

# Community Health Coalition, Inc.

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**Date: November 26, 2006**

## Health Sunday Topic: Smoking and Cancer In Your Community

### Smokers and Cancer

According to the American Cancer Society (ACS):

In the United States cancer accounts for 1 of every 4 deaths. Data from the American Cancer Society predicts that North Carolina will have an estimated 40,890 new cases of cancer, of that number 5,480 new cases and 5,100 deaths will be related to lung cancer.

The US Surgeon General has stated, "Smoking Cessation represents the single most important step that smokers can take to enhance the length and quality of their lives." (ACS, [www.cancer.org](http://www.cancer.org))

Dr. Todd McClain, is a Periodontist in private practice in the Southpark at 54 Professional Center. Dr. McClain is also an adjunct faculty member at the UNC Department of Periodontology. Dr. McClain states, "that in addition to deleterious whole body effects, smoking is one of the top risk factors for bone loss around teeth (periodontal disease). Furthermore; smokers are less likely to benefit from periodontal therapies and more likely to be affected by periodontal disease."

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

[www.cancer.org](http://www.cancer.org) (1-800-ACS-2345)  
[www.cancer.gov](http://www.cancer.gov)  
[www.blackwomenshealth.org](http://www.blackwomenshealth.org)  
[www.4women.gov](http://www.4women.gov)



### **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 goers**  
each 4th Sunday.

Today's Health Tip is:  
"Smoking and 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.

Quit smoking today to increase your chances of living a healthier, longer life.

## **Smokers and Cancer in the African American Community**

You know that smoking can cause lung cancer and progressive lung diseases such as emphysema and chronic bronchitis. But....., Did you know that smoking can also cause cancer to develop in the mouth, esophagus, larynx (voicebox), bladder, kidney, pancreas, cervix, stomach and even some leukemias.

Smoking is a major risk for peripheral vascular disease which narrows the blood vessels that carry blood to the legs and arm muscles. It also causes damage to the lungs and heart muscles due to the decrease of clean air entering during breathing.

Women age 35 or older and use birth control pills are at a higher risk for heart attack, stroke, and blood clots of the legs. Pregnant women who smoke are likely to have low birth-weight babies, premature births and miscarriages.

### **Reasons to Quit Smoking**

Decreases the risk of lung cancer, other cancers, heart attacks, stroke, periodontal disease and chronic lung disease.

Reduces the carbon dioxide level in the blood. Improves blood vessel strength that carry the blood to various organs and extremities.

Improves daily life, food tastes better, sense of smell returns to normal, allows performance of activities like exercise, housework and other activities that normally leave you breathless.

Among women, reduces the chance of low birth weight and premature birth of babies, lower risk of miscarriage, stillbirth or other problems that may occur during pregnancy or labor.

Improves circulation, lung functions, skin tone and complexion, slows the premature develop of wrinkles, and increases energy levels.

Improves the lives of people around you due to no secondhand smoke being produced by the cigarettes or cigars, especially children and pregnant women.



(Adapted from the American Cancer Society web site. [www.cancer.org](http://www.cancer.org))

**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.