Description: This bulletin board packet covers information on smoking, secondhand smoke, the use of “vapes” or e-cigarettes, “Did you know” facts and information on how to help a friend quit. If you have any questions or would like additional information or materials please contact the Office of Health Promotion at (610) 519-7408 or email us at healthbytes@villanova.edu.

When to display this board: The first few weeks of the semester, finals and mid-term week, Great American Smoke Out (3rd Thursday of November), Kick Butts Day (March 18th, 2016).

Ways to alter this board: You can re-create the information with different themes. Include more information on the effects of smoking, chewing or dipping, quit tips, harmful ingredients found in cigarettes, smokeless tobacco, chew, or snuff.
Be Smart, Don’t Start!

Secondhand Smoke Is No Joke!

- Secondhand smoke is similar to burning tobacco products such as cigarettes, pipes, or cigars.
- Secondhand smoke also has smoke that has been inhaled or breathed out by the person smoking.
- The dangerous particles in secondhand smoke can linger in the air for hours or even longer. This makes the respirator that filters air for smokers less effective.
- Exposure to secondhand smoke is thought to be more harmful than smoking a cigarette directly for the same amount of time.

Immediate effects of secondhand smoke:
- Headache
- Dizziness
- Eye irritation
- Cough
- Sore throat
- Nausea

Long-term effects of secondhand smoke:
- Asthma
- Bronchitis
- Lung cancer
- Breast cancer
- Cardiovascular problems

Secondhand smoke contains thousands of toxic chemicals, including:
- Ammonia, used in cleaning products
- Nitrogen dioxide, in tobacco smoke
- Carbon monoxide, found on exhaust
- Formaldehyde—an industrial chemical

Social Smoking

Social smoking is smoking less than six times a day. A social or casual smoker may smoke a few cigarettes per day, but not smoke for days or weeks afterward.

Even if you are smoking every day and then you are still subject to physical consequences:
- You are still exposed to the same chemicals, such as arsenic, lead, and nicotine.
- You may experience more illnesses or other symptoms.
- Exposure to secondhand smoke can cause breathing problems similar to that of an active smoker.

Reasons why people smoke socially:
- Some people just have a cigarette when they go out with friends or do.
- Many people who smoke socially do not realize that occasional smoking can be harmful.
- Sometimes, students will be up all night socializing and want to break or something to help them stay awake, which results in them smoking through a cracking session.

How to help a friend quit

First, it is important to understand that tobacco is a brain-eating disease and not a habit that can be easily cured. In order to quit successfully, smokers need support from family, friends, and health professionals. You can help your friend by providing encouragement, giving them positive feedback, helping them find resources, and helping them understand the process of quitting. Remember that smokers may experience some symptoms, such as cravings or withdrawal, but these symptoms are temporary.

DID YOU KNOW?

1 out of 5 deaths in the US is caused by smoking!

On average, every cigarette takes eleven minutes off your life?

No smoke, no problem? Think again...

Secondhand tobacco smoke pollutes your body with numerous chemicals that cause health problems from lung cancer to heart disease. Tobacco smoke contains cancer and contains over 4000 chemicals and chemical.

There are two types of smoking: direct tobacco and indirect smoking. Direct smoking comes in loose leaves, pipes, or joints, while indirect smoking involves smoking while smoking. There are several health risks from indirect smoking. Secondhand smoke is often referred to as "secondhand smoke" or "indirect smoking." It is absorbed from the mouth, nose, and lungs into the bloodstream through the lining of the mouth, resulting in a quick rise.

Low levels of chemicals in smoke, including nicotine, carbon monoxide, and formaldehyde, contribute to cancer risk.

E-Cigarettes

E-cigarettes are battery-operated products designed to deliver nicotine and other chemicals into the air. You inhale the vapor.

E-cigarettes can cause addiction. They contain chemicals that are harmful to the body. Smoking nicotine can cause heart disease, cancer, and lung disease. E-cigarettes are not as harmful as traditional cigarettes, but they are still harmful.

DID YOU KNOW?

The CDC estimates that adult smokers who use an average of 15 to 20 cigarettes per day and who smoke for more than 5 years can expect to live an average of 5 years longer than those who do not smoke.

Campus Resources

For information and help quitting, please call 610-329-7557. We offer counseling and free programs.

Visit our website:
www.villanova.edu/healthpromotion
No Smoking
Be Smart,
Don’t Start!
Secondhand Smoke Is No Joke!

- Secondhand smoke is smoke from burning tobacco products, such as cigarettes, cigars, or pipes.
- Secondhand smoke also is smoke that has been exhaled, or breathed out, by the person smoking.
- The dangerous particles in secondhand smoke can linger in the air for hours or even longer. This includes the residue that clings in a smoker's hair and clothing, as well as cushions, carpeting and other goods.
- Exposure to secondhand smoke is thought to be more harmful than smoking a cigarette directly for the same amount of time.

