



HAPPY NEW YEAR

Think on it... Smoke Free ✦ Vape Free 2023

It is that time again, the beginning of the year. Out with the old, in with the new. You've thought about it, yes you have! Please don't deny it; you have thought about quitting. Think about the time you would have, the extra spending money, and the esteem you would have for yourself. Kicking the habit is one of the most challenging habits to overcome, but so worth it. Quitting smoking and vaping is healthy for your time and pocket, but immediate health benefits occur in people of all ages.



Studies indicate that the earlier one stops smoking, the quicker the damage resolves. For instance, those who kick the habit before age fifty can add years to their lives compared to those who refuse to quit. Truly, quitting the habit will help reduce your disease risk and add healthy years to your life. The adage "everyone dies of something" is accurate, albeit inevitable, as are taxes; however, living a full life without preventable diseases is worth considering. "Quitting smoking is one of the best things you can do for your health — smoking harms nearly every organ in your body, including your heart" (Blaha). Dr. Blaha, Director of Clinical Research Ciccarone Center for the Prevention of Cardiovascular Disease and Professor of Medicine relates that nearly one-third of heart disease deaths result from smoking and secondhand smoke.

Research further identifies that cigarette smoking doubles a person's risk of developing coronary heart disease, which can lead to a heart attack. The good news is that one can rapidly reduce this risk by kicking the habit, even in a few months. One year after stopping smoking, the risk of dying from coronary heart disease is reduced by about one-half to decline over time. Stroke risk and peripheral artery disease (narrowing or blockage of the blood vessels that carry oxygen and nutrients to the legs, causing leg pain).

These risks also decrease after a person quits smoking. The sad story of diseases caused by smoking is not limited to the circulatory system but, as expected, causes damage to the other organs. Other diseases that are common are Lung Disease, Cancer, Peptic ulcer disease, Osteoporosis, and not to mention increasing the risks of the diseases that occur with secondhand smoke.

Let's say you do not see the benefits of quitting for yourself; what about quitting for your loved ones? The research indicates that adults exposed to secondhand smoke have an increased risk of lung cancer, coronary heart disease, and stroke. Sadly, the risk does not just involve adults but adds children to its clutches. Children exposed to secondhand smoke have an increased risk of sudden infant death syndrome (SIDS), asthma, other breathing problems, ear infections, and hearing loss. Sadly, they have a higher risk of developing cardiovascular disease or cancer later in life.

Think on it... plan, and Make 2023 Smoke and Vape Free.



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See calendar on other side to
see what is going on this week

Vaping is Not Safe or a Good Alternative to Smoking

If you are planning to quit smoking, do not be tempted to turn to e-cigarettes, vape pens, or other non-disposable or disposable vaping devices to ease the transition from traditional cigarettes to not smoking (Blaha). Although research on vaping is still in its infancy, new studies are coming out. A human study funded by the National Institute of Health (NIH) found chronic e-cigarette users had impaired blood vessel function, which may put them at increased risk for heart disease. The study also discovered that e-cigarettes had harmful cardiovascular effects in ways that were different from those caused by tobacco smoke. Other research revealed that no matter what was inhaled that it acted as an irritant, in the airway that blood vessel function may also be impaired. The bottom line on this study is that the combination of e-cigarettes with regular cigarettes may increase health risks.



NIH. (2022). NIH-funded studies show damaging effects of vaping, smoking on blood vessels
<https://www.nih.gov/news-events/news-releases/nih-funded-studies-show-damaging-effects-vaping-smoking-blood-vessels>

HeRO Spotlight: Great American Smoke-out



Nellis Health Promotion

Partnered with the 99 FSS / Warrior Fitness Center to deliver the "Great American Smokeout / Turkey Trot" 5K race. The race was the capstone to a week of engaging units most "at risk" for smoking.

Incirlik Health Promotion

"You don't have to quit cold Turkey!" Health Promotion collaborated with 39 FSS and MDG's Dental and Optometry units to host a Tobacco-Free Living Turkey Trot!



Ramstein Health Promotion

Tobacco Free Living Lunch & Learn in partnership with the Professional Development Center and Dental Squadron

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you "Bust The Myths!" Send your questions to usaf.jbsa.afmsa.mbx.afmra-hpo@mail.mil. Make sure to include in the subject line "Health Myth Buster." For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>



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Air Force Health Promotion HQ

Community Events

HERE'S WHAT'S GOING ON WHERE YOU LIVE

Your Local Health Promotion Office



Contact:

Phone:

Email:

Monday	Tuesday	Wednesday	Thursday	Friday