

# Freedom From Smoking

AUGUST 2009

## DID YOU KNOW...

The **U.S. Department of Health and Human Services** has updated their clinical practice guidelines for treating tobacco use and dependence. **The new edition of FFS is in full compliance!**



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## Tobacco Control

Several tobacco-related bills have already passed by the full Assembly or Senate in recent months. Below is a list of just a few.

**SB4: Prohibiting Smoking in State Parks and State Beaches (Oropeza—D, Long Beach)**

Senate Bill 4 would prohibit smoking at state parks and state beaches. The smoking prohibitions would not include parking lots at state parks and beaches and violations would be punishable by a fine of \$250. New signs about the smoking prohibition would only be posted when existing signs are going to be replaced for other reasons and the Department of Parks and Recreation or another relevant state agency would be responsible for developing and posting the signs.

**AB574: Prohibiting smoking at Hospitals (Hill—D, San Mateo)**

Assembly Bill 574 would prohibit smoking in all areas of a general acute care hospital and throughout the entire hospital campus. This would include buildings, parking areas, plazas, vehicles, underground passages and sidewalks. Public sidewalks that are adjacent to but not owned by the hospital and hospital property

that is not part of the medical campus and not used for healthcare related purposes would not be subject to these smoking prohibitions. The hospital would be required to post signs at building entrances and other conspicuous locations stating that smoking is prohibited on the hospital campus. Hospitals would be required to inform new employees of the policy at orientation and notify current employees at least 60 days prior to implementation. Hospitals may refer or provide patients, staff and visitors with smoking cessation services. This bill specifically does not preempt local jurisdictions from passing additional smoking prohibition ordinances that are stronger than this bill. This bill states that violations of this section are not punishable as a misdemeanor or as an infraction. The bill would allow for a patient to smoke on a hospital campus if a physician provides a written order permitting tobacco use by the patient because denial of the use of tobacco to the patient would substantially impair their treatment.

Full summaries and status updates on all of these bills are available on The Center for Tobacco Policy and Organizing website at [www.Center4TobaccoPolicy.org/bills](http://www.Center4TobaccoPolicy.org/bills)

## Smoking and Bladder Cancer

Smoking has been shown to be the main cause of bladder cancer. Carcinogens in the tobacco smoke target the kidney, which then secrete them into the urine stored in the bladder. The Carcinogens in the urine cause the cells to become cancerous.

The most common sign of bladder cancer is blood in

the urine. The range of color of the urine can be from rusty to bright red. This symptom may come and go and even disappear for months at a time. Some other symptoms may include pain on urination and frequent urination. Remember to seek a Physician for proper testing as it is possible to not even see the blood in the urine.

Cancer of the bladder is the fourth most common cancer among men and the ninth among women. This type of cancer is almost always curable if detected and treated early.

The best way to decrease your risk of developing bladder cancer is to quit smoking.



## Burning Issue

In June, President Obama signed into law the Family Smoking Prevention and Tobacco Control Act. This new law gives the Food and Drug Administration (FDA) the authority to regulate tobacco products. According to the Centers for Disease Control and Prevention (CDC), tobacco use is responsible for about 438,000 deaths each year in the United States. In addition to this staggering statistic, tobacco use costs more than \$96 billion each year in health care expenditures and an additional \$97 billion per year in lost productivity. The law creates FDA authority to effectively regulate the manufacturing, marketing, labeling, distribution and sale of tobacco products, including the authority to:

- Stop illegal sales of tobacco products to children and adolescents;
- Require changes in tobacco products, such as the reduction or elimination of harmful chemicals, to make them less harmful and less addictive;

- Restrict advertising and promotions that appeal to children and adolescents;
- Prohibit unsubstantiated health claims about so-called “reduced risk” tobacco products that discourage current tobacco users from quitting or encourage new users to start;
- Require the disclosure of tobacco product content and tobacco industry research about the health effects of their products;
- Require larger and more informative health warnings on tobacco products;
- Study and address issues associated with menthol tobacco products; and
- Fully fund the FDA’s new tobacco-related responsibilities with a user fee on tobacco companies so no funding is diverted from existing FDA work.

It has been hailed as a milestone in the history of tobacco regulation.

