ENJOY THE TOBACCO-FREE LIFE

a breath of fresh air

PROCLAMATION

RECOGNIZING NOVEMBER 18 AS GREAT AMERICAN SMOKEOUT DAY

WHEREAS, the American Cancer Society’s Great American Smokeout encourages smokers to quit and is a lighthearted effort to encourage smokers to give up their habit for 24 hours on Thursday, November 18th; and

WHEREAS, increasing numbers of children are experimenting with a product that can produce lifetime addiction with an increased risk of cancer; and

WHEREAS, more Americans die every year from tobacco-related diseases than from AIDS, alcohol, car accidents, fires, illegal drugs, murder, and suicides combined; and

WHEREAS, for over 30 years, millions of smokers, including many in Clallam County, have participated in this event; and

WHEREAS, youth-related promotions such as the Great American Smokeout encourage youth not to start smoking; and

WHEREAS, the health benefits of adopting clean air by refraining from smoking are substantiated and well-known; and

WHEREAS, there are additional civic benefits, such as a reduction of the risks of accidental fires and illnesses related to secondhand smoke.

NOW, THEREFORE, WE THE BOARD OF CLALLAM COUNTY COMMISSIONERS hereby proclaim November 18 as

GREAT AMERICAN SMOKEOUT DAY

In Clallam County and urge all smokers and smokeless tobacco users to demonstrate to themselves and our children that they can quit and to further encourage our children not to start smoking by joining the American Cancer Society’s Great American Smokeout.

Signed this twelfth day of October 2010

Board of Clallam County Commissioners

Howard F. Doherty, Jr., Chair

Stephen R. Thairinger

Michael C. Chapman

BROUGHT TO YOU BY THE CLALLAM COUNTY TOBACCO PREVENTION & CONTROL PROGRAM
Preventing tobacco use in youth

The Department of Health’s Tobacco Prevention and Control Program conducts a comprehensive and innovative campaign to prevent youth from beginning tobacco use.

Surveys of adult smokers in Washington show that about half of them had first tried cigarettes by age 14 and 70 percent of them were smoking regularly before they left high school.

Forty-five children in Washington start smoking every day.

A 2008 survey conducted in public schools found that 20 percent of 12th graders were tobacco users. Before tobacco prevention efforts began in 2000, the percentage of 12th graders who smoked was as high as 35 percent.

Since then, youth smoking rates have dropped 50 percent — about 65,000 fewer Washington kids smoking.

In 2010, Clallam County had a 94.5 percent success rate for compliance checks, with only three of 54 retailers selling tobacco to youth during checks.

More people are trying to quit smoking, and the Great American Smokeout on Nov. 18 is a perfect time to quit.

For information and help on how to quit smoking and tobacco use, phone the Washington State Quit Line at 1-800-QUIT-NOW (in Spanish at 1-800-NO-FUME) or visit www.quitline.com.

You don’t have to do it alone.

Hi, my name is Jordan and I am a recovering addict.

I started by calling a 1-800 quit smoking call line. This smoking line sent me a month’s worth of patches.

I have been smoking on and off from the age of 12. I am now 23 and have successfully quit smoking for 62 days and gotten off the patches.

It sure wasn’t easy. I quit heroin with ease compared to nicotine.

The want to smoke was there with every breath I took, whereas heroin was only every feeling I felt. Nicotine is the hardest drug I have ever put into my body.

I smoked and chewed at the same time, and that made quitting both very hard. I ate a lot of jerky and stored it in my lip and sucked on a straw or some form of candy that comes in a tube form.

That with my patches made it possible to quit and still function in my day to day life.

Rebecca Ramsey is pictured at the Tobacco Awareness Display table the Port Angeles High School Business/Marketing/DECA students set up at the school.

Our school campuses and buildings are smoke-free! Thank you for your support of our staff and students’ health and learning! It’s a breath of fresh air!

The Board of Directors recognizes that to protect students from exposure to the addictive substance of nicotine, employees and officers of the school district, and all member of the community, have an obligation as role models to refrain from tobacco use on school property at all times.
OMC: Smoke-free for two years

Olympic Medical Center is celebrating its second year as a smoke-free campus.

In November 2008, OMC, which provides health care for more than 70,000 residents of Clallam County, implemented facilities and grounds wide program banning smoking inside or outside the OMC facilities and on its properties.

The net effects were immediately apparent as some employees quit smoking to coincide with the new workplace policy, and positive comments started coming in from physicians, patients and the general public.

