

Healthy Habits

Issue 2

November 2005

Newsletter of the
Alcohol/Drug
Education
Program, Health
Services and The
McADOC Peer
Education Network

Chew Can Hurt You Too

Cigarettes are unhealthy and may contribute to various types of cancer and other health problems in the future. This fact we all seem to know well. Why then are people not informed about the dangers of cigars and chewing tobacco?

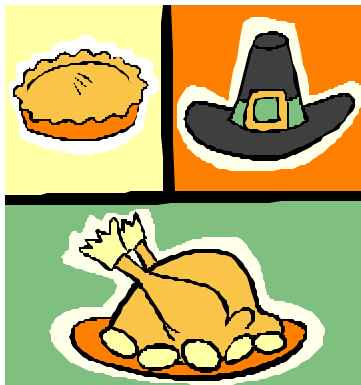
Many Americans turn to other forms of tobacco to satisfy their cravings believing that they are a healthier alternative to cigarettes. Wrong! While both cigars and chewing tobacco are still less common than cigarettes, they

pose just as high of a risk for disease and death. Sales of these alternative tobacco products have even risen by nearly 50 percent in the past several years. Six million people use chewing tobacco on a daily basis!

What users do not realize is that cigars and chewing tobacco can still lead to lung, and mouth cancer as well as other health problems including heart disease. Chewing tobacco leads to mouth cancer too, along with esophageal cancer and stomach ulcers.

The important thing to remember is that there is no safe way to use tobacco products and you can quit. Quitting cigars and chewing tobacco has the same success rate as quitting cigarettes. Prevention is still the best cure, but quitting is a step in the right direction. Even if you do not partake in the tobacco craze, remember that second hand smoke can be deadly too, so urge your friends to give it up.

Kaitlin Foley
McADOC Peer Educator



Have a safe
And happy
Thanksgiving
Break!

Adopt A Smoker

Give your friend a FREE present

Help them Kick the Habit

Sign up to Adopt A Smoker

November 8th from 10am-3pm in ECC

November 9th from 10am-3pm in Moakley



Tips on How to Quit Smoking

There are many new methods, such as patches and gum, to quit smoking, but what do you do if you have a craving?

Start with keeping a log of the reasons why you quit. When you have first stopped smoking, the log is a way to reflect and think about why you don't want to smoke again. Then ask a friend to be your safety net; someone you can call when you have a craving. This phone call will give you time to talk to a trusted friend who is supporting you while

you try to quit for good. Experts say that a craving lasts from three to five minutes, the same length as a usual phone call. What should you do if you can't get in touch with someone? Try going for a walk or to the gym. You could also try a substitution such as carrot sticks, a peppermint, or a lollipop. The Alcohol/Drug Program offers a CD-Rom to BSC students trying to quit. It is especially designed for students and includes setting up a way to prevent relapse and how to choose when and

how you are going to stop. Best of all it is free! Good luck quitting and stay positive. Some websites for additional information include:

www.tobaccofreeu.org

www.whyquit.com

www.ash.org

www.getoutraged.com

Courtney Rampino
McADOC Peer Educator

Great American Smokeout

After you have adopted a smoker
stop by
for information on
how to keep them smoke free
November 17
10am-3pm
East Campus Commons



A Look Back at Alcohol Awareness Campaign

During Alcohol Awareness Week, McADOC sponsored tables about Alcohol Awareness and the possible dangers of drinking. The McADOC Peers and members of the HE 200 class had two interactive games at the tables. One was a table top display with fill in the blank questions and a variety of answer choices. The purpose was to see how much students know about alcohol and its dangers. The other interactive

game was a spinning wheel with 6 categories. Each category had a set of questions which were asked of the students. After playing these games, participants were awarded prizes of either a dry erase board or a pen with the iChoose statement on them. Many students were drawn to the giveaways and the brightly colored displays on the tables. There were also a variety of brochures on alcohol making it easier for students who

were interested in the topic to take more information with them. This campaign was informative for the students passing by, as well as for the McADOC Peers and the HE 200 students who learned from their experiences working on this campaign.

Amanda Foulds
McADOC Peer Educator

Alcohol /Drug Education Program

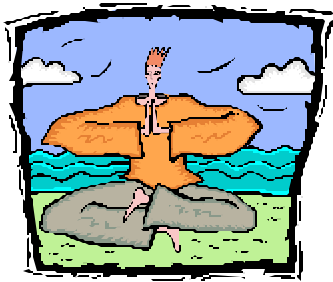
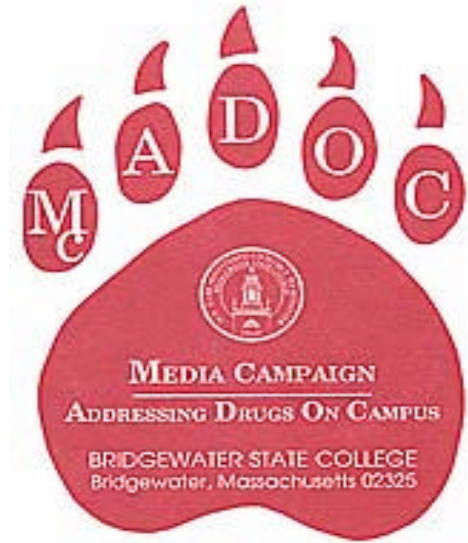
Tillinghast Hall
(508) 531-2274

Health Services

Tillinghast Hall
(508) 531-1252

Counseling Center

Tillinghast Hall
(508) 531-1331



Healthy Living

Do you want to exercise but don't think you
have the time?

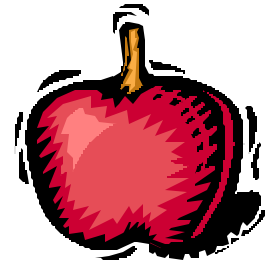
Learn easy ways to get that exercise in

November 21st from 10am-3pm

At the Tinsley Center

November 22nd from 10am-3pm

At the East Campus Commons



A Personal Perspective

The whole concept of alcohol back home is entirely different. I was raised in Mexico City, with a large family and lots of parties. At the age of four I had my first sip of beer and by the age of ten, I could recite the best brands of wine by heart. Thing is, I don't recall ever being drunk and the factor that attributes to smart drinking is that my parents, friends, and professors never treated it as a taboo or a forbid-

den ritual. We drink when we want and because we were allowed to make decisions early on, with careful observation from adults obviously, we learned from our mistakes. In a Latino country, as I am sure it is the same in other places in the world, drinking is just tradition. For every "comida" we have a glass of wine to enhance the flavor of meals, not to get drunk. I am not saying we don't party or get drunk. What I am saying is

that compared to the United States population and ours, car accidents due to drinking are fewer. Maybe it is because our parents tend to keep a close eye on us, maybe not. This is just worth looking into for a further study to pick and choose new alternatives for healthier choices.

Olga Montenegro
McADOC Peer Educator