



Urgent care centers now easier to locate

For minor emergencies, use an urgent care center instead of the ER. Urgent care centers are open during evening and/or weekend hours and offer walk-in or same-day appointments.

Our new urgent care directory makes it easy to locate an urgent care center near you. Visit ctww.org and check out the new urgent care provider directory.

- Organized by state, county and city
- Displays days and hours of operation for each clinic
- Displays street address and phone
- Provides link to directions, hours, maps and other clinic information



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Mammograms save lives

By the end of this year, an estimated 40,000 women in the United States will die from breast cancer. If there is any silver lining to this cloudy forecast, it's the fact that 97% of women diagnosed with breast cancer survive when the disease is detected early. This is why medical professionals recommend routine testing for women 40 and older.



Breast Cancer Awareness Month (October) is a good time to contact your primary care doctor to schedule your annual physical exam and routine mammogram (if you haven't already had one this year). Your plan will cover 100% of the cost—no copay, no deductible, no coinsurance. Call (206) 260-2204 to speak with the Participant Advocate at the Trust Office if you have any questions related to this test or need help finding a primary care doctor.

More birthdays have been celebrated

With mammography and improvements in treatment, breast cancer death rates are dropping. That means that more than 17,000 more birthdays have been celebrated since 1991 that would have been lost to breast cancer.



American Cancer Society

Plan to join the Great American Smokeout



Can quitters be winners? The answer is yes if you are a tobacco user.

Join the **Great American Smokeout** on Nov. 21. It's a national "day without tobacco" sponsored by the American Cancer Society.

Quitting for one day can produce remarkable health benefits. For example, 20 minutes after not smoking your heart rate and blood pressure decrease. Within 12 hours after quitting, the carbon monoxide level in your blood drops to normal and your sense of taste improves. See chart for other benefits of quitting.

BENEFITS OF QUITTING OVER TIME	
20 minutes	Heart rate and blood pressure drop
12 hours	Carbon monoxide level in the blood drops to normal
3 months	Circulation improves and lung function increases
9 months	Decreased coughing, shortness of breath, mucus buildup, and risk of lung infection
1 year	Risk of coronary heart disease is now half that of a person who is still smoking
5 years	Risk of stroke is equal to a non-smoker's
10 years	Risk of dying from lung cancer is about half that of a person who is still smoking
15 years	Risk of coronary heart disease equal to a non-smoker's
American Cancer Society	

Many tobacco users believe it's impossible to quit. The Great American Smokeout is an opportunity to prove that it is. Anything you can do once can probably be done twice. Just repeat! If you can quit for two days, how difficult can one be? If you can quit for three days, one day looks even easier. A series of one-day victories can build your confidence and stamina.

If you're serious about quitting, don't just wing it. And forget about "cold turkey." You need serious backup if you want to succeed. Enroll in **Quit For Life** and let a highly trained Quit Coach help you develop a solid game plan. The program is free to eligible carpenters and dependents. Call 1-866-784-8454 or sign up online at www.quitnow.net/ctww.

Free yourself from tobacco... for life

An estimated 7 out of 10 adult smokers want to quit. Unfortunately, 95% of quit attempts fail because they don't have the right support. **Quit For Life** offers the support you need to beat tobacco once and for all. The program is free for eligible carpenters and dependents. You'll get...

- 1. Free coaching calls** – The program gives you five telephone counseling sessions with a trained Quit Coach. Your coach will help you create a step-by-step Quit Plan and teach you techniques to cope with situations that trigger your desire to smoke. You can call a Quit Coach any time you need help.
- 2. Free nicotine replacement**—Nicotine patches, gum and prescription medication help you cope with withdrawals in the early stages of quitting. Your Quit Coach will help you decide which is best and show you how to use it effectively. Nicotine gum and patches are free. Medication is available without a copay if prescribed by your doctor.
- 3. Free text messaging support (new feature)** – Quit For Life can send tailored text messages to your supported mobile phone. The new Text2Quit® feature lets you play games to combat cravings. It can also be a lifeline to your Quit Coach. Just keep in mind that text messaging is not meant to replace phone sessions with your coach.
- 4. Free Web Coach® (new feature)**— Web Coach is a private online space where you can complete activities, watch videos, track your progress, engage in dialogue with other participants, and even share your progress on Facebook. However, it's not a substitute for your Quit Coach sessions.

Warming up: 3 things to do now

The **Great American Smokeout** (Nov. 21) could be the official start of your tobacco-free life. Enroll in **Quit For Life** to connect with a Quit Coach and make a plan. Call 1-866-784-8454 toll free or sign up online at www.quitnow.net/ctww. If you're not quite ready to enroll, here are some things you can do to warm up.

