



Cigarettes – Enemies of a Healthy Heart

Although most people know that cigarette smoking can cause lung cancer, they often don't realize that cigarettes are a major risk factor for heart disease. Most health care providers agree that the first step in fighting heart problems is to quit smoking.

Smoking interferes with many vital functions of the body by:

- raising blood pressure
- lowering the oxygen supply
- causing a risk of blood clots
- damaging the arteries

The nicotine in cigarette smoke acts as a stimulant, making the heart beat faster and raising blood pressure. At the same time, nicotine causes arteries to shrink, which interferes with the flow of blood in the body and makes the heart work even harder.

Smoking also releases carbon monoxide into the body, which lowers the amount of oxygen in the blood. As a result, the heart has to work harder to supply the oxygen the body needs. Under these conditions, normal activities can leave a person breathless and strenuous activity may become impossible.

Smoking also makes the blood thick and sticky, so it's easier for clots to form in the arteries, leading to heart attacks or other life-threatening situations.

Smoking also can severely damage blood vessels by causing fatty deposits to build up in the walls of the arteries. Clogged arteries make it



difficult for the heart to get the oxygen it needs, putting a severe strain on the heart. In severely narrowed arteries, a clot can totally cut off circulation, a potentially fatal condition.

The clear message is that smoking seriously increases a person's risk for heart attacks, strokes, circulatory diseases in the extremities, chronic lung diseases, and other forms of heart disease. But this risk factor can be completely controlled. When you stop smoking, you immediately improve your health and your chances for a longer life.

If you've tried to quit and can't, ask your health care provider for advice on safe and effective ways to stop smoking. You also can attend Smoking Cessation classes at the Siletz Clinic every Tuesday and Thursday at noon. Contact Danelle or Kathryn at the clinic, 541-444-1030 or 1-800-648-0049.

© 1995 PARLAY INTERNATIONAL
1600.100

CTSI Tobacco Policy

by Danelle Zosel-Sanderson
Tobacco Prevention Coordinator

Thanks to the Health Committee, Tribal Council approved a tobacco policy with a resolution (94-139) on June 18, 1994. This policy is in the tribal personnel policies manual.

The tobacco policy affects all tribal facilities, buildings and vehicles. The smoking policy (section 1-4) in the employee manual states there should be no smoking in or near the main entrances of the tribal offices.

Those employees who choose to smoke are permitted to smoke **only** in designated smoking areas, which are located on the east and west sides downstairs and upstairs, during the lunch break and two 15-minute breaks. Each employee who uses tobacco products is responsible for disposing of refuse in a sanitary manner.

We all engage in habits that consume time that could otherwise be used more positively. People who smoke spend 8 percent, or 1.5 hours, of their workday engaging in their habit. All of us could use more of our time to engage in positive activities, such as exercising, reading, or furthering our education.

Tobacco use should only occur during official breaks and only in designated areas. Please support our policy and help keep the entrances to our buildings safe for staff and clients.

Tobacco Prevention and Education Program Mission Statement

by Danelle Zosel-Sanderson, Tobacco Prevention Coordinator

Individual members of the Confederated Tribes of Siletz Indians will gradually change community norms regarding tobacco use. Traditional spiritual uses of tobacco will be honored as a cultural strength. Addictive use of commercial tobacco products will be seen as a threat to the health and future of the tribe.

Through education regarding the risks of second-hand smoke exposure to small children, adults will encourage one another to protect children as the future of the tribe. Smoke-free homes and cars will become the rule even among adults who smoke.

Greater consciousness of the connection between adult modeling of addictive tobacco use and the desire of

youth to adopt adult behaviors will encourage and motivate tribal leaders, parents, and grandparents to model a tobacco-free lifestyle.

Regardless of age, all Siletz Tribal members struggling with nicotine addiction will have access to affordable, respectful, and culturally sensitive cessation support programs and nicotine replacement therapy.