

### Upcoming Events!

February 20<sup>th</sup> – 26<sup>th</sup>

#### Through with Chew Week

This national event educates about the harmful effects of smokeless tobacco and encourages users to quit on the **Great American Spit Out, February 24<sup>th</sup>**.

March 8<sup>th</sup>

#### Celebration on the Hill, Helena

The American Cancer Society and other health organizations are hosting this event at the Capitol building to raise awareness of health issues that impact Montanans.

## Raising Awareness about the Toll of Tobacco in Montana



To educate state legislators and the public about the impact of tobacco addiction in Montana, 1,400 pairs of shoes will be on display during the Celebration on the Hill, March 8<sup>th</sup>. The shoes will be on exhibit in remembrance of the 1,400 Montanans who die every year from tobacco related diseases.

Our community members contributed nearly 50 pairs of gently-used and new shoes to Park County Tobacco Use Prevention Program for the event. A tag was attached to each pair of shoes with a tobacco use prevention message.

After the event, all footwear collected for the display will be donated to Soles4Souls, an organization that distributes shoes, free of charge, to people in need in the United States and countries worldwide.



## Through with Chew Week

### 5 Myths about Chew Tobacco!

#### Myth # 1 Chew tobacco is a good substitute for cigarettes.

**Not so!** Chew tobacco contains nicotine and at least 28 cancer-causing chemicals. Its use can cause oral cancers, tooth and gum disease, and cardiovascular disease.

#### Myth #2 Chew tobacco is not addictive.

**Not so!** Chew tobacco contains nicotine, one of the most powerfully addictive drugs known. A pinch delivers as much nicotine as smoking 3 to 4 cigarettes.

#### Myth #3 Health effects from chew tobacco are not serious.

**Not so!** Chew tobacco users are 50 times more likely than non-users to get oral cancer. Mouth cancer kills 1 American each hour.

#### Myth #4 Chew improves athletic performance.

**Not so!** A study of professional baseball players found no connection between chew tobacco use and player performance.

#### Myth #5 Chew tobacco doesn't lead to smoking.

**Not so!** Kids using smokeless tobacco are two and a half times

## FREE Oral Cancer Screenings

The following dentists will be providing **free oral cancer screenings** to chew tobacco users who are concerned about their health and want information about quitting.

Livingston Dental Care 222-6061

Dr. Trevor Strupp, DMD 222-2850

Dr. Gary Jagodzinski, DDS 222-0636

Dr. Michael Schoelch, DMD 222-8152

Community Health Partners Dental Practice, Livingston  
922-0881

Call during the month of February to schedule a free screening.

# Youth In Action

## Cougar Service Organization

Cougar Service Organization (CSO) is an after school group at Sleeping Giant Middle School that engages youth in projects and activities that benefit the school and community.



During the **Great American Smokeout**, students in eighth grade health classes at Sleeping Giant Middle School discussed the consequences of addiction and then wrote their thoughts on slips of paper. CSO assembled the paper into a chain which was hung in the school lobby to create a display. **“ADDICTION: The Chain that Holds You Down!”** was the message of the display.

## Youth Learn About Tobacco in the “Autopsy Room”



Park County schools brought 5<sup>th</sup> and 7<sup>th</sup> grade students to Livingston HealthCare’s annual Fall Health Festival to learn about healthy life-styles. In the “Autopsy Room,” about 270 youth learned how tobacco harms every organ in the body by placing labels, which named the diseases and harmful effects of tobacco, onto the organs of a life-sized plywood figure.

Two days of the festival are dedicated to educating youth. The third day is open to the general public. Over 750 people visited informative booths from hospital departments and other community services.

## Prevention Needs Assessment Survey Results Show a Positive Trend in Park County

The Montana Department of Public Health & Human Services, Addiction and Mental Disorders Division Chemical Dependency Bureau, has published the results of the 2010 Prevention Needs Assessment (PNA) for the state and each county. The PNA is a standardized survey conducted across the state every two years in grades 8, 10, and 12. The survey is designed to assess adolescent substance use, anti-social behavior, and the risk and protective factors that predict adolescent problem behaviors.