In the past two years, OMC has continued to find ways to remind staff and visitors that no smoking is permitted on OMC grounds.

From hospital security to personnel departments, the OMC staff has worked diligently to be a model to the community to show how creating a smoke-free work environment can be successfully achieved to preserve and promote the long-term health interest of employees, staff and clients.

Helping a smoker quit

Quitting tobacco is difficult, and a person will need the help and support of friends and family to get through the process. The American Cancer Society provides some tips for helping a smoker quit:

- Ask the person whether he or she wants you to ask regularly how he or she is doing.
- Help the quitter get what she or he needs, such as hard candy to suck on, or straws to chew on.
- Spend time doing things with the quitter to keep his or her mind off smoking.
- Try to see it from the smoker’s point of view—a smoker’s habit may feel like an old friend and hard to give up.
- Don’t judge, nag, preach, tease, or scold. You don’t want him or her one to turn to a cigarette to soothe hurt feelings.
- Don’t take the quitter’s grumpiness personally during his or her nicotine withdrawal. The symptoms usually pass in about two weeks.
- If your ex-smoker “slips,” don’t assume that he or she will start smoking like before. A “slip” is pretty common when a person is quitting. Help the quitter remember all the reasons he or she wanted to quit.

— For more tips or information on quitting, visit www.cancer.org.

Did you KNOW?

- The average cost of a pack of cigarettes is $7. For a pack a day habit, this translates to $49 a week and $196 a month.
- Spit tobacco contains more nicotine than cigarettes and is just as addictive.
Need help quitting tobacco?

Whether you are thinking of quitting, trying to quit, or want to help a friend, or one of the resources listed below may be helpful. You can also check with your healthcare provider about nicotine replacement and other plant-based medical tools to help with quitting.

Port Angeles

Cedar Grove Counseling

Clallam County Health & Human Services

Klallam Counseling Services

Lower Elwha Klallam Tribe

Triumphant Treatment Center

West End Outreach Services

Forks

Forks Community Hospital

American Cancer Society

American Lung Association

Freedom From Smoking Group or Online Smoking Cessation Programs

SmokeFreeWashington.com

To reserve a speaker or see if your area has a stop smoking program, please contact Prevention Specialist at 360-565-2608.

For more information about the Clallam County Tobacco Prevention & Control Program, please contact Prevention Specialist at 360-565-2608, or email info@cchca.org.

Peninsula Daily News A Breath of Fresh Air 2010

Clallam County Tobacco Prevention & Control Program

The Clallam County Tobacco Prevention & Control Program, funded by a 94.5 percent success rate.

Education in schools and the wider community about the dangers and costs of tobacco use

Advocating for continued tobacco prevention funding at the local, state, and federal level

Eloquently “To prevent child abuse, neglect, substance abuse and violence in Clallam County.”

In June 2011, the major source of funding for the tobacco program in Washington State Department of Health will run out. Still we will continue to advocate for tobacco awareness and cessation programs that improve the quality of life for the community.

Tobacco Program has been working diligently for ten years to help people quit smoking to make healthy and safe youth from year one of birth to age 17 and to provide a smoke-free environment for all.

- Denying youth access to tobacco products through retail tobacco sales and marketing in 2010, only three of 54 stores sold tobacco to youth during checks.

- Advocating for continued tobacco prevention funding at the local, state, and federal level.

- Eloquently “To prevent child abuse, neglect, substance abuse and violence in Clallam County.”

- In June 2011, the major source of funding for the tobacco program in Washington State Department of Health will run out.

In 2004, citing the significant health and economic dangers and costs of tobacco use, the commission requested statewide tobacco prevention funding in 2005. In 2005 and again in 2010, proclamations were signed recognizing the Great American Smokeout in Clallam County (CMASA) program uses a comprehensive approach to tobacco prevention and control.

The Coalition Coordinated Community of Clallam County is proud to support the Great American Smokeout in Clallam County and the Tobacco Program.

The Coalition has adopted a five-year Strategic Plan to raise awareness and to prevent tobacco use through cessation and prevention programs.

Stop & shop for a safe, healthy community.

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While still in my 30s (and smoking - waking up in the mornings coughing) I thought I was out of “condition” because I would get out of breath so easily.

[I was diagnosed with asthma in my 50s, but later found out I didn’t have asthma, I had severe emphysema.]

I was enrolled in pulmonary rehab, one of the best things that can happen to people with breathing trouble.

[I eventually got pneumonia and went on supplemental oxygen.]

