

Happy (almost) Friday Friends!!

"To everything there is a season, a time for every purpose under heaven."

Spring is a time of newness and youth.

A time that we gain our foundation in life.

Summer represents our adjustments to life's challenges.

A time that we weather drought and "heat" to build our character.

Autumn represents our golden years.

A time that all we have learned and become is ready for harvest, to share with the younger generations.

Through all these times & seasons, we need a constant.

Something that gives us the hope and desire to go on.

Love.

Love is the thing that can keep us going, when we feel like our strength is gone.

"Love is what's in the room with you at Christmas if you stop opening presents and listen." - Bobby, age 7

Love also has health benefits.

A bolstered immune system.

Improved mental wellbeing.

Improved heart health.

What's Love Got To Do With It?

The dangers of secondhand smoke are well documented when it comes to protecting our children.

We love them.

We do anything and everything to protect them.

"When someone loves you, the way they say your name is different. You just know that your name is safe in their mouth." - Billy, age 4

But we can't just stop there. (Even when there are days that our love doesn't want to extend very far past babies and puppies.)

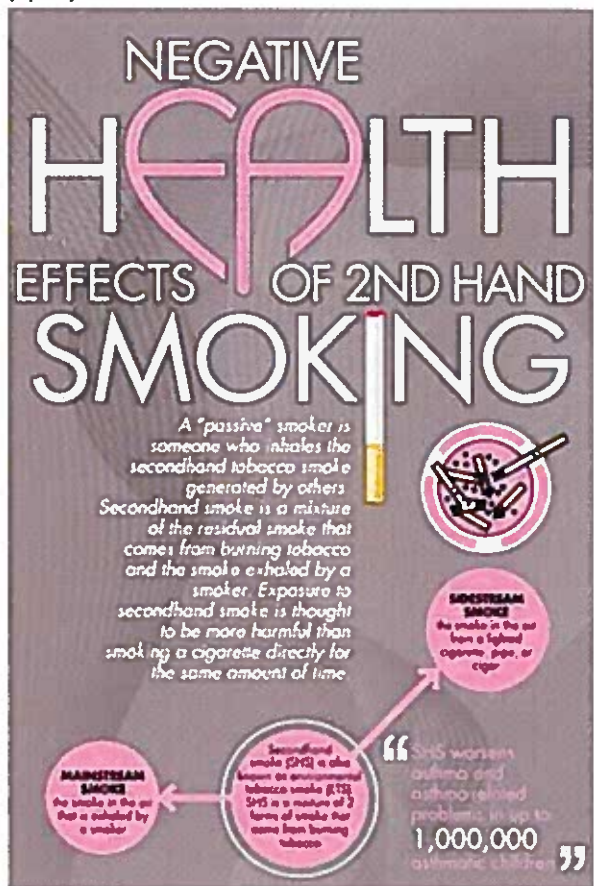
We know that love is critical in matters of the heart.

To all ages.

How often do we focus on the dangers of secondhand smoke to adults?

Secondhand Smoke is an [Unequal Danger](#).

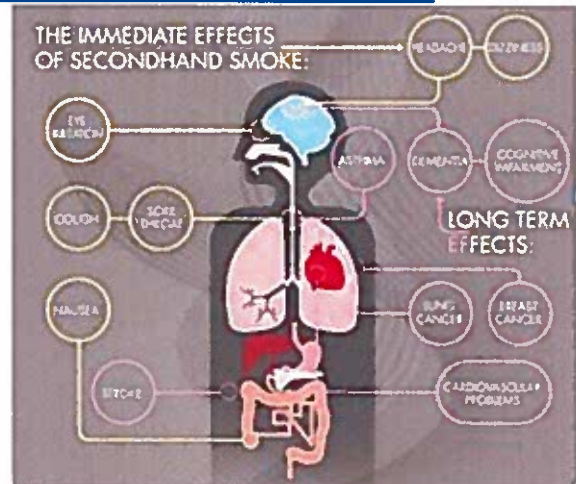
Maybe we think about respiratory issues, but what about heart disease?



