

Evergreen Senior Center Wellness Program:



LEARN THE FACTS ABOUT LUNG CANCER

- ◇ *Are you or family members at risk?*
- ◇ *Are you a current or former smoker?*
- ◇ *Have you been exposed to secondhand smoke?*

Presenter:

Roland Romano, RRT, CTTS

St. Barnabas Health:

Lung Cancer Institute

**FREE High-Risk Lung
Cancer Screening offer**

WHEN: Thursday, Nov. 7 at 11am-

WHERE: Evergreen Senior Center

400 Inman Ave., Colonia, NJ

Register by 11/1 @ Evergreen or call 732-726-6261



John E. McCormac
Mayor

Refreshments Served





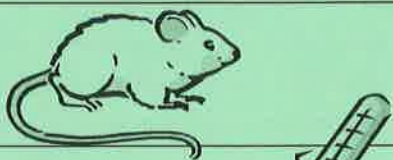









Public Health
Prevent. Promote. Protect.

Dennis M. Green
Health Director

What's in Tobacco Smoke?

Tobacco smoke contains more than 4,000 chemicals, many of which are toxic to the body. Several of these chemicals – at least 60 – are carcinogens, which means that they have been proven to cause cancer in humans.

Following are some of the chemicals found in tobacco smoke and examples of other substances in which they are commonly found:

Naphthalene <i>mothball chemical</i>		Nitrobenzene <i>gasoline additive</i>	
Arsenic <i>poison</i>		Cadmium <i>component in batteries</i>	
Mercury <i>found in thermometers</i>		Stearic acid <i>candle wax</i>	
Carbon monoxide <i>car exhaust</i>		Butane <i>cigarette lighter fluid</i>	
Ammonia <i>mothball chemical</i>		Vinyl chloride <i>component of PVC pipe</i>	
Nitrous oxide <i>disinfectant</i>		DDT <i>insecticide banned by most Western industrialized Nations</i>	

Other substances found in tobacco smoke include:

- **Acetic acid** (vinegar)
- **Acetone** (nail polish remover)
- **Formaldehyde** (embalming fluid)
- **Hexamine** (barbeque lighter)
- **Hydrogen cyanide** (gas chamber poison)
- **Methanol** (rocket fuel)
- **Nicotine** (addictive drug)
- **Toluene** (industrial solvent)

What are the Consequences of Inhaling Tobacco Smoke?

The health consequences of tobacco use may include lung cancer, laryngeal and esophageal cancers, oral cancers, emphysema, high blood pressure, heart attack, and stroke.

Additionally, tobacco can be linked

Smoking is the cause of millions of deaths every year.

to impotence or infertility, a lowered immune system, and a greater chance of debilitating disease or premature death.

Nicotine is the highly addictive substance in tobacco that stimulates the nervous system. Within seconds after inhaling tobacco smoke, blood pressure, heart rate, and respiration rate all increase. Even a single puff can adversely affect the body.

Approximately one-third of all cancer deaths in the United States are related to the use of tobacco products. Worldwide, smoking is the cause of millions of deaths every year. Smoking and tobacco use are among the most preventable causes of mortality in the world today.

The Dangers of Secondhand Smoke

Smokers aren't the only ones affected by smoking. Anyone who is exposed to tobacco smoke may be harmed by its toxic chemical components. Secondhand smoke (also called Environmental Tobacco Smoke, or ETS) is a mixture of the unfiltered smoke that comes from burning tobacco and the smoke exhaled by the smoker. Because smoke from a burning cigarette is unfiltered, it may contain twice the amount of tar and nicotine as the smoke that passes through the filter.

Nonsmokers who are exposed to secondhand smoke may have an increased risk of developing lung cancer, and children who are exposed to secondhand

Smokers aren't the only ones affected by smoking.

smoke may be more likely to develop asthma or respiratory tract infections. Secondhand smoke inhalation is responsible for thousands of lung cancer and cardiovascular disease deaths every year.



**Chronic Disease Coalition of
Middlesex and Union Counties**





Chronic Disease Coalition of Middlesex and Union Counties



The benefits of quitting are almost instant

People who have been smoking for years often think it's too late to quit. But consider these statistics.

Just 20 minutes after quitting, your blood pressure decreases.

8 hours after quitting, the oxygen level in the blood returns to normal.

24 hours after quitting, your chance of having a heart attack has already decreased

2 weeks to 3 months after quitting, your circulation improves.

1 to 9 months after quitting, coughing, sinus congestion, shortness of breath, and fatigue decrease.

1 year after quitting, your extra risk of heart disease drops to half that of a smoker.

1 year after quitting, your risk of a stroke is cut in half.

Between 5 and 15 years after quitting, your risk of stroke drops and becomes the same as that of a nonsmoker.

15 years after quitting, your risk of heart disease will be the same as that of people who have never smoked.

DAILY CIGARETTE COUNT

INSTRUCTIONS: Wrap this "Daily Cigarette Count" around your pack of cigarettes and hold it fast with two rubber bands. Complete the information below if you unwrap your pack or are offered a cigarette by someone else. Use a word or two to describe your "activity". and "reason for quitting" at the time.

Day of the Week _____ Date _____ Pack Number of the Day _____

Cigarette Circle	Time of the Day	Activity	Feeling	Need Rating* (circle)	Reason for Quitting	I decide to Smoke/Not Smoke This Cigarette	
1				1 2 3 4 5		()	()
2				1 2 3 4 5		()	()
3				1 2 3 4 5		()	()
4				1 2 3 4 5		()	()
5				1 2 3 4 5		()	()
6				1 2 3 4 5		()	()
7				1 2 3 4 5		()	()
8				1 2 3 4 5		()	()
9				1 2 3 4 5		()	()
10				1 2 3 4 5		()	()
11				1 2 3 4 5		()	()
12				1 2 3 4 5		()	()
13				1 2 3 4 5		()	()
14				1 2 3 4 5		()	()
15				1 2 3 4 5		()	()
16				1 2 3 4 5		()	()
17				1 2 3 4 5		()	()
18				1 2 3 4 5		()	()
19				1 2 3 4 5		()	()
20				1 2 3 4 5		()	()

* Need Rating: How important that particular cigarette is to you at the time

1. Most Important (would have missed it very much)

2. Above average

3. Average

4. Abobve Average

5. Least important (would not have missed it)

Being Me

AND

Tobacco - Free!

LEARNING and ACTIVITY BOOK