I remember the first time I tried on the cannula (the “rose hose”). I was accustomed to walking away from my cart to look at something but now I was on a 7-foot leash.

I met several other “lungers” from the Internet in person. That was a real comfort to be with people who understood where I was.

[I was listed for a lung transplant in 2006 and on May 4, 2008, I was on the Kingston ferry for a transplant.]

My new-to-me left lung had come from Alaska, a 19-year-old boy injured in a car accident by a drunk driver. He was on life support for six days before his mother let him go and generously gave his surviving lung to me.

I still get pretty teary eyed when I think of her courage and what a huge difference that gift has made in my life. Since then, his family and I have been in contact and refer to the lung as “ours.”

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My name is Susan and I haven’t had a cigarette for 19 years.

Why did I quit?

The cost, the smell, and the time.

But the real reason is that my oldest son had asthma and had a very hard time just breathing.

The three youngest children were imitating me and picking up cigarettes and trying to smoke.

The catalyst was when I cleaned windows in our new house we had built and the windows were all covered in nicotine.

Something came together at that point and I decided I needed to quit.

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While there can be many causes of shortness of breath, but when every breath is a struggle, it’s time to get help.

Dr. Mark Fischer, an internist who sees many COPD patients at the Klahhane Clinic in Port Angeles, says it’s important for anyone experiencing unusual breathing problems that last more than a few days to contact a doctor.

While there can be many causes of shortness of breath, an X-ray and simple breathing test can help pinpoint the problem, he says.

Spirometry, in which the patient’s lung capacity is measured by breathing into a tube, is a very good screen for early COPD, Fischer says.

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**Getting checked for COPD is simple**

Many people occasionally have trouble catching their breath, but when every breath is a struggle, it’s time to get help.

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**Pulmonary support group offers help to those afflicted with COPD**

Is it hard for you to take a breath of fresh air?

COPD — chronic obstructive pulmonary disease — is characterized by chronic bronchitis, including a long-term cough, and emphysema, destruction of the lungs over time.

Although there is no cure for COPD, the best way to slow down lung damage is to quit smoking, stay away from secondhand smoke and to exercise.

Other causes of COPD are indoor and outdoor air pollution and exposure to dust and chemicals along with genetic issues.

The Pulmonary Support Group originated almost six years ago when three women — Aloma Blaylock, Sandra Howard and Juanita Mctarsney — got together to offer support to each other.

Since then, the group has grown beyond expectations and even spawned a woman’s group. The main group is open to everyone including patients, caregivers and families, and the ladies wouldn’t kick out a male that wanted to attend their group.

Both groups offer a place for information, networking, educational opportunities and most of all, fun!

The main group frequently has guest speakers for educational purposes, but just being with people who understand you is comforting.

During the monthly Tuesday luncheon of the women’s group, the ladies have a chance to share stories and help motivate each other.

Members look forward to coming together to share a meal, make friends, and help each other through the difficulties of lung disease.

Most members of the women’s group are patients of Dr. Rebecca Corley, a doctor specializing in pulmonary medicine at the Olympic Medical Center in Sequim.

Under Corley’s care, the women are realizing there is a light at the end of the tunnel and, while they will never be “well” again, they learn to live with and slow down the progression of the disease.

Celia Bentzinger reminds everyone to “eat healthy, exercise, drink water, get enough sleep, and remain positive.

“It’s about being the best you can be, appreciating life and finding joy and hope,” adds Sandra Howard.

If our lungs had one message to pass on, it would be: “Don’t smoke, stay away from smoke, stay away from pollution or wear the proper masking.”

World COPD Day is an annual event to improve awareness and care of COPD around the world.

The 2010 event took place on Nov. 17 — appropriately timed with the Great American Smokeout on Nov. 18.

The Pulmonary Support Group main meeting is on the fourth Saturday of the month at 11:30 a.m. at The Mariner Restaurant in Sequim. Men and women are invited to attend.

For more information about either the main group or the women’s group, contact Mary Margolis at 360-452-1473 or e-mail her at tigger@tfon.com.
Homelessness and the prevalence of smoking

Did you KNOW?

- According to the National Coalition for the Homeless, smoking prevalence among homeless persons is 75 to 80 percent.
- Studies show that 75 percent of homeless smokers indicate they plan to quit within six months, but few are able to find the resources to do so.
- Low-income smokers use tobacco in more hazardous ways. Using hand-rolled cigarettes without filters or recycled tobacco from butts increases the risk of throat and mouth cancer.
- Smokers have a harder time finding homes to rent than non-smokers. Low-income housing and Housing Authority apartments, including the Housing Authority of Clallam County, are increasingly becoming smoke-free.

