ml) of sugar and
250 calories...**

April issue of the American Journal of Clinical Nutrition, the Harvard team reported that women who drank more than two servings of sugary beverages each day had a nearly 40 percent higher risk of heart disease than women who rarely drank such drinks.

Food and beverage makers blame a lack of exercise and say people can choose to responsibly eat snack foods.

NOAH Monthly paper is compiled and distributed by North Omaha Area Health Inc. The University of Nebraska Medical Center is one of many sponsors that support the publication of this paper. Questions or comments please write the Editor Ira Combs at 5050 Ames Ave Omaha Nebraska 68104, or email icombs@unmc.edu, or call 402-250-2370.

Dr. James Lane, M.D. presents to North Omaha diabetes support group

The North Omaha diabetes support group recently had the opportunity to hear from a local endocrinology expert. Dr. James Lane, UNMC assistant professor and head of the Diabetes Center at UNMC spoke to the group about diabetic neuropathy.

The north Omaha Diabetes support group was formed to provide support and information to individuals diagnosed with diabetes. The goal is to help group members acquire and maintain



their maximum self-management goals, lower or maintain blood pressure, promote healthy nutrition choices and encourage exercise. Meeting those goals will decrease the incidence of diabetes related complications.

The group was started four years ago by Jackie Hill, Nurse Practitioner UNMC clinical research coordinator, and Ira Combs RN BS, UNMC community liaison nurse coordinator. Both work in the Center for Reducing Health Disparities in the College of Public Health.

The North Omaha diabetes support group meets on the 2nd Tuesday of each month at Baker Place Clinic, 5050 Ames Avenue. For information on joining the free group call 595-3807.

Diabetic Class and Support Group

This is a monthly combination of class and support group. A free meal is served each month and topics of diabetic education and interest are presented by a healthcare professional.

Support Group/Class 1 hour each month

Classes/support groups are **FREE**, and open to all in the community. For more information or to enroll please call

595-1458

UNMC Center for Reducing Health
Disparities— North Omaha Office

Hypertension Education and Support Group

For those serious about monitoring and controlling their high-blood pressure a monthly combination support group/ class is offered. A free meal is served each month and topics on diet and exercise are presented by a healthcare professional.

Support Group/Class 1 hour

5050 Ames Ave each month

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What Smoking Cigarettes Does to Us Part II

Where Are You in Your Plans to Quit?

■ I'm not ready to quit smoking.

Read this information for reasons why you should quit.

■ I'll be ready to quit smoking soon.

Don't wait too long. This information will give you ideas on how to get ready to quit.

■ I'm ready to quit right now.

Great! Read on for ideas that can help you to quit and stay quit.

■ I used to smoke, but I've quit.

Great! This information can help you to stay quit.

■ I quit before, but I'm smoking again.

This information is for you, too. People quitting cigarettes often try many times before they succeed. Read on for tips to help you to quit for good.

A few people can stop smoking just by throwing away their cigarettes. But for most people, quitting smoking is not that easy. Quitting takes more than willpower. It takes a solid plan.

Fight the Smoking Triggers: You Can Quit!

Most smokers like to smoke at special times. It may be right after a meal or when they are at a party with friends. Some people light up whenever they talk on the phone or get into a car. Other triggers for smoking can be watching television, playing cards, or reading a book. Drinking alcohol or a cup of coffee can make a person want a cigarette.

Often the triggers for smoking are feelings. Smokers sometimes smoke more when they are upset, bothered, or stressed out. Lighting up is a way of shutting down. It is a way of coping with problems—like losing a job, breaking up with a loved one, or having someone crash into your car.

Nicotine is an addiction, but quitting is possible. There are many ways a smoker can gain control over urges to smoke.

Here are some ideas.

Make a list of the times when you always reach for a cigarette. Pick one of those times. Then, do something else instead of smoking. For example, let's say you always smoke when you are on the phone. Put some paper and color pens by the phone instead of cigarettes. To keep from being tempted, remove the ashtrays and matches from the telephone stand. When you're on the telephone, try doodling instead of puffing. Alcohol can act as a trigger for smoking. While you are quitting smoking, try not to drink liquor, beer, or wine for 3 months.

