Smoking during pregnancy can cause babies to be born too early. Babies who are born too early can have serious, long-term health problems. In addition to the Montana Tobacco Quit Line services, the Quit Now Montana Pregnancy Program offers pregnant and postpartum callers a personal female quit coach, extended coaching calls with cash incentives, 8 weeks Nicotine Replacement Therapy during pregnancy and additional weeks of Nicotine Replacement Therapy postpartum. Call 1-800-QUIT-NOW or visit QuitNowMontana.com.
Smoking e-cigarettes daily doubles risk of heart attacks, warns new research

© Provided by AFP Relax News

Smoking e-cigarettes daily could significantly increase the risk of heart attack, according to new research.

New U.S. research has revealed that e-cigarettes may be more dangerous than previously thought, finding that daily use could nearly double the risk of heart attack.

Led by UC San Francisco along with researchers from George Washington University, the large-scale study looked at data from National Health Interview Surveys of 69,725 people between 2014 and 2016. After considering risk factors such as high blood pressure, diabetes and high cholesterol, researchers found that daily e-cigarette use was associated with significantly increased odds of having had a heart attack -- nearly double the risk -- while smoking conventional cigarettes daily was associated with nearly three times the risk.

Using both together every day leads to five times the risk of heart attack compared to non-smokers.

In addition, although it was thought that former and occasional use of e-cigarettes was not associated with a significant increase in the risk of heart attack, researchers found that such reduced use did in fact pose a small risk.

The team commented that the findings are the first piece of evidence to suggest that e-cigarettes can have a substantial impact on human health since the devices were first introduced around a decade ago.

Since their release, some have believed that e-cigarettes can be a useful tool in helping smokers quit the habit, however studies are increasingly showing that instead of encouraging smokers to switch from tobacco cigarettes to e-cigarettes, or quit altogether, they are actually reducing the likelihood that people will quit smoking, and also encouraging more teens and young people to start.

"E-cigarettes are widely promoted as a smoking cessation aid, but for most people, they actually make it harder to quit smoking, so most people end up as so-called ‘dual users’ who keep smoking while using e-cigarettes," said senior author Stanton Glantz. "The new study shows that the risks compound. Someone who continues to smoke daily while using e-cigarettes daily has an increased risk of a heart attack by a factor of five."

"The good news is that the risk of heart attack starts to drop immediately after you stop smoking," he added. "Our study also shows little risk associated with being a former e-cigarette user."


E-cigarettes doing more harm than good: study

March 14, 2018

(HealthDay)---Electronic cigarettes do little to help smokers quit, and could actually increase the likelihood that teens and young adults will start smoking, a new study suggests.

"E-cigarettes will likely cause more public health harm than public health benefit unless ways can be found to substantially decrease the number of adolescents and young adults who vape and increase the number of smokers who use e-cigarettes to successfully quit smoking," principle investigator Samir Soneji said in a news release from the Dartmouth Institute for Health Policy and Clinical Practice.

Soneji and his research team analyzed U.S. data and published research to assess the benefits and harms of e-cigarettes. Their findings were published online March 14 in PLoS One.

"Although the tobacco industry markets e-cigarettes as a tool to help adult smokers quit smoking, e-cigarette use actually only marginally increases the number of adult cigarette smokers who are able to successfully quit," he said. "On the other hand, e-cigarettes may facilitate cigarette smoking initiation and confer substantial harm to adolescents and young adults once they are introduced to nicotine," Soneji said. He's an associate professor with the institute.

The researchers calculated that e-cigarettes "could lead to more than 1.5 million years of life lost because their use could substantially increase the number of adolescents and young adults who eventually become cigarette smokers," Soneji said.

He urged passage of regulations to make kid-friendly flavors less available and to "reduce the level of known toxins and carcinogens in e-juice."

Put Life Back in Your Life.

Free Chronic Disease Self-Management Program

I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn’t do. Living Life Well Self-Management workshops put me back in charge. Now I have the energy to do the things that matter. I’ve put life back in my life.

Free Living Life Well Workshops
Miles City Public Library
Thursdays, March 22 - April 26
1:00 pm

To register or get more information please call:
oneHealth 406-874-8700
FDA begins anti-smoking push to cut nicotine in cigarettes

WASHINGTON — Federal health officials took the first step Thursday to drastically cut nicotine levels in cigarettes so they aren’t addictive. The Food and Drug Administration estimated that its sweeping anti-smoking plan, first announced last summer, could push the U.S. smoking rate to 1.4 percent. Now about 15 percent of U.S. adults smoke. FDA regulators estimate about 5 million more people would quit cigarettes within one year of new nicotine limits. Currently there are no limits. Under law, the FDA can regulate nicotine although it cannot remove it completely.

“Our estimates underscore the tremendous opportunity to save so many lives if we come together and forge a new path forward to combat the overwhelming disease and death caused by cigarettes,” FDA Commissioner Scott Gottlieb said in a statement. Nicotine is highly addictive, but it is not deadly by itself. It’s the burning tobacco and other substances inhaled through smoking that cause cancer, heart disease and bronchitis. Smoking causes more than 480,000 deaths in the U.S. each year, even though smoking rates have been declining for decades.

