

InFlight

Wellness Weekly



Tobacco Free Living

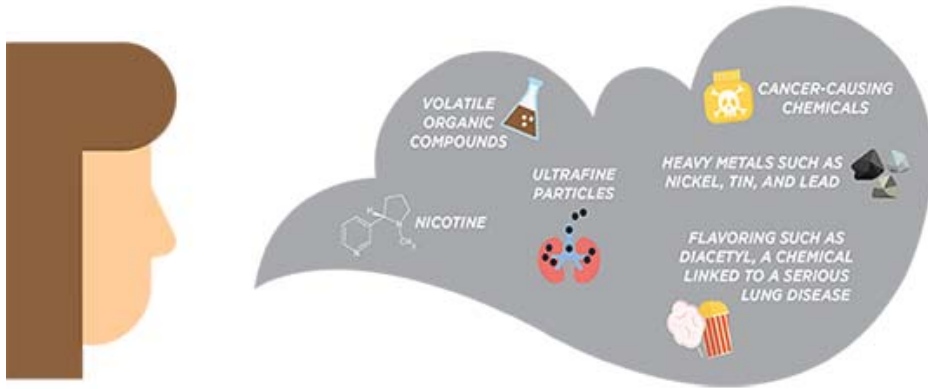
HEALTHY AGING

What are E-cigarettes?

- » E-cigarettes are known by many different names. They are sometimes called “e-cigs,” “e-hookahs,” “mods,” “vape pens,” “vapes,” “tank systems,” and “electronic nicotine delivery systems.”
- » Some e-cigarettes are made to look like regular cigarettes, cigars, or pipes. Some resemble pens, USB sticks, and other everyday items.
- » E-cigarettes can be used to deliver marijuana and other drugs.
- » E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine—the addictive drug in regular cigarettes, cigars, and other tobacco products—flavorings, and other chemicals that help to make the aerosol. Users inhale this aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales into the air. E-cigarettes do not create harmless “water vapor”

What is in E-cigarette Aerosol?

The e-cigarette aerosol that users breathe from the device and exhale can contain harmful and potentially harmful substances:



E-cigarettes **DO NOT** Help Adults Quit Smoking

E-cigarettes are not currently approved by the FDA as a quit smoking aid. The U.S. Preventive Services Task Force, a group of health experts that makes recommendations about preventive health care, has concluded that evidence is insufficient to recommend e-cigarettes for smoking cessation in adults, including pregnant women.



Good News About Quitting

The good news is that after you quit smoking, even in your 60s, 70s, or beyond:

- Your heart rate and blood pressure drop to more normal levels.
- Your nerve endings begin to regenerate, so you can smell and taste better.
- Your lungs, heart, and circulatory system will begin to function better.
- You will cough and feel out of breath less often.
- Your chance of having a heart attack or stroke will drop.
- Your breathing will improve.
- Your chance of getting cancer will be lower

Slip Tips

Many people need a few tries before they quit smoking for good. If you slip and have a cigarette, you are not a failure.

Get support. If you slip, talk to family or friends. Ask them for help to stay smokefree. You don't have to do it alone.

If quitting forever seems too hard right now, try a text message program to help you prepare to quit in the future. You can try a Practice Quit for a few days or do a week of Daily Challenges without quitting.

Use nicotine replacement therapy (NRT). You don't need to stop using NRT after you slip and smoke one or two cigarettes. Using NRT increases your chances of staying smokefree for good.

About Electronic Cigarettes (E-Cigarettes). Retrieved from https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html#e-cigarettes-help-adults-quit-cigarettes

Quitting Smoking for Older Adults. Retrieved from <https://www.nia.nih.gov/health/quitting-smoking-older-adults#addiction>

A Personal Message From Your Health Promotion Health Myth Busting Team



Some of the effects of nicotine on aging are well known. They include skin wrinkles, poor skin tone, lines around the mouth and eyes, hair loss, cataracts, fertility problems, reduced athletic ability, oral cancer, and lung cancer, to name a few. Although these issues may not become apparent until later in life, they begin with the first puff, chew, or vape. Nicotine is highly addictive and numerous tobacco users will attest to the fact that they did not intend to get hooked. If you are a tobacco user, take the following self-assessment. Then take action to quit if you are hooked. If your score shows that you are not hooked, this is still a great time to take action to quit.

The Hooked on Nicotine Checklist:

	YES	NO
1) Have you ever tried to quit, but couldn't?.....	_____	_____
2) Do you smoke now because it is really hard to quit?.....	_____	_____
3) Have you ever felt like you were addicted to tobacco?.....	_____	_____
4) Do you ever have strong cravings to smoke?.....	_____	_____
5) Have you ever felt like you really needed a cigarette?.....	_____	_____
6) Is it hard to keep from smoking in places where you are not supposed to, like during training or work?.....	_____	_____

When you tried to stop smoking... (or, when you haven't used tobacco for a while...)


7) did you find it hard to concentrate because you couldn't smoke?.....	_____	_____
8) did you feel more irritable because you couldn't smoke?.....	_____	_____
9) did you feel a strong need or urge to smoke?.....	_____	_____
10) did you feel nervous, restless or anxious because you couldn't smoke?.....	_____	_____

A total score is calculated by adding up the number of positive responses. The number of positive responses reflects the degree of dependence.


DiFranza, J.R., Savageau, J.A., Fletcher, K., Ockene, J.K., Rigotti, N.A., McNeill, A.D., Coleman, M., & Wood, C. (2002). Measuring the loss of autonomy over nicotine use in adolescents. Archives of Pediatric and Adolescent Medicine, 156, 397-403.

Need to take action? As always, talking with your healthcare provider is a great start. Here are a few other resources: <https://smokefree.gov/>, <https://truthinitiative.org/>, <https://smokefree.txt>, <https://therealcost.betobaccofree.hhs.gov/taking-control.html>

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.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/> or https://www.facebook.com/Joint-Base-Andrews_Health-Promotion_120094328077726




HERE'S WHAT'S GOING ON WHERE YOU LIVE AND WORK



<https://www.resilience.af.mil/>

Your Local Health Promotion Office



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 Phone: 240-612-1745
 Email: sylvia.a.goff.civ@mail.mil

Monday	Tuesday	Wednesday	Thursday	Friday
	Classes are held at Malcolm Grow Medical Clinic, 1060 West Perimeter Rd., Joint Base Andrews MD			
Taking Action - Healthy Weight Management Mondays at 1500 Register at: 240-612-2703/857-7186	Tobacco Cessation Program Tuesdays at 1500 Register at: 240-857-7186	Group Lifestyle Balance - Pre-Diabetes Wednesdays at 1200 Register at: 240-612-2678	Freedom from Sleep Troubles - Sleep Optimization Thursdays at 1400 Register at: 240-612-1130/857-7186	Health Habit Workshop - Making Changes Stick Fridays at 1300 Register at: 240-857-7186
Comprehensive Fitness Incentive Program (C-FIP) 12 wk program - Mon/Wed/Fri 0700-0800, Tactical Fitness Center, Register at: https://www.signupgenius.com/go/8050f4ea4a62ca7f85-cfip				