**The 2010 PNA statistics shown below indicate that students in Park County are using cigarettes and chew tobacco at rates that are well below the state average:**

	8 <sup>th</sup> Grade Students		12 <sup>th</sup> Grade Students	
	Park County	State	Park County	State
<b>Cigarettes</b>	4.1%	8%	12.2%	21.9%
<b>Chewing Tobacco</b>	1.7%	4.8%	12.2%	17.3%

The survey can help guide communities in creating effective and sustainable substance abuse prevention programs. The results of the 2010 survey reflect a positive trend in Park County.

The complete report is available at <http://prevention.mt.gov> from the Montana Prevention Resource Center website. Select the “Statistics” toolbar, and then select the link for “Montana Prevention Needs Assessment.”

## Surgeon General's Report: Harm from Smoking and Secondhand Smoke is Immediate

A new report released by the United States Surgeon General on December 9, 2010 provides dramatic new evidence that smoking and exposure to secondhand smoke cause immediate harm to the human body, triggering physical changes that lead to cancer, heart attacks, lung disease, and many other serious illnesses. Smoking is lethal and addictive, with every cigarette doing damage.

The report concludes that design changes to cigarettes, such as filter ventilation, flavoring agents and added chemical ingredients, have over time made them more addictive. Today's cigarettes deliver nicotine more efficiently to the brain, addicting kids more quickly and making it harder for smokers to quit.

Important messages to smokers and children include: If you do not smoke, don't start. If you do smoke, try to quit immediately and get the help you need to succeed. This is true not only for regular smokers, but also for smokers who do not smoke every day, such as "social" smokers, who may think they are not at risk. The report's message is clear; there is no risk-free level of exposure to tobacco smoke, and you don't have to be a heavy or long-time smoker to develop a smoking-related disease.



The Surgeon General details some of the serious health effects of even brief exposure to tobacco smoke:

- Tobacco smoke contains more than 7,000 chemicals and compounds, including hundreds that are toxic and at least 70 that cause cancer.
- Every exposure to the cancer-causing chemicals in tobacco smoke can damage DNA in a way that leads to cancer.
- Exposure to secondhand smoke has an immediate adverse impact on the cardiovascular system, damaging blood vessels, making blood more likely to clot, and increasing risks for heart attack and stroke.

The Surgeon General's Report, "Tobacco Smoke Causes Disease," can be found at: [www.surgeongeneral.gov](http://www.surgeongeneral.gov)

## Keep Your Local Legislators Informed About What You Think

Senator Ron Arthun, Senate District 31  
Representative John Esp, House District 61  
Representative Dan Skattum, House District 62

**Phone:** Call (406) 444-4800 and leave a message. Your message will be delivered directly to the legislators

**Fax:** House (406) 444-4825    Senate (406) 444-4875

**E-mail:** Fill out an e-mail form at this address: <http://leg.mt.gov/css/sessions/62nd/legwebmessage.asp>

**The Legislature's website is:** [www.leg.mt.gov/css/default.asp](http://www.leg.mt.gov/css/default.asp)

## **Tobacco Quit Line Has Expanded Medication Benefits**



To help Montanans who resolve to quit tobacco in the New Year, the Montana Tobacco Quit Line has increased its medication benefits as of January 1<sup>st</sup>. For a limited time, the quit line can provide a six-week supply of FREE Nicotine Replacement Therapy (patches, gum, or lozenges) instead of one-month supply. And the two prescription medications for quitting are available at a greatly discounted price. Chantix can be obtained for only \$25 per month, and bupropion costs just \$5 per month. Both of these require a prescription. Callers can receive either of these medications for up to three months, while participating in the quit line coaching program. The Montana Tobacco Quit Line is open every day, including weekday evenings, and can be reached by calling 1-800-QUIT-NOW (784-8669). Make 2011 the year that you became tobacco free!

## **New Tobacco Cessation Benefits for Montana Medicaid Participants**

Now Montanans enrolled in the Medicaid program can get even more help to quit smoking and smokeless tobacco. In addition to counseling from their health care provider, a variety of cessation medications are available, including the nicotine patches and gum, Chantix, and bupropion. These medications can be authorized for up to six months while the person is working on quitting. If needed, medications can be provided for an additional quit attempt during the same year. There are no lifetime limits for these cessation benefits.

Return Service Requested

Livingston, MT 59047-3798  
504 South 13th Street



Non Profit  
Organization  
U.S. Postage  
PAID  
Livingston, MT  
Permit No. 54