

SMOKING CESSATION

No healthy lifestyle plan would be complete without information on smoking cessation. Smoking remains the number one cause of preventable disease and death in the United States.

A number of medications have become available to assist people who want to quit.

Nicotine replacement therapy

- These medications supplement the nicotine in cigarettes
- Gums, patches, lozenges are available over the counter
- Inhalers and nasal sprays are available by prescription only



Non-nicotine medications

- Bupropion (Zyban)
 - A pill that decreases nicotine cravings
 - Originally used as an antidepressant, it mitigates some of the weight gain seen with smoking cessation
 - Side effects include insomnia and dry mouth
- Varenicline (Chantix)
 - A pill that decreases nicotine cravings
 - It reduces the brain's response to nicotine to further discourage smoking
 - Side effects are nausea, insomnia and mood changes

ALCOHOL CONSUMPTION

Alcohol abuse remains a big problem for many people. It leads to a number of irreversible health problems including liver cirrhosis and dementia.

- Moderate drinking of one drink per day for women or two drinks per day for men is considered safe
- Alcohol cessation usually requires a group or inpatient program as alcohol withdrawal can be life threatening for regular, heavy drinkers



Fountain Valley
9900 Talbert Avenue
Fountain Valley, CA 92708

Huntington Beach
18682 Beach Blvd., Suite 1245-155
Huntington Beach, CA 92648

714-965-2500

www.edingermedicalgroup.com

The doctors at EDINGER MEDICAL GROUP

feel that it is important to address healthy life style choices with all of our patients. During most visits we spend our time treating and screening for diseases with very little time discussing everyday lifestyle decisions. This handout is meant to spell out what we think are important lifestyle choices: **HEALTHY DIET, WEIGHT MANAGEMENT, REGULAR PHYSICAL ACTIVITY, SMOKING CESSATION, and MODERATION of ALCOHOL CONSUMPTION.**

Edinger Medical Group
and Research Center

EDINGER MEDICAL GROUP ■■

HEALTHY DIET

For a healthy diet that will ensure maximum nutrition without added weight gain we think there are a few important principles to follow.

- **Balanced Diet:** Balance of protein, fat and carbohydrates. There is no easy number or ratio for every person. To determine a good mix for you based on your height, weight and activity level, log on to mypyramid.gov for a personalized diet guide.

- **Portion control:** As you may notice as you travel or talk to friends from other countries, portions in the United States tend to be large, much too large for the average person. A good way to get used to portion control is to use a measuring cup to measure out all prepackaged foods until you get a feel for what a cup of rice or 8 oz of meat looks like. This will help you make good decisions on portion size when eating out.



- **Low amounts of simple carbohydrates:** We believe that complex carbohydrates, such as brown rice, wheat breads, and whole grains, are an important part of a healthy diet. Simple carbohydrates, like white breads and rice, sweets, and high-sugar drinks should be minimized as much as possible. Sometimes it is hard to distinguish between the two; look for sucrose, high fructose corn syrup, honey and molasses in the ingredient list to identify foods to avoid.
- **High amounts of fiber:** Fiber is a healthy, filling component of fruits, vegetables, grains and nuts with a number of added benefits. People on high fiber diets have lower cholesterol and blood glucose. Fiber is also important for your digestive tract, ensuring regular movements and decreased constipation, gas and bloating.



WEIGHT MANAGEMENT

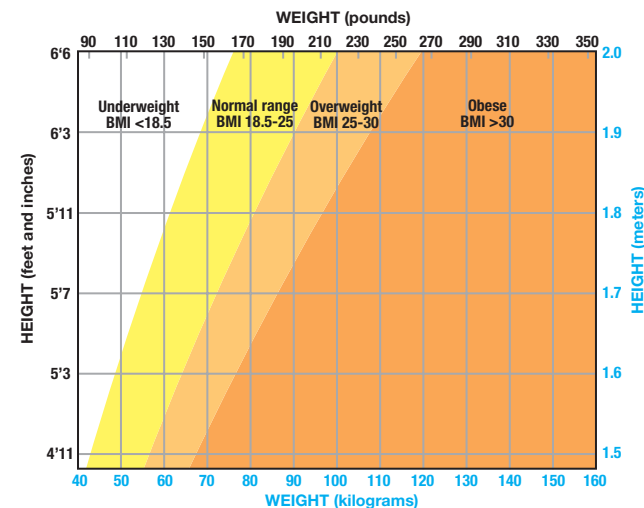
For many people weight loss is an important part of a healthier life style. We know weight loss can be very frustrating and there is a lot of false information and dubious marketing by the diet industry. Please ask your physician about the different methods and which might be right for you. Here are a few important things to remember when trying to lose weight:

- Following a healthy diet and exercise plan with a decrease in total calories consumed will lead to a healthy weight

- No matter which method of weight loss a person

chooses to pursue, “calories out” (exercise) must exceed “calories in” (food consumption) in order to lose weight