People who already have heart disease are at especially high risk of suffering adverse effects from breathing secondhand smoke and should take special precautions to avoid even brief exposures.

Exposure to [secondhand smoke has immediate adverse effects on the cardiovascular system](#) and can cause coronary heart disease and stroke.

Secondhand smoke causes nearly 34,000 premature deaths from heart disease each year in the United States among nonsmokers. Nonsmokers who are exposed to secondhand smoke at home or at work increase their risk of developing heart disease by 25-30%. Secondhand smoke increases the risk for stroke by 20-30%. Secondhand smoke exposure causes more than 8,000 deaths from stroke annually.



Breathing secondhand smoke can have immediate adverse effects on your blood and blood vessels increasing the risk of having a heart attack.

Breathing secondhand smoke interferes with the normal functioning of the heart, blood and vascular systems in ways that increase the risk of having a heart attack. Even brief exposure to secondhand smoke can damage the lining of blood vessels and cause your blood platelets to become stickier.

Can Secondhand Smoke Increase Your Risk of Having a Heart Attack?

"Secondhand smoke exposure is a risk factor for having a heart attack. Breathing secondhand smoke can cause the cells in your blood that are responsible for clotting to become stickier, making your blood more likely to clot. This can cause a clot to form that may block an artery, causing a heart attack or stroke."

– Richard D. Hurt, M.D., Founder, Mayo Clinic Center for Nicotine Dependence

Avoiding, or reducing the amount of, secondhand smoke you breathe is especially important if you have had a previous heart attack or have been diagnosed with heart disease. Additionally, many studies have shown that heart attack rates go down in areas after smoking bans are passed.

CME, Educational & Research Opportunities

Educational Information

Tobacco Cessation Treatment Training
This [training](#) will focus on how providers can help a patient attain readiness to quit through a process that is called "motivational interviewing." This technique helps the tobacco

SECONDHAND SMOKE CONTAINS THOUSANDS OF TOXIC CHEMICALS, INCLUDING:

- LEAD: used in paint
- CARBON MONOXIDE: found in car exhaust
- CYANIDE: used in chemical processing
- POLONIUM: a radioactive substance
- FORMALDEHYDE: an industrial chemical

“11% of children 0 years and under are exposed to ETS in their homes on a regular basis (4 or more days per week).”

The dangerous parts for an unborn child can stay in the air for HOURS at times longer. This includes the smoke that clings to a smoker's hair and clothing, as well as ashtrays, wallpaper and other goods.

user make healthy decisions based on their own values and beliefs. The training will describe how best practices [using the 5A's (ask, advise, assess, assist, arrange) intervention model as outlined in the *USPHS-2008 Clinical Practice Guidelines*,] will help you support patients. It will also explain various types of FDA approved cessation medications and how to refer patients to the Oklahoma Tobacco Helpline.

Nathan, a Native American and member of the Oglala Sioux tribe, never smoked cigarettes. For 11 years, he worked at a casino that allowed smoking. Secondhand smoke contains dangerous chemicals. The exposure to secondhand smoke caused him to develop allergies and serious infections that triggered asthma attacks, eventually causing permanent lung damage called bronchiectasis. "The casino was filled with smoke from so many people smoking," he said. Breathing in other people's smoke on a daily basis made his health so bad that he had to leave that job.

Nathan used to be active and athletic. He served in the Marines. He loved to participate in tribal dances. After getting sick, dancing just a few steps wore him out. Nathan hoped that [sharing his story](#) would help others understand how dangerous exposure to secondhand smoke really is. Nathan's lung damage led to his death on October 17, 2013. He was 54.

Remember....

"Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other." - Karl, age 5

No amount of secondhand smoke exposure is safe.

It kills more than 400 infants and 41,000 adult nonsmokers* each year.

* Infant death due to secondhand smoke-related SIDS. Deaths among nonsmoking adults due to secondhand smoke-related lung cancer and heart disease.

Tobacco use matters to the heart.

For the heart. For health. For family. For love.

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



"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