

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 Need to Know on E-Cigarettes

E-cigs are technically vaporizers which heat up a liquid which is then inhaled. They are smoke-free and tobacco-free, however they contain nicotine and other harmful chemicals. Liquid nicotine is extracted from tobacco and can be deadly. Less than a tablespoon of liquid nicotine can kill an adult. Emergency room visits have spiked due to accidental consumption, especially by children. The FDA does not regulate e-cigarettes and testing has shown that labels are often inaccurate. Though health risks may be decreased, the same risks as smoking cigarettes has been found. **Users must follow the SUNY Cobleskill Tobacco Policy** when using their e-cigarettes.

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?

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

Almost all adults who are smokers, started out as adolescents. Nicotine moves through the body rapidly from the lungs to the blood and brain. This is quickest when the method of delivery is smoking (within 10 minutes), however chewing tobacco is similar. Nicotine promotes the release of dopamine which provides reinforcement leading to addiction. Tolerance develops rapidly and those that choose to quit will notice withdrawal symptoms. You may have heard that Nicotine helps with memory, and to some degree this may be true. However, any benefits are canceled out by carbon monoxide causing a decrease in oxygen to the lungs. Some well-known risks of nicotine are lung cancer, chronic lung disease, and cancer of the mouth and esophagus. Nicotine also contributes to heart and vascular system disease, which kills more people annually than lung cancer. Tobacco products often have high sugar concentrations leading to more cavities. Quitting is difficult and many people require both medical and support intervention (counseling, cessation group, etc). After 2 weeks, cravings disappear, but people have many cues in their environments that they associate with smoking. Due to this, many people restart smoking within 6 months.

Get The Facts

Linda Wegner

Program Coordinator - Advancing Tobacco Free Communities - Delaware, Otsego & Schoharie Counties

The U.S. Surgeon General says, “**Advertising and promotional activities by tobacco companies** have been shown to cause the **onset and continuation of smoking among adolescents and young adults.**”

- 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.

What can YOU do?

- Visit www.SeenEnoughTobacco.org.
- Sign the petition.
- While on the site, share it on social media

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)