

Quarterly Newsletter – November 2015

5 Counties for Tobacco-Free Living

Annual Tobacco Prevention and Control Breakfast

**5 Counties for Tobacco-Free Living
Wednesday, November 18th, 2015**

The 5 Counties for Tobacco-Free Living Coalition will have their Annual Tobacco Prevention and Control Breakfast on Wednesday, November 18th, 2015 from 7:30am- 9:00am with registration beginning at 7:15am. The **FREE** breakfast will be held in the Stayer Center Dining Room at Marian University located at 45 S. National Avenue, FDL. **Please RSVP your attendance to Sandy Bernier (920) 906-5537 or sandy.bernier@fdlco.wi.gov.**

Parking will be available in the lot south of the Stayer Center, at the corner of Second and National.

“Gasping for Action”

Lab tests reveal popular e-cigarette liquids contain harmful chemicals.

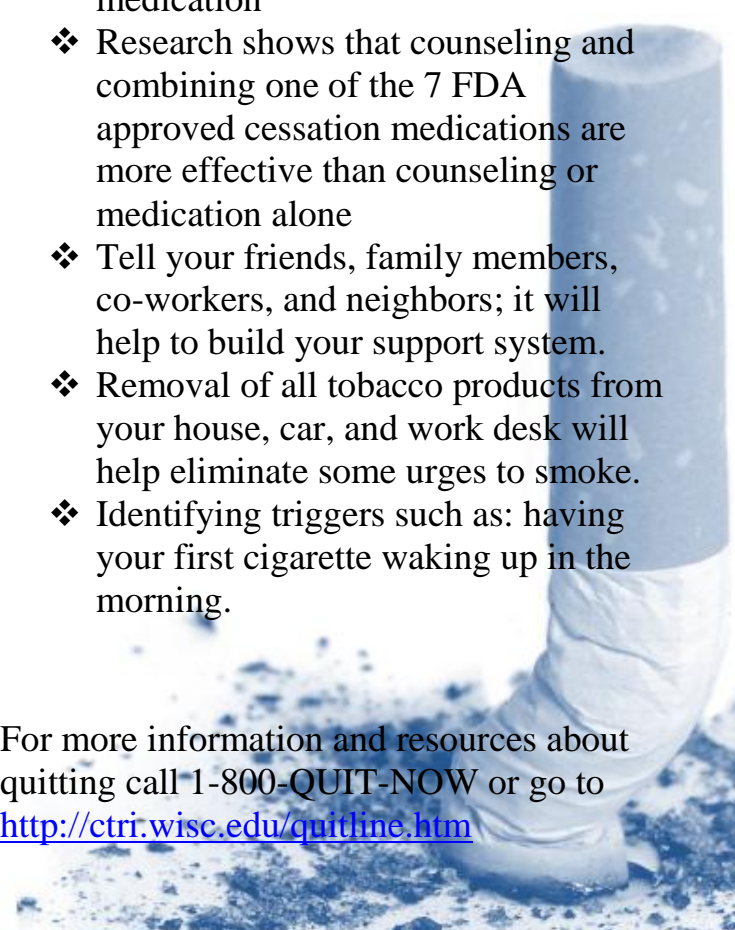
The Milwaukee Journal Sentinel recently released a continuation of the Watchdog Report, “Gasping For Action” (February 15, 2015) regarding the dangers of diacetyl exposure. The testing in this article was conducted by the Marquette University Chemistry Department. It was concluded that e-juices advertised as “diacetyl free” in fact contain diacetyl as well as pentanedione; both chemicals “are known to destroy lungs.” It was concluded the testing that is typically used in the vaping industry is not sensitive enough to detect the levels of diacetyl and pentanedione. Consequently no products were recalled and “the industry is left to regulate itself – or not.” [Click here for the full article!](#)

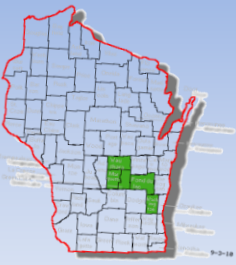
The Great American Smokeout Thursday, November 19th, 2015

The Countdown to the Great American Smokeout has begun! Every year the third Thursday of November is dedicated to The Great American Smokeout. According to the Center for Disease Control smoking is responsible for 1 in 3 cancer-related deaths. Worldwide, tobacco use causes more than 5 million deaths per year. Participating in the Smokeout is an excellent stepping stone to start your journey to quit. If you or someone you know is interested in quitting here are some helpful hints:

- ❖ contact your health care professional to find out if medication is appropriate to use and what kind of medication
- ❖ Research shows that counseling and combining one of the 7 FDA approved cessation medications are more effective than counseling or medication alone
- ❖ Tell your friends, family members, co-workers, and neighbors; it will help to build your support system.
- ❖ Removal of all tobacco products from your house, car, and work desk will help eliminate some urges to smoke.
- ❖ Identifying triggers such as: having your first cigarette waking up in the morning.

For more information and resources about quitting call 1-800-QUIT-NOW or go to <http://ctri.wisc.edu/quitline.htm>





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Candy Flavors

As vaping quickly gains popularity among young people and tobacco users there are devices and flavors being produced that create a confusing landscape. These liquid e-juices come in flavors like banana split, cotton candy, sweet tart, kool-aid, hawaiian punch, gummy bear, fruit loops, and skittles; making these products very desirable to young people.



Not only can the flavors be confusing but the devices being used to inhale these e-juices can be just as puzzling. Below are some examples of these new devices.



Vape Pens - Hookah Pens - E-Cigarettes – Hookah

Tobacco and Your Pet

How does second and third hand smoke affect your pets?

Our pets spend majority of their time close to the floor making them susceptible to second and thirdhand smoke. Secondhand smoke may put dogs at risk for asthma symptoms and forms of cancer.

Long-nosed dogs are at risk for developing nasal cancer and short-nosed dogs are at risk for developing lung cancer. Secondhand smoke may put felines at risk for lymphoma, a cancer of the immune system. Thirdhand smoke is residue that lingers on clothes, carpeting, and furniture after the smoke is gone. While grooming, cats consume the cancer-causing chemicals that accumulate on their fur. The constant grooming exposes the mucous membranes in the throat to cancer-causing chemicals.

Pets and Nicotine Ingestion

Nicotine is defined by The Pet Poison Helpline to be a rapid acting toxin; when ingested pets can show signs of poisoning within one hour. Signs of poisoning include: vomiting, tremors, weakness, and abnormal heart rate. Your pet may be enticed to chew and ingest nicotine products due to the flavoring and aroma. Chewing of these products may cause oral health issues as well as digestive problems. If your pet shows signs of nicotine ingestion call your veterinarian immediately. Help protect your pet against nicotine poisoning by keeping it out of their reach.

FREE Educational Presentations

Interested in learning more about Other Tobacco Products (OTP) or E-Cigarettes? If so, to schedule a presentation on any or all of these topics for your organization or group, contact: Sandy Bernier (920) 906-5537 sandy.bernier@fdlco.wi.gov.

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