Things to Do Instead of Smoking

If you always smoke in the car, take away the lighter. Put your cigarettes in the trunk while you are driving. Instead of smoking, lis-

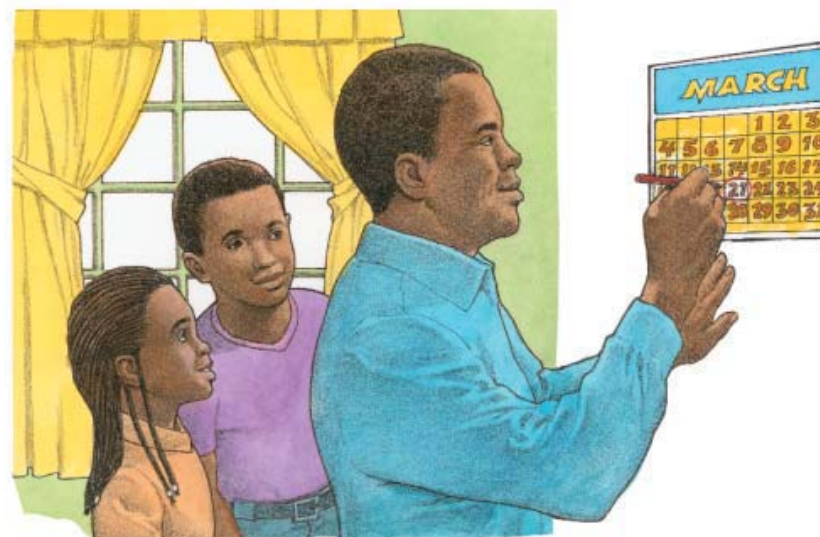
ten to some soft music. Don't try to do everything at once. Change one thing at a time. Stop smoking at one special time. It may not be easy, but stick to it until you succeed! Don't give in. Then go on to the next thing you want to change. Keep going until you have checked off all the smoking triggers on your list. If you can stop smoking at your favorite times, you are well on your way to stopping all the time. These quit ideas are useful for the light smoker as well as for the heavy tobacco user.

Ending the Tobacco Addiction

Why do most smokers have trouble quitting? It is because they are addicted to the nicotine in their cigarettes.

Smoking cigarettes gives a smoker regular jolts of nicotine. After a while, the body gets used to it. For an addicted smoker, being without nicotine brings on feelings of withdrawal. But the nicotine is NOT what causes the major health risks of smoking. Cigarettes are filled with thousands of other chemicals. Doctors believe the deadly chemicals in cigarettes and tobacco smoke cause the bad health effects of smoking. For example, most brands that Blacks smoke are high in tar. Tar in cigarettes causes lung cancer. Cigarettes also have carbon monoxide, which takes oxygen from the blood and can lead to strokes. Studies show that Black smokers actually want to quit more than most other groups. Hundreds of thousands of Black smokers have quit smoking already. More try and succeed every day. So can you.

Set
a



Quit Day: Take the First Step

Doctors say you should choose a specific Quit Day. Having a Quit Day gives you a goal to reach. It is a promise to keep to yourself and your loved ones. Setting a Quit Day 2 to 3 weeks in advance gives you time to get ready. There is no "perfect" time to quit. But sometimes are better than others. It is much harder to quit when you face a family crisis or a big problem at work. Pick a time when things are going well. You may pick a day that is celebrated by the community, such as Dr. Martin Luther King, Jr., Day. Circle your Quit Day on the calendar. Write it down. Carry it with you. Tell your family and friends. Share this information with them so they can help you succeed. Check to see if your doctor can tell you about any medicines that can help you quit. If you know people who used to

smoke, ask them how they quit. If you live or work with other smokers, ask them not to offer you a cigarette, even if you ask. And don't be surprised if a friend or family member wants to quit smoking along with you.

Your Quit Day is very important.

Ask anyone you know who used to smoke. Twenty years from now, the day you gave up cigarettes for good will be a day that you remember. Think positive thoughts. Say to yourself, "I can do it this time!" even if you have tried before. Think about how much better you will feel after you quit for good.

The Night Before

- Throw out all your cigarettes, every last one! Get them out of hiding places, like pockets, handbags, and glove compartments.
- Get rid of lighters, matches, and ashtrays. Make sure there is nothing around that reminds you of cigarettes.
- If you plan to use medicines to help you quit, make sure you know how to use them. Ask your doctor or pharmacist if you have questions.
- Stock up on sugar-free gum and mints, carrots, celery, or cloves, so you always have something to reach for instead of a cigarette.

