



What's New from APFRI

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Healthy Tips for Holiday Meals

December/January Newsletter 2010/11

Army Physical Fitness Research Institute

The holiday season is here, the time of year when many dread the unwanted weight gain that comes from too much good food. This holiday season could be different for those who take these “healthy tips” to heart:

- **Plan ahead** for special events. Lighten up your intake of calories, sodium, and unhealthy fats in the meals immediately before and after the event – but don’t skip a meal; doing so can cause you to feel overly hungry.
- **Choose your favorites.** Enjoy the quality of traditional family treats - the gourmet items that took extra effort to prepare! Avoid the commercial candies and snacks available for you to buy all year long.
- **Savor each bite.** Take ½ your usual portion and sit down to eat. Notice the taste of each bite. The first bite is likely to be sensational; go on with second and third bites – still very good but less intense. By the fourth and fifth bites, your taste buds are numb, but you may go on eating remembering that first bite experience. If you take the time to really taste the food, chances are you may feel satisfied with smaller portions.
- **Don’t arrive hungry.** If you anticipate temptations, you are better off arriving to an event with the appetite satisfied; that way you can control your portions more easily.
- **Sip the drink.** Take your time when enjoying holiday drinks – many are extremely calorie dense. Sipping on a low calorie beverage can satisfy your senses and keep you from overeating.
- **Combine pleasure with health.** Nuts, seeds, dried fruit, cinnamon, dark chocolate and red wine are just a few of the healthy pleasures that may present at a holiday feast. Sample the treats that may do your body some good but again, watch the portion size; beware that some apparently healthy treats may come with extra sugar and saturated fat as well.
- **Focus on friends and relationships.** Traditions are more than the food we eat; cherish the moments with friends and family. This too can satisfy you!
- **Make time for exercise and family activities.** Though it may be the busiest time of the year, there is no good reason to give up exercise for the holiday rush! Keeping up with your exercise routine will help manage stress too!
- **Don’t regret.** So you over-eat on the good food anyway! Don’t look back with regrets – this will only generate a sense of failure. Instead, quickly adjust fire and take a twenty minute fast pace walk. Now you feel refreshed and empowered to better handle the next day of this holiday season!



Giving Up Is Highly Encouraged

If you could do one thing and eliminate your premature death by eight years—Would you do it? This may intrigue most individuals to investigate the news for a new medical or technological advancement. However, the medical and technological advancement to prevent a premature death is within your control—smoking and tobacco cessation.

Luther Terry, the Surgeon General of the United States in 1964 issued the first Surgeon General's report on smoking and health (1). The death toll and economic impact from tobacco use is staggering. The average pack of cigarettes in the United States (U.S.) cost approximately \$4.80 in 2010 (2). Cigarette companies continue to promote tobacco use through enormous investments in advertisements. As an example, in 2006 cigarette companies spent \$34 million dollars a day to market tobacco use (3). Annually, 5.1 million years of potential life is lost in the U.S. (1). In the U.S., an estimated 46 million adults or 20.6% of the adult population smoke (1).



How does the U.S. military fare when it comes to tobacco use? There is a history of a long partnership between the U. S. military and tobacco products. Daily rations for Soldiers included cigarettes from World War I through the Vietnam War. Comparatively, the smoking rates are higher in the military population versus the general population. According to the findings in the Institute of Medicine Report Brief (4), 32% of active duty military personnel and 22% of all veterans smoke.

Dr. Keith Haddock, an Air Force veteran and researcher, cites that coping with stress and boredom are the most common reasons for tobacco use in military personnel. Nicotine, no matter the form, alters brain activity and inhibits negative emotions, such as anger and anxiety. Thus, it is not surprising news that frequent and lengthy deployments to Iraq and Afghanistan contribute to tobacco use. Converting to smokeless forms of tobacco is no safer. There is no safe form or amount of tobacco. Smokeless tobacco products and cigars are also dangerous and contain cancerous ingredients which lead to oral cancers (5). Cessation is the only way to prevent health outcomes that are potentially fatal and devastating.

