

Freehold Community Alliance to prevent alcoholism and drug abuse

Freehold Borough & The Township of Freehold
Serving Youth, Parents & The Community



February is National Heart Month Make a HEART Healthy Resolution This Year!

In the United States, an estimated 24.8 million men (23.1 percent) and 21.1 million women (18.3 percent) are smokers. These people are at higher risk of heart attack and stroke. The latest estimates for persons age 18 and older show...*Among whites, 23.5 percent of men and 20.6 percent of women smoke (2008). Among blacks, 25.6 percent of men and 17.8 percent of women smoke. Among Hispanics, 20.7 percent of men and 10.7 percent of women smoke. There are 9.9 percent of Asian adults who smoke and 24.3 percent of American Indian/Alaska Native adults smoke.

Smoking accounts for more than 440,000 of the more than 2.4 million annual deaths. Cigarette smokers have a higher risk of developing several chronic disorders and increases the risk of

coronary heart disease by itself. When it acts with other factors, it greatly increases risk. Smoking increases blood pressure, decreases exercise tolerance and increases the tendency for blood to clot. Smoking also increases the risk of recurrent coronary heart disease after bypass surgery.

Cigarette smoking is so widespread and significant as a risk factor that the Surgeon General has called it "the leading preventable cause of disease and deaths in the United States."

Women who smoke and use oral contraceptives greatly increase their risk of coronary heart disease and stroke compared with non-

smoking women who use oral contraceptives.

Smoking decreases HDL (good) cholesterol. Cigarette smoking combined with a family history of heart disease also seems to greatly increase the risk.

Based on data collected in the late 1990s, the U.S. Centers for Disease Control and Prevention (CDC) estimated that adult male smokers lost an average of 13.2 years of life and female smokers lost 14.5 years of life because of smoking. And given the diseases that smoking can cause, it can steal your quality of life long before you die. Smoking-related illness can limit your activities by making it harder to breathe, get around, work, or play.

* National Health Interview Survey (NHIS), 2008, National Center for Health Statistics

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Important Phone Numbers & Websites

- **Tobacco Quit Center-** 732-886-4149 (Ocean & Monmouth Counties)
- **American Cancer Society-** www.cancer.org
- **Help Others Quit-** helpersnewjersey.org
- **NJ QUITNET-** www.njquitnet.com (online help/support)
- **NJ QUITLINE- 1-866-NJ-STOPS**
- **NICODERM-** Info & Free Patch www.nicodermcq.com
- **Tobaccoclinic.org-** UMDNJ School of Health Quit Clinic New Brunswick



Make a Date! Quit for Good This Year!

20 minutes after quitting: Your heart rate and blood pressure drops.

12 hours after quitting: The carbon monoxide level in your blood drops to normal.

2 weeks to 3 months after quitting: Your circulation improves and your lung function increases.

1 to 9 months after quitting: Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

1 year after quitting: The excess risk of coronary heart disease is half that of a smoker's.

5 years after quitting: Your stroke risk is reduced to that of a non-smoker 5 to 15 years after quitting.

10 years after quitting: The lung cancer death rate is about half that of a person who continues smoking. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decrease, too.

15 years after quitting: The risk of coronary heart disease is the same as a non-smoker's.

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Alliance Coordinators

To Join or Attend a Meeting!



Citizens Joined Together To
Make Freehold A Healthier
& Safer Place to Live

www.twp.freehold.nj.us/departments/Alliance-to-prevent



Freehold Boro & Freehold Township High-school ADAPT students were trained at Centra-State Health Awareness Center for a peer education workshop in alcohol and drug prevention. In the Spring they will cross train 6th grade students in the Freehold Intermediate and Catena Schools on what they learned. Our alliance is honored to take part in such an event and were happy to participate in this remarkable experience.

Second Hand Smoke- Is It Really Harmful?

YES

Environmental Tobacco Smoke (ETS), also known as second hand smoke, occurs when non-smokers inhale other people's tobacco smoke. Of the 4,000 chemicals in a cigarette, 250 are harmful chemicals, and 50 are known to cause cancer, such as arsenic, benzene, cadmium, and vinyl chloride.

ETS accounts for nearly 3,000 cases of lung cancer death a year (in non-smokers) and may be responsible for more cases of breast, sinus, nasal, and nasopharyngeal cancer, in addition to leukemia, lymphoma, and brain tumors in children.

Children exposed to ETS are at an increased risk for (SIDDS) sudden infant death syndrome, ear infections, colds, pneumonia, bronchitis,

and severe asthma. Being exposed to second hand smoke slows the growth of children's lungs and can cause them to cough, wheeze, and feel breathless.

There has also been a link between breast cancer and ETS; both mainstream and ETS contain about 20 chemicals, that in high concentrations, cause breast cancer in rodents. Chemicals on tobacco smoke reach breast tissue and are found in breast milk.

Pregnant women who smoke put their unborn babies at risk; the chance of miscarriage, premature delivery, stillbirth, infant death, low birth-weight, and SIDS are all increased. The nicotine, carbon monoxide, and other harmful

chemicals enter the mother's bloodstream, pass directly into the baby's body and prevent the baby from getting essential nutrients and oxygen for growth.

It is estimated that in the US each year, ETS is responsible for 150,000-300,000 new cases of bronchitis and pneumonia in children younger than 18 months.

The Community Alliance encourages support from the community and is always looking for dedicated members. If you have an interest in becoming a part of this important mission, please contact us! We would be happy to have you! Meetings are held on the 2nd Wednesday each month.

NEXT ISSUE: Spring/Summer 2010 April is Alcohol Awareness Month, Safer Proms & Summer Break