HEALTHMATTERS

Teens Smoking More Hookah Tobacco

Study suggests dangers are overlooked

A new study indicates that hookah tobacco smoking among Oregon teen-agers is on the rise, due in part to a proliferation of hookah lounges that may be targeting young people with candyand cocktail-flavored tobacco, online marketing and a party atmosphere.

Officials at the Oregon Public Health Division, which conducted the 2010 Indoor Clean Air Act Compliance Study, worry that the increasing popularity of hookah will reverse gains made during the last decade in the effort to reduce tobacco use among young people.

"The popularity of hookah smoking that we've seen among one-step-forward, two-stepstobacco use," said Dr. Katrina miology.

"We believe teen-agers are added flavorings. turning their attention to hookah young people who get together to smoke tobacco," Hedberg said.

Hookah tobacco – or shisha – is addictive, contains nicotine and can cause lung cancer, heart disease and other complications, just like cigarettes. Burning char- at worst.



young people is putting us in a Hookah lounges that use exotic pipes to burn tobacco are a growing health concern because Hookah smoke contains dangerback situation in the battle against ous levels of cancer-causing chemicals and toxic gases.

Hedberg of the state's Office of coal in the pipe creates addi-Disease Prevention and Epide- tional risks, little is known about the health effects of smoking

Hookah pipes produce much because they think it's a glamor- more smoke than cigarettes. ous and safe alternative to ciga- Hookah smoke contains dangerrettes. It's not. Hookah could be ous levels of cancer-causing creating a whole new culture of chemicals and toxic gases, such as carbon monoxide, posing a health hazard to smokers and lounge employees alike. The study found that the air in hookah lounges ranged from "unhealthy" at best to "hazardous"

Hookah lounges are required by law to prohibit access by minors younger than 18, but youth interviews and observational studies by Oregon Public Health Division officials indicate minors have little trouble gaining entry.

In addition, many coffee shops and restaurants feature hookah smoking on their patios, and hookahs are increasingly available for purchase. Youth in the study said hookahs are a common fixture at parties and friends' homes.

Hodge Comprehensive Counseling Service

Portland Congress Center 1001 SW Fifth Avenue, Ste 1100, Portland, Oregon 97204 Phone: 503-220-1790 Fax: 1+503-220-1815 Email: hodgehspks@msn.com www.hodgecounseling.com





Dr. H. L. Hodge, Ph.D. Licensed Christian Counselor

Counseling God's Way Services Include: Relationship Specialist

CALL TODAY!

Stress Management

• Grief Counseling

PTSD

Motivational Speaker

Avalon Flowers

520 SW 3rd Ave., Portland, OR 97204 • 503-796-9250



Cori Stewart--

Owner, Operator

A full service flower experience

Birthdays

Anniversaries

Funerals

Weddings

Open: Mon.-Fri. 7:30am til 5:30pm Saturday 9am til 2pm.

Website: avalonflowerspdx.com email: avalonflowers@msn.com We Offer Wire Services

Diabetics Test Strips Recalled

(AP) -- Abbott Laboratories is recalling up to 359 million testing strips used by diabetics because they can give falsely low blood sugar readings.

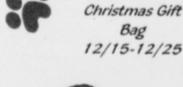
The testing strips are used to help diabetes patients check their blood sugar levels. But the Food and Drug Administration says the products being recalled by Abbott can give inaccurately low measurements. As a result, patients may try to raise their blood sugar levels unnecessarily or fail to detect dangerously high

blood sugar levels.

The FDA said the problems are caused by a defect that limits the amount of blood absorbed by each strip.

Abbott is recalling 359 lots marketed under a halfdozen brand names, including: Precision Xceed Pro, Precision Xtra, Medisense Optium, Optium, OptiumEZ and ReliOn Ultima.

Abbott said it will replace the affected test strips at





Receive

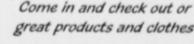
Portland, Oregon 97217 503-283-1177 Hours: 9:00 am-7:00 pm Tuesday-Saturday

Showdogs Grooming

Salon and Boutique

926 N. Lombard St.

First time clients receive \$5 off first groom





We Love kitties too!

