



# Becoming Tobacco Free!

A publication for employers in Westmoreland County to improve the bottom line in business & in health.

Westmoreland County Cooperative Extension  
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## TO YOUR GOOD HEALTH

Do you think it is safer to use dip or chew than to smoke cigarettes?



“Smokeless does not mean harmless. When the tobacco is chewed or dipped,” says Lee Eisenber, MD, “nicotine and other chemicals are absorbed directly through the stomach and mouth into the bloodstream.” The average dip contains the nicotine of two cigarettes.

In addition to a high risk of developing oral cancer, smokeless tobacco users have an increased risk of:

- increased heart rate
- high blood pressure
- gum recession
- tooth decay

See a doctor or dentist if you develop:

- persistent white or red patch in mouth
- a mouth sore that doesn't heal
- new lump in your neck
- difficulty swallowing or moving tongue or jaw.

## WHAT'S IN SPIT TOBACCO?

In addition to nicotine which causes the addiction to tobacco, spit tobacco contains polonium 210, acetaldehyde, cadmium, lead, formaldehyde, N-nitrosamines, uranium 235, benzopyrene, and silica or fiberglass which puts microscopic cuts in the mouth surface and allows faster absorption of nicotine.

## IMPROVE YOUR BOTTOM LINE

- Help employees obtain free resources to quit.
- Call 724-837-1402 for free flyers to post or distribute around Kick Butts Day, April 13, 2005.

## SMOKE FREE AIR AFFAIR – IDLEWILD Park

Ligonier, June 24 - Two for the price of one with coupon from Sheetz. Extra activities for kids.

## FREE EMPLOYEE WELLNESS PROGRAM

To schedule a free **Lunch & Learn** about Asthma or about **Quitting Tobacco**, call Vickie Oles at 724-837-1402.

*A pack a day smoker spends about \$1551 a year on tobacco and is ill more often than a non-smoker.*

## YOU CAN QUIT WITH HELP!

**Smoking and using chew** tobacco is both an addiction and a habit. Learn the most successful methods to quit in a “How to Quit” class or individual program. In the meantime, begin to use the 4 D's to help when the urge to use tobacco hits:

### **The 4 D's**

**Delay** using tobacco at least 5 minutes. The urge will often pass whether you smoke or not. Meanwhile,

**Deep** breathe 5 times, slowly in through the nose and out through the mouth.

**Drink** a glass of water. It helps flush the nicotine from your system.

**Do** something. Chew cinnamon gum, go for a walk, wash your hands, read a book to your child.

## GOOD REASONS TO SMOKE OUTSIDE

Until you quit, smoke outside because:

- Children of smokers are at increased risk of ear infections, asthma, bronchitis, and pneumonia.
- Spouses of smokers are at increased risk of lung and heart disease.

Centers for Disease Control and Prevention

For local information or help to quit, call:  
**Westmoreland Quitline – 1-888-NO-HABIT.**

**PA FREE Quitline - 1-877-724-1090** Callers will receive information and up to five free telephone counseling sessions.

*You may copy this newsletter or access it on our website: [westmorelandtobaccofree.org](http://westmorelandtobaccofree.org).*