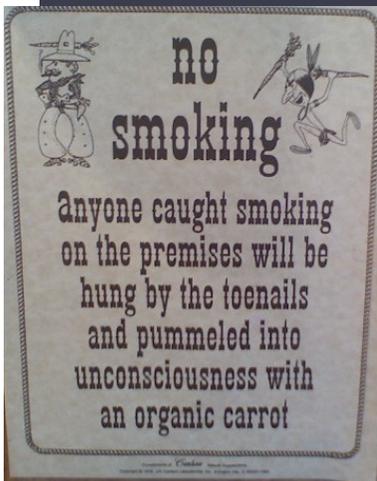
About one in five Americans

smoke, and the habit kills some 440,000 every year.

But tougher regulation has been stiffly opposed by the industry and tobacco's political backers. Until now, tobacco has been more lightly regulated than cosmetics or pet food, and previous attempts at FDA regulation were struck down by the Supreme Court as requiring congressional approval.

Observers said the bill was one of the most momentous milestones in the history of smoking since the 1964 surgeon general's report highlighted the hazards it posed to health.

About 20% of Americans smoke - a statistic that has declined in recent years, as in many developed nations. But in some countries smoking remains much more prevalent - for example, 50% of Namibians smoke, 47% of Mongolians and 44% of Turks, according to the World Health Organization.



Healthy Air Walks are fund-raising events held in communities across the state that bring people together whose sole purpose is to raise funds for programs that reduce air pollution and prevent lung disease.

## Healthy Air Walk 2009

**When:** Saturday, October 3rd, 2009. Registration begins at 8 am, Kick-off is at 9 am, Festival goes from 8 am - 1 pm.

**Where:** Burbank Community Services Building, 150 N. Third Street, Burbank, CA, and continues throughout beautiful Downtown Burbank!

**Why:** Californians breathe some of the unhealthiest air in the nation. The American Lung Association in California’s Healthy Air Walks give you the power to change that by raising funds for programs that reduce air pollution.

Check us out at: [www.healthyairwalk.org](http://www.healthyairwalk.org)



## Introducing George Garcia

As director of American Career College's new Respiratory Therapy program at the school's Ontario Campus, George Garcia is well positioned to spread the word about his lifelong quest: helping others quit smoking for good, just like he did, two years ago. "I tried to quit countless times over the past several years," he says. "Becoming a Freedom From Smoking facilitator, for me, was both a way to learn about the gold standard in smoking cessation programs and to further my own quest to stay smoking-free."

Garcia says part of his role as an educator, consultant and professional Respiratory Therapist is to be a strong supporter of and proponent for those who wish to stop smoking. His nearly two decades of experience in the respiratory care field as well as his MBA degree give him a

strong foundation to help others. Even so, Garcia researched many smoking cessation programs before starting the Freedom From Smoking (FFS) facilitator training last winter. "There are other good programs, but I was impressed by the century-old track record of the American Lung Association," he says.

"I try to share information about Freedom From Smoking every chance I can," says Garcia, who recently supported the FFS program with the Spanish-language television station Telemundo. Also, he is an active member of the American Association for Respiratory Care's education and management online forum. Whenever there's a call for advice about smoking cessation programs, Garcia is ready to go to bat for FFS.

Of course, the students who complete American Career College's new Ontario, California-based Respiratory Training program will have a firm, well-rounded foundation in the principles and techniques of respiratory therapy including education like the one Garcia absorbed through his FFS training. "At ACC, we're preparing our students for real life. As Respiratory Therapists, they are going to see smokers in their line of work," Garcia explains. "So I feel it's very important to give our students the tools they'll need to help smokers quit and, in a sense, to help make the world a better place."



## Healthy Diet benefits

A healthy diet is one that includes fruits, vegetables, whole grains, milk products, lean meats, poultry, fish, beans, eggs and nuts. Following a healthy diet will improve your energy levels and decrease your risk of chronic disease.

A new study shows that smokers who eat a minimum of three servings of fruits and vegetables a day as well as drink green or black tea may be protecting themselves from lung cancer. Just remember that quitting smoking is still the best course of action.

When you are planning your meals include healthy foods with a variety of colors on your plate. The variety of color means a variety of nutrient properties.

