

TOBACCO TRUTHS

Tobacco is the leading cause of disease, disability, and death in the United States.

Smoking puts your friends and family at risk. Each year approximately 3,000 non-smokers die of lung cancer from second-hand smoke.

Smoking can kill you. Smoking is the leading preventable cause of death in the United States. More than 440,000 Americans die from tobacco-related causes each year, most of whom began using tobacco before the age of 18.

Smoking is addictive. Three-quarters of young people who use tobacco daily continue to do so because they find it hard to quit.

When smoking tobacco, the user inhales tar, nicotine, carbon monoxide, and 200 known poisons into the lungs.

www.ABOVETHEINFLUENCE.com

that smokers can take to enhance the length and quality of their lives.”

Why is it so hard to quit smoking? Well, Mark Twain once said, “Quitting smoking is easy. I’ve done it a thousand times.” Maybe you’ve tried to quit, too. Why is quitting and staying quit hard for so many people? The answer is **nicotine**.

Nicotine is a drug found naturally in tobacco. It is as addictive as heroin or cocaine. Over time, a person becomes physically dependent on and emotionally addicted to nicotine. The physical dependence (addiction) makes it hard to stay away from nicotine after you quit. Studies have shown that smokers must deal with both the physical and mental dependence to quit and stay quit.

The Great American Smokeout

The American Cancer Society is marketing the 36th Great American Smokeout on November 17 by encouraging tobacco users to use the date to make a plan to quit, or to plan in advance and quit tobacco use that day. By doing so, tobacco users will be taking an important step towards a healthier life, one that can lead to reducing cancer risk.

Quitting tobacco is not easy, but it can be done. To have the best chance of quitting successfully, you need to know what you’re up against, what your options are and where to go for help. To learn more, please attend *Julie Gay’s P.A. presentation on November 14th from 12-12:30 in Voyageurs North in Atwood Memorial Center.*

For more information, please visit www.cancer.org

“Quitting smoking is easy. I’ve done it a thousand times.”
-Mark Twain

Great Tips on Quitting:

The U.S. Surgeon General has said, “Smoking cessation (stopping smoking) represents the single most important step

Smokers often say, “Don’t tell me why to quit, tell me how.” There is no one right way to quit, but there are some key elements in quitting with success. These four factors are key:

- ✓ Making the decision to quit (Why do you want to quit?)
- ✓ Setting a quit date and choosing a quit plan (Circle the date in your calendar. What resources are you going to use?)
- ✓ Dealing with withdrawal (Physical, Mental and Social)
- ✓ Staying quit (maintenance) (Avoid temptation, reward yourself, if relapse, try again)

Other types of tobacco use:

Hookah myths and truths

MYTH #1: Hookah smoke is filtered through water so it filters out any harmful ingredients.

TRUTH #1: Smoking tobacco through water does not filter out cancer-causing chemicals. Water-filtered smoke can damage the lungs and heart as much as cigarette smoke.

MYTH #2: Smoking hookahs are healthier than smoking cigarettes.

TRUTH #2: Hookah smoke is just as dangerous as cigarette smoke. Hookahs generate smoke in different ways: cigarette smoke is generated by burning tobacco, while hookah smoke is produced by heating tobacco in a bowl using charcoal. The end product is the same – smoke, containing carcinogens.

Compared to a single cigarette, hookah smoke is known to contain:

- Higher levels of arsenic, lead, and nickel.
- 26 times more tar.
- 15 times more carbon monoxide.

Chewing tobacco

Smokeless tobacco contains at least 28 cancer-causing chemicals.

Smokeless tobacco contains 3,000 other chemicals such as acetone, ammonia and cadmium.

One “dip” contains 3-5 the amount of nicotine as one cigarette.

Upcoming Calendar Events:

November 9: 10 a.m – 2 p.m Tobacco Education and Cessation Booth - Atwood Main Lounge.

November 14: 12–12:30 Julie Gay, P.A., at Student Health Services will be presenting on “Tobacco Cessation Options” in Voyageurs North.

November 17: 10 a.m. – 2 p.m. Great American Smokeout and Tobacco Education — Atwood Main Lounge. 12–12:45 in Voyageurs South “Tobacco & Target Marketing Presentation.”



Tobacco Cessation Resources

1. SCSU STUDENT HEALTH SERVICES MEDICAL CLINIC
call 320-308-3191 for an appointment (students only)

*1 on 1 consultation with medical provider

2. SCSU STUDENT HEALTH SERVICES – PHARMACY
320-308-4852

*Over-the-counter cessation products as well as prescription refills

QUITPLAN HELP LINE – www.quitplan.com
1-800-354-PLAN

*FREE 1 on 1 counseling & FREE nicotine replacement products