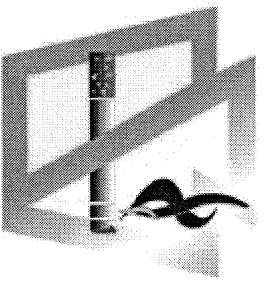


Some lesser known facts about tobacco...

- Smoking can cause a person to have more bouts of strep throat and bronchitis. Chronic bronchitis is often a precursor to emphysema. ¹
- People have been diagnosed and died of cancer and emphysema as early as their twenties. ¹
- Smoking makes menstrual cramps worse. ²
- Smoking constricts blood vessels and has been linked to male impotence. ³
- Women who have the HPV virus and use tobacco may be more likely to develop cervical cancer than those that don't use tobacco. ²
- Smoking in conjunction with the use of birth control drugs greatly increases your chances of a stroke. ⁴
- Employers may be hesitant to hire smokers due to increased insurance premiums, safety factors, and new and upcoming clean indoor air laws. ⁵



NO SMOKING

**SAINT VINCENT COLLEGE
PREVENTION PROJECTS**

TOBACCO

**CESSATION
FOR FACULTY AND STAFF**

**SAINT VINCENT COLLEGE
PREVENTION
PROJECTS**

**FOR SMOKERS
AND
SMOKELESS
TOBACCO USERS**

**FREE FACULTY
AND STAFF
TOBACCO
CESSATION
PROGRAM**



**Provided by:
Saint Vincent College
Prevention Projects
Tel: 724-805-2050**

1. Pam Laffin, I Can't Breathe: A Smoker's Story, 1994, Center for Disease Control and Prevention, Massachusetts Department of Public Health and the Center for Disease Control and Prevention's Office on Smoking and Health.
 2. 2001 Surgeon General's Report: Women and Smoking, 2001, Center for Disease Control and Prevention.
 3. 2004 Surgeon General's Report: The Health Consequences of Smoking, 2004, Center for Disease Control and Prevention.
 4. Collaborative Group for the Study of Stroke in Young Women: Oral contraceptive and increased risk of cerebral ischemia or thrombosis. N Engl J Med 1973;288:871-878.
 5. Lifestyle Discrimination in the Workplace: Your Right to Privacy Under Attack. December, 31 1998. American Civil Liberties Union.

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tracy.thompson@email.stvincented**

Tobacco Cessation Program

Saint Vincent College Prevention Projects (SVCPP) is pleased to announce that this year they will be offering free tobacco cessation classes to faculty and staff at all Westmoreland County schools. In the past, SVCPP has made advances in the student cessation arena, but this year we are covering new ground. The Clean Indoor Air Act is now in effect, and it seems like tobacco users are running out of places to go. In response, SVCPP has decided that we would like to assist those who want to give up their tobacco use for good.

If you are a current tobacco user, we encourage you to participate in this free cessation program. The program is facilitated by a former smoker. The program is held once a week for seven weeks and all materials are provided. So...what have you got to lose?? A better question may be 'what do you have to gain?'

Well...to start with:

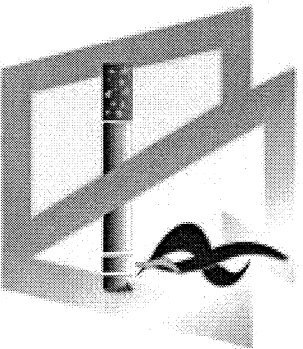
- Your health
- Your money
- The ability to be a better role model for your students



Program Details

- Program meets once a week for seven weeks
- Gradual build-up to "quit day" during session 4
- Sessions 5-7 focus on withdrawal and staying tobacco-free
- Program is able to accommodate all forms of tobacco use including chewing tobacco
- Program is held either during the work day or immediately afterward
- Free of charge

In order to have the program SVCPP must recruit at least three participants to begin the group. Groups are not to exceed ten people. So, if you have a colleague that may be interested in giving up tobacco with you, encourage them to sign up as well.



NO SMOKING

Cessation Interest Form

To help SVCPP to better accommodate your needs we ask that you return this interest form so that we can plan a group that best fits the needs of the participants. Once we have enough interest, we can determine the best time and place for meetings.

Name _____

Address _____

Email address _____

Phone _____

Type of tobacco used (cigarettes, cigars, chewing tobacco, etc.) _____

Meeting Preferences:

- | | |
|------------------------------------|--|
| <input type="checkbox"/> Monday | <input type="checkbox"/> Before School |
| <input type="checkbox"/> Tuesday | <input type="checkbox"/> During School (Lunch, Planning, etc.) |
| <input type="checkbox"/> Wednesday | <input type="checkbox"/> After School |
| <input type="checkbox"/> Thursday | |
| <input type="checkbox"/> Friday | |

Thank you for your interest and congratulations on your first step in becoming tobacco-free. We will be in touch with you very soon!!

Please return this form

By fax to:
724-539-1710 attn: Tracy

Through mail to:
Tracy Thompson
Prevention Projects
300 Fraser Purchase Rd
Latrobe, PA 15650

OR email your preferences to :
tracy.thompson@email.stvincent.edu