

## MEET Jennifer Darnell

*Jennifer Darnell,  
Human Resources  
Manager at Magna  
Seating in Lordstown,  
Ohio has been nicotine-  
free for over 6 years.*

**Jennifer says it was truly one of the best decisions that she ever made for herself. She smoked one pack of cigarettes per day for almost twenty years. It took her four separate attempts before she was finally able to quit. Her last cigarette was on January 18, 2011.**

Although the decision to quit was easy, following through turned out to be more difficult. She says that to be successful in her efforts to stop the addiction, she had to fully commit to being self-disciplined. She wanted a better life. A life without cancer causing chemicals, addictive nicotine, toxic metals, and poisonous gases.

She admits to being irritable simply because she was giving up a habit. After all, she had relied on cigarettes for 20 years. She realized giving up the habit would be difficult. She found that the addiction was more to her than just a cigarette.

*Her cigarette was her best friend. It was her “go to” in times of happiness, good times, bad times, sorrow, and depression. She was scared but she stayed strong and committed.*

Jennifer faced many challenges along the way but she remained committed to making a change. It was self-discipline to not let this control who she is. She gained her independence back once she chose not to be a slave to her cigarettes. Not to mention the rising cost of the habit.

After 72 hours of life without a cigarette the nicotine was out of her system. She found she no longer had the craving. She was focused and it was all about her continued commitment to not pick up another cigarette. Over time she eventually found

that she was winning that internal fight and started to feel successful. Commitment and strength is how she overcame her internal fight.

Thinking back to the days before she picked up that first cigarette helped her with her success. So, for her first 21 years, she never even had the thought of smoking. Looking back to her early days when she didn't rely on cigarettes also helped encourage her. She felt she had to get back to that person, the “non-smoking Jennifer.” This is what truly kept her on track.

She now feels good. Her skin is more hydrated, and she rarely gets sinus infections when she previously suffered up to five times a year. She doesn't smell like a cigarette, her clothes and car don't smell like a cigarette, and her pets and family aren't inhaling second hand smoke.

*“Truly, it was the best thing I ever did. I will absolutely never pick up another cigarette again.”*

She hopes that her story will encourage and make a difference in the life of at least one person who reads this story.

“Every accomplishment starts with the decision to try” and this is truly the case. If she hadn't tried, then most likely she would still be smoking today. “It is an absolute feeling of exhilaration not to be a slave to cigarettes any longer.”



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If you want to quit but find you're having trouble trying to quit on your own, there are resources to help. A couple of examples include The Good For You Health and Wellness Team and our EFAP (Employee and Family Assistance Program), Homewood Human Solutions here at Magna.

Homewood has a smoking cessation program that includes an option to obtain one-on-one coaching with a quit smoking expert. In addition, Homewood also has quit smoking courses. There are three pathways to follow. Depending upon your personal stage of readiness to quit smoking, Homewood helps to assist in building the confidence you need to make a change.

Start now and create your comprehensive plan and prepare your quit-smoking date.

Learn from past attempts and gain some new strategies to help you quit for good.

To reach out to our EFAP program experts, you can confidentially call Homewood at:

**1-800-265-8310** or visit  
[homewoodhealth.com/corporate](http://homewoodhealth.com/corporate)

*Every accomplishment starts with the decision to try. It's never too late to take your life back!*

#### JENNIFER DARNELL

*Human Resources Manager at  
Magna Seating in Lordstown, Ohio*



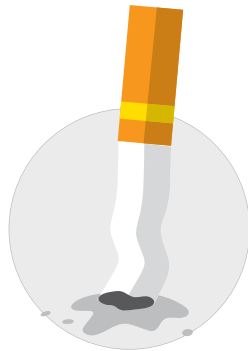
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# DID YOU know?

## THE BENEFITS OF QUITTING SMOKING BEGIN WITHIN HOURS OF QUITTING!

Quitting smoking is one of the best things you can do, not only for your lung health, but for your overall health. Improvements in health begin within hours!



