



Sixty-seven Siletz-area children got their teeth sealed during the fourth annual sealant clinic at the Siletz Community Health Clinic in April. Dr. Randy Teich (l) and Diane Tripp, dental assistant (r), seal Zach Bremner's teeth. Dental students from Oregon Health Sciences University helped with the project.

## What Can You Do to Stop Smoking?

by Shannon Chrisman, 1-800-648-0449 or 541-444-1030

### ☑ Be motivated to stop.

The first step in quitting for good is the desire to quit. You want to stop. Smokers who are motivated to stop are twice as likely to be successful than those who are not motivated.

### ☑ Seek help and support.

The more help you get, the better your chance of success. Studies show that people who try to stop through a formal program are up to eight times more likely to do so than those who try to quit on their own. So seek help from a smoking cessation program. Talk to others, family and friends, and seek out information to help guide your efforts.

### ☑ Begin by making small changes.

Begin to limit places where you smoke. For example, smoke only outside or in one room of your house (unless you have children, then outside is better). Practice not smoking by not smoking in the car. Begin an exercise program or start to incorporate daily activity into your life. Seek medical advice from your doctor prior to starting any new exercise program.

### ☑ Talk to others who have quit.

Ask others how they did it. What methods helped them?

### ☑ Pay attention to your smoking patterns.

When do you smoke? Where do you smoke? Who are you with? What emotional or situational triggers do you notice? Now practice coping with all of these situations without resorting to smoking (i.e., call someone for support, read something, go for a walk, garden, listen to music, watch a show).

## Things You Should Know About Second-Hand Smoke

- In 1992, the Environmental Protection Agency classified environmental tobacco smoke (ETS, also second-hand smoke) as a “Group A” carcinogen – a substance that produces **cancer** in humans.
- Second-hand smoke is a mix of 4,000+ compounds, more than 50 of which are known to cause cancer.
- Some of the elements in second-hand tobacco smoke include nicotine, carbon monoxide, benzene, ammonia, 4-aminobiphenyl, and benzo[a]pyrene.
- Parental smoking can cause children to suffer many negative health effects.
- Pregnant women who smoke are more likely to have low-birth-weight babies at risk for death and disease in infancy and early childhood. Same for non-smoking pregnant women exposed daily to second-hand smoke.
- Nursing mothers who smoke pass harmful chemicals to their babies in breast milk.
- More than one-third (35 percent) of all deaths from sudden infant death syndrome (SIDS) are due to maternal tobacco use.
- Children in the U.S. are three times more likely to die from SIDS caused by maternal smoking than die from homicide or child abuse.
- Children of parents who smoke have a higher prevalence of symptoms of respiratory irritation such as cough, phlegm, and wheezing.
- Children of parents who smoke have more ear infections. They have a greater chance of developing leukemia and other cancers later in life.
- Tobacco smoke makes eyes burn, throats hurt, and hair and clothing smell.
- Children have a greater chance of getting colds, flu, pneumonia, and bronchitis when their parents smoke around them.
- If you smoke around your children, they are more likely to become smokers themselves and more likely to die of a smoking-related illness later in life.

Parents: If you must smoke, please don't smoke around your children, in your home, or in your car. Please smoke outside. Your children's health depends on it.

## Health Committee Member Needed

With the recent resignation of a Health Committee member, the Siletz Tribal Council is recruiting for an individual to fill this vacancy. Anyone interested in serving on the Health Committee should submit an application by June 19, 2001, to:

Exec. Secretary to Tribal Council  
CTSI  
PO Box 549  
Siletz, OR 97380  
Fax 541-444-8325

Applications can be picked up at the area offices or by calling 1-800-922-1399, ext. 203, or 541-444-8203.