

Take Control Of Your Health!!



Julie Bull
Reporter

November Is Diabetes Awareness Month.

This year's theme is Fight Obesity ~ Prevent Diabetes.

No Smoking

Smoking causes 8000 childhood illness each year.

1 cigarette contains over 4000 chemicals.

Second Hand Smoke Kills.

Eat Recommended Servings From 4 Food Groups

5-12 servings of Grain Products

5-10 servings of Veggies & Fruits

2-4 servings of Milk Products

2-3 servings of Meat & Alternatives

Do 10 min of Physical Activity

Walk to work.

Chair Aerobics

Walk your dog.

Relieve Stress

Take a relaxing bath.

Read a book.

Call an old friend.

Donate a Non-Perishable Food Item

Drop off a non-perishable food item to your local food bank, or to the drop off areas around campus.

You CAN prevent Type 2 Diabetes!!!

A Dangerous Addiction: Smoking is easy to start but difficult to stop.

Jeannie Lea

PEI Smokers Helpline

Stress, peer pressure, curiosity, body image and advertising are just some of the reasons that people begin cigarette smoking.

The lifestyle of a typical university student presents a perfect target for developing the habit of smoking. In our province the largest group of smokers is in the 20-24 year old age range. In that age group 32% of them are presently smoking. The smoking rates for our general population over 15 years is at an all time low of 21%.

Needless to say the tobacco companies are aware of this large group of smokers and they are working hard to target them. The large numbers show how successful their marketing efforts have been. Many of the new promotional tools used by tobacco companies are aimed at the 20-24 year olds.

Why is tobacco so addictive? One word "nicotine". Nicotine is more addictive than heroin. The comfort that some feel in smoking is caused by nicotine. This substance is absorbed by the lungs and transported into the blood stream where it circulates to the brain. It has the ability to provide an instant shock to the central nervous system taking only 8 seconds to reach the brain. This affirms its true potency, also justifying its use as a powerful pesticide for a number of years.

"It is amazing how many smokers don't know what they are doing to their bodies" says Dr. Chris Hoffman of the UPEI Student Health Office.

Nicotine can also enter the blood stream through mucus membranes that line the mouth, nose and skin, introducing the risk of being exposed to second hand smoke. There are over 4000 chemicals in tobacco including several known carcinogens or cancer causing substances.

"Many individuals fail to realize that being in a smoking environment presents health risks as well", Dr Hoffman said.

Smoking affects the entire body from head to toe, with many visible side effects such as poor body odor and the yellowing of teeth and nails. Inside your body it causes problems which range from gastro-intestinal distress, cramping and constipation to high blood pressure and many forms of cancer and lung disease. Smokers who consume two packs of cigarettes a day breathe in approximately 265 grams of tar - nearly one pound - in a single year.

These results need to be considered by anyone who smokes or is thinking about trying it. More and more studies are showing that smoking-related diseases kill more than AIDS, car accidents, alcohol homicides, illegal drugs, suicides and fires combined. In Canada more than 47,000 people die every year from smoking related diseases.

There are many negative results of tobacco use and it is the leading cause of preventable disease and death in Canada. Choosing to quit can yield many health benefits such as one's blood pressure, pulse rate and body temperature returning to normal. Bronchial tubes become more relaxed making breathing easier. Carbon monoxide levels will drop, oxygen levels will rise and the chances of having a heart attack or stroke will decrease. Even nerve ending cells will start to grow back allowing normal tastes and smells to return.

Over several months lung functioning will increase up to 30% enhancing the body's ability to reduce infection. Additional side effects such as coughing, sinus congestion, fatigue and troubled breathing will decrease. In a 5 year time frame, a former smoker who makes the commitment to quit can reduce the possibility of lung cancer by 50%. This is very significant as PEI has the highest rates of male lung cancer in Canada.

Some common symptoms of quitting smoking can include sleep and

Continued on page 18

Quit?

That's a thought. Call us, we can help.

1-888-818-6300

smokers' HELPLINE
CANADIAN CANCER SOCIETY

PETRA

Message sponsored by PEI Tobacco Reduction Alliance.
Funding provided in part by Health Canada.