

## Happy Thursday Friends!

*"Fondly do we hope, fervently do we pray, that this mighty scourge of war may speedily pass away." – Abraham Lincoln, 2<sup>nd</sup> Inaugural Address*

Memorial Day honors the men and women who died while serving in the US military.

*To those who paid the ultimate price, there are not enough words to honor their sacrifice.*

*To their families, words still don't do justice, but it's with a sincere, humble heart that we say thank you for your sacrifice as well.*

Tribal nations have been among the bravest and dedicated military members. And their [sacrifices should be recognized](#) and [honored](#).

The [Cherokee Nation is no exception](#).

The Cherokee Nation, while not a state, was most certainly involved in the War Between the States as a "foreign ally". While some Cherokee troops were aligned with the Union, others aligned themselves with the Confederacy. The result was a war between factions within the Cherokee Nation.

*"This Memorial Day, we encourage you to honor the men and women who fought and died for our freedoms. Their sacrifices and their commitment should be honored with absolute respect and admiration. It is only proper that our Cherokee warriors hold an esteemed place in our tribe and within our families." – US Navy veteran and Cherokee Nation Deputy Chief S. Joe Crittenden*

Originally known as Decoration Day, Memorial Day was set aside to honor those who died while fighting in the Civil War.

[The Civil War was America's bloodiest conflict.](#)

Roughly 2% of the population, an estimated 620,000 men, lost their lives in the line of duty.

*As a percentage of today's population, the toll would have risen as high as 6 million.*

There were an estimated 1.5 million casualties reported during the Civil War.

A "casualty" is a military person lost through death, wounds, injury, sickness, internment, capture or through being missing in action. Casualty and fatality are not interchangeable terms, as death is only one of the ways that a soldier can become a casualty.

Approximately one in four soldiers that went to war never returned home.

At the outset of the war, neither army had mechanisms in place to handle the amount of death that the nation was about to experience.

There were no national cemeteries, no burial details, and no messengers of loss.

The largest human catastrophe in American history, the Civil War forced the young nation to confront death and destruction in a way that has not been equaled before.



Though Memorial Day began as a way to honor those who died while serving in the Civil War, once the U.S. became embroiled in World War I and subsequent wars, the holiday expanded to honor the fallen in any conflict.

Although many states and local communities celebrated Memorial Day every year, it took a long time before it became a national holiday.

Congress didn't declare Memorial Day a national holiday until 1971.

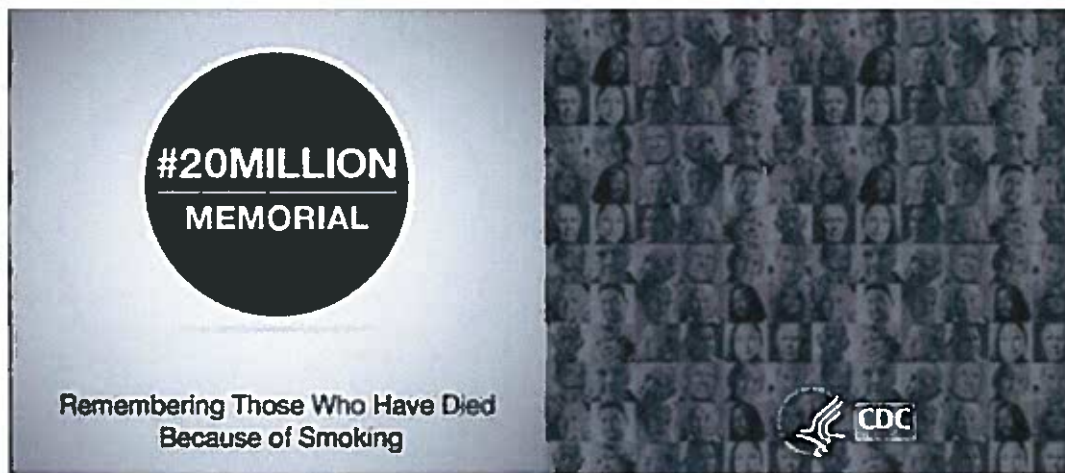
### All Gave Some \* Some Gave All

Fifty years ago, the U.S. Surgeon General released the first report on smoking and health. Since then, [there has been an estimated 20 million deaths due to smoking](#).

Tobacco is responsible for 1 in 5 deaths in the US each year.

This is equal to approximately 480,000 deaths each year.

The equivalent of 3-4 jumbo jets crashing **EVERY SINGLE DAY**.



But these 20 million deaths are only part of the story.

### The Casualties in the War on Tobacco

Smoking leads to [disease and disability](#) and harms nearly every organ of the body.

More than 16 million Americans are living with diseases caused by smoking.