The 5 Ds Can Help You Cope

■ Drink Water

Slowly sip clear water—up to 8 glasses a day. The water helps flush nicotine out of your body.

■ Deep Breathe

Take 10 slow, deep breaths—in through your nose and out ever so slowly through your mouth. Deep breathing will help you feel relaxed and in control.

■ Do Something Else

Focus on being busy doing something you like besides smoking. The idea is to keep from thinking about cigarettes at all.

■ Discuss



Talk with a friend or family member about what's happening to you. Tell them how you are feeling. Sharing your thoughts will help a lot.

■ Delay

Allow some time. Don't reach for that cigarette right away. Count to 200 and then to 250. Urges to smoke pass in about 3 to 5 minutes. Some People Do Gain Weight When They Stop Smoking—Here's Why...

- Your sense of taste and smell improves. Foods taste better.
- You may start to crave sweets with lots of calories.
- Your body needs 100 to 200 calories fewer a day when you quit smoking.
- You may start putting food in your mouth instead of a cigarette

The Power to Make a Difference

In our communities, smoking is just one of the problems we face every day. We worry about many things—lack of jobs, poor housing, schools that don't teach our children, racism, drugs, and crime. All these problems need our time and energy. But fighting against tobacco is something we can do right now. Why? Because smoking is a problem we can solve. Because smoking kills more people in our community than anything else. We can end deaths and diseases from tobacco if we all work together. Then, we can use these skills to fight other problems that our community faces. As our people become healthier, we can do great things.

If you are interested in quitting smoking UNMC Center for Reducing Health Disparities is offering a Smoking Cessation Class at 5050 Ames Ave starting in July. For information on the class please call 595-1458 for details

go
local
nebraska
<http://medlineplus.gov/nebraska>

Have medical questions?
 Go Local
 Nebraska has the answers.

<http://medlineplus.gov/nebraska>

As Men, Cancer Affects Us TOO

African-American men have the highest rate of prostate cancer incidence in the U.S.

Don't let prostate cancer catch you off guard...

You have much more living to do.

Us TOO is here for

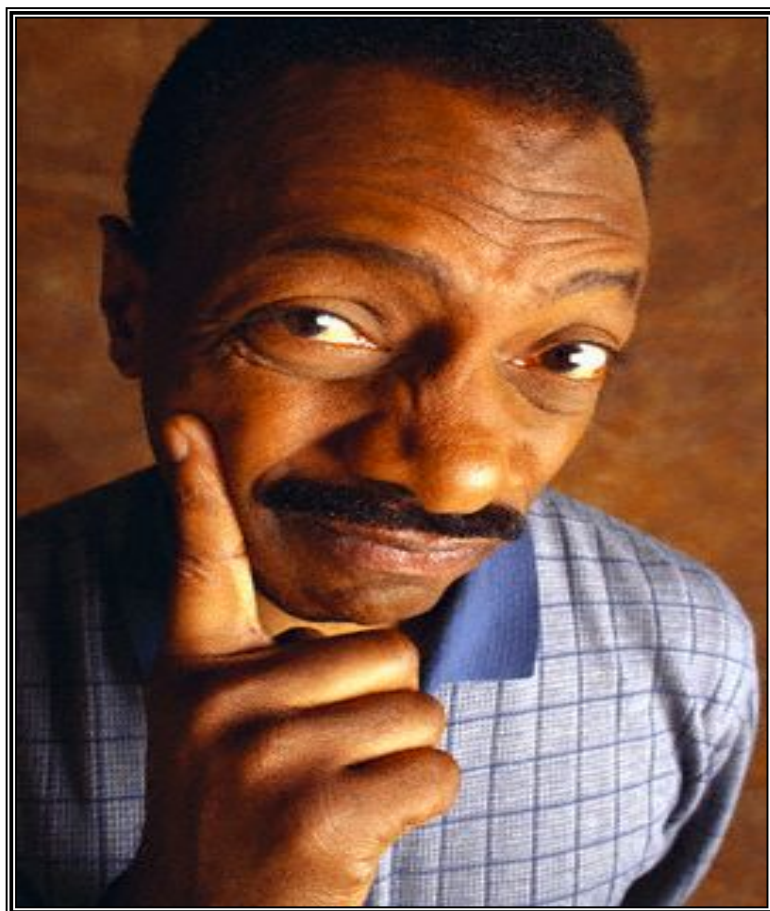
**Support,
Education,
Advocacy.**

Free prostate cancer information and screening call **595-1458** for Free screening appointment

