

Community Health Coalition, Inc.

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Health Sunday Topic: Smoking & You

According to the **American Cancer Society**, an estimated 19,180 cases of lung cancer was expected in 2005, accounting for about 14% of cancer diagnoses. It has been estimated that 15,500 deaths from lung cancer are expected to occur among African Americans. Remember passive smoke is unhealthy also.

Dr. Tamera Coyne-Beasley who is an Assistant Professor of Pediatrics and of Internal Medicine at the University of Chapel Hill would like to encourage teens and adults not to start the use of tobacco. If someone has already started to use tobacco choose this month to stop.

For more information, read today's Health Sunday flyer; and refer to the following websites:

www.quitlinenc.com

www.cancer.org



**HEALTH SUNDAY
IN THE BLACK COMMUNITY**
is a program of Health Tips.
It is provided by the
Community Health Coalition
in cooperation with the
Interdenominational
Ministerial Alliance of Durham
and Vicinity for church goes
each 4th Sunday.
Today's Health Tip is:
Breast Cancer
in the
African American
Community.

**REMEMBER:
A HEALTHY DURHAM
INCLUDES YOU !**

NOTE: Please make enough copies of the attached flyer and distribute to each morning service attendee. PLEASE return the enclosed POSTCARD.

A recent National Center Institute focus group suggest that many ex-smokers believe that they are no longer at risk for lung cancer. This is a dangerous misperception. Unfortunately, some risk of lung cancer persists for many years after smoking cessation. The good news is that the risk diminishes with the passage of time.

Smoking and Lung Cancer

Cigarette smoking causes greater than 90% of lung cancers. There are currently almost 50 million smokers in the U.S. and another 50 million are ex-smokers. This means that approximately 1/3 of the population in this country is at high risk for this terrible disease and for multiple other tobacco-related diseases including cancer of the mouth, tongue, throat, larynx, esophagus, pancreas, bladder and kidney, and also at risk for coronary artery disease, periodontal disease, gangrene of the legs and stroke.

When you smoke you get more than just nicotine, you inhale more than 4000 chemicals. Some of them are wood varnish, the insect poison DDT, arsenic, nail polish remover, and rat poison. The ashes, tar, gases and other poisons in cigarettes harm your body over time. It is harder to taste, smell things and fight infections.



Women, Pregnancy, and Smoking

Women who smoke have increase risks for delay in conceiving, infertility, pregnancy complications, premature birth, spontaneous abortion and stillbirth. Infants born to women who smoke during pregnancy have a lower average birth weight than infants born to women who do not smoke. Women who quit smoking before or during pregnancy reduce the risk of such adverse reproductive outcomes. Also for pregnant women, smoking is likely to put their babies at risk for poor lung development, asthma and respiratory infections. The risks for sudden infant death syndrome (SIDS) are increased.



Your Health Sunday Coordinator is: _____

A Message from your Community Health coalition in association with The Interdenominational Ministerial Alliance of Durham and Vicinity, North Carolina Mutual Insurance Company, Central Carolina Black Nurses' Council Inc., and Durham Regional Hospital