

You'll also lower your risk for lung cancer when you quit. And the health benefits continue the longer you stay smoke-free. Visit **smokefree.gov** to start your quit journey!

Foot health

matters with diabetes

People with diabetes have a higher risk of getting certain foot problems.

This usually happens because diabetes can cause nerve damage in the feet. This is known as diabetic neuropathy, which can lead to tingling, burning or weakness in your feet.



KEEPING SKIN HEALTHY

Wash, dry and moisturize the skin on your feet every day. Also, check for problems. Here's how:

- After bathing, dry your feet gently with a towel.
- Look for corns, calluses, blisters or cuts. If you notice any of these, call your health care provider. Don't try to remove corns or calluses yourself.
- If your skin looks healthy, you can moisturize. Apply a skin cream to dry areas.
- Don't apply cream between your toes. This can cause fungus to grow. Keep the area between toes clean and dry.
- If you can't trim your toenails easily, have this done by a podiatrist or other health provider.



GOOD SHOES ARE YOUR FRIEND

Poorly fit shoes can cause sores, or ulcers, on your feet. These can lead to infection. Even if you don't feel pain, see your doctor about any sores on your feet. You should also stay off your feet until your doctor says it's ok. Don't walk in your bare feet because this can put your feet at risk.

You can avoid many foot ulcers by getting comfortable, supportive shoes. A podiatrist or foot specialist may help you find a pair that fits your feet well without rubbing. Wearing socks that wick moisture, such as wool socks, can also help. Wearing wet socks or shoes can lead to fungal infections.



HELPFUL WAYS TO AVOID FOOT PROBLEMS WITH DIABETES:

1. Go to regular checkups.
2. See your doctor if you have any foot injuries or skin changes on your feet.
3. Follow your diabetes plan to keep blood sugar under control.
4. Check your feet every day.



WHY DOES NEUROPATHY MATTER?

Diabetic neuropathy isn't just painful. It also means that you may not feel things like cuts, injuries or heat or cold on your feet. Your feet could get hurt or burned and you wouldn't know it. Then, with reduced blood flow, your body may not be able to heal the skin very well.

Smoking triggers

and how to beat them

Many people have tried to quit smoking but couldn't. There are many reasons for this, but one of them is because of triggers. A trigger is something that makes you want to smoke.



EMOTIONAL TRIGGERS

When you have certain emotions, you may get the urge to smoke. They may include feeling stressed, nervous, depressed or even bored.

You can help stop these triggers by dealing with your emotions in other healthy ways. Try meditation, deep breathing or exercise to help manage stress and anxiety. Exercise is also a great way to beat boredom and fight depression. Listen to calming music or talk to a friend who can encourage you to keep up your efforts to quit.



PATTERN TRIGGERS

Sometimes you're used to smoking when you do something else, such as drinking coffee or alcohol. This is known as a pattern trigger. You may also like to smoke after eating or during a work break.

Change your routine to help avoid these patterns. Chew your favorite gum, suck on a hard candy or mint or go for a walk. Try brushing your teeth after meals, coloring in an adult coloring book or squeezing a stress relief ball.



SOCIAL TRIGGERS

Many people want to smoke at bars, parties or when they're with people who smoke. These can be powerful triggers for you to smoke.

It's best to avoid these triggers if you're trying to quit. Instead, surround yourself with people who don't smoke or who want you to quit. Try taking a class or find a hobby, such as painting or cycling.



WITHDRAWAL TRIGGERS

Your body will crave nicotine when you quit smoking. Nicotine is very addictive and you may go through withdrawal. Withdrawal triggers include:

- Cravings for cigarettes or e-cigarettes
- Feeling like you need to do something with your hands or mouth
- Feeling restless or uncomfortable

Withdrawal can be very difficult to manage. As with other triggers, spend time with people who don't smoke and who want you to quit. Find things to do that have nothing to do with smoking. Avoid places or situations where you might see or smell cigarettes or vaping.

Quitting is hard. But if you have support from your doctor, family and friends, you can do it. Millions of people have quit and you can too!

Enjoy Thanksgiving *without weight gain*

Most of us think of Thanksgiving as a huge meal where we enjoy our favorite foods. But you don't have to feel guilty afterward. You can truly enjoy your holiday meal and hang on to your healthy habits.



DON'T "SAVE YOUR APPETITE"

Many people think that they should skip breakfast and lunch so they can be extra hungry for Thanksgiving dinner. This usually leads to extreme hunger and overeating. In fact, you'll probably eat much more than you would have done if you had eaten lunch!

