

# Healthy Lives Lead To Better Lives

Ambulatory Health Education Department (AHED) Newsletter

## 1 Patient In Action: Meet Judith

Judith has been a patient at Valley Medical Center for almost 20 years and smoked cigarettes for over 40 years. She started smoking in high school to fit in with her peers. She thought that she wouldn't be addicted to it and spent her adult life trying to fight the nicotine addiction. She was educated in alternative health modalities and attempted to quit smoking many times through acupuncture and hypnotic therapies; however, they did not work. Last year, Judith took the Stay Tobacco & Smoke-Free class for the third time in October. Since then, she's been smoke-free. She credits the class/program for her success.



“The class provided me some self-reflection questions that ignited my determination to quit smoking for good this time. I'm grateful for the counseling and support from the Tobacco-Free Program team and the nicotine replacement medications provided in class to help me quit smoking. **Don't beat yourself up if you slip or relapse and never give up on yourself.**”

## 2 Be Sun Smart This Summer



Avoid outdoors and stay inside between 10 am and 4 pm.



Apply sunscreen 15-30 minutes before going outside and reapply every two hours and/or after swimming.



Wear a hat with wide brim to shade your head, face, ears, and neck.



Wear sunglasses that wrap around and block both UVA and UVB rays.



Ultraviolet (UV) rays are strongest and most harmful during midday so seek shade under a tree or use an umbrella.

**DID YOU KNOW? 1 in 5 Americans** will develop skin cancer in their lifetime. Anyone can get skin cancer, regardless of skin color. Here are some prevention tips:

- 1) Use sunscreen with sun protection factor (SPF) of 30 or higher
- 2) See your provider each year for professional skin exam
- 3) Avoid intentionally tanning and tanning beds



## 3 Got Vaccinated?



**August is National Immunization Awareness Month!** Immunization prevents deaths every year in all age and racial/ethnic groups from diphtheria, tetanus, pertussis (whooping cough), influenza (flu), and measles.

Vaccines are very **safe** and **effective**. Vaccination is one of the best ways parents can protect infants, children, and teens from 16 potentially harmful diseases.



Vaccines may be available at doctor offices, pharmacies, community health clinics, health departments or other community locations, such as schools. **Make sure to get vaccinated!**

## 4 FREE Support Groups at Valley Medical Center

### BREASTFEEDING Support Group

#### Day & Time

Every **Wednesday**  
(Except on major holidays)  
10:00 AM - 11:00 AM  
No registration required



#### Location

Valley Health Center Bascom  
750 South Bascom Ave, Suite 140  
San Jose, CA 95128

A certified lactation educator leads the group to support and help new mothers with breastfeeding tips and techniques.

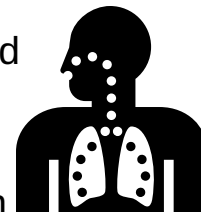
For questions about the breastfeeding support group, please call **(408) 885-5436**.

### TOBACCO-FREE Support Groups **2nd Monday of the Month** (Except on major holidays)

**1) Stay Tobacco & Smoke-Free**  
10:30 AM - 11:30 AM  
No registration required  
Light refreshments will be served

#### **2) Better Breathers Club\***

11:45 AM - 1:30 PM  
\*A support group for people with chronic lung disease and loved ones



#### Location

Valley Specialty Center (Building Q)  
Basement Floor, Room BQ160  
751 South Bascom Ave  
San Jose, CA 95128

For questions about the support groups, please call **(408) 885-2075**.

For more information about our **FREE** classes and programs, including Maternal Health & Baby Education, Prenatal Yoga, Stay Tobacco & Smoke Free, Gentle Yoga for Patients with Cancer and Chronic Conditions, and Healthier Living with Chronic Conditions, please call our department on **Monday-Friday** from **8 am** to **5 pm**.

Main: **408-885-5436** | Healthier Living Program: **408-885-2486**

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