

THE CAN CHRONICLE

DON'T BE IN A RUSH TO FLUSH...

HERE'S SOME NEWS YOU CAN USE!



Special Edition – Tobacco Issue

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The Cost of Smoking

A pack of cigarettes costs \$10.

Smoke a pack a day – spend about \$1050 per semester!!!

Here is what else you can get at SUNY Cobleskill for \$1050:



175 meals at the dining hall



233 Smoothies from the Brew House

11 Best-Selling UA Camo Hoodies from the bookstore



Four college credits

Is it worth it?



To Vape or Not To Vape?

Although e-cigarette vapor may not result in the obvious smell and visible smoke of traditional cigarettes, it still has a negative impact on air quality, especially when vaping indoors. There are no long-term studies to back up claims that the vapor from e-cigarettes is less harmful than conventional smoke.

SUNY Cobleskill Tobacco Policy

- The policy defines tobacco use as: smoking, the use of e-cigarettes, and the use of smokeless tobacco products.
- Tobacco use is **prohibited** in all campus buildings and in college-owned vehicles.
- Tobacco use is **permitted** only in designated outdoor areas and campus parking lots, all of which are located at least 25 feet from campus buildings.
- Littering of cigarette butts, tobacco packing, and smokeless tobacco in parking lots or any area (indoor or outdoor) is prohibited.

The Tobacco Use Policy will be enforced by the entire campus community with an emphasis on education. All campus community members are expected to comply with the policy. Violations may be subject to disciplinary procedures consistent with applicable laws, rules, regulations and collective bargaining agreements.

Nicotine

Nicotine is a chemical that contains nitrogen, which is made by several types of plants, including the tobacco plant. It is also produced synthetically. *Nicotiana tabacum*, the type of nicotine found in tobacco plants, comes from the nightshade family. Red peppers, eggplant, tomatoes, and potatoes are examples of the nightshade family.

While not cancer-causing or excessively harmful on its own, nicotine is heavily addictive and exposes people to the extremely harmful effects of tobacco dependency. Smoking is the most common preventable cause of death in the United States.

Fast Facts On Nicotine

Here are some key points about nicotine:

- Chewing or snorting tobacco products usually releases more nicotine into the body than smoking.
- Nicotine is at least as difficult to give up as heroin.
- The side effects of nicotine can affect the heart, hormones, and gastrointestinal system.
- Some studies suggest that nicotine may improve memory and concentration.
- There are more than one billion tobacco smokers worldwide.

Smoking

Humans get their nicotine "fix" primarily through smoking tobacco, but can also obtain it by snorting snuff, chewing tobacco, or taking nicotine replacement therapies (NRTs), such as nicotine gum, lozenges, patches, and inhalators.

By far, the most popular way of consuming nicotine is by smoking cigarettes. Worldwide, over one billion people are regular tobacco smokers, according to the World Health Organization (WHO).

Approximately 16.7 percent of adult males and 13.6 percent of adult females in the U.S. are smokers. Smoking leads to over 480,000 deaths in the country per year, and over 16 million people in the U.S. are currently living with a disease caused by smoking.

More people die as a result of smoking than all deaths due to HIV, vehicle accidents, murder, suicide, alcohol abuse, and drug abuse combined.

<https://www.medicalnewstoday.com/articles/240820.php>

The Wellness Center

Schedule on-line at: <http://patient-cobleskill.medicatconnect.com> OR Call for an appointment

Phone 518-255-5225 Fax 518-255-5819

Monday – Friday 8:00a.m. – 4:15p.m.

For after hour emergencies call University Police at 518-255-5555

UPD Anonymous Tip Line <https://secure2.cobleskill.edu/tipline>.

National Suicide Prevention Crisis Hotline 1-800-273-8255

Mobile Crisis Assessment Team (MCAT) – 1-877-269-6699 or 1-844-732-6228 (24 hours a day/7 days a week)

If you have a concern about the care you received at the Wellness Center, contact Co-Directors Mary Radliff/Lynn Ontl at 518-255-5225