Instead of skipping meals, focus on eating very healthy meals early in the day to avoid feeling too hungry. This helps you make smart choices and control portion sizes when you show up for dinner.

ENJOY EVERY BITE

Start with smaller portions, and eat slowly while smelling and tasting each bite. We often overeat when we gobble food down quickly. We don't truly enjoy it and experience how delicious it is. You can get just as much satisfaction and enjoyment from eating smaller portions.

SMALL, SLOW AND STEADY IS KEY

The appearance of food makes a difference in how much we eat. If you use a big plate, you may be more tempted to fill it up and eat more. It helps to start with a smaller plate.

Put down your fork and wait a few minutes before getting second helpings. Give your stomach time to tell your brain that it's full. You may find that you don't need more food after all.

FOCUS ON COLORFUL FRUITS AND VEGETABLES

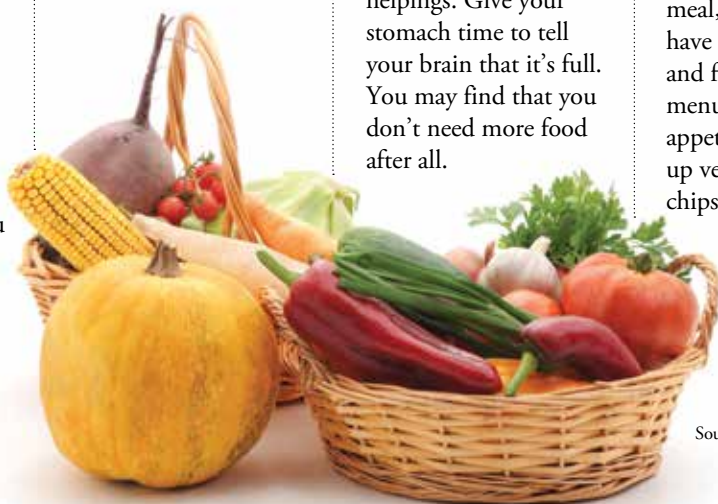
The fall harvest can be a great way to enjoy the season. Make your dish "to pass" a healthy plate of winter squash or baked apples (without added sugar). Or try roasted broccoli or cauliflower.

If you're hosting the meal, make sure you have lots of vegetables and fruits on the menu. For example, appetizers can be cut-up veggies, rather than chips.

DON'T PUT HEALTHY HABITS ON "HOLD"

The holidays are busy, but a 15-minute walk will help lower stress levels and burn a few calories. Keep exercise and healthy habits in mind, even if you decide to indulge in a few treats.

Remember that one holiday slip-up doesn't mean you have to give up your healthy eating or exercise plan! Get back on track tomorrow.



Eat soup to satisfy



Healthy foods like vegetables and fruits have lots of nutrients and fewer calories. Eating a diet with plenty of vegetables and fruit can help you lose weight.

Soup is a comforting way to enjoy vegetables (and sometimes fruit) of the season. It's warm, easy to eat and may help you fill up. In fact, some evidence suggests that eating soup before a meal can help you eat less.

You'll need to make sure your soup is lower in calories if you want to lose weight. It helps to use lots of vegetables and some fruits, and avoid high-calorie ingredients like cream and sugar.

Recipe: Creamy squash soup with shredded apples

Who says creamy soup has to be unhealthy? This recipe uses the bounty of fall without lots of calories from too much fat or added sugar. It can be prepped in 10 minutes, with just 20 minutes of cooking time.

INGREDIENTS

- 2 boxes (16 oz each) frozen pureed winter (butternut) squash
- 2 medium apples (try Golden Delicious or Gala)
- 1 tablespoon olive oil
- ½ teaspoon pumpkin pie spice
- 2 cans (12 oz each) fat-free evaporated milk
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper

TIP: For chunkier soup, try two bags (14 oz each) frozen diced butternut squash. Or, cut a fresh butternut into small chunks, and place in a microwave-safe dish covered with 1 inch of water. Microwave on high for 5–10 minutes, or until squash is tender and can be easily pierced with a fork. Remove skin. Place squash in blender until desired consistency.



