

Health Promotion
BALANCE
OFFICIAL NEWSLETTER

A close-up photograph of two hands, one from the left and one from the right, holding a lit cigarette and breaking it in half. The cigarette is held between the index and middle fingers of both hands. The background is dark and out of focus.

**They want you to stop.
You want to stop.
You are not alone!
Let Health Promotions help.**

**Vaping Rises
Among Teens**

**Health Risks of
Smokeless Tobacco**

**Health Effects of
Cigarette Smoking**

**November:
*Tobacco
Free Living***

Vaping Rises Among Teens



Talk to
your teen.

Vaping Rises Among Teens

A new survey found an alarming rise in the number of American teens who tried vaping last year. The study suggests that vaping may be driving an increase in nicotine use for teens.

In vaping, a battery powered device called an e-cigarette heats a liquid into a vapor that can be inhaled. The vapor may contain nicotine (the addictive drug in tobacco), flavoring, and other chemicals. E-cigarettes can also be used with marijuana, hash oil, or other substances.

Vaping may pose serious and avoidable health risks. Exposure to nicotine during youth can lead to addiction and cause long-term harm to brain development. The vapor can also contain toxins (including ones that cause cancer) and tiny particles that are harmful when breathed in.

More than 44,000 students took part in the 2018 annual survey of drug, alcohol, and cigarette use in 8th, 10th, and 12th graders. About 37% of 12th graders reported vaping in 2018, compared with 28% in 2017. Vaping of each substance that was asked about increased. This includes nicotine, flavored liquids, marijuana, and hash oil.

“Vaping is reversing hard-fought declines in the number of adolescents who use nicotine,” says Dr. Richard Miech, who led the study at the University of Michigan. “These results suggest that vaping is leading youth into nicotine use and nicotine addiction, not away from it.”

“Teens are clearly attracted to the marketable technology and flavorings seen in vaping devices,” explains Dr. Nora D. Volkow, director of NIH’s National Institute on Drug Abuse. “However, it is urgent that teens understand the possible effects of vaping on overall health, the development of the teen brain, and the potential for addiction.”

HEALTH RISKS OF SMOKELESS TOBACCO



Mouth Cancer

Health Risks of Smokeless Tobacco

Types of smokeless tobacco

Many types of tobacco are put into the mouth. These are some of the more common ones:

Chewing, oral, or spit tobacco

This tobacco comes as loose leaves, plugs, or twists of dried tobacco that may be flavored. It's chewed or placed between the cheek and gum or teeth. The nicotine in the tobacco is absorbed through the mouth tissues. The user spits out (or swallows) the brown saliva that has soaked through the tobacco.

Snuff or dipping tobacco

Snuff is finely ground tobacco packaged in cans or pouches. It's sold as dry or moist and may have flavorings added.

Moist snuff is used by putting it between the lower lip or cheek and gum. The nicotine in the snuff is absorbed through the tissues of the mouth. Moist snuff also comes in small, teabag-like pouches or sachets that can be placed between the cheek and gum. These are designed to be both "smoke-free" and "spit-free" and are marketed as a discreet way to use tobacco.

Dry snuff is sold in a powdered form and is used by sniffing or inhaling the powder up the nose.

Snus

Snus (sounds like "snoose") is a type of moist snuff first used in Sweden and Norway. It's often flavored with spices or fruit, and is packaged like small tea bags. Snus is held between the gum and mouth tissues and the juice is swallowed.

Dissolvable tobacco

Tobacco companies have created flavored, dissolvable forms of smokeless tobacco. These are available as tobacco lozenges, orbs, or pellets; strips (like melt-away breath strips); and toothpick-sized sticks. Some of these also contain sweeteners or flavoring and look a lot like candy. All have tobacco and nicotine. Depending on the type, they are held in the mouth, chewed, or sucked until they dissolve. The juices are swallowed.

What are the health risks of smokeless tobacco?

Using any kind of spit or smokeless tobacco is a major health risk. It's less lethal than smoking tobacco, but less lethal is a far cry from safe.

No form of smokeless tobacco is a safe substitute for cigarettes. Still, tobacco companies often market these products as alternatives to smoking in places where smoking isn't allowed.