The Department of Defense recognizes the impact of tobacco use on the health, wellness, and readiness of Soldiers, Families Members, retirees, and veterans (6). Many resources exist to aid individuals to quit smoking or using tobacco products. As an example, the Department of Defense launched the “Quit Tobacco, Make Everyone Proud Campaign,” an online tobacco cessation program (<http://www.ucanquit2.org/>). Users may work with tobacco cessation counselors in real time and obtain advice and support from other users. In June, 2010, TRICARE rolled out a “Smoking Quitline” to provide 24-hour, seven day a week toll-free phone service to three Tri-Care regions (North 866-459-8766, South 877-414-9949, West 866-244-6870). The American Lung Association offers free on-line smoking cessation support entitled “Freedom from Smoking,” at www.ffsonline.org and the National Institutes of Health provides support through www.chewfree.com. Also, visit the National Cancer Institute's website, www.smokefree.gov for free cessation resources, materials, and advice.

A majority of military posts and bases offer some form of tobacco cessation education and support. Medications in combination with support groups offer the best outcomes. Usually, an individual requires a medical appointment to obtain a prescription medication for tobacco cessation, such as bupropion. As a first step, give up tobacco use for 24 hours. The American Cancer Society sponsors an annual observance of the Great American Smokeout every November. The “Smokeout” celebrated its 35th annual observance November 18, 2010 (7). Celebrate your own “smokeout” today, then commit to staying quit for a long and healthy life.

Are You at Risk? Insufficient Vitamin D Affects Health and Performance

Vitamin D is a unique nutrient in many ways and while research reveals new roles for this vitamin, it's also becoming increasingly clear that insufficient blood levels among various populations could be a significant health and performance issue.

In the presence of ultraviolet-B radiation (UVB), humans produce vitamin D in the skin. This production is, however, variable and dependent on several factors including time of exposure, season, latitude, cloud cover, smog, skin pigmentation, age, body composition, sunscreen use, and genetic variations in the ability to transport the vitamin from the skin to the circulatory system (1, 2). A higher body fat, for example, is inversely related to vitamin D status. During the winter months, it is important to recognize that insufficient UVB photons reach the earth's surface this time of the year at latitudes greater than 35° to 37° north or south (1, 2). For the United States, that translates to 2/3 of the nation, or north of Tennessee. Indoor versus outdoor training, training gear, skin color and season for peak activity will greatly affect the athletes' vitamin D status. Studies reveal that gymnasts were among those at highest risk for vitamin D deficiency while college athletes training outdoors in mountainous regions were at lowest risk (2).

In addition to low UVB exposure, inadequate dietary sources of the vitamin may contribute to insufficient blood levels. The National Health and Nutrition Examination Survey of 2005-2006 revealed that only 29% of adult men and 17% of adult women had intake of vitamin D from food alone that exceeded the recommended intake (1). Table 1 (Page 9) depicts the scarce natural food sources of vitamin D in the American diet; even with the addition of fortified milk, orange juice, and cereal, most adults would struggle (3). With the new Dietary Reference Intakes (DRIs) for vitamin D which were released on 30 Nov 2010 (Table 2, Page 9), an even wider gap can be expected (4). A push to "eradicate" vitamin D insufficiency stems from studies demonstrating a 20-50% reduction in incidence of many autoimmune diseases with adequate vitamin D levels (5). To achieve the recommended intake, many adults will have to add a supplement, preferably as a single nutrient supplement or a combo with calcium. The two supplemental forms of the vitamin, D₂ (ergocalciferol) and D₃ (cholecalciferol), are both absorbed at the rate of about 50%, but D₃ appears more effective in raising vitamin D blood levels and maintaining those levels for a longer time (1). Since vitamin D is a fat soluble vitamin, it stores up in the body and as always, too much supplementation can be harmful.