- **RED:** These fruits and vegetables help maintain urinary tract health, memory function and a healthy heart. *Red apples, cherries, cranberries, strawberries, red peppers, radishes, red onion and tomato.*
- **ORANGE/YELLOW:** These fruits and vegetables help maintain heart, vision and immune system health. *Apricots, grapefruit, mangoes, nectarine, butternut squash, carrots, pumpkin, sweet corn and yellow winter squash.*
- **WHITE:** These fruits and vegetables can help maintain healthy cholesterol levels and heart health. *Bananas, dates, white peaches, brown pears, cauliflower, mushrooms, onions and potatoes.*
- **GREEN:** These fruits and vegetables help maintain vision health, strong bones and teeth. *Avocado, green apple, kiwi, lime, artichoke, broccoli, celery, green beans, spinach and zucchini.*
- **BLUE/PURPLE:** These fruits and vegetables help with healthy aging, the prevention of urinary tract infections and boost memory function. *Blackberries, blueberries, plums, purple cabbage, eggplant, purple peppers and purple potatoes.*

Those with chronic health conditions should consult with a health care provider to determine what dietary pattern is right for them.



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Fighting For Air.

We are very pleased to announce that the American Lung Association received a commitment of \$3.4 million from Pfizer. This generous sponsorship will fund an American Lung Association public education and awareness campaign to help smokers quit. The campaign emphasizes our recommendations to follow the Public Health Service Cessation Guideline, which includes counseling and all FDA-approved cessation medications. Although Pfizer manufactures Chantix®, an FDA-approved smoking cessation medication, it will not be associated or specifically referenced in this campaign. The American Lung Association does not endorse products or specific medications. The overarching goal of the campaign is to encourage motivated quitters, those individuals that have tried to but have not yet quit for good, to try quitting smoking again and quit for good with the help of the Lung Association. Scheduled for launch soon after Labor Day this year, the campaign will feature earned media, digital tools, coalition building, as well as radio, television and print public service announcements.

## Resources

The American Lung Association has launched the State Tobacco Cessation Coverage Database ([www.lungusa.org/cessationcoverage](http://www.lungusa.org/cessationcoverage)), a new resource for smokers who want help quitting. The database contains state-by-state information about what help is available for smokers, like stop-smoking medications and counseling. Visit [www.lungusa.org/cessationcoverage](http://www.lungusa.org/cessationcoverage) to go to the database.

Recent research is inconclusive about whether or not smoke monitors are effective in multi-unit housing situations, and I don't believe many smoke-free housing advocates actively promote them, in part because the main one (Sidepak) is pretty expensive. However, options that we would recommend for someone concerned with this include:

- Read TALC's resource packet for condos/HOAs, which includes enforcement information: [http://www.smokefreeoregon.com/housing/pdf/How%20to%20Make%20a%](http://www.smokefreeoregon.com/housing/pdf/How%20to%20Make%20a%20Condo%20Complex%20Smokefree.pdf)

### [20Condo%20Complex%20Smokefree.pdf](http://www.smokefreeoregon.com/housing/tenants/renter_resources.php)

- Post a notice on a community board or send a mailing letting HOA members know drifting smoke has become an issue and reminding them of the bylaws re: smoke in the common areas.
- Begin documenting every time they smell smoke in their common areas, in case it's needed later.
- If the smoke is also drifting into their unit, consider talking to their neighbor about the drifting smoke and/or sending them a letter. A sample neighbor letter can be found here: [http://www.smokefreeoregon.com/housing/tenants/renter\\_resources.php](http://www.smokefreeoregon.com/housing/tenants/renter_resources.php).
- If needed, seek the advice of an attorney who specializes in condo/HOA law.

## FEDERAL TOBACCO MILESTONES

- 1964:** Surgeon general's report alerts many Americans to the health risks of smoking - and its links to lung cancer - for the first time
- 1971:** Tobacco advertising banned on TV and radio
- 1988:** Surgeon general reports nicotine is an addictive drug
- 1988:** Smoking banned on US domestic flights under two hours; later extended but only applied to all domestic flights in 1998
- 1990s:** FDA tries to regulate nicotine as a drug, but Supreme Court strikes this effort down in 2000, saying it requires congressional backing