

University of Manitoba study shows smokers get second chance

by Don Shay (CUP)

LANDMARK STUDY RELEASED BY THE UNIVERSITY OF MANITOBA conclusively stated that quitting smoking is the most effective way to prevent or reduce the risk of developing chronic lung disease.

The study concluded that people who quit smoking could not regain any lost lung function, but their lung function couldn't decline any faster than a person of their age who had never smoked.

People who continued to smoke showed a marked decrease in lung function over the five-year study, as compared to those who quit.

It also showed that quitting seemed to be harder for women than for men, although the study could not determine why.

The effects of smoking are also more drastic in women than in men, which Dean of Medicine Nicholas Anthonisen says may be due to general size differences.

Anthonisen regarded the results of the study as "good news" for smokers and "important news" for the medical community.

"An important public health message for physicians and other health professionals is that an aggressive state-of-the-art smoking cessation program -- combining behavioural approaches with a nicotine replacement aid -- is important in an overall strategy to assist smokers in quitting," Anthonisen said.

"It's never too late to quit smoking."

Director of the United States National Heart and Lung Institute Dr. Claude Lenfant said this study should end any doubts about quitting smoking. "The lung health study lays to rest whether stopping smoking can benefit people with early

lung disease," said Lenfant.

By using long-term smokers, the study intended to find out whether quitting smoking and the use of bronchodilators (medicated inhalers) could have a beneficial effect on those who suffer from reduced lung function caused by smoking.

The bronchodilators only provide temporary relief of symptoms and had no long-term effects on lung function.

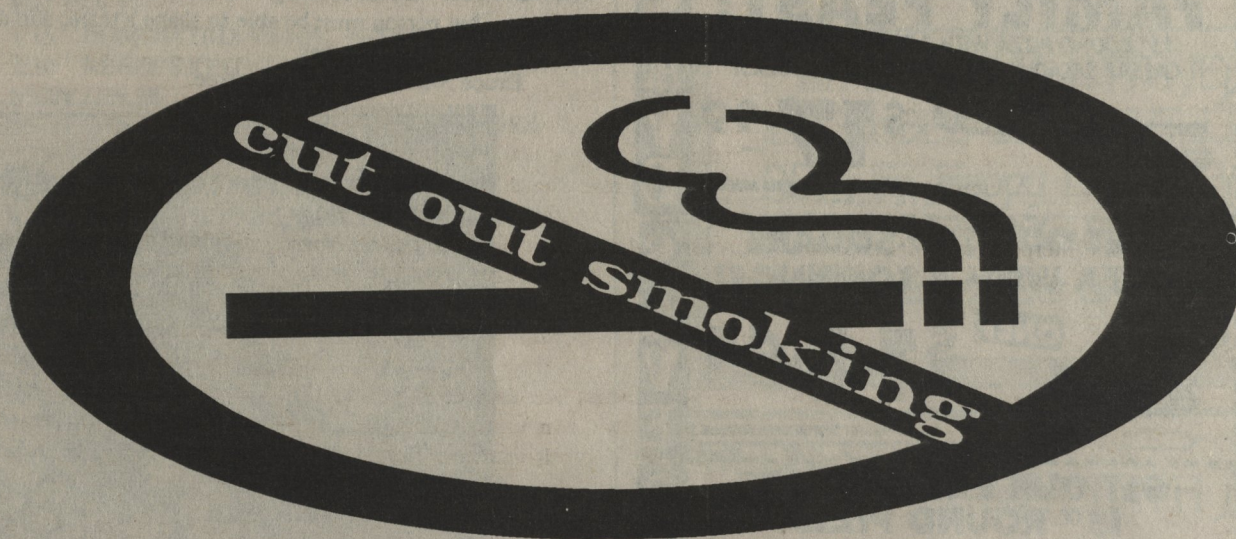
The subjects involved had started smoking in their teens and ranged from 35 to 60 years old, with an average age of 48. The study was conducted from 1989 to 1994 in nine U.S. cities and Winnipeg, involving 608 Winnipeg participants out of a

pool of about 6,000 volunteers.

The study was completely funded by the National Institute for Health in the U.S.

All of the volunteers in the study were already suffering from early stages of chronic obstructive pulmonary disease, which is caused by smoking. It is also one of the leading causes of chronic bronchitis and emphysema.

Of the 5,887 participants, 22 per cent of the people involved with intervention and support were able to quit smoking as compared to only five per cent of people who received only routine medical attention.



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2. *Where Are All the Jobs? The Hidden Job Market*
3. *The Most Effective Ways to Look for a Job*
4. *Developing a Professional Cover Letter*
5. *The Resume*
How Should It Look?
What Should It Say?
Different Resume Styles
Developing Your Own Resume
6. *References and Letters of Recommendation*
7. *The Interview Process*
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Appearance and Body Language
The Most Commonly Asked Questions
After the Interview

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