Smokeless tobacco causes cancer

Overall, people who dip or chew get about the same amount of nicotine as regular smokers. They also get at least 30 chemicals that are known to cause cancer. The most harmful cancer-causing substances in smokeless tobacco are tobacco-specific nitrosamines (TSNAs). TSNA levels vary by product, but the higher the level the greater the cancer risk.

Cancers linked to the use of smokeless tobacco include:

- Mouth, tongue, cheek, and gum cancer
- Cancer in the esophagus (the swallowing tube that goes from your mouth to your stomach)
- Pancreatic cancer

Smokeless tobacco causes other health problems

Mouth and tooth problems

Many studies have shown high rates of leukoplakia in the mouth where users place their chew or dip. Leukoplakia is a gray-white patch in the mouth that can become cancer. These patches can't be scraped off. They're sometimes called sores but are usually painless. The longer a person uses oral tobacco, the more likely they are to have leukoplakia. Stopping tobacco usually clears the spot, but treatment may be needed if there are signs of early cancer.

Tobacco stains teeth and causes bad breath. It can also irritate or destroy gum tissue. Many regular smokeless tobacco users have receding gums, gum disease, cavities and tooth decay (from the high sugar content in the tobacco), scratching and wearing down (abrasion) of teeth, and bone loss around the teeth. The surface of the tooth root may be exposed where gums have shrunken. All this can cause teeth to loosen and fall out.

Other health problems

Other harmful health effects of smokeless tobacco include:

- Heart disease and high blood pressure
- Increased risk of heart attack and stroke
- Increased risk of early delivery and stillbirth when used during pregnancy

Smokeless tobacco can lead to nicotine poisoning and even death in children who mistake it for candy.

Smokeless tobacco causes nicotine addiction. This can lead to smoking and using other forms of tobacco. In fact, using both smokeless tobacco and cigarettes is becoming more common, especially in young people. This can lead to even greater future health risks than they would have from using either product alone.

Dissolvable tobacco is of special concern because at this time little is known about the health effects of these products. Still, it's clear that they are another way for people, especially youth, to experiment with tobacco products and become addicted to nicotine. Because they are so tempting, they can easily poison children and pets.

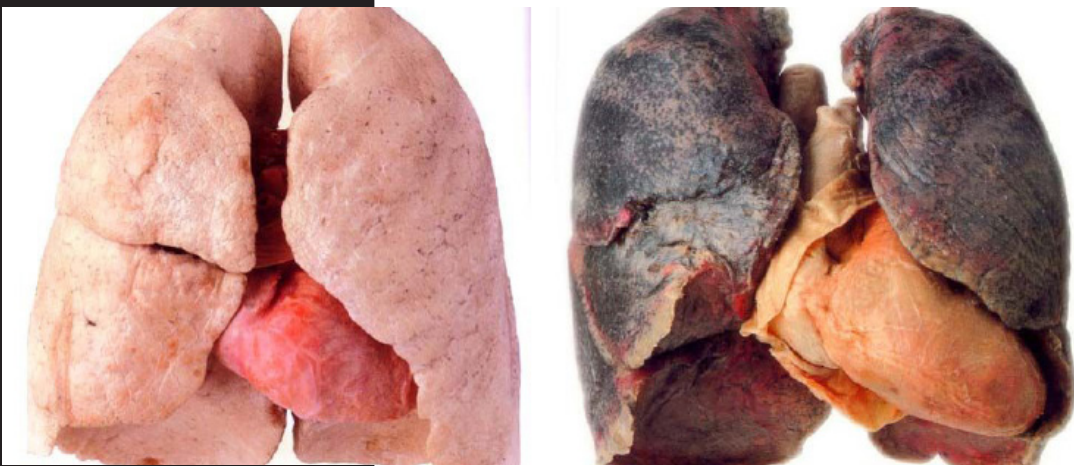
Can smokeless tobacco be used to help quit smoking?

Manufacturers often imply or even claim that spit or smokeless tobacco can help people quit smoking. A lot of people believe and try this. **But there's no proof that any smokeless tobacco products help smokers quit smoking.**

Unlike US Food and Drug Administration (FDA)-approved standard treatments that have been proven to work (such as nicotine replacement and certain drugs), oral tobacco products have not been tested thoroughly to see if they can help a person stop smoking. And research to date has not shown that they really help a person quit.

