



# Veterans

# Health News

Fall-2004



Veterans Health News Web Site [www1.va.gov/stlouis/](http://www1.va.gov/stlouis/).

## Recipe

We at the St. Louis VA Medical Center want to help you stay healthy. So we're starting a new Veterans Health newsletter with tips on how to stay healthy and information to help you manage your health care.

Each issue will have a recipe and some Internet sites you might want to visit. The newsletter will be published four times a year on the Internet. We will also have some print copies in our clinics.

We hope you enjoy Veterans Health News!

Peter McBrady  
Associate Director



## SAVORY SALSA

Try it as a relish for grilled meat or fish.

- 6 tomatoes, chopped
- 1 small-medium white onion, chopped
- 2-3 jalapeno peppers, seeded and chopped fine
- ¼ cup chopped fresh cilantro
- Juice of 1 lime
- 1 tablespoon olive oil
- ½ teaspoon salt (optional)

Mix all ingredients in a medium bowl. Let stand for a while for flavors to mix. Makes 6 (½ cup) servings.

### *Per serving:*

- 60 calories
- 1 gram protein
- 9 grams carb
- 3 grams fat
- (<.5gram saturated)
- 0 mg. cholesterol
- 205 mg. sodium
- (if salt added).

Thanks to dietitian Amy Knoblock-Hahn and [www.aboutproduce.com](http://www.aboutproduce.com) for this recipe.

## On the Net

VA's consumer health web site, My HealtheVet [www.myhealth.va.gov](http://www.myhealth.va.gov), is up and running. Register online for information on health as well as VA programs and services. In the future you will be able to check your appointments, reorder your medications, and access your medical records.

There are many web sites with good health information. From the National Library of Medicine: [www.medlineplus.gov](http://www.medlineplus.gov)  
From the Mayo Clinic: [www.mayohealth.org](http://www.mayohealth.org)  
From Aetna Insurance and Harvard Medical School: [www.intelihealth.com](http://www.intelihealth.com).

**For more health information** visit [www.va.gov/valnet](http://www.va.gov/valnet) and click on Consumer Health Information on the left sidebar. A panel of VA librarians has come up with lists of suggested consumer health books and consumer health web sites.



**The St. Louis  
VA Medical Center  
has seven facilities  
to serve you.**

### **Hospitals**

#### **John Cochran Division**

915 N. Grand Blvd.  
St. Louis, MO 63106  
(314)652-4100

#### **Barracks Division**

1 Jefferson Barracks Dr.  
St. Louis, MO 63125  
(314)652-4100

### **Community Based Outpatient Clinics**

#### **St. Charles Clinic**

7 Jason Court  
St. Charles, MO 63304  
(636)498-1113  
(800)228-5459 x5390

#### **Belleville Clinic**

6500 W. Main St.  
Belleville, IL 62223  
(618)398-2100  
(800)289-7660 x5321

#### **Veterans Home Clinic**

10600 Lewis and Clark Blvd.  
St. Louis, MO 63136  
(314)388-0470

### **Vet Centers**

#### **St. Louis Vet Center**

2345 Pine St.  
St. Louis, MO 63103  
(314)231-1260

#### **East St. Louis Vet Center**

1269 N. 89th St., Suite 1  
East St. Louis, IL 62203  
(618)397-6602

## **Health Benefits When Smokers Quit**

**20 minutes after quitting:** Your blood pressure drops to a level close to that before the last cigarette. The temperature of your hands and feet increases to normal.

**8 hours after quitting:** The carbon monoxide level in your blood drops to normal.

**24 hours after quitting:** Your chance of a heart attack decreases.

**2 weeks to 3 months after quitting:** Your circulation improves and your lung function increases up to 30%.

**1 to 9 months after quitting:** Coughing, sinus congestion, fatigue, and shortness of breath decrease; cilia (tiny hair like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce infection.

**1 year after quitting:** The excess risk of coronary heart disease is half that of a smoker.

**5 years after quitting:** Your stroke risk is reduced to that of a nonsmoker 5-15 years after quitting.

**10 years after quitting:** The lung cancer death rate is about half that of a continuing smoker. The risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decreases.

**15 years after quitting:** The risk of coronary heart disease is that of a nonsmoker.

From the web site of The American Cancer Society  
[www.cancer.org](http://www.cancer.org)

**To help you quit smoking visit [www.smokefree.gov](http://www.smokefree.gov)**

This newsletter is sponsored by the Patient Health Education Sub-committee and is not meant to take the place of your healthcare provider. Always seek the advice of your healthcare provider about any medical concerns .

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