



WELLNEWS

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Winter Skin Care: 6 Tips

Summer fun gives way to wintry winds and before you realize it you've got dry skin - chapped lips, itchy elbows, or a T-zone crying out for help!

Have no fear, these simple winter skin care tips can help you prevent - and treat - dry, chapped skin. And keep you smiling, all season long.



Winter Skin Care Tip 1: Shorten Those Showers

Long, steamy showers may soothe a weekend warrior's sore muscles, but they're also good at dehydrating you - yes, taking moisture out instead of putting it in. That's because hot water removes the skin's natural oils more quickly than warm or cold water.

The skin care solution? Take shorter showers and baths and use warm water instead of steamy hot. Then, when you're done, pat dry, don't rub.

Winter Skin Care Tip 2: Mild Soaps

Your favorite antibacterial or deodorant soap may be doing you more harm than good, stripping your skin of essential oils. That's why skin care pros recommend sticking with mild soaps, preferably unscented or lightly scented.

You may want to go mild with your laundry detergent, too. Designed to remove dirt and oils, residue just may irritate sensitive, chapped skin.

Winter Skin Care Tip 3: Moisturize

A great way to soothe or prevent chapped skin: moisturize. And you don't need expensive elixirs from the cosmetics counter to keep skin dewy. Petroleum jelly, mineral oil, even hair conditioner can help you trap in moisture as you step from the shower or bath. If your skin is oily, you still need to moisturize -- just look for noncomedogenic products, which won't clog your pores. And remember to drink up -- moisturizing from the inside out.

Winter Skin Care Tip 4: Get Sharp About Shaving

Shaving can leave your skin extra irritated, especially when it's already dry. So get sharp about shaving by:

- Using a lubricant when you shave, such as shaving cream.
- Changing the blades in your shaver often.
- Shaving in the direction that hair grows.

Winter Skin Care Tip 5: Slather on Sunscreen

Up to 80% of the sun's rays can penetrate light clouds, snow, and fog. Over time that exposure can lead to moles, wrinkles, and skin cancers.

So protect your skin: Even on cloudy or overcast days slap on that

sunscreen. Reach for a sunscreen with a sun protection factor (SPF) of at least 15, with UVA and UVB protection. And don't forget to reapply often.

Winter Skin Care Tip 6: Soothing Chapped Lips

Lips don't have oil glands, so they can dry out easily. Give your lips the love they need with these suggestions from the American Academy of Dermatology:

- *Don't lick.* The cycle of wetting and drying that occurs when you lick your lips quickly causes them to chap.
- *Cover up.* On cold or windy days protect your kisser behind a scarf.
- *Boost moisture.* Keep the air in your house moist with a humidifier.
- *Use lip balm.* Sun exposure can make chapped lips even worse, so spread on plenty of lip balm with a sunscreen of SPF 15 or more in it.

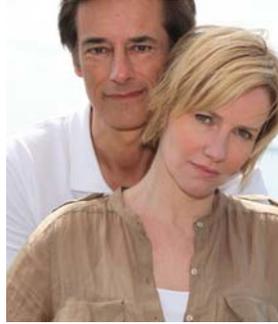
These quick skin care tips should help keep your skin happy all winter long. But if you find you still have dry skin, or your skin gets worse, give a dermatologist a call.

Source: www.webmd.com

Personalized Care

Helping a Smoker Quit: Do's and Don'ts

- **Do** respect that the quitter is in charge. This is their lifestyle change and their challenge, not yours.
- **Do** ask the person whether they want you to ask regularly how they're doing. Ask how they're feeling – not just whether they've stayed quit.
- **Do** let the person know that it's OK to talk to you whenever they need to hear encouraging words.
- **Do** help the quitter get what they need, such as hard candy to suck on, straws to chew on, and fresh veggies cut up and kept in the refrigerator.
- **Do** spend time doing things with the quitter to keep their mind off smoking – go to the movies, take a walk to get past a craving (what many call a "nicotine fit"), or take a bike ride together.
- **Do** try to see it from the smoker's point of view – a smoker's habit may feel like an old friend that has always been there when times were tough. It's hard to give that up.
- **Do** make your home smoke free, meaning that no one can smoke in any part of the house. Remove lighters and ash trays from your home.
- **Do** help the quitter with a few chores, some child care, cooking – whatever will help lighten the stress of quitting.
- **Do** celebrate along the way. Quitting smoking is a BIG DEAL!
- **Don't** doubt the smoker's ability to quit. Your faith in them reminds them they can do it.
- **Don't** judge, nag, preach, tease, or scold. This may make the smoker feel worse about him or herself. You don't want your loved one to turn to a cigarette to soothe hurt feelings.
- **Don't** take the quitter's grumpiness personally during their nicotine withdrawal. Tell them that you understand the symptoms are real and remind them that they won't last forever. The symptoms usually get better in about two weeks.
- **Don't** offer advice. Just ask how you can help with the plan or program they are using.



Source: www.cancer.org

To help prevent home fires this Thanksgiving, the Red Cross suggests the following tips:

- Keep potholders and food wrappers at least three feet away from heat sources while cooking
- Wear tighter fitting clothing with shorter sleeves when cooking
- Make sure all stoves, ovens, and ranges have been turned off when you leave the kitchen
- Set timers to keep track of turkeys and other food items that require extended cooking times
- Turn handles of pots and pans on the stove inward to avoid accidents
- Follow all manufacturer guidelines regarding the appropriate use of appliances
- After guests leave, designate a responsible adult to walk around the home making sure that all candles and smoking materials are extinguished



Anytime Turkey Chili



Prep: 15 min.
Cook: 1-1/4 hours
Yield: 8 servings

Ingredients

- 2/3 cup chopped sweet onion
- 1/2 cup chopped green pepper
- 1-1/2 teaspoons dried oregano
- 1 teaspoon ground cumin
- 1 teaspoon olive oil
- 2 garlic cloves, minced
- 1 can (16 ounces) kidney beans, rinsed and drained
- 1 can (15-1/2 ounces) great northern beans, rinsed and drained
- 1 can (15 ounces) solid-pack pumpkin
- 1 can (15 ounces) crushed tomatoes
- 1 can (14-1/2 ounces) reduced-sodium chicken broth
- 1/2 cup water
- 2 tablespoons brown sugar
- 2 tablespoons chili powder
- 1/2 teaspoon pepper
- 3 cups cubed cooked turkey breast

Directions

- In a large saucepan, saute the onion, green pepper, oregano and cumin in oil until vegetables are tender. Add garlic; cook 1 minute longer.
- Stir in the beans, pumpkin, tomatoes, broth, water, brown sugar, chili powder and pepper; bring to a boil. Reduce heat; cover and simmer for 1 hour. Add turkey; heat through. **Yield:** 8 servings (2 quarts).

Nutritional Facts 1 cup equals 241 calories, 2 g fat (trace saturated fat), 45 mg cholesterol, 478 mg sodium, 32 g carbohydrate, 10 g fiber, 25 g protein. **Diabetic Exchanges:** 3 lean meat, 1-1/2 starch, 1 vegetable.

Source: www.tasteofhome.com

Healthy Family Activities in your community:

<http://search.active.com/?tab=events>

www.affinityhealth.org

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