Even if using smokeless tobacco helps some people give up smoking, it still can cause cancer and other health problems, too. It's also addictive and hard to quit.

HEALTH EFFECTS OF CIGARETTE SMOKING



Will you still
choose to
smoke?

Cigarette smoking harms nearly every organ of the body, causes many diseases, and reduces the health of smokers in general.

Quitting smoking lowers your risk for smoking-related diseases and can add years to your life.

Smoking and Death

Cigarette smoking is the leading preventable cause of death in the United States.

- Cigarette smoking causes more than 480,000 deaths each year in the United States. This is nearly one in five deaths.
- Smoking causes more deaths each year than the following causes combined:
 - Human immunodeficiency virus (HIV)
 - Illegal drug use
 - Alcohol use
 - Motor vehicle injuries
 - Firearm-related incidents
- More than 10 times as many U.S. citizens have died prematurely from cigarette smoking than have died in all the wars fought by the United States.
- Smoking causes about 90% (or 9 out of 10) of all lung cancer deaths. More women die from lung cancer each year than from breast cancer.
- Smoking causes about 80% (or 8 out of 10) of all deaths from chronic obstructive pulmonary disease (COPD).
- Cigarette smoking increases risk for death from all causes in men and women.
- The risk of dying from cigarette smoking has increased over the last 50 years in the U.S.

Health Effects
of
Cigarette Smoking

Smoking and Increased Health Risks

Smokers are more likely than nonsmokers to develop heart disease, stroke, and lung cancer.

- Estimates show smoking increases the risk:
 - For coronary heart disease by 2 to 4 times
 - For stroke by 2 to 4 times
 - Of men developing lung cancer by 25 times
 - Of women developing lung cancer by 25.7 times
- Smoking causes diminished overall health, increased absenteeism from work, and increased health care utilization and cost.

Smoking and Cardiovascular Disease

Smokers are at greater risk for diseases that affect the heart and blood vessels (cardiovascular disease).

- Smoking causes stroke and coronary heart disease, which are among the leading causes of death in the United States.
- Even people who smoke fewer than five cigarettes a day can have early signs of cardiovascular disease.
- Smoking damages blood vessels and can make them thicken and grow narrower. This makes your heart beat faster and your blood pressure go up. Clots can also form.
- A stroke occurs when:
 - A clot blocks the blood flow to part of your brain;
 - A blood vessel in or around your brain bursts.
- Blockages caused by smoking can also reduce blood flow to your legs and skin.

Smoking and Respiratory Disease

Smoking can cause lung disease by damaging your airways and the small air sacs (alveoli) found in your lungs.

- Lung diseases caused by smoking include COPD, which includes emphysema and chronic bronchitis.
- Cigarette smoking causes most cases of lung cancer.
- If you have asthma, tobacco smoke can trigger an attack or make an attack worse.
- Smokers are 12 to 13 times more likely to die from COPD than nonsmokers.

Smoking and Cancer

Smoking can cause cancer almost anywhere in your body:

- Bladder
- Blood (acute myeloid leukemia)

- Cervix
- Colon and rectum (colorectal)
- Esophagus
- Kidney and ureter
- Larynx
- Liver
- Oropharynx (includes parts of the throat, tongue, soft palate, and the tonsils)
- Pancreas
- Stomach
- Trachea, bronchus, and lung

Smoking also increases the risk of dying from cancer and other diseases in cancer patients and survivors.

If nobody smoked, one of every three cancer deaths in the United States would not happen.

Smoking and Other Health Risks

Smoking harms nearly every organ of the body and affects a person's overall health.

- Smoking can make it harder for a woman to become pregnant. It can also affect her baby's health before and after birth. Smoking increases risks for:
 - Preterm (early) delivery
 - Stillbirth (death of the baby before birth)
 - Low birth weight
 - Sudden infant death syndrome (known as SIDS or crib death)
 - Ectopic pregnancy
 - Orofacial clefts in infants
- Smoking can also affect men's sperm, which can reduce fertility and also increase risks for birth defects and miscarriage.
- Smoking can affect bone health.
 - Women past childbearing years who smoke have weaker bones than women who never smoked. They are also at greater risk for broken bones.
- Smoking affects the health of your teeth and gums and can cause tooth loss.
- Smoking can increase your risk for cataracts (clouding of the eye's lens that makes it hard for you to see). It can also cause age-related macular degeneration (AMD). AMD is damage to a small spot near the center of the retina, the part of the eye needed for central vision.
- Smoking is a cause of type 2 diabetes mellitus and can make it harder to control. The risk of developing diabetes is 30–40% higher for active smokers than non-smokers.
- Smoking causes general adverse effects on the body, including inflammation and decreased immune function.
- Smoking is a cause of rheumatoid arthritis.