The better known role of vitamin D involves control of calcium and phosphorus levels in the blood and the transportation and modeling of calcium to form new bone structure. These roles are certainly important for individuals recovering from fractures. A recent retrospective study found that 43% of patients scheduled for orthopedic surgery had insufficient vitamin D levels with one of the highest rates (52%) seen in sports injuries; also men below 51 years of age were more likely to be deficient than women and their older counterparts (6). Another investigation involving female naval recruits found that daily supplementation with vitamin D (800 IU) and calcium (2000 mg) significantly reduced stress fracture incidence (2). Yet another body of research has found new and remarkable physiologic functions of vitamin D: As a regulator and facilitator for more than 1000 genetic expressions, this nutrient can affect cellular growth, immune function, and protein synthesis as well. This role as a genetic modulator affects many chronic and autoimmune diseases as well as athletic performance. Insufficient blood levels of the vitamin may increase the risk for hypertension, diabetes, rheumatoid arthritis, psoriasis, multiple sclerosis, cancer, and possibly acute illnesses and injury (7). Poor vitamin D status appears to elevate the concentrations of systemic inflammatory markers (tumor necrosis factor-alpha) which are not only implicated in the development and progression of heart disease and cancer but also over-training syndrome and many more (2, 5). Investigators also saw a correlation between aerobic fitness, jump height, velocity, and power and vitamin D levels suggesting that lower levels will negatively affect performance (2). Considering this vitamin's role in calcium transport, bone structure, and energy metabolism of skeletal muscles, the importance of adequate vitamin D status is clearly implicated for the military and all physically active people.

APFRI recommends talking to a health care provider about potential risk for an insufficient vitamin D blood level. If the exposure to UVB is low, complexion is dark, and intake of vitamin D rich food is irregular, there may be a significant risk. Furthermore, if there are signs and symptoms of vitamin D deficiency such as bone pain, muscle weakness and discomfort, or chronic fatigue, testing of the vitamin D blood level may be warranted. To reduce the risk for depletion during winter months, supplementing the diet with 600 IUs (DRI) would be a safe and reasonable decision. Talk to an APFRI Dietitian to learn more about food sources and supplementation with vitamin D.

Selecting Appropriate Running Shoes

10 Tips on selecting the proper fitting running shoes

- 1. Get the proper shoe length:** Allow for a thumb's width or about a 1/2 inch between your longest toe and the front of the shoe. If you have ever had black toe nails or blisters on the front of your toes, it is most likely caused by running in shoes that are not long enough for your foot.
- 2. Get the proper width:** You should be able to easily wiggle your toes in the toe box. If your toes are cramped together or you feel the shoes rubbing on either side, then you need a wider running shoe. If the upper part of the shoe is bulging over the sides of sole, then the shoe is too narrow.
- 3. Get a snug fitting heel:** The back of the shoe (the heel cup) should conform to the shape of your heel and provide a snug fit and prevent your foot from slipping.
- 4. Running shoes should feel comfortable immediately:** Running shoes do not require a "break-in" period. The shoes should feel comfortable the first time you put them on your feet. If the shoes feel tight or stiff, then you should avoid them and try on a different pair, size, brand or model.
- 5. Look for flexible shoes:** Running shoes should flex easily in the toe box region. If they do not flex with ease, it can add extra stress and strain to your lower extremities. To test a shoe's flexibility, place the shoe length-wise between the palms of your hands and apply even pressure. Get a sense for how much force is needed for the shoe to bend. If it requires a great amount of force, avoid that pair of shoes.
- 6. Test fit arch support/orthotics:** If you wear arch supports or orthotics in your running shoes, be sure to bring them along when you try on new running shoes. If the new shoes are constructed slightly different than your current pair, the arch support or orthotic may not fit correctly in the shoe. It's best to find this out in the store as opposed to when you get the new pair of shoes home.
- 7. Shop for new running shoes in the late afternoon/early evening:** Feet tend to swell slightly at end of the day. A pair of running shoes will have a slightly tighter feel at night as opposed to in the morning.
- 8. Wear the appropriate socks:** Try on new shoes with the socks that you normally run in. Dress socks and nylons are much thinner than running socks and will give the shoe a different fit and feel.
- 9. Take a test run:** It's hard to get a true feel for running shoes without actually running in them. Most good sporting goods stores and specialty running shoe shops will allow and even encourage you to take a test run before purchasing the shoes.
- 10. Seek further guidance:** If you need more help selecting an appropriate pair of running shoes, contact the Army Physical Fitness Research Institute. A podiatrist, sports medicine physician, physical therapist, athletic trainer and an exercise physiologist may be also able to provide you with information to make the shoe buying process a little clearer.