***For every person who dies because of smoking, at least 30 people live with a serious smoking-related illness.***

Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and COPD.

Smoking also increases the risk for tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis.

Smoking is a known cause of erectile dysfunction in males.

Although it's been 50 years since the first Surgeon General's Report, we still have a long way to go.

From the 2014 Updated Report, [50 Years of Progress](#), we know:

The tobacco related diseases list continues to grow.

We better understand the dangers of secondhand smoke.

Tobacco's impact on the immune system affects both chronic and acute diseases.

"Women who smoke like men die like men."

### CME, Educational & Research Opportunities News Stories

[F.D.A. Imposes Rules for E-Cigarettes in a Landmark Move](#) -- The FDA issued sweeping new rules that for the first time extend federal regulatory authority to e-cigarettes, banning their sale to anyone under 18 and requiring that adults under the age of 26 show a photo identification to buy them.

[Smoking during pregnancy associated with increased risk of schizophrenia in offspring](#) -- A study reports an association between smoking during pregnancy and increased risk for schizophrenia in children.

[Study Links Excess Pre-Pregnancy Weight, Smoking to Heavy Kids](#) -- British researchers say two key reasons explain why kids from disadvantaged families are more often overweight and obese than other children: mom smoking in pregnancy and being overweight before pregnancy.

[E-cigarette poisonings in kids skyrocket](#) -- The number of children under 6 poisoned by nicotine in e-cigarettes rose by nearly 1,500% between 2013 and 2015.

**Eufaula's Only Hospital Closes:** In the wake of a statewide healthcare budget crisis, another hospital closes its doors. The shutdown of Eufaula's only hospital will affect those who need emergency care. These signs along Highway 69 in Eufaula no longer point to the Epic Medical Center Hospital. On Tuesday morning, the hospital turned into an urgent care facility. The urgent care, offering X-rays, lab testing, and other basic services, will be open every day, but only from 7 until 7 [[NewsOn6](#)]. Rejecting federal funds to expand health coverage to the low-income uninsured is devastating Oklahoma's rural hospitals [[OK Policy](#)].

### Free CME & Training Opportunities

[The Smoking Cessation Leadership Center \(SCLC\)](#) is excited to announce our latest webinar recordings, eligible for continuing education credit for physicians and allied health professionals\*: *"Beyond The Basics: Pharmacotherapy for Smoking Cessation"*

This recordings, plus 15 others, are accessible from our website. Feel free to complete more than one course. Each online course is designated with **1.5 AMA PRA Category 1 Credits™**, with one exception. Follow instructions on this link to register: <http://smokingcessationleadership.ucsf.edu/Webinars/cme>

### Remember...

As we celebrate this Memorial day, we remember and honor those who gave so much for our freedom.

We remember the 3,000,000 who have paid the ultimate sacrifice, along with those who survived the war, but continue to fight.

We also remember the 20,000,000 taken by tobacco in the last 50 years.

And the millions living with tobacco related diseases.

As we do our part to serve and meet the needs of all.

Until next week,

**Oklahoma Strategic Tribal Alliance for Health (OSTAH)**

**Margie Burkhart**

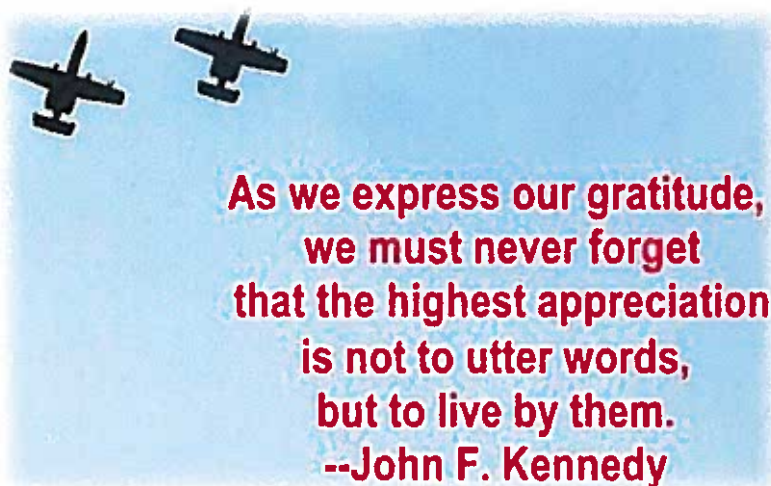
**Cherokee Nation Healthy Nation**



**Oklahoma Hospital Association (OHA)**

**Jennifer W. Roysdon**

**Hospitals Helping Patients Quit**



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*"There is no clinical treatment available today that can reduce illness, prevent death, and increase quality of life more than effective tobacco treatment interventions."*

-Treating Tobacco Use and Dependence, US Public Health Service, US Dept. of Health and Human Services