Quitting and Reduced Risks

- Quitting smoking cuts cardiovascular risks. Just 1 year after quitting smoking, your risk for a heart attack drops sharply.
- Within 2 to 5 years after quitting smoking, your risk for stroke may reduce to about that of a nonsmoker's.
- If you quit smoking, your risks for cancers of the mouth, throat, esophagus, and bladder drop by half within 5 years.
- Ten years after you quit smoking, your risk for dying from lung cancer drops by half.

References

References

American Cancer Society. (n.d.). Health Risks of Smokeless Tobacco. Retrieved from <https://www.cancer.org/cancer/cancer-causes/tobacco-and-cancer/smokeless-tobacco.html>

Centers for Disease and Prevention. (2019, March 4). Health Effects of Cigarette Smoking. Retrieved from https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/index.htm

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YOU DON'T HAVE TO STOP SMOKING IN ONE DAY. START WITH DAY ONE.

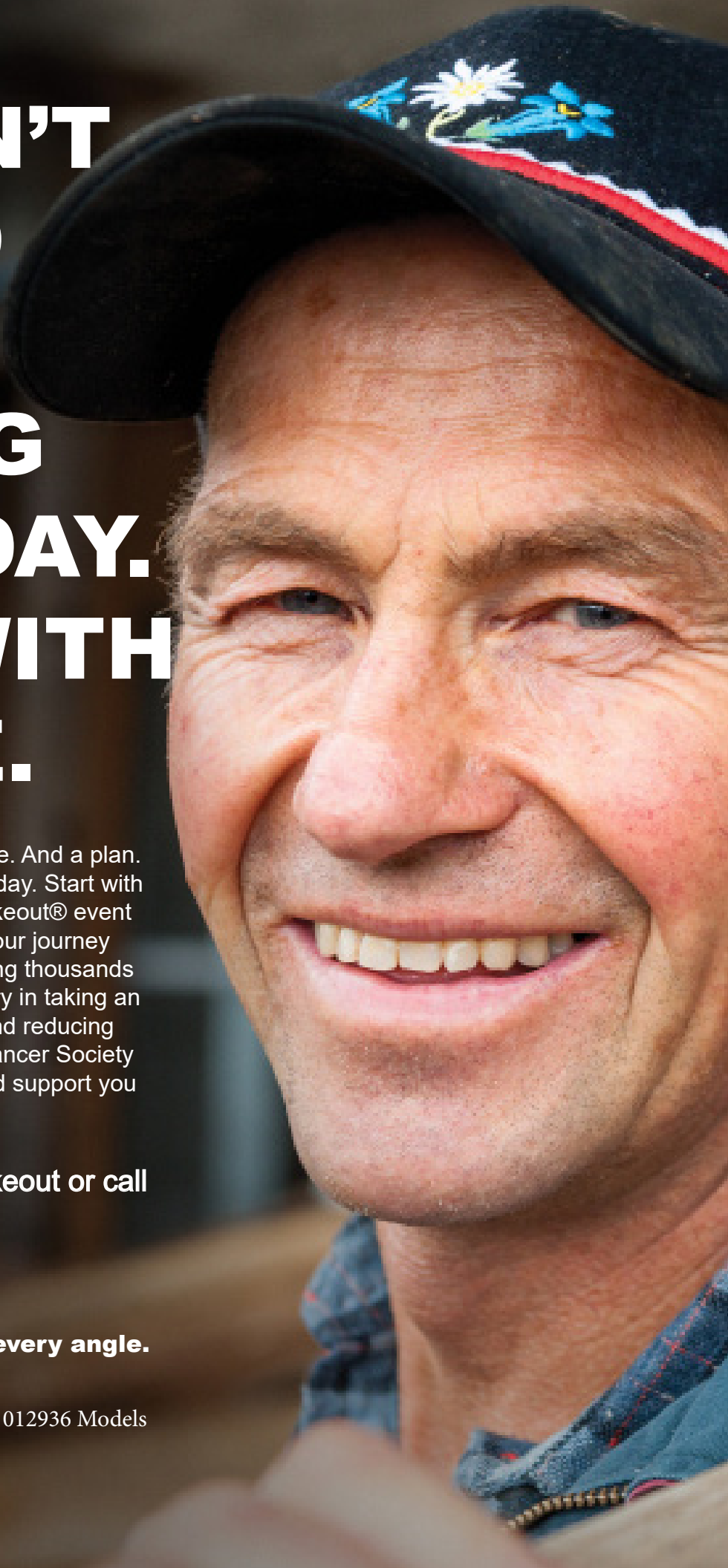
Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout® event on November 21 be your day to start your journey toward a smoke-free life. You'll be joining thousands of people who smoke across the country in taking an important step toward a healthier life and reducing your cancer risk. Plus, the American Cancer Society can help you access the resources and support you need to quit. Quitting starts here.