1. Download the app.

A lite version of the **Quit For Life** program, the app helps you identify reasons to quit, calculates the cost savings of quitting, and helps you set a quit date. Tips and tools are available to help you before and after you quit. The app is free to anyone and easy to use. Get started for free at www.quitforlifeapp.com.



2. Try one call.

The standard **Quit For Life** program gives you five free phone sessions with a Quit Coach.

If you're not yet ready for the five-call program, use the one-call program as a test drive. It's free (of course) and provides a great introduction to the extended program. Just call 1-866-784-8454 toll free. You can also sign up at www.quitnow.net/ctww.



3. Explore resources.

The Carpenters Trusts website provides links to videos, articles and other resources to help you quit, whether it's for one day or once and for all. Visit www.ctww.org/tobacco.



MAKE A GAME PLAN

LET A QUIT COACH HELP
YOU WIN AGAINST
TOBACCO

1.866.784.8454 | www.quitnow.net/ctww

“Strong enough to quit...”

By John Torkelson

Editor's note: John Torkelson is a 15-year union carpenter and former smoker who's been tobacco free for three years and counting. He is a Representative for the Pacific Northwest Regional Council of Carpenters and serves on the Board of Trustees for the Carpenters Trusts of Western Washington. Visit www.ctww.org to watch the video.

I remember my first cigarette like it was yesterday. I was hanging out with some high school buddies at Beer Bottle Beach down on the Cedar River in Renton, sometime around 1988. Everyone was smoking and drinking and having a pretty good time, so I thought I would give smoking a try, too.

That first cigarette was pretty intense and the combination of alcohol and cigarettes made me feel lightheaded. That feeling of dizziness, that relaxed feeling... that's what really hooked me.

Once I started smoking, it didn't take long to get up to a pack a day.

Like everyone, I was always aware of the negative consequences of smoking. I knew people who got sick from smoking. I even knew people who had died. But that wasn't enough to get me to stop.

I tried to quit several times. First, I did the patches the Trust provided. I also tried the medication Chantix. They definitely helped knock the edge off, but they weren't enough to make me quit for any extended period of time.

Eventually I realized that all the patches and Chantix in the world weren't going to help until I had a good reason to quit.

My wife and I have two boys, six and eight years old. The boys and I like to wrestle and roughhouse. I remember one day when things got really fun. The boys were learning to gang up and coordinate their attacks from both sides. Then that calling came. Regardless of how much fun we were having, it was time to have a cigarette.

I was sitting on my back porch with a cup of coffee and a cigarette, savoring the moment when the back door opened up and my boys yelled, “Hey Dad, come back in here and play with us!”

“I'm taking a break,” I replied. “Let me finish my cigarette.”

The kids said, “No, Dad. Now!”

“No!” I snapped, probably a little too harsh. “I'll be done in 10 minutes.”

I was literally getting upset with them because they were interrupting my cigarette break! Now that may make perfect sense to a smoker, but not to my children. They wanted to play with their dad but he was too busy smoking a cigarette.

“Make a sacrifice for something bigger, something better. Make a promise that no matter what happens, you're not going to smoke.”

Then it struck me. What kind of role model was I being for them? That was the moment I made up my mind to quit smoking.

I definitely believe patches and medication helped me prepare for that moment. They showed me that I was able to go two weeks, a month, three months or even longer without a cigarette. But to quit for good, I had to make a commitment to myself that no matter what happened, no matter how bad things got, I was not going to pick up a cigarette.

I have a wonderful wife. I have two wonderful kids. I'd like to see grandchildren someday. I also have a great pension waiting for me. I knew a union carpenter who retired and died before receiving 12 months worth of pension checks. I don't want to be one of those carpenters. I want to be able to enjoy a long retirement with dignity.

Three years after quitting, I still get cravings once in a while, and when I do, those are the things I think about to stay strong.

For fellow carpenters and their family members who want to quit tobacco, I offer these words of support. Make a sacrifice for something bigger, something better. Make a promise that no matter what happens, you're not going to smoke. Believe that no matter what happens, you're going to get through it okay. And if you fall short, be strong enough to get back up and keep trying. It's totally worth it.

Men's Health: The fungus among us

Carpenters are problem-solvers, so it's not surprising that some try to cure their own ailments and avoid the doctor's office. With the independent, do-it-yourselfer in mind, Carpenters Care offers these Men's Health Tips.

Athlete's Foot

Athlete's foot is a fungal infection that develops in the moist areas between your toes and sometimes on other parts of your foot. Symptoms may include cracking, peeling or excessively dry skin, itching blisters, and toenails that are thick, crumbly, ragged, discolored or pulling away from the nail bed.

