

# 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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### What's Up with

#### E-Cigs/Vapes/JUULs?

E-cigs/vapes/JUULs are battery powered devices that heat a solution of liquid nicotine, flavorings and other chemicals creating an aerosol that is inhaled by the user. The aerosol contains heavy metals, volatile organic compounds, ultra-fine particles, and other toxic chemicals in addition to nicotine. The vapor is really an aerosol that is harmful to the user and others nearby. Liquid nicotine extracted from tobacco is poisonous and can be fatal to a baby. Using flavored e-juice containing diacetyl can cause popcorn lung, a condition that damages your lungs' smallest airways and makes you cough and feel short of breath. E-cigs/vapes/JUULs are NOT FDA approved smoking cessation aids. E-cigs/vapes/JUULs ARE NOT SAFE. Users must follow the SUNY Cobleskill Tobacco Policy when using e-cigs/vapes/JUULs on campus.

#### The Cost of Smoking

A pack of cigarettes costs \$12. Smoke a pack a day - spend about \$1260 per semester!!! Here is what else you can get at SUNY Cobleskill for \$1260:

210 meals at the dining hall



300 Smoothies from the Brew House

13 Best-Selling UA Hoodies from the Bookstore



Four college credits

### Is it worth it?

Information contributed by:  
Advancing Tobacco Free Communities

### SUNY Cobleskill Tobacco Use 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.

### Nicotine

Nicotine is a drug that's present in tobacco that is highly addictive and one of the most difficult substances to quit once addicted.. The nicotine in cigarettes, smokeless/chew, vapes and JUUL is your body's enemy. Tobacco products that are chewed, placed inside the mouth or snorted tend to release larger amounts of nicotine into the body than smoking. Nicotine moves rapidly through the body from the lungs to the blood and brain. This is quickest when the method of delivery is smoking and vaping (within 10 minutes); however, chew tobacco is similar. Nicotine promotes the release of dopamine which provides reinforcement leading to addiction. Vaping liquid nicotine can be a gateway to smoking regular cigarettes. JUUL's nicotine salts make the nicotine easier to inhale. Tobacco use is the #1 cause of preventable death and disease. More people die from using tobacco products than all deaths due to HIV, vehicle accidents, murder, suicide, alcohol abuse and drug abuse combined. Smoking, chewing and vaping can ruin your looks and decrease your athletic ability. If sagging/wrinkled skin, stained nails/fingers, damaged gums, yellow teeth, hair loss and brittle bones aren't appealing, then get help quitting or don't start at all.

### It's a fact that...

- The average age of a **new smoker** in New York State is **13 years old**.
- **90%** of adult smokers say they first tried smoking **by age 18**.
- Stores popular among **adolescents** contain almost **3 times more tobacco marketing** materials compared to other stores in the same community.
- There are more tobacco retailers in Cobleskill than there are pizza shops!

### Great American Smokeout November 15th --- 11 am – 2 pm

Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout event on November 15 be your day to start your journey toward a smoke-free life. You'll be joining thousands of smokers across the country in taking an important step toward a healthier life and reducing your cancer risk. Join us for interactive activities in Champlin to learn more and win great prizes! Sponsored by the Wellness Center and the Substance Education Committee.

### What can YOU do?

- Visit [www.SeenEnoughTobacco.org](http://www.SeenEnoughTobacco.org) & sign the petition and share it on social media.
- Visit [www.gotobaccofreedos.org](http://www.gotobaccofreedos.org) & learn more about tobacco-free initiatives.
- Celebrate the Great American Smoke Out on November 15.

### 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