

Happy Friday Friends!!

I read this week that sometimes January just feels like a month of Mondays...

My head screamed YESSSS!!!!!! in agreement.

The New year is a clean slate, and there is never a shortage of things to get done. But I need to remember (*and maybe you do to*) that this life is a marathon, not a sprint.

(PS, if you know me, you know I will NEVER be an actual marathon runner... my running partner is an English Bulldog... and THAT → is how he looks when I mention exercise.)

BUT, let's "run" with this anyhow...

And in training for a marathon, there are some key tips that you want to keep in mind....

Prepare with the right equipment and knowledge.

Just as runners need the right shoes and clothing, we need the right tools and knowledge to provide patients and staff with the best support. That's where we come in, but we need your input too.

- This is a [brief survey](#) that will help us make sure that the information we provide to you is practical for your situations and allow us to make the most of your time.
 - This survey should take no more than 5 minutes.
 - It will allow us to structure these updates in a way that makes the best use of all of our time.

Don't Go It Alone

As one marathon veteran said, "it makes running less daunting if there is a friend along for part of the run." The same goes for our work. Having the reassurance that others are in this with us can make things less daunting. Having someone to bounce ideas and concerns off of can make us feel less isolated. *(I look forward to the feedback I get from you to know if we are providing you with information that is meeting your needs.)*

Pace Yourself

Finding a good, comfortable stride is critical for a marathon runner. The same goes for each of us. As a self-described "rescuer" I have a hard time admitting that I can't "save them all", but it's true. And if I try, I will burn out VERY quickly. We must find a pace that works for us.

Use a Mantra and Visualize Success

Runners need to be extremely positive as they go into a race. WE have to be positive as well. We must visualize that we can be successful as we support our patients, clients, employees, family and friends.

CME, Educational & Research Opportunities Cessation



When I find out my Thursday is really still Monday....

[Free Services help Oklahomans go tobacco free](#) -- Leap Year 2016 gives tobacco users an extra day to think about quitting tobacco. The Oklahoma Tobacco Helpline — a program of the Tobacco Settlement Endowment Trust — encourages tobacco users to use this time to explore the new free services the Helpline has to offer.

[Graphic warnings on cigarettes help smokers consider quitting](#) -- Graphic images on cigarette packaging help smokers consider quitting, a new study finds. Researchers from Ohio State University found that photos of damage caused by tobacco use are more effective than words alone in deterring smokers.

E-Cigarettes

[Cell Harm Seen in Lab Tests of E-cigarettes](#)

December 30, 2015 In a recent study, E-cigarette vapor – with and without nicotine – was shown to cause DNA damage to human cells in ways that could lead to cancer or cell death.

[Medwatch- Are e-cigarettes safer?](#) -- If you think using e-cigarettes is safer than smoking regular cigarettes...think again, because this has not been proven. What we do know is that the substance the nicotine is dissolved into, called propylene glycol, is not something you want in your body. If you think using e-cigarettes is safer than smoking regular cigarettes...think again, because this has not been proven. But what we do know for sure is that the substance the nicotine is dissolved into, called propylene glycol, is not something you want in your body.

[Where we stand now: E-cigarettes](#) -- Are you considering kicking your smoking habit for the New Year by trying e-cigarettes? Though many former smokers swear by it, some experts are wary. E-cigarettes work by heating a pure liquid called "e-juice" -- composed of flavorings, propylene glycol, glycerin and often nicotine -- until it vaporizes. The resulting vapor is much less offensive to many -- both smokers and non-smokers -- and some studies have shown it helps smokers quit. In fact many e-cigarette users don't call themselves smokers, preferring to use the term "vapers" instead.

Remember....

26 miles is a LONG way to run.

(Interestingly, it's the EXACT distance from my house to my office.)

It takes preparation and support to finish the task.

The same goes for us. We need to prepare, to strengthen our skills and knowledge of tobacco related issues, so we can be the best provider, educator and supporter.

So please [tell us what you need](#) to make this year successful. I promise it will be less painful than a marathon.

(Otherwise you'll have to read more stories about me... 😊)

Until next week,

Oklahoma Strategic Tribal Alliance for Health (OSTAH)
Margie Burkhardt
Cherokee Nation Healthy Nation

Oklahoma Hospital Association (OHA)
Jennifer W. Roysdon
Hospitals Helping Patients Quit





"There is no clinical treatment available today that can reduce illness, prevent death, and increase quality of life more than effective tobacco treatment interventions."

-Treating Tobacco Use and Dependence, US Public Health Service, US Dept. of Health and Human Services