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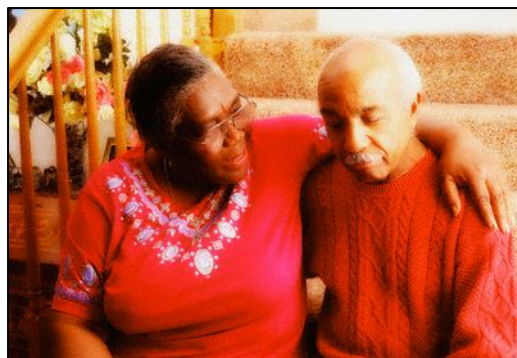
Us TOO[®]
PROSTATE CANCER
EDUCATION & SUPPORT

Why Should I Get Involved In Research?



African-Americans should become more active in research and participate whenever and wherever possible. There are several reasons why participation is so critical.

First of all, African-Americans are at the bottom rung of almost every health demographic there is. From diabetes and infant mortality to high blood pressure and sexually transmitted diseases, African Americans are disproportionately represented in these areas. For these reasons alone, we must become more willing to be actively and aggressively involved in studies that are aimed and oriented toward finding results, relief and cures for some of the medical conditions mentioned above.



when. If we don't participate, we don't have input into the cures; we

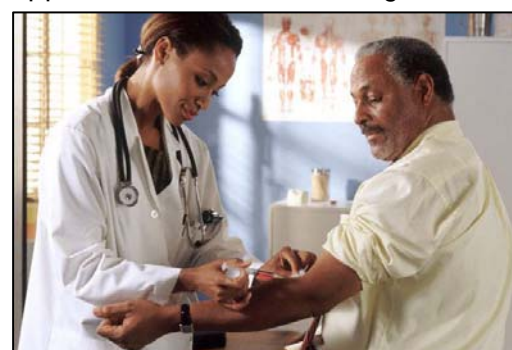
are on the outside looking in, and there are those who would say that we had nothing to do with our own progress. We must become unified and become involved in research because divided processes will distort the results. In other words, "to divide the process is to deform the product."

Third, we must become participants in research because it is our duty. We have an obligation to stand up for and defend the elderly, the disabled and our children.

Fourth, sacrifice is a part of our tradition, as a people. Our concept of, "each one, reach one" begins and ends in our willingness to act in regard to a more beneficial future.



Fifth and finally, African-Americans must become more active in research because we may have no other choice. It is apparent that with technological advances come changes in lifestyle and all of these impacts on us. If we are not actively working to combating the reasons for health disparities, then we may well deserve the fate that befalls us.



For more information on the benefits of research, and research projects that the University of Nebraska Medical Center is participating in to improve the health and lives in our community call :

**Center for Reducing Health Disparities
Community Liaison Nurse Coordinator**

Ira Combs RN BS at:

595-1458

**Center for Reducing Health Disparities
Research Nurse Coordinator**

Jackie Hill APRN MS at:

595-3807

**You may visit our office at
5050 Ames Ave Omaha Nebraska 68104**

Get your FREE Colon Cancer test kit.

If you're 50 or older, you need to get tested for colon cancer.

Present this ad for your free FOBT colon cancer screening kit at the following pharmacies:

Barr Pharmacy, Blair

Hy-Vee - Omaha & Fremont

Baker's, All Omaha Locations

U-Save, All Omaha Locations

Walgreen's - Omaha, Blair (West), Bellevue, Council Bluffs, LaVista

Quality Care Pharmacy at No Frills (4240 S. 50th St./Omaha & 1230 N. Washington St./Papillion)

Mills County Public Health Dept., Pamida, Ruffner and Medicap Pharmacies, Glenwood, IA

Valid only at the pharmacies listed on this coupon, March 1 – March 31, 2009.

Free Colon
Cancer
Screening
test kit



Free colon cancer testing kits are provided by the Douglas/Sarpy County Colon Cancer Task Force Alegent Health, American Cancer Society, Colon and Rectal Surgery/The Colonoscopy Center, Colon Cancer Alliance, Creighton University Medical Center, Douglas County Health Department, Methodist Health System, Midwest Gastrointestinal Associates, Nebraska C.A.R.E.S., The Nebraska Medical Center/UNMC Eppley Cancer Center, Omaha World-Herald, Oncology Associates, PC, Oncology Hematology West, PC

Are You Behind? Get Screened.