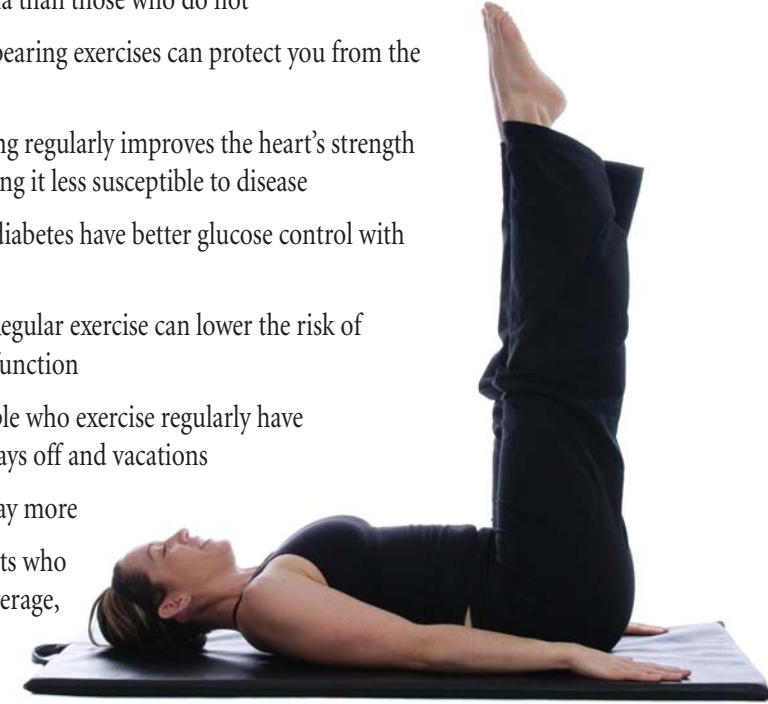
- The most important part of a weight loss plan is how long you can stay with it, not how much weight can be lost in the first weeks or months
- Your body will naturally decrease the amount of energy you expend when you lose weight from dieting. Exercise is usually needed to continue losing weight
- Your body will secrete more of a chemical called ghrelin, which increases your appetite, when you lose weight. Make sure to switch to high fiber, low calorie snacks so you don't sabotage yourself while snacking



REGULAR PHYSICAL ACTIVITY

Diseases that are improved or avoided altogether with regular physical activity:

- **Depression:** Regular exercise can be just as effective as an antidepressant at fighting mild depression
- **Hypertension:** People with high blood pressure who exercise regularly experience a decrease in their average blood pressure
- **Dementia:** In a number of studies, people who exercise regularly experience a later onset of dementia than those who do not
- **Osteoporosis:** Weight bearing exercises can protect you from the onset of osteoporosis
- **Heart disease:** Exercising regularly improves the heart's strength and blood supply, making it less susceptible to disease
- **Diabetes:** People with diabetes have better glucose control with regular exercise
- **Erectile dysfunction:** Regular exercise can lower the risk of developing erectile dysfunction
- **Increased energy:** People who exercise regularly have more energy to enjoy days off and vacations
- **Weight loss:** Need we say more
- **Life expectancy:** Patients who exercise regularly, on average, live longer lives

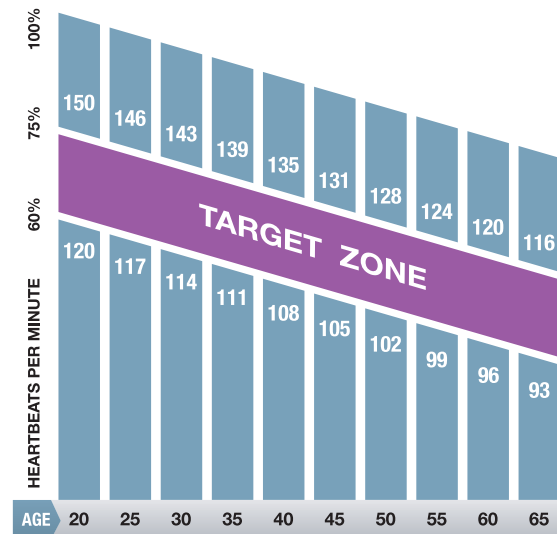


We know you are busy; here are some ways to exercise regularly despite a busy schedule:

- Taking the stairs instead of the elevator or escalator
- While at work, walking during your lunch break
- Increasing the pace of house (100 calories per half hour) or yard work (170 calories per half hour)
- Increasing frequency and length of walks with your pet
- Swapping after dinner TV viewing for an after dinner walk

Recommendations:

- 30 minutes of moderate physical activity 5 days per week. Moderate exercise is equivalent to walking briskly at 3-4 miles per hour.



When starting an exercise regimen, try counting your pulse for 15 seconds and multiplying by four. Start with a goal heart rate in the lower range of the target zone and increase slowly to the mid and upper ranges as your exercise tolerance improves.