Learn more at cancer.org/smokeout or call 1-800-227-2345.



Attacking from every angle.



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NOVEMBER 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 HOSPITAL INDOC	5 AOB	6	7	8	9
10	11 OFFICE CLOSED/ VETERANS DAY	12	13	14	15 5K TURKEY TRIFECTA @ 1130 PURDY GYM	16
17	18	19 AOB	20	21 1000-GREAT AMERICAN SMOKEOUT NEX/1400- SULLIVAN'S WEIGH IN	22	23
24	25	26 AOB	27 1330 Ikego Weigh-in	28 OFFICE CLOSED/ THANKSGIVING	29	30

NOVEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 0900 Investing 101 1000 Reintegration w/ Partners
4 0900 Certified Ombudsman Training 1000 ESL 1000 Everyday Japanese 1700 Ikego Monday Night Japanese	5 0900 Certified Ombudsman Training 1000 Active Parenting-Youth 1000 Holiday Spending 1000 Reintegration w/ Children 1200 Ikego Japanese Lang Series 1230 Savvy Saver	6 0900 Certified Ombudsman Training 0930 Pre-Marriage Seminar 1300 Home Buying	7 1000 Effective Resume 1000 Ikego Play Morning 1300 SAPR VA Refresh 1330 Discover Japan	8 1000 Managing Deployment Separations
Area Orientation Brief and Inter-cultural Relations				
Transition GPS @ Fleet Rec 3rd Floor				
11  VETERANS DAY	12 0830 Private Org Treasurer 0930 Ikego Japanese Spouse Group 1000 Active Parenting-Youth 1000 Couples & Deployment 1000 Daisuki! Japanese Workshop 1000 Zushi City Tour 1430 Youth ICR (MS)	13 1000 Employment Overview 1000 Modeling in Japan 1000 Japanese Spouse Group	14 0800 Career Exploration-CEPT **Fleet Rec** 0800 CFS Refresher 0830 Smooth Move PCS 1000 Ikego Play Morning 1330 Discover Japan	15 0800 Career Exploration-CEPT **Fleet Rec** 1000 Smart Money Kids 1000 Budgeting For Deployment
Area Orientation Brief and Inter-cultural Relations				
18 1000 ESL 1000 Everyday Japanese 1400 Enjoying Japanese Foods 1700 Monday Night Japanese	19 0930 CS Workshop 1000 Active Parenting-Youth 1430 Youth ICR (ES)	20 0900 Effective Resume 0930 CS Workshop 1300 Children & Deployment 1100 Volunteer Orientation	21 0900 Homebased Business 101 0930 Pre-Marriage Seminar 1000 Ikego Play Morning 1330 Discover Japan	22 1000 Navigate Your New Normal
Area Orientation Brief and Inter-cultural Relations				
Transition GPS @ Fleet Rec 3rd Floor				
SAPR VA Initial Training				
25 1700 Ikego Monday Night Japanese	26 1000 Active Parenting-Youth 1000 Daisuki! Japanese Workshop 1300 Budgeting For Deployment	27 0900 Getting Started Teaching English 1000 Retirement Planning	28  HAPPY Thanksgiving	29
Area Orientation Brief and Inter-cultural Relations				