Immediate effects of secondhand smoke:
- Headache
- Dizziness
- Eye Irritation
- Cugh
- Sore Throat
- Nausea

Secondhand smoke contains thousands of toxic chemicals, including:
- Ammonia—used in cleaning products
- Butane—used in lighter fluid
- Chromium—used to make steel
- Lead—a toxic medal
- Carbon Monoxide—found in car exhaust
- Formaldehyde—an industrial chemical

Social Smoking

Social Smoking is smoking less than everyday. A social (or casual) smoker may smoke a few cigarettes one night, then not smoke for days or weeks afterwards.

Even if you are smoking “every now and then” you are still subject to physical consequences.

- You are still exposed to the 4000 chemicals such as arsenic, lead, and mercury.
- Even after a cigarette or two, smokers will experience a spike in blood pressure.
- 30 minutes of exposure to secondhand smoke can cause heart damage similar to that of an everyday smoker.
- Addiction could happen within 10 seconds of taking a puff of a cigarette, nicotine reaches the brain and regulates the feeling of pleasure. The thing is within a few minutes the effects wear off, which makes the person crave another cigarette.

Reasons why people smoke socially:

- Some people just have a cigarette when they go out with friends or drink.
- Many people who smoke socially don’t realize that occasional smoking can be harmful.
- Sometimes students will be up all night studying and want a break or something to help them stay awake, which resorts to them chain smoking through a cramming session.
How to help a friend quit

First, it is important to understand that smoking is an issue of addiction and not of will power. In order to quit successfully, smokers need friends and family to support them. You may reduce the psychological stress of quitting by pretending your friend is just “practicing” quitting, and reward them frequently with incentives or positive feedback. This approach will also help prevent you from getting angry or annoyed if you catch your friend with a cigarette, which is unfortunately probable. In fact, most people make at least three attempts to quit before succeeding.

• Offer to join your friend in an exercise program, which will increase self-esteem and offset possible weight gain.
• Help your friend avoid restaurants, bars, and other places that encourage smoking.
• Remember that smokers who are in the process of quitting often become irritable - do not take this behavior personally.
• Supportive friends must remain calm and patient to help the smoker overcome the stress and trauma of withdrawal.

Campus Resources

To quit and stay quit, please call 610.519.7407, for a one-on-one consultation or a list of free Smoke FREE groups.

Visit our website: www.villanova.edu/healthpromotion
No smoke, no problem? Think again...

Smokeless tobacco pollutes your body with numerous chemicals that cause health problems from gum recession to oral cancer. Tobacco in any form causes cancer and contains nicotine, a highly addictive chemical. People who use smokeless tobacco are several times more likely to develop oral cancer than those who do not use tobacco.

There are two types of spit tobacco: chewing tobacco and snuff. Chewing tobacco comes in loose leaf, plugs, or twists, while snuff is generally powdered tobacco, sold dry or moist. People who chew keep tobacco in their mouths for several hours to get a continuous high from nicotine. Snuff is “dipped,” meaning a small amount is pinched from the can and placed between the cheek and the gum. Nicotine is quickly absorbed into the bloodstream through the lining of the mouth, resulting in a quick high.

Toxic chemicals in smokeless tobacco, including arsenic and formaldehyde, contribute to cancer of the mouth, leukoplakia (white, leathery patch inside the mouth where skin has been irritated by tobacco juice), heart disease, gum disease, and tooth decay. Spit tobacco permanently discolors teeth, and as the gums recede, teeth will fall out.

E-Cigarettes

Electronic cigarettes (e-cigarettes) are battery operated products designed to turn nicotine and other chemicals into a vapor. You then inhale the vapor.

E-Cigarettes may contain ingredients that are known to be toxic to humans. Because clinical studies about the safety of e-cigarettes have not been submitted to the U.S. Food and Drug Administration (FDA), you have no way of knowing:

• If they are safe
• Which chemicals they contain
• How much nicotine you are inhaling
• If they are more addicting

Currently, there are no e-cigarettes approved by FDA for therapeutic uses so they cannot be recommended as a cessation aid. For smokers who want to quit cigarettes there are FDA approved treatments which have been proved to be safe and to work, including: Nicotine gum, skin patches, oral inhaled products, nasal spray and prescription medications.
DID YOU KNOW?
1 out of 5 deaths in the US is caused by smoking!

DID YOU KNOW?
On average, every cigarette takes eleven minutes off your life?

DID YOU KNOW?
On average, smokers die at least 10 years younger than non-smokers!

DID YOU KNOW?
9 out of 10 adult smokers started by age 18! #besmartdontstart

DID YOU KNOW?
The CDC estimates that adult male smokers lose an average of 13.2 years of life and female smokers lose 14.5 years of life because of smoking.

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