APFRI Running Shoe Clinic

APFRI currently conducts a Running Shoe Clinic focused on trying to decrease the number of running-related pain and injuries for students and their spouses, faculty and staff members at three locations: the U.S. Army War College, the U.S. Army Command and General Staff College and the U.S. Army Sergeant's Major Academy. The Running Shoe Clinic consists of four parts: an initial interview, a dynamic pressure analysis, a video gait analysis and an outbrief providing a summary report and shoe list. The program is designed to assess an individual's foot and ankle motion allowing trained personnel to match a particular foot type and motion to the appropriate category of running shoes. The Running Shoe Clinic provides each client with an individualized recommendation for running shoe selection and proper fit. After attending the APFRI Running Shoe Clinic, participants should have a good understanding of their particular foot characteristics as well as what type of shoe is recommended to accommodate his/her foot shape and motion. If you are an active runner and seeking more information about this program, contact the APFRI office at one of the three locations.

Control Your Stress.....Improve Your Health

Controlling your stress won't just make life more enjoyable, it might improve your health, too. Hypertension, or high blood pressure, is associated with numerous risks to your health including heart attack, stroke, kidney disease, and vision loss. An often overlooked contributor to hypertension is stress, especially when it becomes serious enough to cause anxiety or depression.

In the short term, anticipating something unpleasant (like getting a shot) causes our blood pressure to temporarily spike. Even something as non-threatening as having your blood pressure checked results in a temporary elevation, the so called "White Coat Phenomenon." Beyond these short-term observations, several studies suggest that chronic stress (experienced as anxiety, anger turned inward, and/or depression) is associated with hypertension.

It stands to reason that controlling your stress might reduce your risk for hypertension. Here are some helpful tips.



- **Exercise.** It has been shown to reduce stress, anxiety, and depression. Exercise causes your body to release endorphins, chemicals that improve mood. It also stretches and loosens your muscles, thus relieving that subjective sense of tension.
- **Optimism.** This might be the most bang you can get for your time-investment buck. Simply "counting your blessings," or listing five things you are grateful for once per day can improve your mood and your sleep to boot! When we become stressed our attention gravitates to the things that bother us. The more we think about the things that bother us, the more stressed we become, and the cycle continues. Interrupting the cycle by focusing on the positives in your life improves your perspective. Try writing down your list of blessings or discussing them with somebody to see if this improves the impact.
- **Relaxation.** Your stress response is a physiological reaction to perceived threats. You can "switch off" your stress reaction by practicing relaxation exercises.
 - Under stress our breathing tends to be quick, shallow, and from the top part of our chest. The stress reaction can be interrupted by taking slow, deep, rhythmic breaths that cause your abdomen, not your chest, to rise and fall. Practice this a few times a day to improve your performance.
 - Under stress your muscles will become tense. Relax them by clenching and then releasing the tension, leaving your muscles slack. Start at your head or toe to ensure you remember all your muscle groups, and don't forget the less obvious muscles (face, tongue, jaw, etc.).
 - Last, some people interrupt the stress response by imagining themselves transported to some relaxing locale. Close your eyes and immerse yourself in the smells, sounds, sights, and tactile experiences of your favorite place for a powerfully relaxing virtual break. With practice, your body will respond to these imagined sensory inputs almost like the real thing. Incorporating the breathing and muscle relaxation techniques may enhance the experience too.

