



Philadelphia Coordinated Health Care
A Core Program of PMHCC

Winter, 2018 Issue 39

Empowerment through
education, support and **advocacy**

ACTIVE NEWS

This Publication is for Individuals with Intellectual and/or Developmental Disabilities and their families

Smoking And Your Health

Did You Know!

That smoking can harm
every organ in your body.



PLUS! It is a very
bad habit and costs a lot of
money.

Health Facts About Smoking

- It can raise your blood pressure and put stress on your heart.
- It can make you have a hard time breathing.
- If you have diabetes, smoking can make it harder to control your blood sugar.
- It can weaken your immune system, which is needed to fight illness.
- Smoking can dry out your skin and cause wrinkles and stretch marks.
- It can cause cancer.

Above are just a few health concerns about smoking.

For more information go to:

<https://smokefree.gov/quitting-smoking/reasons-quit/health-effects>

Facts About Not Smoking

- You can decrease your risk of heart disease.
- If your lungs are not permanently damaged, you may notice it is easier to breathe and walk around.
- In time your immune system will become stronger and be able to fight off illness better.
- Your taste buds will come back to life and food will taste better.
- You will have extra money.

Read about more good tips about not smoking in the below link:

<https://smokefree.gov/quitting-smoking/reasons-quit/benefits-quitting>

Find the words below in the puzzle. Circle the word when you find it. The words can go across, up and down, diagonal or backwards. Have Fun!!

E Z G P Y K Q L X P
 F K I L C M G N H A
 U Y O I L S N L H D
 K H S M P J T A T S
 Q X P S S T R X O G
 Y U M Z E M B X B N
 Z L S X F M Y R A U
 Y X Z U O K K G C L
 Z V L I F Y O P C C
 S N A G R O L U O W

~~HARMFUL~~
 LUNGS
 ORGANS
 SICK
 SMOKE
 TOBACCO

Answers to the puzzle in the 2017 Fall,
 issue 38.

DOCTOR
 HEALTH
 NEWS
 RADIO
 TV (2 answers)
 WORLD

O A Y I R WORLD
 D N Z U K V X W T Z
 O S E J M Q E R Q V
 C Z X W V S T S L P
 T D O K S Q V E K R
 O F Q E V P E N A N
 R T Y M A V R C X G
 V G V V Q X L Q H O
 A H F O I D A R X K
 O U HEALTH Z D

How To Stay Healthy

Eat a healthy diet. A healthy diet is a diet that helps or improves your overall health. Eating fruits and vegetables is a good way to eat healthy.



Exercise



Drink plenty of water.

To schedule a training: e-mail
pcragin@pmhcc.org OR bdowns@pmhcc.org



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Information and education provided by PCHC is intended as general information only and is not all inclusive or intended to replace medical advice. If you believe that you, or someone you support, have physical, dental or behavioral health issues, please seek professional advice

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Learn more at www.pchc.org

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