

# LIVE WELL WORK WELL

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## Lung Cancer Risk Drops Substantially Within Five Years of Quitting Smoking

Just because you stopped smoking years ago doesn't mean you're out of the woods when it comes to developing lung cancer. That's the bad news. The good news is that your risk of lung cancer drops substantially within five years of quitting.

"If you smoke, now is a great time to quit," said first author of a new analysis of a landmark study, Hilary Tindle, MD, MPH, the William Anderson Spickard Jr., MD Professor of Medicine at the Vanderbilt University School of Medicine. Tindle led a team of researchers at Vanderbilt University Medical Center in a new analysis of the Framingham Heart Study.

"The fact that lung cancer risk drops relatively quickly after quitting smoking, compared to continuing smoking, gives new motivation," she said.

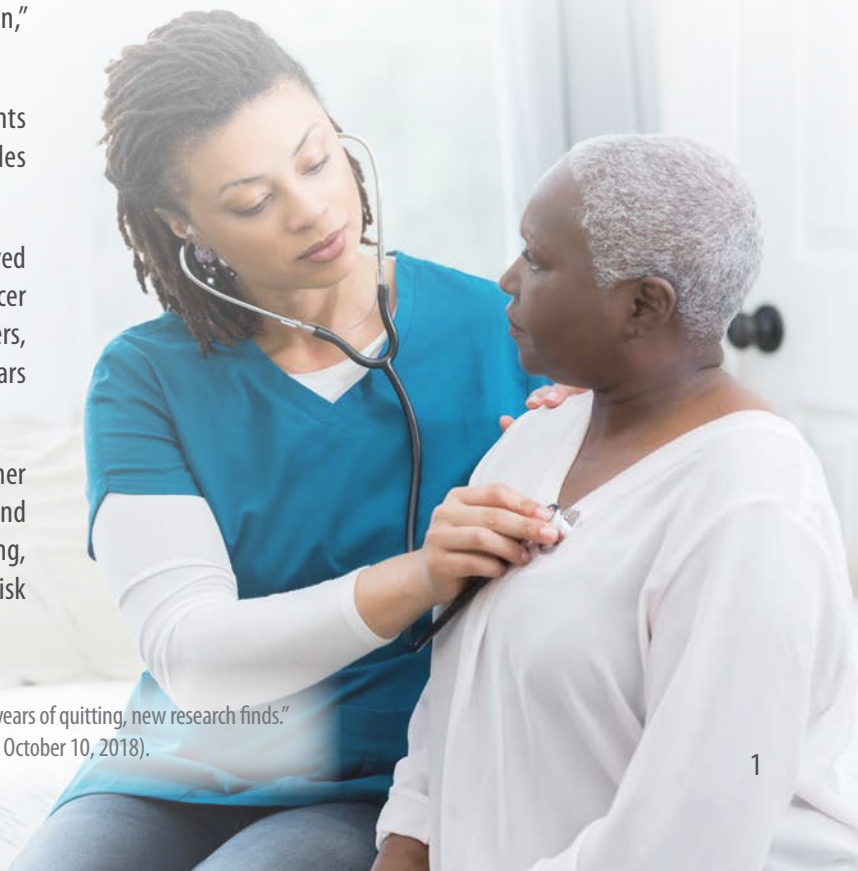
Tindle and her colleagues examined the health records of residents of Framingham, Massachusetts, who have been followed for decades by the Framingham Heart Study.

The current study looked at 8,907 participants who had been followed for between 25 to 34 years. During this period, 284 cases of lung cancer were diagnosed, nearly 93% of which occurred among heavy smokers, those who had smoked at least a pack of cigarettes a day for 21 years or more.

Five years after quitting, the risk of developing lung cancer in former heavy smokers dropped by 39% compared to current smokers, and continued to fall as time went on. Yet even 25 years after quitting, their lung-cancer risk remained over three times higher than the risk for people who had never smoked.

Current federal guidelines, which mandate insurance coverage of lung cancer screening for current and former smokers, exclude those who haven't smoked for 15 years or more. Yet 4 of 10 cancers in heavy smokers in the current study occurred more than 15 years after they quit.

"While the importance of smoking cessation cannot be overstated, former heavy smokers need to realize that the risk of lung cancer remains elevated for decades after they smoke their last cigarette, underscoring the importance of lung cancer screening," said senior author Matthew Freiberg, MD, MSc, professor of Medicine.



Vanderbilt University Medical Center. "Lung cancer risk drops substantially within five years of quitting, new research finds." ScienceDaily. [www.sciencedaily.com/releases/2018/05/180529153044.htm](http://www.sciencedaily.com/releases/2018/05/180529153044.htm) (accessed October 10, 2018).

# A Beginner's Guide to Mindfulness

It's no secret that the holidays bring joy, but they can also bring stress. Prolonged and chronic stress can wreak havoc on your overall health and wellness, so it's important to find healthy ways to manage it. One effective way to do so is to practice mindfulness.

Mindfulness is the process of bringing your full attention to experiences in the present moment. Being mindful means being aware of where you are and what you're doing, as well as not being reactive or overwhelmed with what's going on around you. Many people achieve mindfulness through meditation and yoga.