Try these techniques, feel less stressed, and enjoy the health benefits that come with practice.

USAWC Class Schedule

FITNESS CLASSES

December

1- Teen/Parent Strength
7, 9, 14, 16, 21
Peak Performance

January

4 - Lumbar Stabilization
6 - Flexibility
11, 13, 18, 20, 25, 27
Peak Performance
19 - Teen/Parent Strength

Teen/Parent Strength
Training is held on
the 2nd Floor.
1600 - 1700

**Lumbar Stabilization,
Flexibility and APFRI**
Peak performance
classes are held on the
3rd floor. 1145 - 1245

**Please
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Us!**

For More Information:

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NOON-TIME LECTURES

1145—1245

Wil Waschoe Auditorium
(WWA)
Bradley Auditorium

December

17 Sleep Class WWA

January

7 Resiliency Class WWA
12 Weight Control Class
Bradley
21 General Fitness WWA
28 Cholesterol WWA

Staff Spotlight

Mr. Rob Stanley, Health Fitness Instructor



Rob Stanley joined APFRI as a Health & Fitness Instructor in February 2008. Rob holds a Masters Degree in Exercise Science from the University of California at Pennsylvania, a Bachelor's Degree in Exercise Science from Rowan University and an Associate's Degree in Math and Science from Tompkins Cortland Community College.

Before coming to APFRI Rob worked as the Health Promotion Manager for the U.S. Coast Guard in Cape May, N.J. Rob also has worked for several years training endurance and triathlon athletes as well as professional football and hockey players with the Philadelphia Eagles and Philadelphia Flyers.

Rob served the U.S. Army as an Infantry Soldier and sniper with the 2nd Infantry Division. Rob recently re-enlisted with PA National Guard and is a member of the 3/103AR, 55thBde, 28th Infantry Division based in Sunbury, PA.

Rob holds certifications from National Strength and Conditioning Association (NSCA), American College of Sports Medicine.

Command and General Staff College Annex

Starting in February 2011, APFRI will be conducting the first annual **APFRI Warrior** competition. APFRI wants to promote well-being and recognize those who make the most progress in their health and fitness during their academic year at Fort Leavenworth. The **APFRI Warrior** competition gives one individual the chance to be recognized for the best overall improvement in health and fitness. The competition will combine points from improvement from the first APFRI assessment in the beginning of the year to the follow-up assessment at the end of the year. Along the way, individuals will be given the chance to earn points through promoting APFRI within the college and their peers, such as attending classes and lectures. The winner will be commemorated on the **APFRI Warrior** plaque and recognized for all their hard work. If you have any questions regarding the **APFRI Warrior** competition, please contact Angela Sanchez by phone at 913-758-3434 or email angela.m.sanchez@us.army.mil.

Location: Functional Fitness Clamshell (Next to Harney Gym)



For More Information: <https://apfri.carlisle.army.mil> then click on CGSC



Or <http://usacac.army.mil/cac2/cgsc/Events/APFRI/index.asp>

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CGSC Annex Staff Spotlight Mrs. Christy McKnight, RN, BSN

Christy McKnight earned her Associate Degree in Nursing in 1981, and her Bachelor of Science Degree in Nursing in 1983 from Indiana State University. The majority of her experience is in the area of Cardiology--from critical care to cardio/pulmonary rehab, she also has experience in surgery, ER and patient education.

Throughout her career in medicine, she has repeatedly seen the importance of *preventive* medicine. That's why she loves her job at APFRI. "You only have one body; take care of it the best way possible to keep from getting ill or injured. In Cardiac Rehab, I helped my patients recover from their cardiac event, and often, I saw them become healthier than they were before. At APFRI, we identify areas of risk *before* you have a cardiac event and give guidance to minimize or eliminate them."