The FDA gained authority to regulate ingredients in cigarettes and other tobacco products in 2009. But FDA’s regulatory efforts have been hampered for years by legal challenges by Big Tobacco companies. Cigarette makers generally have vowed to take part in the FDA’s regulatory process for nicotine levels, often emphasizing the long, complicated nature of implementing new regulations. The FDA has sponsored several recent studies showing that when smokers switch to very low nicotine cigarettes they smoke less and are more likely to try quitting. This research was pivotal to establishing that smokers won’t compensate by smoking more cigarettes or inhaling more deeply if nicotine levels are low enough. One study limited nicotine to less than 1 milligram per gram of tobacco.

The plan to restrict nicotine in cigarettes is only part of a broader anti-smoking push outlined by Gottlieb. He envisions the FDA sanctioning a new class of federally reviewed products that deliver nicotine without the toxic byproducts of burning tobacco. While some of those products might bear similarities to e-cigarettes, the FDA has not granted any company permission to market its product as “reduced-risk” compared to cigarettes.

The Mammogram Van from St. Vincent's will be at the public health department on April 5th. Clients are to schedule with St. Vincent directly, next week is the deadline but they will take walk-ins.

Hysham Thursday, April 5th
9:00am – 3:30pm

Say goodbye to excuses and hello to good breast health with the St. Vincent Healthcare Mobile Mammography Coach.

On the Mobile Mammography Coach, a mammogram takes just 15 minutes, is covered by most insurance plans and is completed by a team focused on helping you feel at ease.

We use the same high-definition imaging equipment used in our on-campus site, and your confidential results are mailed directly to you and your healthcare provider. Mammograms can also be performed at Yellowstone Breast Center, 2900 12th Ave. N. Suite 276W, Billings, MT 59101.

To schedule your appointment call 406-237-4373.
Spring Health Fair
Blood Draws
April 5, 2018

Deaconess Billings Clinic Lab Services is teaming up with Hysham Clinic and Treasure County Health Department to provide screening lab tests in Hysham at significantly reduced fees. Labs will be fasting…no food or drink 8-10 hours before draw. Payment is due at the time of services. Insurance will not be billed but we can provide you with a receipt to submit.

<table>
<thead>
<tr>
<th>Complete profile package: Includes 24 tests</th>
<th>Health Fair Cost</th>
<th>Usual Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chemistry Profile +Lipid Panel +TSH</td>
<td>$25.00</td>
<td>$65.00</td>
</tr>
<tr>
<td>CBC: Complete Blood Count</td>
<td>$8.00</td>
<td>$18.00</td>
</tr>
<tr>
<td>PSA</td>
<td>$18.00</td>
<td>$40.00</td>
</tr>
<tr>
<td>Hemoglobin A1C</td>
<td>$15.00</td>
<td>$20.00</td>
</tr>
<tr>
<td>Vitamin D 25-OH</td>
<td>$28.00</td>
<td>$42.00</td>
</tr>
</tbody>
</table>

Please call Carla at 342-5886 or 342-5533 or Deb at 671-9102 to schedule your appointment. Appointments are required due to limited fasting time slots.
Treasure County has a new licensed therapist who is scheduling appointments and providing counseling services in Treasure county. She takes both Medicare and Medicaid/HMK clients. Contact Malissa Steffes at 406-694-9513 for an appointment.

Reminder for adolescent youth to check their immunization status and schedule vaccinations that they may need to enter 7th grade (Tdap) and also for graduating seniors who will need up-to-date immunizations for college admittance.

Treasure County LEPC invites the community to attend a National Weather Service storm spotter training on 04/17/18 from 11:30-13:00 at the health department. Lunch will be provided and the course will be taught by Tom Frieders from the NWS. Please call 342-5886 or 671-9102 so we can estimate how many we will have for lunch!

Treasure County Health Department has a certified car seat inspector through the health department. Appointments are required but services are free of charge. Call 406-671-9102 to schedule an appointment.

Miles City Area Community Fund is again presenting Yellowstone Valley Gives and we are inviting any nonprofit organization to participate as long as you can receive tax exempt donations. We are asking nonprofits to please register by April 6th. Yellowstone Valley Gives is a 30 hour online giving day from noon May 3rd to 6 pm May 4th and is a nonprofit fundraiser. We would appreciate your support by checking out www.yellowstonegives.org and help some very worthy causes in Eastern Montana. If you would like more information about participating, please email LeAnn at l.harrison@onehealthmt.com or call (406) 874-8735.
Health in the 406: Focus on influenza

Montana is experiencing widespread influenza activity with approximately 6,500 cases, 700 hospitalizations, and 34 deaths reported. Several weeks of influenza activity remain this season; protect yourself and loved ones by getting an influenza vaccine and taking everyday preventive actions.

Pneumococcal pneumonia is a common influenza infection complication; talk with your health care provider to see if you are at risk and should receive the pneumococcal vaccine.

的责任酒精销售和服务培训是蒙大拿州法律强制要求的。持酒类牌照者必须确保所有服务或销售酒精的员工，他们的直接主管和执照人，如果他们服务或销售自己，都通过经过批准的培训机构进行培训。

Mallorey Vera is a State Licensed/Certified “Let’s Control It” R.A.S.S. (Responsible Alcohol Sales and Service) Trainer Mallorey is available for classes on weekends. For inquiries, contact Mallorey at mallorey.vera.ps@gmail.com

Coming in May
BHVC/Ashland Health Fair
Contact:
Marla Martin, MBA Healthcare Management
Site Director-BHVC-Ashland
406.784.2352
marla.martin@bighornvalley.org

Southeastern Montana Tobacco Use Prevention Program
P.O. Box 201
Hysham, MT 59038

Visit us on the web at
www.treasurecountyhealth.com