

Courtesy photo

Tribal Elder Chewescla (William) DePoe meets the University of Washington Huskies mascot, Dubs, at the Apple Cup game on Nov. 29, 2013.

**Editor's note:** Chewescla DePoe was incorrectly identified in the December issue of Siletz News. He is the uncle of Cynthia A. DePoe.



Contact the **Siletz Community Dental Clinic** if you experience dental pain or a dental emergency. The staff will do everything it can to see you as soon as reasonably possible.

Morning check-in time is Monday-Thursday from 8:30-9 a.m. and Friday from 10-10:30 a.m.

Afternoon check-in time is Monday-Friday from 1-1:30 p.m.

## November 2013 Culinary Employee of the Month



Veronica Russell

Veronica has been selected as the Culinary Employee of the month for November 2013. She became a part of the culinary team in March 2012. Veronica has recently proven herself to be a hard working, dependable and positive team member, who has gone above and beyond. Please join me in congratulating Veronica on this well-deserved recognition.

## Smoking, con't from previous page

Hundreds of ingredients are used in manufacturing cigarettes to make them more acceptable to the consumer. Additives make cigarettes milder and easier to inhale, improve taste, prolong burning and increase shelf life. Laboratory analyses have shown that tobacco smoke contains more than 7,000 chemicals. Of these, hundreds are toxic and more than 70 are known carcinogens (cancer-causing).

At this time, CDC does not provide a list of all chemicals found in tobacco smoke; however, the Smoking & Tobacco Use website does provide information about many of these substances.

### Resources

Title: *How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease: A Report of the Surgeon General*. Source: U.S. Department of Health and Human Services – [cdc.gov/tobacco/data\\_statistics/sgr/2010/index.htm](http://cdc.gov/tobacco/data_statistics/sgr/2010/index.htm)

Title: *Reducing Tobacco Use: Tobacco Products*. Source: CDC – [cdc.gov/tobacco/data\\_statistics/sgr/2000/highlights/tobacco/index.htm](http://cdc.gov/tobacco/data_statistics/sgr/2000/highlights/tobacco/index.htm)

### 6. What ingredients are found in smokeless tobacco?

There are three types of smokeless tobacco products: chewing tobacco, dry snuff and moist snuff. Chewing tobacco is made from tobacco leaves with the stems removed. Snuff is made from the tobacco leaf and stem. Sweeteners and flavorings typically are added to both products.

Like cigarettes and cigars, smokeless tobacco contains nicotine, an addictive drug found naturally in tobacco. An average dose of smokeless tobacco contains at least twice the amount of nicotine found in the average cigarette.

In addition to nicotine, smokeless tobacco contains tobacco-specific nitrosamines (TSNAs), which are potent cancer-causing agents. Studies indicate that snuff contains higher levels of TSNAs than chewing tobacco. Smokeless tobacco products also contain other toxic substances, such as polonium 210 and formaldehyde.

Other additives found in smokeless tobacco include salts, such as sodium carbonate and ammonium carbonate, and other abrasive matter that may wear the surface of the teeth. Some products contain microscopic abrasives, which speed the absorption of nicotine and carcinogens into the cell membranes.

### Resources

CDC Smoking & Tobacco Use website: *Tobacco Ingredient Reporting* – [cdc.gov/tobacco/basic\\_information/tobacco\\_industry/reporting/index.htm](http://cdc.gov/tobacco/basic_information/tobacco_industry/reporting/index.htm)

National Cancer Institute website: *Smokeless Tobacco* – [dcccps.nci.nih.gov/tcrb/less\\_default.html](http://dcccps.nci.nih.gov/tcrb/less_default.html)

Title: *Smoking and Tobacco Control Monograph 2: Smokeless Tobacco or Health: An International Perspective*. Source: National Cancer Institute – [cancercontrol.cancer.gov/tcrb/monographs/2/index.html](http://cancercontrol.cancer.gov/tcrb/monographs/2/index.html)

### 7. What are “fire-safe” cigarettes?

Fire-safe or self-extinguishing cigarettes are cigarettes designed to stop burning if they are not puffed on regularly. Fire-safe cigarettes were developed to help prevent fires and fire-related injuries resulting from improper disposal of smoking materials. In the United States, smoking materials are the leading cause of fire-related deaths, accounting for more than one of every four fire deaths.

### Resources

Title: *Annual Smoking-Attributable Mortality, Years of Potential Life Lost, and Productivity Losses—United States, 1997-2001*. Source: CDC – <http://iier.isciii.es/mmwr/preview/mmwrhtml/mm5425a1.htm>

Title: *Fire Deaths and Injuries: Fact Sheet*. Source: CDC – [cdc.gov/ncipc/factsheets/fire.htm](http://cdc.gov/ncipc/factsheets/fire.htm)

Title: *The Smoking-Material Fire Problem*. Source: National Fire Protection Association, Fire Analysis and Research Division – [nfpa.org/assets/files/PDF/oss smoking.pdf](http://nfpa.org/assets/files/PDF/oss smoking.pdf)

### 8. Are “light” cigarettes and other reduced-risk tobacco products really safer to use?

All cigarettes are harmful to health, regardless of their taste, smell, label or packaging color. There is no such thing as a safe cigarette.

The terms “light” (or “lite”) and “ultra-light” refer to cigarettes that deliver less tar or nicotine in standardized machine measurements. Studies

have found that smokers who use these cigarettes do not reduce their risk for developing smoking-related cancers and other diseases, that switching to light cigarettes does not help smokers quit and that switching to light cigarettes may actually decrease the motivation to quit.

The Family Smoking Prevention and Tobacco Control Act, signed into law in 2009, prohibits the use of the terms “light,” “low,” “mild” and other similar descriptors in tobacco product labels or advertising. Prohibiting the use of terms like “light,” “low” and “mild” is an important step to help protect the public health. Many smokers mistakenly believe that cigarettes marketed with these descriptors cause fewer health problems than other cigarettes.

### Resources

Title: *How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease: A Report of the Surgeon General*. Source: U.S. Department of Health and Human Services – [cdc.gov/tobacco/data\\_statistics/sgr/2010/index.htm](http://cdc.gov/tobacco/data_statistics/sgr/2010/index.htm)

Title: *The Health Consequences of Smoking: A Report of the Surgeon General*. Source: CDC – [gov/tobacco/data\\_statistics/sgr/2004/index.htm](http://gov/tobacco/data_statistics/sgr/2004/index.htm)

Campaign for Tobacco-Free Kids website: “Safer” Cigarettes and Tobacco Products – [tobaccofreekids.org/research/factsheets/index.php?CategoryID=26](http://tobaccofreekids.org/research/factsheets/index.php?CategoryID=26)

Title: *Hope or Hazard?* Source: Transdisciplinary Tobacco Use Research Center. University of Minnesota – [tturc.umn.edu/documents/hope\\_or\\_hazard-3.pdf](http://tturc.umn.edu/documents/hope_or_hazard-3.pdf)