She has always been an active volunteer within her military community and understands completely what Army life is all about.



USASMA Annex Class Schedule

December

January

Important Dates

Is Diabetes in Your Future?

Date: Wednesday, 8 December 2010, from 0800 – 0850
Where: West Auditorium

Combat Stress Reaction and PTSD

Date: Tuesday, 14 December 2010, from 0800 – 0850
Where: East Auditorium

Intermediate Strength Training

Date: Friday, 17 December 2010, from 0800 – 0850
Where: West Auditorium

Metabolic Syndrome

Date: Thursday, 13 January 2011, from 0800 – 0850
Where: West Auditorium

Anger Management: “Balancing the Force/Threat Ratio”

Date: Wednesday, 19 January 2011, from 0800 – 0850
Where: West Auditorium

Running Shoe: “What You Need to Know”

Date: Friday, 28 January 2011, from 0800 – 0850
Where: West Auditorium

14-17 Dec 2010
Staff/Faculty assessments

20 Dec – 3 Jan
Christmas exodus for students

18-21 Jan
NRC Assessments

26 Jan 2010
Class 61 Blood Draw (Re-assessments)

USASMA Staff Spotlight

Mrs. Jackie Cintron, Physical Therapist Assistant



Mrs. Jackeline Cintron is a Physical Therapist Assistant working for APFRI at the USASMA Annex at Fort Bliss, Texas. Throughout her career, Mrs. Cintron has worked in a variety of settings including nursing homes, outpatient clinics, sports injury clinics, home health settings, and more. Prior to joining APFRI, she spent the previous 8 years serving in the Rehabilitation Department of William Beaumont Army Medical Center at Fort Bliss.

Mrs. Cintron graduated from the University of Puerto Rico in 1985 where she earned her degree as a Physical Therapy Assistant. She joined the APFRI team in August of 2008 and is dedicated to improving the lives of the Soldiers and family members that she encounters.

On her personal time, Jackie loves to volunteer at elementary schools and enjoys being a judge for the local science fair. She also takes an interest in participating in group fitness classes.

Contributors/Article Authors

Healthy Tips for Holiday Meals

LTC Heidi Kaufman, MS, RD, LD, USAWC

Giving Up is Highly Encouraged

LTC Jean M. Davis, RN, USAWC

Are You at Risk? Insufficient Vitamin D Affects Health and Performance

LTC Heidi Kaufman, MS, RD, LD, USAWC

Selecting the Appropriate Running Shoe

Chris Kusmiesz, MS, ACSM-ES, USAWC

Control Your Stress.....Improve Your Health

LTC John Via, Psy. D., USAWC

Are You at Risk? Insufficient Vitamin D (con't)

Table 1.

<i>Dietary Sources</i>	<i>Serving</i>	<i>~Vitamin D (IU)</i>
Salmon (sockeye), cooked	3 oz	794
Mushrooms, radiated with UVB	3 oz	400
Mackerel, cooked	3 oz	388
Tuna, canned in water	3 oz	154
Milk, non-fat, 2%, and whole, fortified	8 oz	115-124
Soy milk, fortified	8 oz	100
Orange Juice, fortified	8 oz	100
Yogurt, fortified	6 oz	80
Sardines, canned in oil	2	46
Ready-to-eat cereal, fortified	¾-1 cup	40
Egg yolk	1	25

Table 2.

<i>Age</i>	<i>Recommended Dietary Allowance (IU/day)</i>	<i>Upper Level Intake (IU/day)</i>
1-3 years old	600	2,500
4-8 years old	600	3,000
9-70 years old	600	4,000
≥ 71 years	800	4,000

**December is
Holiday Healthy
Meals Month**

**January is
Voluntary Blood
Donor Month**

References & Resources

Are You at Risk? Insufficient Vitamin D Affects Health and Performance

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Giving Up is Highly Encouraged

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Control Your Stress.....Improve Your Health

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