

How do e-cigarettes affect your health?

From the Centers for Disease Control and Prevention

E-cigarettes are fairly new. There are important questions about their ingredients and how those ingredients may affect the health of people who use e-cigarettes and bystanders around them, both in the short term and over time.¹¹

E-cigarettes and their ingredients are not regulated by the Food and Drug Administration (FDA) right now. So there's no way to know for sure what is in them or how much nicotine they contain. Current research shows that:

- Nicotine from e-cigarettes is absorbed by users and bystanders.^{2,10,11}

- Nicotine is highly addictive.
- Nicotine is especially a health danger to youth who use e-cigarettes. It may have long-term, negative effects on brain growth.
- Nicotine is a health danger for pregnant women and their developing babies. Using an e-cigarette and even being around someone else using an e-cigarette can expose pregnant women to nicotine and other chemicals that may be toxic.
- E-cigarette aerosol is not "water vapor." It contains nicotine and can contain other chemicals. It is not as safe as clean air.¹³
- The nicotine solution in e-cigarettes is not harmless "juice." Children and

adults have been poisoned by swallowing, breathing or absorbing the liquid through their skin or eyes.¹⁴

- Additional chemicals that are harmful or may be harmful have been found in some e-cigarettes. These substances include traces of metal, volatile organic compounds and nitrosamines. The levels tend to be lower than in regular cigarettes, but there's no way to know what you're getting because e-cigarettes are not yet regulated.¹⁵

Help for quitting smoking

E-cigarettes are not approved by the FDA to help people quit smoking. But seven medicines are approved by the FDA to help quit smoking, including forms of nicotine that are tested for purity and safety. These include inhalers, nasal sprays, patches, gum and lozenges. Some are available without a prescription.

Quit-smoking treatments may be free or lower in price through insurance, health plans or clinics. State Medicaid programs cover quit-smoking treatments. While the coverage varies by state, all states cover some treatments for at least some Medicaid enrollees.

Whether or not you use a stop-smoking medicine to help you quit, people who reach out for help are more likely to succeed than those who go it alone. Help is available in the Quit Guide at cdc.gov/tobacco/campaign/tips/diseases/dual-tobacco-use.html and by calling 800-QUIT-NOW (800-784-8669) or 855-DÉJELO-YA (855-335-3569).

Quitline coaches can answer questions, help you develop a quit plan and provide support for your smoke-free life.

References

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Courtesy photos from Norma J. Anderson

Fleet of Flowers

Chewescla (Bill) DePoe (above, left) joins Bob Eder, commercial fisherman on the F/V Timmy Boy in Newport, Ore.; Cecilia Simonelli, daughter of skipper Roy Bower; and State Rep. David Gomberg at the Fleet of Flowers Ceremony on Memorial Day. He was a guest speaker at the event and later went out to sea on the F/V Tacklebuster to lay flowers in memory of loved ones.

Chewescla has worked for more than 35 years for a company called Delta Marine in Seattle, where he helped build the F/V Tacklebuster many years ago and rides out to sea each year during this ceremony (below).

Additionally, Cecilia Simonelli was born one month after her father, Ray Bower, and Jack Chambers lost their lives trying to rescue a fishing trawler on Oct. 1, 1936, just off the shores of Depoe Bay. She and her mother never knew of this memorial to her father and others that takes places annually on Memorial Day and she attended this year for the first time.



Maxine Rilatos – 1932-2015

Today, we lay to rest our mother, grandmother, great-grandmother, sister, auntie, cousin and friend. Maxine is the daughter of Chief Archie Ben and Victoria Butler Ben, and sister to Edmond Ben, Victoria Nelson, Shirley Walker, Raymond Ben, beloved Richard Ben and beloved Virginia Ben.

On May 5, 2015, our mom joined our family in the promised land.

Maxine was born on Aug. 7, 1932, in Logsdan, Ore. She was a lifelong member of the Siletz Gospel Tabernacle and a proud member of the Confederated Tribes of Siletz Indians.

Maxine was a loyal employee of the Siletz Community Health Clinic for 34 years as a CHR (community health representative), the second hired by the Siletz Tribe. She worked for CETA and Man Power prior to the restoration of the Siletz Tribe.

Maxine married the late Robert Paul Rilatos Sr. on Nov. 12, 1952, in Stevenson, Wash., joining the beloved Tuton and Pearl Rilatos family. She gained five brothers and a sister – beloved Edward "Ouchie," beloved Manuel, beloved Mary Marzan, beloved David, Phil and beloved Danny.

Maxine and Robert had eight children – Marlene "Pug" Stuart (Thomas), beloved Kathryn "Tiny Jane" Rilatos, Robert "Shine" Rilatos Jr. (Ruby), Roger Rilatos (Dorene), beloved Randy Rilatos, Selene Rilatos (Dan Lynch),



Courtesy photo

Maxine Rilatos

Rollie Ray "Bull" Rilatos and Valerie Hibdon (Larry).

She has 19 grandchildren, 41 great-grandchildren and numerous nieces, nephews and cousins.

Maxine was a master beader. She taught her children, grandchildren and students how to bead, dance and pray.

Maxine loved our Lord and Savior above all else.

Maxine's memorial service was held May 9 at the Siletz Tribal Community Center with internment at the Paul Washington Cemetery.