Mastering meditation takes practice, but getting started can be easy. Try the following simple mindful meditation techniques next time you're feeling stressed.

- 1. One-minute relaxation breathing:** Close your eyes and take a deep breath in for a count of four, and then exhale for a count of eight. Repeat five times.
- 2. Five-minute body scan meditation:** Sit or lie down in a comfortable position and take a few moments to find a calm, steady breath. Bring your awareness to sensations in your body, where you will spend several slow breaths on each focal point beginning with the left toes and all the way through the left hip. Repeat on the right side. From there, follow the same process through your torso, arms, and up through your head.

## Make Over Your Holiday Recipes by Substituting Fats

Butter, oils, and other fats can add flavor to your favorite recipes, but they can also add many calories. They act as a barrier so flour does not absorb as much water to keep your dishes moist and tender. There are many ways to reduce fat without sacrificing taste; the trick is to replace fats with foods that add creaminess without cholesterol.

Substituting fat in your favorite recipes may not give them the same texture, but it will be close. In addition to lower fat content, many of the substitute ingredients will add more fiber, vitamins, minerals, and protein to your recipes.

To experiment, start by substituting one-third of the fat from the recipe, and then increase or decrease to your desired likeness. For baking, use  $\frac{1}{3}$  cup applesauce or fruit juice and  $\frac{2}{3}$  cup butter instead of 1 full cup of butter. Instead of 1 cup of heavy cream, use 2 tsp. cornstarch whisked into 1 cup of fat-free milk.

Now that you have the basics, you can try it out on your own. With the holidays right around the corner, now's the perfect time to try these substitutes in your favorite holiday recipes.

### Healthy Baking Substitutes

The infographic features a central image of a bowl of applesauce, a whole and sliced avocado, and a pile of flax seeds. Three callout boxes provide specific substitution recipes:

- For 1 cup of oil or butter:**
  - $\frac{1}{2}$  cup applesauce +  $\frac{1}{2}$  cup fat
  - 1 cup pureed avocado
  - $\frac{3}{4}$  cup prunes +  $\frac{1}{4}$  cup boiling water
- For 1 Tbsp of oil or butter:**
  - 3 Tbsp flax meal + 1 Tbsp water



# Education Improves Decision Making Ability, Study Finds

Published in *Science*, a new study led by Hyuncheol Bryant Kim, assistant professor of policy analysis and management at Cornell University, found that education can be leveraged to help enhance an individual's economic decision making quality or economic rationality.

"Using a randomized controlled trial of education support and laboratory experiments that mimic real-life examples, we established causal evidence that an education intervention increases not only educational outcomes but also economic rationality in terms of measuring how consistently people make decisions to seek their economic goals," Kim said.

Kim and his colleagues examined this hypothesis through a controlled trial of education support in Malawi. "We found that those who took part in the education intervention had higher scores of economic rationality, suggesting that education is a tool for enhancing an individual's economic [decision making] quality," Kim said.

Kim points out that most other research on improving the quality of decision making targets the reduction of decision biases. "We take a different stand: proper policy tools can enhance general capabilities of decision making," Kim said. "Education can better equip people for high-quality [decision making] for their lives."

"Governments must never neglect investments in human capital of their citizens," he said, noting that Malawi is ranked one of the lowest in the world in human capital - the economic value of citizens. "In addition, this evidence provides rationale for investment in education in resource constrained settings such as Malawi and other developing nations."

Cornell University. "Education improves decision-making ability, study finds." ScienceDaily. [www.sciencedaily.com/releases/2018/10/181005111436.htm](http://www.sciencedaily.com/releases/2018/10/181005111436.htm) (accessed October 11, 2018).

## November Recipe Super Stuffed Squash

- 2 acorn squash
- 2 ½ cups water
- 1 cup brown rice
- 1 pound ground pork
- 1 medium onion (chopped)
- 3 garlic cloves (minced)
- 1 med. sweet apple (peeled, diced)
- 1 tsp. smoked paprika
- 4 tsp. olive oil
- Fresh parsley (chopped)



Heat oven to 350 F. On a large baking sheet, place the squash in the oven for 30 minutes. Remove from oven, cut in half, and remove and discard the seeds. Cook with the cut side down for another 20 minutes or until soft.

In a large stockpot, bring the water and the rice to a boil. Cover, reduce the heat to low, and simmer until the rice is tender and liquid has been absorbed. In a large nonstick skillet, warm 4 tsp. olive oil over medium heat and add the pork. Once the meat is browned, add the onions, garlic, apples, smoked paprika, salt, and pepper. Cook until onion is soft. Add the brown rice.

When squash is done, turn cut-side up in the baking dish. Add a teaspoon of olive oil to the center of each squash half. Divide the meat and rice mixture amongst the four squashes. Return to the oven for 10 minutes. Garnish with fresh chopped parsley and serve.

Yield: 4 servings. Each serving provides: Calories- 631, Carbs- 66g, Protein- 26g, Fat-30g, Dietary Fiber 8g, Saturated Fat 10g, Sodium 125mg, Total Sugars 5g  
Source: USDA

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