



Health Bulletin

Health tips and news for the community



Breastfeeding is Better than Formula

- Breastfeeding helps mothers bond with their babies.
- Mother's milk has antibodies that protect newborns from infection.
- It provides nutrients to help babies grow, and it's free!

Follow these tips to help you get started...

Inside this Health Bulletin:

- *Breastfeeding*
- *Cook Meat Safely*
- *Cigarette Dangers*
- *Rewards of Quitting Smoking*

While you are pregnant:

- Go to classes about childbirth and breastfeeding.
- Talk with women who breastfed.
- Plan for someone to help you with housework.



In the hospital after delivery:

- Breastfeed your baby as soon as possible, and often.
- If you have problems at first, keep trying!
- The more you breastfeed, the easier it will be.
- Hold your baby close to your face (they love to look at faces).
- Ask to talk with a breastfeeding counselor before you leave. They are happy to help!

At home:

- Keep your baby near, so you can hear when he or she is hungry.
- Learn to breastfeed standing up, so you can walk around at the same time.
- Wait two weeks before giving your baby breast-milk in a bottle.

For more tips, visit:
www.phila.gov/health/mcfh/breastfeedingpromotion.html



Cook Meats Safely for Easter, Passover, and other Spring Celebrations

Spring can be a time for festive meals, but undercooked meats can cause food poisoning. Cook your ham, turkey, lamb, or other meat safely this year!

Use a **meat thermometer**, and make sure you cook these meats until they are the right temperature inside:

- **Ground meat and meat mixtures: 165° F**
- **Fresh beef, veal, and lamb: 145° F**
- **Poultry: 165° F**
- **Uncooked pork and ham: 160° F**
- **Pre-cooked ham: 140° F**



Stay in Touch with the Health Bulletin

You can find the Health Bulletin in many languages at

<http://www.phila.gov/Health/DiseaseControl/healthBulletin.html>.

For more information about the Health Bulletin, contact Marialisa Ramirez at 215-685-6861 or HealthBulletin@phila.gov.

Spring is a great time to quit smoking!

Some reasons to quit:

- Smoking can cause breathing problems, and can make asthma and pneumonia worse.
- Smoking can also lead to heart disease and stroke.
- Smoking can cause cancer of the lungs, esophagus, larynx (voice box), mouth, throat, kidney, bladder, pancreas, stomach, and cervix.

These chemicals are found in cigarettes and their smoke:

- **Butane** (used in lighter fluid)
- **Cadmium** (used in batteries)
- **Stearic Acid** (used in candle wax)
- **Hexamine** (used in lighter fluid)
- **Toluene** (used in paint thinner)
- **Nicotine** (used in insecticide)



- **Ammonia** (used in cleaners)
- **Methanol** (used in rocket fuel)
- **Carbon Monoxide**
- **Arsenic** (a poison)
- **Methane** (found in sewer gas)
- **Acetic Acid** (found in vinegar)

THERE IS HOPE. If you want to quit smoking, try these things:

- **Pick a quit date.** Choose a date and stick to it.
- **Cut back.** Cut down the number of cigarettes you smoke before your quit date.
- **Read.** Get information that can give you hope and advice while you're quitting.
- **Track your progress.** Find a tool that can help show how well your quit attempt is going. Visit www.determinedtoquit.com.
- **Use the buddy system.** Find a friend who is trying to quit smoking.
- **Get group support.** Meet and help support other people who are trying to quit. Find a free class in your area at www.smokefreephilly.com or call 215-683-LIVE.
- **Talk to a quit coach.** Get help to quit at a time that is convenient for you through free phone-based counseling at 1-800-QUIT-NOW.
- **Get help to quit.** Consider using over-the-counter nicotine patches or gum that can help with cravings. Talk to your doctor about the medications that can help with cravings.
- **Get exercise.** Exercise can relax you and help take your mind off smoking.



Some rewards of quitting:

- Decreased risk of cancer and heart disease
- Everyday activities no longer leave you out of breath (like climbing stairs)
- Breath smells better
- Clothes and hair smell better
- Fingers and fingernails don't look so yellow
- Sense of smells goes back to normal
- Food tastes better

You're twice as likely to quit for good when you quit with help. For help quitting, call 1-800-QUIT-NOW for free phone-based counseling

Talk to your doctor to see if you should take medication to help you quit.

- City health centers have smoking cessation programs for their patients. Some medications are provided free of charge. Visit www.phila.gov/health/AmbulatoryHealth/ to find a health center near you.
- For more information about tools and resources to help you quit, visit www.smokefreephilly.org.