



Health Topics

November 2016 Edition

The Great American Smoke Out

The Great American Smoke Out (GASO), a day earmarked by the American Cancer Society, encourages smokers to set a quit date while providing access to resources and educational materials. This event is held annually on the third Thursday in November (November 17th, 2016). According to the [American Cancer Society](#) “About 40 million Americans still smoke cigarettes, and tobacco use remains the single largest preventable cause of disease and premature

death in the world. While cigarette smoking rates have dropped (from 42% in 1965 to 17% in 2014), cigar, pipe, and hookah – other dangerous and addictive ways to smoke tobacco – are very much on the rise. Smoking kills people – there’s no “safe” way to smoke tobacco.

Quitting smoking has immediate and long-term benefits at any age. Quitting is hard, but you can increase your chances of success with help. Getting help through counseling or medications can double or triple the chances of quitting successfully.”

For additional information please contact us at info@healthycentralma.com or call 508-799-8531 or follow us on Facebook, Twitter (@healthycm) and Instagram! Come by and make your pledge to quit!

To access cessation resources, you can visit <http://makesmokinghistory.org/quit-now/>, or call 1-800-QUITNOW or para Español 1-800-8-DEJALO.

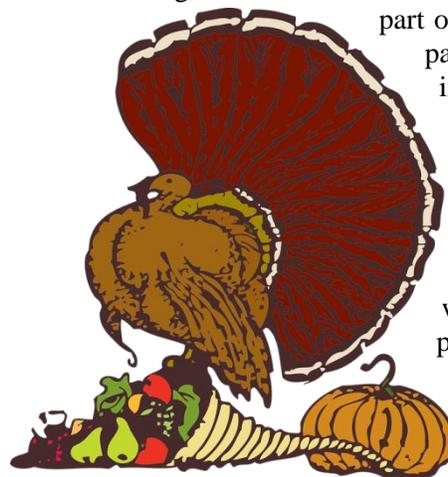


Food Safety (Thanksgiving)

With the holidays fast approaching, it’s time to think about cooking and prepping for large meals again. To make sure that you and your family and friends enjoy the holidays and have a safe meal, please follow these and additional tips from [Food Safety](#):

Steps to follow when cooking a turkey:

- Do not wash the turkey. This only spreads pathogens onto kitchen surfaces. The only way to kill bacteria that causes foodborne illness is to fully cook the turkey.
- Keep raw turkey separated from all other foods at all times.
- Use separate cutting boards, plates, and utensils when handling raw turkey to avoid cross-contamination. Wash items that have touched raw meat with warm soap and water, or place them in a dishwasher.
- Cook the turkey until it reaches 165 °F, as measured by a food thermometer. Check the turkey’s temperature by inserting the thermometer in three places: the thickest part of the breast, the innermost part of the thigh, and the innermost part of the wing.



Steps to follow when consuming leftover Thanksgiving food:

- Refrigerate leftovers within two hours to prevent bacteria from growing on the food.