



# Student Health Promotions

## Tobacco Awareness Month

### Save the Date!

**Great American Smokeout**

Thursday November 18<sup>th</sup>

**World AIDS Day Events**

December 1<sup>st</sup>

**Stress**

December Before Finals



### Condom Club

Stop in at Student Health Promotions, first floor of Hill Hall to join the Condom Club. Watch a 6-minute video and you will receive a "Condom Club Card" entitling you to a dozen condoms for only \$2 instead of \$3.

**November Special: Purchase a dozen condoms and receive a free assortment pack.**

**Condom of the Month: Trojan ENZ**

### How does smoking effect the environment?

If you have ever walked into the Miller Center you probably have noticed the abundance of cigarette butts strewed about the ground and the cigarette smoke you just inhaled. Cigarette butts contain ingredients that are not biodegradable. It can take a cigarette butt 18 months to 10 years to decompose depending on the environmental conditions. Cigarettes contain trace amounts of lead and arsenic, which end up in the ground and waterways when a butt is thrown out a car window or onto the sidewalk.

### What about a social life?

After smoking a cigarette your hair, breath, and clothing reek of cigarette smoke. To control the smokers teeth from turning yellow, whitening treatments are used costing more to keep up that non-smoker appearance. To cover up the bad breath smokers often purchase gum or mints, which increases the cost of smoking that cigarette. Smoking does not make you look attractive and 90% of SCSU students agree, they would rather date a non smoker.

*90% of SCSU students said they would rather date a non-smoker*

### How does smoking effect cash flow?

The cost of a pack of cigarettes averages around \$4.50 to \$6, depending on where you live. Lets say you smoke around 11 cigarettes a day at \$6 a pack you burn through about **\$100.00 per month**, or **around \$1,200 per year**. That's a fat house payment or a sweet vacation from college.

Smelling like smoke may also affect your career. **Employers may be less likely to hire** someone who smells of smoke or have the health insurance burden of insuring a smoker.

## What about your health?

### Did you know that smoking is the leading cause of preventable death in the country?

- Nearly 90% of all lung cancer cases are attributed to smoking or second hand smoking.
- Smokers are susceptible to cancers of the larynx, mouth, esophagus, bladder, pancreas, kidney, cervix and stomach.
- Higher risk of getting colds, the flu, bronchitis, and other respiratory infections. This is due to how the smoke decreases the lungs natural ability to cleanse itself.
- Smoking increases your heart rate making your heart work faster, can lead coronary heart disease.

\*Data from Tobacco Free U

It's hard to quit smoking.  
But taking the first step is easy.

## What Stage of Quitting are you on?

1. **Pre-contemplation:** The first stage, you are not thinking seriously about quitting
2. **Contemplation:** During the second stage, you are thinking about quitting sometime within the next six months.
3. **Preparation:** In stage three, you are getting ready for your quit date. You draw on past experiences with quitting to prepare for your quit date.
4. **Action:** You have recently quit. You continue to work at your quit plan and utilize various techniques.
5. **Maintenance:** Successfully maintain your plan for 1 year or until being smoke free is part of your everyday life.

## Nicotine Replacement Aids

Becoming a former smoker can be difficult to get through when the nicotine cravings kick in.

Over the counter (nonprescription) nicotine replacement aids include nicotine gum, lozenge, and the patch. These products are available free through Quitplan Minnesota. Quitplan is for Minnesotans to provide tools and resources for individuals who want to quit.

Prescription products are available including Zyban and Chantix both pills taken orally once a day over a period of time. Check with your health insurance company if the above products would be covered or talk with your healthcare provider for a prescription.

## Need More Information?



### SCSU Student Health Services

Phone: (320) 308-3193

One on One consultation with medical provider

### Quitplan Helpline

Phone: 1-888-354-PLAN

FREE One on one counseling  
FREE nicotine patches and gum  
[www.quiteplan.com](http://www.quiteplan.com)

### MPAAT – Minnesota Tobacco Helpline

Phone: 1-877-270-STOP

FREE one on one counseling and individual quit plan

### Clearway Minnesota

[www.clearwaymn.org](http://www.clearwaymn.org)

Non profit organization that helps Minnesotans stop tobacco use and reduce exposure to second hand smoke through research, action, & collaboration.