If you are 50 and over, you may qualify for a FREE or low-cost colon cancer screening test. Call the Nebraska Colon Cancer Program at:

1-800-532-2227



If you have a health questions or questions about community related health services feel free to call the UNMC Center for Reducing Health Disparities North Omaha Office 595-1458

STEROIDS?

Not in my game plan.
How about you?

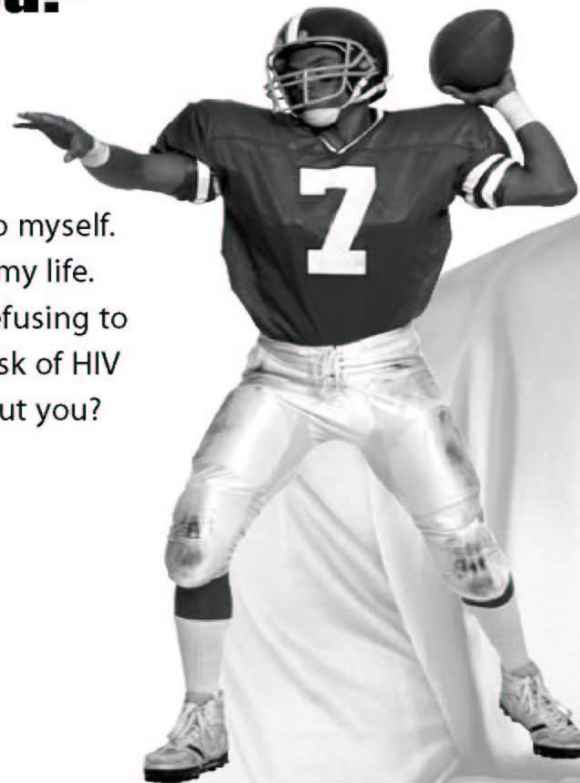
Succeeding without steroids is about being true to myself. It's about making a commitment to my body and my life. It's about knowing the risks of steroid use...and refusing to take them. Acne, baldness, stunted growth, even risk of HIV — these are not a part of my game plan. How about you?

Keep your body healthy. Don't use drugs.

NIDA NATIONAL INSTITUTE
ON DRUG ABUSE

NATIONAL INSTITUTES OF HEALTH
U.S. Department of Health & Human Services

www.steroidabuse.gov



A public service of this publication.

Research in our Community

4- and 5-year-olds sought for ADHD study

Is your child unable to sit still? Does he or she have trouble following directions or paying attention? If your son or daughter is 4 or 5 years-old and exhibits these behaviors, call 402-552-6239 to learn more about a research study and how your child may be eligible for an evaluation and study medication at no charge.

Adults needed for Problem Gambling Study

Are you preoccupied with gambling and need to gamble with increasing amounts of money? Are you unsuccessful in your efforts to cut back or stop your gambling? Have others criticized you for your gambling? If so, you may suffer from Pathological Gambling, a disorder that affects more than 2 million adults. The UNMC Department of Psychiatry is looking for research volunteers, 19 years-of-age and over to evaluate an investigational treatment for pathological gambling. Study evaluation and medication are provided at no cost to those that meet eligibility requirements. For more information, call 552-6005 or e-mail unmcprc@unmc.edu. With your help we can learn more about the treatment of Pathological Gambling.

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Teen depression study

Is your 12 to 17 year-old often sad, unhappy or in a bad mood? Do these symptoms sound like your teenager -- trouble sleeping or staying asleep, change in appetite, loss of interest or motivation, decreased energy, feelings of emptiness or worthlessness? If this sounds like your teenage son or daughter, the UNMC Department of Psychiatry is conducting a study of an investigational medication for adolescent depression. Study evaluation and medication are provided at no cost to those that meet eligibility requirements. Call 552-6240 or 552-6241 to learn more about this clinical research study.

Women needed for aspirin study

Are you a woman 19 or older and currently taking low dose or baby aspirin (81 mg) for the prevention of heart disease or stroke? You may qualify for a research study to test how well your aspirin is working. The study involves two visits at the Cardiac Center of Creighton University. A stipend will be paid to cover your expenses to make these visits. For more information, call Robyn at 280-4826.

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HELP IS ON THE LINE

The **U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES** works to protect the health of all Americans and provides essential human services, especially for those who are least able to help themselves.