Treatment

- 1. Don't ignore it.** Athlete's foot is highly contagious and can spread to other areas of your body, including the groin. This is known as jock itch.
- 2. Treat everyone with symptoms.** Anyone can get it if he or she comes in contact with an infected person or contaminated towel, floor or shoes.
- 3. Try an over-the-counter treatment.** Start with an antifungal ointment, lotion, powder or spray. Wash and dry the affected area. Apply a thin layer of the topical agent once or twice a day for at least two weeks (or according to package directions). If you don't see an improvement after four weeks, see your doctor.
- 4. Head to toe.** Dry your feet last after bathing or showering. Do not use the towel on your hands or groin after it comes in contact with your feet.
- 5. Socks first.** Put on socks before underwear to prevent spreading the infection to your groin area.

Prevention

- 1. Keep your feet dry.** Especially between your toes. Go barefoot around the house to let your feet air out. Apply antifungal powder to your feet daily.
- 2. Choose the right socks.** Wear socks made from cotton, wool, or a synthetic fiber designed to draw moisture away from your feet.
- 3. Change socks regularly.** If your feet sweat a lot, change your socks twice a day.
- 4. Alternate your footwear.** Don't wear the same pair every day. Wearing damp boots can accelerate fungal

growth and infection. Plastic or rubber boots are havens for bacteria. Dry them out thoroughly after every use or treat them with an antibacterial spray such as Lysol.

- 5. Beware of public areas.** Wear waterproof flip-flops in communal showers, pools, fitness centers and other public areas.

Jock Itch

Jock itch is another type of fungal infection. It usually begins with a reddened area of skin that spreads out from the crease in the groin in a half-moon shape onto the upper thigh. The border of the rash may consist of a line of small, raised blisters. The rash often itches or burns, and the skin may be flaky or scaly.

Treatment

For a mild case of jock itch, first try an over-the-counter antifungal ointment, lotion, powder or spray. The rash may clear up quickly with these treatments, but continue applying the medication twice a day for at least 10 days. If jock itch is severe or doesn't respond to over-the-counter medicine, you may need prescription-strength creams, ointments or medication.

Prevention

Jock itch thrives in warm, damp and dark conditions. The most common risk factor is heavy sweating, which can wash away fungus-killing oils on your skin and make it prone to infection.

- 1. Stay dry.** Keep your groin area dry. Dry your genital area and inner thighs thoroughly with a clean towel after showering or exercising. Use powder around your groin area to prevent excess moisture. Underwear made with wicking-type material can prevent moisture from being trapped against your body for long periods of time.
- 2. Wear clean clothes.** Change your underwear once a day. Change more often if you sweat a lot. Wash underwear, socks, work clothes and workout clothes after each use.
- 3. Be cool.** Don't wear thick clothing for long periods of time in warm, humid weather.
- 4. Find the correct fit.** Make sure your clothes fit correctly, especially underwear and athletic supporters. Try wearing boxers instead of briefs.
- 5. Don't share personal items.** Don't let others use your clothing, towels or other personal items.
- 6. Treat athlete's foot.** Control any athlete's foot infection to prevent spreading to the groin.



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Plan to be diabetes free

Nearly 24 million people have type 1 or type 2 diabetes, but even more are at risk. An estimated 57 million people have prediabetes, according to the American Diabetes Association. This means their blood glucose levels are higher than normal but not high enough to be Type 2 diabetes.

Many people who have prediabetes don't even know it because they are symptom-free or their symptoms develop so gradually they are not aware there is a problem. If you haven't done so this year, schedule your annual physical exam and screening.

During **American Diabetes Month** (November), create your own plan to stay diabetes free by following these healthy lifestyle guidelines:

- **Lose weight.** Aim for 7% of your body weight (about 15 pounds if you weigh 200 pounds). **My Weight Solution**, a Mayo Clinic program on the **EmbodyHealth** website, can help you get started (www.carpentershealth.org).
- **Exercise regularly.** Aim for 30 minutes of moderate exercise five days a week. Try brisk walking. Take the stairs. Jump rope with your kids. Hike with the family. Break it up into 10-minute sessions if you need to. Use **My Fitness**

Solution, a Mayo Clinic program on the **EmbodyHealth** website, to keep track of your activity and stay motivated (www.carpentershealth.org).

- **Eat sensibly.** Add more fruits and vegetables to your meals and snacks. Try to include fish in your menu at least twice a week.

Substitute whole grains for white bread and white rice.

Use nonfat

dairy products. And watch those portion sizes. The **EmbodyHealth** website offers a library of food and nutrition information, including super healthy recipes from Mayo Clinic cookbooks (www.carpentershealth.org).



Remember: eligible carpenters and dependents with diabetes or prediabetes can receive expert guidance and support through the Condition Management program from **Nurtur**. Visit www.ctww.org/nurtur for information about this free and confidential program. Call 877-676-7700 to enroll.