DIRECTIONS

1. Place the frozen squash in a microwave-safe dish. Cover loosely. Defrost in the microwave on medium power for 5–10 minutes, until mostly thawed.
2. Meanwhile, peel then shred the apples using a grater or food processor, or peel and finely chop apples into thin strips. Set aside ¼ cup.
3. Warm oil in a 4-quart saucepan over medium heat. Add all but ¼ cup of the apples. Cook and stir until apples soften, about 5 minutes.
4. Stir in thawed squash and pumpkin pie spice.
5. Add the evaporated milk about ½ cup at a time, stirring after each addition.
6. Season with salt and pepper.
7. Cook and stir over medium heat just until soup is about to boil.
8. Ladle into individual soup bowls. Top each with a tablespoon of the unused apples. Sprinkle with additional pumpkin pie spice or a few pumpkin seeds, if desired.

Nutrition Facts: 4 servings. Calories 334; Total fat 4 g; Saturated fat 1 g; Sodium 370 mg; Total fiber 5 g; Protein 18 g; Carbohydrates 62 g;

Source: National Heart, Lung, and Blood Institute

How to teach children gratitude

Children may often want every new toy and thing they see.
But you can help teach them gratitude with these tips:



1. Make getting things a surprise.

This helps kids see something as a gift, not an entitlement. For instance, “surprise” them with a trip to the park or their favorite dessert on special occasions.



2. Be careful with choices.

Allowing children to choose something big, such as a vacation destination, will make them think they can get whatever they want. Instead, the adults can choose the vacation plans and present it as a surprise.



3. Talk about what made them happy each day.

This teaches kids to be thankful for good things. It can be as simple as playing at recess, seeing a friend or enjoying what they ate for lunch.



4. Serve others as a family.

Community charity programs such as working at a food bank are a great way for kids to see how much they have. Also, do smaller things like bring meals to neighbors who are going through a hard time.



5. Show them how to be positive.

Being demanding, whiny or jealous quickly turns into being ungrateful for what they have. You can point out positives in nearly any situation to teach them how to find it themselves. “It’s really hot today, but I’m so glad we have cold water to drink” is a great example.



6. Insist on saying “please” and “thank you.”

Give them positive reinforcement every time they use these words. This helps to teach them the importance of showing gratitude and respect for other people.



7. Give them chores to do.

Yes, kids are busy, but simple things like putting away their clothes, helping with dishes and picking up their toys are valuable lessons. Chores teach kids that it takes work to keep up a household and that they should contribute. Even five to 10 minutes of chores a day is helpful.



8. Consider gifts of “experiences” instead of “things.”

Not sure what to get them because they already have so much? How about tickets to a movie or show? Or a trip to a water park for a day? Chances are, they will remember those fun experiences far longer than any toy or gadget.



3 “S”s

to get fit during the holidays

Do you assume the holidays are too busy for exercise? Think the holidays are just about treats? Keep these three tips in mind and you could have a fit, healthy and happy holiday season!

1

SHORT BURSTS

Make your exercise bite-sized! Ten minutes of exercise here and there can be just as effective as 30 minutes at once. Try a quick walk first thing in the morning, at lunch and after work.

2

STRESS RELIEF

Is the holiday season too stressful? Exercise is one of the most effective ways to lower stress hormones in the body. Make time to move and you'll feel great mentally and physically.

3

SAVOR IT

Exercise doesn't have to be a chore. Pick something you like, or play your favorite music while doing it. Make exercise your “me time.”



Collecting unclaimed funds

Could you have money waiting for you? Learn about unclaimed money or property from bank accounts, tax refunds, insurance policies or wages and pensions.

You can find your unclaimed money for free. Here's how:

- Search in every state where you have lived. Look up each state's unclaimed property office. You can also try contacting the state treasurer's office.
- Search the FDIC database. If your bank or credit union closed, you could have unclaimed deposits. You can also check out the National Credit Union Administration (NCUA) at www.ncua.gov/support-services.
- Current or former VA life insurance holders can check for unclaimed life insurance funds. Go to insurance.va.gov/UnclaimedFunds.
- Look for tax refunds from an FHA-insured mortgage. If you earned income but your wages were below the tax filing requirement, you might have a refund waiting. Go to irs.gov/refunds to check. If you bought mortgage insurance from the Federal Housing Administration (FHA), you might have a refund. Go to entp.hud.gov/dsrs/refunds.
- Do you have unclaimed back wages or pension money from a past employer? Go to the Workers Owed Wages (WOW) website at webapps.dol.gov/wow. You can also check the Pension Benefit Guaranty Corporation at pbgc.gov.



Notice that these websites include "gov." They don't have a "com" or "org." The "gov" means it's an official U.S. Government website. You should never have to pay any money to find or claim your unclaimed money. It's FREE. Watch out for scammers and people who want to charge you for this service.

Source: usa.gov