If you are one of the millions of Americans who need the benefits and services we provide, you can call on us.

Mental Health	1-800-273-TALK (1-800-273-8255)
Head Start Services	1-866-763-6481
Temporary Assistance for Needy Families (TANF)	Nebraska - 1-800-685-5456
Medicare	1-800-MEDICARE (1-800-633-4227)
Elder Care	1-800-677-1116
Medicaid	Nebraska - 1-800-430-3244
State Children's Health Insurance Program (SCHIP)	Nebraska - 1-877-632-5437
Other	www.hhs.gov

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Please tear out this page and post it at your church or at your work place.

5 Test That Could Save A Mans Life

Much like your ride needs a routine check under the hood every now and then, your body requires maintenance to keep it running smooth, too. It's a way of nipping pesky health problems in the bud before they become life threatening. You wouldn't let your car run out of oil, would you?

According to the Men's Health Network, here are five tests you need for various stages of your life.

Physical Exam

What is it? During this routine test, a doctor will check your overall health status and discuss your medical history.

This is a good place to get answers to your health questions. The doctor will examine each joint, checking for pain and stiffness. An evaluation of your lungs, heart, liver and kidneys will also be done.

Who should get it? All men

How often? For men age 20 to 39, every 3 years; age 40 to 49, every 2 years; age 50 and up, every year.

PSA Blood Test

What is it? The PSA test is a simple blood test to measure how much prostate specific antigen a man has in his bloodstream at a given time. Levels rise when there is an abnormality such as an infection, enlargement or cancer. It

detects prostate cancer in the early stages. Testing should be done in collaboration with a physician.

Who should get it? African-American men age 40 and up. If there is history of prostate cancer in the family, testing should begin at age 40.

How often? Every year

DRE

What is it? A digital (finger) rectal examination that checks for irregularities of organs or other structures in the pelvic and lower abdominal area. During a digital rectal exam, a health professional inserts a lubricated,

gloved finger of one hand into the rectum and may use the other hand to press on the lower abdomen or pelvic area. The exam is commonly done to check the prostate gland in men. This exam may be done in conjunction with the PSA test.

Who should get it? Men age 40 and up.

How often? Every year

Blood Pressure Screening

What is it? An exam that checks for effects of high blood pressure on organs such as the kidney and the heart, and also determines whether you are at risk for heart disease or stroke.

Blood pressure is the force of blood inside an artery.

If the pressure of blood is higher than normal, the person is said to have high blood pressure, or hypertension.

A blood pressure reading is a measurement of the force of blood against the artery walls. This measurement is taken by

stopping the flow of blood in an artery, usually by wrapping a cuff around the upper arm and pumping air into the cuff.

As the air is released from the cuff, blood begins to flow through the artery again.

Who should get it? Men age 20 and up.

How often? Every year

Urinalysis

What is it? Tests on urine can provide clues to many diseases and information about a man's overall health. A routine urine-screening test may be done to help find the cause for many types of symptoms. To monitor the treatment of certain conditions such as diabetes, kidney stones, urinary tract infection, hypertension, or some types of kidney or liver disease.

The kidneys remove waste material, minerals, fluids, and other substances from the blood for elimination in the urine.

Therefore, urine can contain hundreds of different bodily waste products. Many factors (such as diet, fluid intake, exercise, and kidney function) affect what is in urine.

Who should get it? All men

How often? For men age 20 to 39, every 3 years; age 40 to 49, every 2 years; age 50 and up, every year.



Be Free Indeed Ladies!



Protect you and your family from the dangers of tobacco products and secondhand smoke.

- Secondhand smoke is the third leading cause of preventable death in the U.S.
- Mothers who smoke can cause their children to develop asthma.
- Exposure to secondhand smoke increases the risk of respiratory tract infections such as bronchitis and pneumonia in children.

•Information provided by Tobacco Free Nebraska



For more information on tobacco prevention, including smoke free home policy, educational workshops, and community outreach projects, please contact:

Center For Holistic Development, Inc.

Doris Moore
402-502-9788

New Creations, Inc.

Vickie Young
402-990-3111

Nebraska Ethnic Together Working on Reaching Kids

Gina Dortch
402-598-4681



This project is supported in part by Region 6 Behavioral Healthcare through funding provided by the Nebraska Health and Human Services System/Tobacco Free Nebraska Program as a result of the Tobacco Master Settlement Agreement.