### AFTER QUITTING, WITHIN...



**20 minutes**

- Blood pressure decreases (to a reading similar to what it would have been before your last cigarette)



**8 hours**

- Blood oxygen levels increase
- Carbon monoxide levels decrease



**48 hours**

- Sense of smell and taste begin to return to normal
- Risk of heart attack begins to decrease



**72 hours**

- Lung function begins to improve
- Breathing is easier
- Your entire body is nicotine-free



**2 weeks – 3 months**

- Lung function improves up to 30%
- Circulation begins to improve



**6 months**

- Symptoms such as chronic coughing, stuffy nose, fatigue, and shortness of breath improve



**1 year**

- Risk of heart disease, heart attack, and stroke have decreased to less than half of that of smokers



**5 years**

- Risk of stroke is now that of a person who has never smoked



**10 years**

- Risk of being diagnosed with lung cancer is 30-50% less compared to a continuing smoker



**15 years**

- Risk of heart disease is now that of a person who never smoked

## The effects of SECONDHAND SMOKE

*What is secondhand smoke?*

Secondhand smoke is the combination of smoke given off from a burning cigarette and the smoke exhaled by a smoker.

Most of the smoke from a lit cigarette is not inhaled by the smoker but instead fills the air, sticks to your clothes, and endangers everyone in the area. Secondhand smoke contains more than 7,000 chemicals, including hundreds that are toxic, and at least 70 that are known to cause cancer.

**THERE IS NO SAFE LEVEL OF SECONDHAND SMOKE!** Secondhand smoke contains the same harmful chemicals that smokers inhale.

*Health effects of secondhand smoke?*

The harmful chemicals in secondhand smoke damage the lining of your blood vessels, interfere with your ability to control blood pressure and blood flow, make your blood stickier, and raise your 'bad' LDL cholesterol. As a result of exposure to these chemicals, your risk of developing lung cancer, lung disease, asthma, heart disease, and having a stroke increases.

### DID YOU KNOW...

Living with a smoker increases your chances of developing lung cancer by 20–30%.

Parents who smoke increase their children's chance of developing asthma by 200–400%. Children are particularly vulnerable as they breathe at a faster rate, which causes them to inhale more chemicals from the air.

*How to avoid secondhand smoke:*



Avoid being around people who smoke and try to convince smokers around you to quit.



Although smoking is banned in many public and private buildings, keep your house and car smoke free. Ask smokers to step outside.



Avoid restaurants with designated smoking areas. Choose smoke free restaurants and bars.



If there are places you visit often, consider requesting that the administrators or owners adopt a no smoking policy.

## Asthma 101

Asthma is defined by doctors as a "chronic inflammatory disease of the airway" and is most often first diagnosed in children. This means your airways become swollen and full of mucus making it more difficult to breathe.

### COMMON SIGNS AND SYMPTOMS INCLUDE:

- Coughing
- Wheezing
- Chest tightness
- Shortness of breath
- Trouble sleeping because of breathing difficulty
- Being unable to take part in physical activities

### FACTS

"In 2015, asthma attacks resulted in over 70,000 emergency room visits."

"Approximately 250 Canadians die each year from asthma."





# OVERVIEW of LUNG HEALTH

Breathing is something we all do, usually without realizing it. We breathe in and out about 22,000 times a day. Breathing is part of our respiratory system that brings oxygen into our lungs then moves it through our body, allowing us to walk, talk, and move. This system also takes carbon dioxide from our blood and releases it into the air when we breathe out.

We often do not consider the important role our lungs play in keeping us strong and healthy. It is not until we experience problems breathing (chronic obstructive pulmonary disease, asthma or lung cancer) that we take

notice. But the truth is, like the rest of our body, our lungs need daily care and attention. Lungs at rest and during most daily activities are only at 50 percent of their capacity, so we need to challenge them with more intense activity.

## HERE ARE 5 WAYS IMPROVE YOUR LUNG HEALTH:

### STOP SMOKING



- Smoking damages your lungs and increases your risk for a number of diseases including lung cancer and COPD. This is because combustion of materials releases harmful substances into your lungs (toxins and carcinogens). The good news is that once you quit you can recover from the damage and reduce your risk of lung disease.
- Second/third-hand smoke puts you at the same risk as those who smoke. Don't allow smoking in your home, in the car, or at work.

### LIMIT EXPOSURE TO IRRITANTS & TOXINS



- Air fresheners, moulds, pet dander, and construction materials can all contribute to breathing difficulty. Make sure to use the exhaust fan when you cook, avoid using aerosol products, and change the air filter in your furnace seasonally.
- Check your home for radon gas. This deadly gas is the second leading cause of lung cancer after smoking. You can buy a machine to detect for radon gas, or get a professional to come and test your home.

