



**NEWS
FLASH**

GREAT AMERICAN SMOKE OUT NOVEMBER 15, 2007

BY LAUREN JEAVONS

All About the Event

(reprint)

Every year, smokers across the nation take part in the American Cancer Society's Great American Smokeout® by smoking less or quitting for the day on the third Thursday of November. The event challenges people to stop using tobacco and raises awareness of the many effective ways to quit for good.

In many communities, local volunteers support quitters, publicize the event, and press for laws that control tobacco use and discourage teenagers from starting.

Research shows that smokers are most successful in kicking the habit when they have some means of support, such as nicotine replacement products, counseling, prescription medicine to lessen cravings, guide books and the encouragement of friends and family.

Despite that, only about 1 in 7 current smokers reports having tried any of the recommended therapies during his or her last quit attempt. Telephone quitlines are a convenient new resource....

Reprinted from, http://www.cancer.org/docroot/PED/content/PED_10_5_Great_American_Smokeout_Hist..

How We Can Help

The Lake Geauga Ashtabula Tobacco Prevention Coalition strongly supports the Great American Smokeout®. The Coalition has pamphlets for smokers who are trying to quit with quit tips. We have a limited amount of cessation aids; car air fresheners and stress balls etc. that when used can provide visual, olfactory and tactile reminders to help fight off the smoker's urges to use tobacco products. We can refer by fax, any smoker who is willing to quit, within the next thirty days, to the Ohio Tobacco Quit Line, 1-800-QUIT NOW. The Ohio Quit Line makes available: free, one-on-one, telephone counseling services, paid for by the Ohio Tobacco Prevention Foundation.

Some of our Coalition members offer **local cessation programs** for a fee, contact:

Lake Hospital Systems

Reggie Case - (440) 602-6570

Reggie.Case@LHS.Net

Ashtabula County Medical Center

Gail Ecklund, R.N - (440)997-6920 x3

gail.ecklund@acmchealth.org

UH Geneva Medical Center

Stacy Eubanks - (440)415-0145

stacy.eubanks@uhhospitals.org

TOBACCO COMPLIANCE CHECKS - A PERFECT SCORE

BY KATHY MILO

On November 1 the Lake Geauga Ashtabula Tobacco Prevention Coalition conducted a compliance check on underage tobacco sales in Lake and Geauga counties. Tobacco products were unable to be purchased in either county.

For years, the Coalition has been striving for 100% compliance. The residents of Lake and Geauga counties should be very proud of all the businesses in the communities keeping tobacco products out of the hands of underage children.

The following chart demonstrates the huge improvement that has occurred in the past three years.

	GEAUGA	LAKE
2005	25%	17%
2006	3%	11%
2007	0%	0%

We would like to thank all the teens, parents and agencies, who's participation is vital to this important event. We hope to continue to find 100% compliance in the future.

COALITION SCORECARD - HIGHLIGHTS

Patient Brief Cessation Interventions – Lake Hospital Systems	2,186	to date
Healthcare Professional trained – 3A's & an R within LHS	267	“
Training of Providers to use Quit Kits- Lake Cty General Health District	104	“
Distribution of Quit Kits – Lake Cty General Health District	204	“
School Districts working on 100% T F Campus Policy – Marketing Today	10	“
Worksites working on 100% Tobacco Free Campus Policy – “ “	15	“
Students completing LifeSkills Training – Crossroads	86	“
standAshtabula and standLake- teens advocating tobacco free messages	2	teams

We're on the Web!

See us at:

www.lgtpc.org

OUR MISSION...

We are a community-based partnership dedicated to changing the culture of tobacco-use acceptance by promoting tobacco-free living.

NICOTINE ADDICTION CAN HAPPEN QUICKLY RESEARCHERS SAY JULY 10, 2007

About one in ten youths who start smoking become addicted within a few days of taking their first puff, according to researchers who say that even a single cigarette can lead to addiction.

Scientists from the [University of Massachusetts Medical School](http://www.massgeneral.org) reported that 25 percent of young smokers get addicted to nicotine within a month, and even those who smoke just a few cigarettes monthly can suffer withdrawal symptoms when they don't get their nicotine fix.

The findings were based on a study of 1,246 sixth-grade students in Massachusetts. Researchers who interviewed students about cravings, restlessness, irritability and other signs of addiction found that half of the young adolescents studied were addicted by the time they were smoking seven cigarettes a month, and some were unable to stop smoking after consuming just a few cigarettes.

"Laboratory experiments confirm that nicotine alters the structure and function of the brain within a day of the very first dose. In humans, nicotine-induced alterations in the brain can trigger addiction with the first cigarette," said lead researcher Joseph R. DiFranza, M.D. "While smoking one cigarette will keep withdrawal symptoms away for less than an hour in longtime smokers, novice smokers find that one cigarette suppresses withdrawal for weeks at a time."

"One dose of nicotine affects brain function long after the nicotine is gone from the body," he added. "The important lesson here is that youth have all the same symptoms of nicotine addiction as adults do, even though they may be smoking only a few cigarettes per month."

The study appears in the July 2007 issue of the [Archives of Pediatric and Adolescent Medicine](http://www.pediatrics.com).

Reference: DiFranza, J.R., et al. (2007) Symptoms of Tobacco Dependence

Article reprinted from: <http://www.jointogether.org/news/research/summaries/2007.....7/12/2007>



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