The next recovery challenge

The new frontier for tobacco prevention is integrating nicotine treatment within chemical dependency treatment agencies.

Many treatment providers in Clallam County are taking up the challenge to address tobacco dependence in their programs for compelling reasons: tobacco is a drug of dependence, tobacco use exacts a devastating toll on people with substance abuse and mental health disorders, tobacco dependence is closely related to other chemical dependencies, and it is safe to treat tobacco dependence at the same time as other substances and may improve treatment outcomes.

FDA, public health experts warn against electronic cigarettes

The U.S. Food and Drug Administration and public health experts warn against using electronic cigarettes, which a laboratory analysis found contain carcinogens and toxic chemicals such as diethylene glycol, an ingredient used in antifreeze.

Electronic cigarettes, also called “e-cigarettes,” are battery-operated devices that generally contain cartridges filled with nicotine, flavor and other chemicals.

The electronic cigarette turns nicotine, which is highly addictive, and other chemicals into a vapor that is inhaled.

These products have not been submitted to the FDA for evaluation or approval and do not contain any health warnings comparable to FDA-approved nicotine replacement products or conventional cigarettes.

The agency has no way of knowing, except for the limited testing it has performed, the levels of nicotine or the amounts of other chemicals these products deliver.

Public health experts also expressed concern that e-cigarettes could increase nicotine addiction and tobacco use in young people.

E-cigarettes are NOT a nicotine cessation product.

Did you KNOW?

- Smoking makes you more susceptible to hearing loss from noise exposure.
- Smoking reduces blood flow to the organ of hearing.
- Children exposed to secondhand smoke are more likely to die of Sudden Infant Death Syndrome.

The second annual Project Homeless Connect will be held March 17, 2011. The event offers on-site services for people who are experiencing homelessness or are at risk of becoming homeless in Clallam County. People can get information and counseling on tobacco cessation at the event. For information or to volunteer, call 360-565-2608.

Peninsula’s

Get Connected. Get Answers.

For Community Information and Referrals, please call 2-1-1 for help specific to your needs.

¿Necesita ayuda pero no sabe a donde ir?
Marquè el número 2-1-1.

Sponsored by the United Way of Clallam County, United Way of Kitsap County, and United Good Neighbors of Jefferson County. If 2-1-1 does not work, please call 1-866-736-9634

PO Box 937 • Port Angeles, WA 98362
360.457.3011 • www.unitedwaycallam.org

To find services such as:
- Employment Support
- Medical Care Questions
- Mental Health Services
- Senior Assistance
- Shelter Needs
- Utility Bill Help
- Volunteer Opportunities
- In-kind Donations
- Domestic Violence Help
- Food Resources

Cigarettes will ruin that for you.

Your sense of taste is severely diminished by smoking, but that’s just the beginning. Smoking damages your heart and lungs, decreases your circulation, raises your blood pressure and puts everyone around you at risk. It is the nation’s Number One cause of preventable death.

Olympic Medical Center is proud to celebrate its two year anniversary of being a smoke free campus for the health of our patients, employees and visitors.

We’re smoke free. Are you?

OMC is proud to celebrate two years of being a smoke free campus!

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Do you appreciate life’s simple joys...
like tasting the salt in an ocean breeze?

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Snuff it out.

You’ve heard it all before, and yet you still can’t stop. Here at PCMHC, we offer individual counseling for people who would like to discontinue using tobacco products. Information and resources are provided to assist individuals obtain medications and nicotine replacement products and support is given to those who are in the process of being tobacco-free. Think about it; not only are you saving your health, you’ll also be saving money - **and we’re here to help.**

PCMHC offers a wide array of services and programs:
- Crisis Intervention Services
- Community Support Services
- Residential Programs
- Veteran’s Program
- Chemical Dependency Programs
- Adult and Older Adult Counseling Services
- Children’s Counseling Services

CRISIS LINE: Call 452-4500, 24-hours a day, to “just talk” through problems and get suggestions on how to cope with situations or to find out about community resources.

Peninsula Community Mental Health Center has a variety of services available for individuals, families, and children. We are located at 118 E. 8th St. in Port Angeles and at 490 N. 5th Ave. in Sequim. Call (360) 457-0431 for more information • www.pcmhc.org