### LAUGH



- Laughing is a great exercise to work the abdominal muscles and increase lung capacity. It also helps clear out your lungs by forcing stale air out, allowing fresh air to enter into more areas of the lungs.

### PRACTICE DIAPHRAGMATIC DEEP BREATHING



- Diaphragmatic deep breathing can help you get closer to reaching your full lung capacity.
- To start, put one hand on your belly and the other on your chest as in the belly breathing exercise.
- Take a deep, slow breath from your belly, and silently count to 4 as you breathe in.
- Hold your breath, and silently count from 1 to 7.
- Breathe out completely as you silently count from 1 to 8. Try to get all the air out of your lungs by the time you count to 8.
- Repeat 3 to 7 times.

### EXERCISE



- Regular moderately intense activity is great for the lungs, and when you increase your daily activity you get three things accomplished at once: healthy lungs, a healthier heart and a better mood.
- Aim for **150 MINUTES** of moderately intense movements weekly, like a brisk walk or bike ride.

Prevention is important but make sure to see your doctor if you experience any of the following symptoms as they may be related to lung disease:

- Shortness of breath
- Pain when breathing
- Dizziness with a change of activity
- Persistent coughing
- Wheezing or coughing with exercise
- Pain in the airway

## 6 STEPS TO HELP MANAGE AND CONTROL YOUR ASTHMA

**1 GET A DIAGNOSIS**  
Talk to your doctor about your symptoms. Your health practitioner or asthma specialist will determine what test is necessary to determine if you have asthma.

**2 LIMIT TRIGGERS**  
Asthma can get worse after contacting something in the environment that causes the airway to swell. Some examples may be things you're allergic to such as pet dander or chemicals used at home or work.

**3 GET THE RIGHT MEDICATION**  
Asthma is different for every person. Your doctor will prescribe medication to help you minimize your symptoms. Ensure you know what your medication does, and how to properly take it.

**4 EDUCATE YOURSELF**  
Learn as much about asthma as possible. Ask your healthcare provider, pharmacist or asthma specialist any questions you have, and utilize other resources like the library and resources listed below to educate yourself.

**5 HAVE AN ASTHMA ACTION PLAN**  
Make a plan with your doctor to control and maintain your asthma. Your plan may include steps to take if you are having an asthma attack or warning signs to look out for. Ask your healthcare provider for an example of an asthma action plan.

**6 CONTINUE WITH ON-GOING MANAGEMENT**  
Asthma needs to be monitored and controlled for a lifetime. Check in with your health practitioner and be mindful of what is going on with your body.

 [lung.org](http://lung.org), [asthma.ca](http://asthma.ca), [lung.ca/asthma](http://lung.ca/asthma)



# CHRONIC OBSTRUCTIVE PULMONARY DISEASE

*Chronic Obstructive Pulmonary Disease (COPD) is an umbrella term used to describe progressive lung diseases, including chronic bronchitis and emphysema. It is an inflammatory lung disease that causes poor airflow to the lungs which worsens over time, and can cause difficulty performing everyday activities.*

**IN CANADA, 1.5 MILLION CANADIANS HAVE BEEN DIAGNOSED WITH COPD**, but the number of people living with this disease is believed to be higher due to unreported and undiagnosed cases. People diagnosed with COPD have an increased risk of heart disease, lung cancer and a variety of other conditions.

*The symptoms of COPD don't usually appear until significant lung damage has occurred.*

**BELOW IS A LIST OF SOME SIGNS AND SYMPTOMS.**

- Shortness of breath (especially during physical activities)
- Wheezing
- Chest tightness
- The need to clear your throat first thing in the morning (due to excess mucus in the lungs)
- A chronic cough that may produce mucus that can be clear, white, yellow, or greenish
- Blueness of the lips or fingernail beds (cyanosis)
- Frequent respiratory infections
- Lack of energy
- Unintended weight loss (usually found in later stages of COPD)
- Swelling in ankles, feet or legs
- People with COPD may also experience episodes called exacerbations, during which their symptoms become worse than their usual day-to-day symptoms

**CHRONIC BRONCHITIS** is inflammation of the lining of the bronchial tubes, which carry air to and from the alveoli (air sacs) of the lungs. This causes your lungs to produce more mucus, which can further block the already narrowed tubes. It's characterized by a daily cough as your body tries to clear your airways.

