

Smoking shortens lives

So you're 25 and you feel pretty good. You smoke two packs of cigarettes a day, but you get some exercise. You can keep up with your nonsmoking friend's backhand, and you can climb that hill almost as fast.

Chances are, he'll live almost eight and a half years longer than you.

The difference between 65 and 73 may seem pretty remote right now. But the facts about death rates, health hazards and economic loss due to smoking are not hazy. Before you scoff at your chances, consider statistics reached after years of research by the American Cancer Society.

A pamphlet by the cancer society gives straight answers to questions most often asked by teenagers in health classrooms around the country.

Probably the most startling fact is the life expectancy rate. "Of American men aged 25, twice as many two pack-a-day smokers may expect to die before age 65 as nonsmokers," the pamphlet reads.

"The chances of a heavy cigarette smoker dying during his prime are almost twice as great as a nonsmoker's."

The death rate from lung cancer in cigarette smokers is about 10 times that of nonsmokers, according to statistics reached by a panel of doctors and scientists in a 1964 study. Eighty percent of all lung cancer is caused by smoking, they said.

That conclusion convinced the U.S. Surgeon General to require all cigarette packages and ads to carry a warning that smoking can be hazardous to your health.

Occupational hazards cause most other lung cancers. The excuse that "I'd probably get lung cancer anyway from air pollution goes up in smoke, as the cancer society states "air pollution figures indicate it plays no significant role in lung cancer."

About 85,000 people in the United States die of lung cancer each year. The chances of being cured are about one in 10, because most cases are incurable once

discovered. "When lung cancer is large enough to be visible by X-ray, it is no longer in its early stages and is often not curable," the pamphlet reads.

Even if you don't get cancer, smoking damages your lungs. "Autopsies have shown that all cigarette smokers have some lung damage even if they did not have lung cancer," the society said.

So maybe you've just got that morning cough. That means hair-like structures along the bronchial tubes called cilia, which carry irritating particles away from the lungs, may be seriously damaged. When the cilia action is impaired, coughing is the only way a smoker can get rid of irritating substances and mucus in the lungs.

Smoking can increase your chances of death in other ways, too. Death from heart disease is at least double among smokers as nonsmokers. A probable cause is that nicotine causes constriction of the arteries. The arteries thus carry less blood to the heart, damaging heart tissue. Nicotine also increases the pulse rate.

Cancers of the pharynx, larynx, esophagus, lip, tongue and mouth were found six times higher among smokers aged 45-64 in an American Cancer Society study of 500,000 men. Pipe and cigar smokers had death rates from these diseases about four times as high as nonsmokers.

The cancer society points out you can't use the argument that what's done is done. When you quit smoking, "damage to the

lungs is repaired starting almost immediately. There is actual repair to precancerous lesions and the normal healthy condition of the lung tissue is restored.

"Chronic cough, sinus congestion, fatigue, and shortness of breath are among the symptoms that disappear."

If those things seem worth the risk to you, consider what effect your smoking may have on your children. "Studies show that the number of high school students who smoke cigarettes is twice as high if their parents smoke," the pamphlet tells teenagers.

Women who smoke while they are pregnant have babies who weigh an average of six ounces less at birth than those of nonsmoking women. "Lower-than-normal birth weight is associated with a child's poor physical and emotional development," the cancer society said.

Its studies also show pregnant women who smoke increase the risk of stillbirths and death among newborns. If you holler about high taxes, consider how much you're paying the government when you light up. American smokers paid \$12.3 billion for cigarettes in 1973. Of this, \$2.4 billion went to the federal government, \$3.1 billion to states and \$200 million to municipalities in cigarette taxes.

Finally, if you think you are in the majority when you light up and are indignant when someone asks you to extinguish your smoke, think again. Of the total adult population, 37 percent are smokers.

Hearing set for chapel

The Chapel of Divine Love on E. Syivan Drive in Sandy will present a request to the Clackamas County hearings officer Jan. 4 to make additions to the church.

Plans are to build a dining room, kitchen and an addition to the library.

Approval of the request would require exemptions to two LCDC land planning goals.

Also before the hearings officer will be a request by William and Beverly McCoy of Bluff Road to create a two-acre parcel not in conjunction with farm use containing the existing house, and a 12-acre parcel to be used for agricultural purposes.

The meeting time is 7:30 at the courthouse in Oregon City.

WHEN YOU NEED MEDICAL CARE

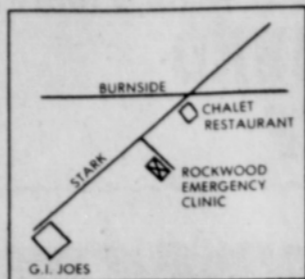
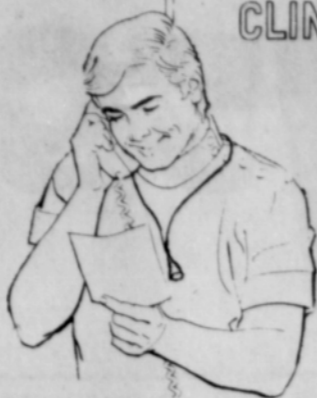
The Rockwood Emergency Clinic is open after hours

It isn't always necessary to rush to a hospital emergency room when a family injury or sickness requires speedy medical attention. People do rush to a hospital, however, because they know that medical care is not always readily available—after regular office hours and on weekends. They unnecessarily pay rates based upon levels of care designed for the critically ill and injured.

The Rockwood Emergency Clinic is open during the critical evening and weekend hours. The Clinic cares for "walk-in, walk-out" patients only. No ambulance patients are accepted.

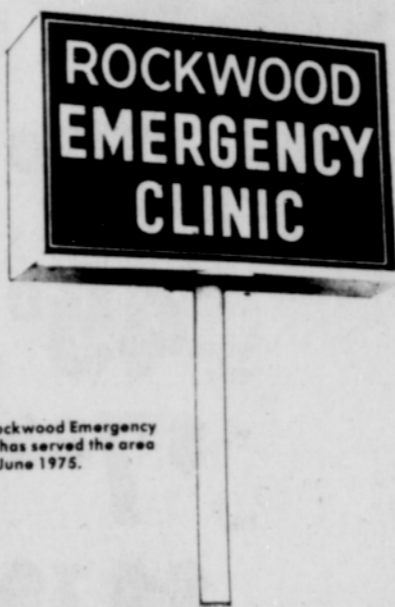
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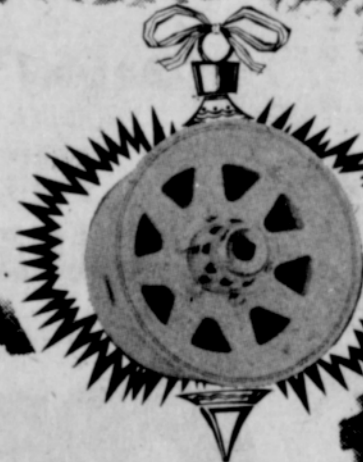
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