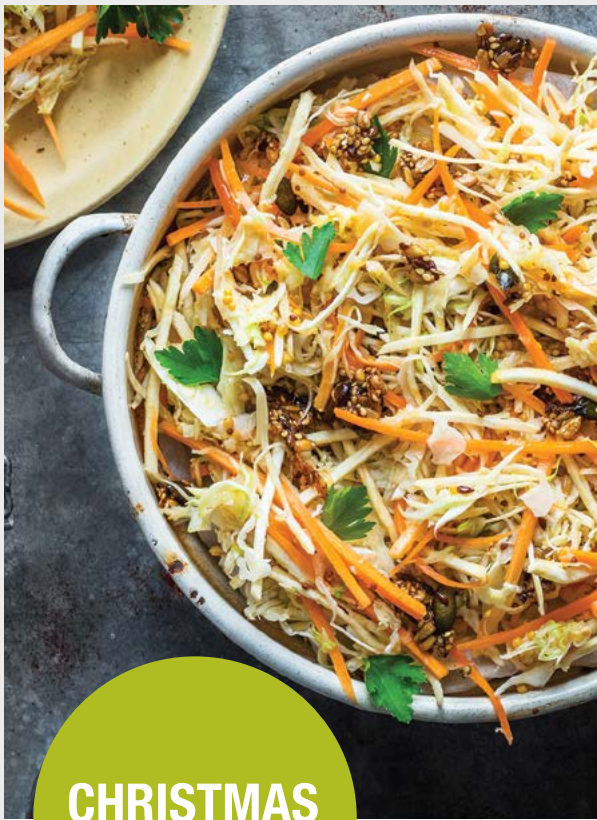
**EMPHYSEMA** is a condition in which the alveoli at the end of the smallest air passages (bronchioles) of the lungs are destroyed as a result of damaging exposure to cigarette smoke, irritating gases and particulate matter. Emphysema causes small airways to collapse when you exhale, impairing airflow out of your lungs.

## THERE ARE MULTIPLE RISK FACTORS FOR COPD. MOST INCLUDE EXPOSING THE LUNGS TO IRRITANTS.

Exposure to cigarette smoke, whether it is first hand or second hand smoke, can increase your risk of developing COPD. Long term exposure to chemical fumes, vapors, dust, and fumes from burning fuel (i.e. cooking) can irritate your lungs and increase your risk. COPD also slowly develops over the years so most people will start showing symptoms after the age of 40.

To test for and diagnose COPD, your doctor will review your signs and symptoms and discuss any exposure to lung irritants. He or she may order a pulmonary function test (spirometry), which measures the amount of air you can inhale and exhale, and if you are delivering enough oxygen to your blood. A chest x-ray or CT scan can also be performed to diagnose emphysema.

**The best way to prevent the development of COPD is to protect your lungs. Reducing the amount of exposure to irritants can significantly decrease your risk of developing COPD. For those who are smoking, there are many smoking cessation programs available to help kick the habit.**



## CHRISTMAS slaw

Serves 6

### INGREDIENTS

*For the salad:*

- 2 carrots halved
- ½ white cabbage, shredded
- 100g pecans, roughly chopped
- 1 BUNCH spring onions, sliced
- 2 red peppers, deseeded and sliced

*For the dressing:*

- 2 TBSP maple syrup
- 2 TSP Dijon mustard
- 8 TSP olive oil
- 4 TBSP cider vinegar

### DIRECTIONS

1. Using a vegetable peeler or cheese grater, peel strips from the carrots. Shred the cabbage by quartering it first, and then slicing into smaller pieces.
2. Mix carrots with the shredded white cabbage, pecans, spring onions, and red peppers in a large bowl.
3. For the salad dressing, combine all ingredients in a closed jar and shake well. Mix dressing with salad when you are ready eat. The salad and dressing will stay good stored separately in the fridge for up to four days.

**FOR MORE** articles, employee stories, quizzes, and recipes, please visit [magnawellness.ca](http://magnawellness.ca)

### WE WOULD LOVE TO HEAR FROM YOU!

Send your suggestions/comments to Magna Wellness at:

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