

Lung Cancer Awareness Month



GREAT AMERICAN SMOKE OUT

<http://www.cancer.gov/cancertopics/types/lung>

<http://www.cancer.gov>

<http://www.cancer.gov/espanol>

http://www.preventionpartners.com/events/great_american_smokeout.cfm

LiveHelp at <http://www.cancer.gov/help> Information specialists provide live, online assistance

Two major health effects of cigarette smoking are emphysema and cancer.

Cigarette smoke discolors teeth. It can lead to gum disease and loss of teeth. Tar and nicotine build up on the teeth and tongue can lead to “bad breath.”

Smoking can lead to cancer of the mouth, throat, pancreas, cervix, kidney and bladder, and lung cancer

- 8% of middle school students in the USA currently smoke

Spit Tobacco Warning Signs

- Lumps inside the lips, jaw, or neck area
- Difficulty swallowing
- Color changes on the inside of the lips
- White, smooth, or scaly patches inside the mouth
- A sore or red spot on the gums, lips, tongue or inside the mouth that just won't go away for weeks.

Griffin MS Reminders

November 11, 2008 **Veterans Day Program** 8:15 a.m.

November 13, **Mix It Up at Lunch** “Taste the Friendship”

Mrs. P. Dunn, Counselor Grades 8 & 6th Pioneer, ext. 2918

Mrs. D. Hammonds, Counselor Grades 7 & 6th Explorers, ext. 2919

If you don't smoke,
DON'T



(800) 422-6237

NCI's Cancer Information Service (CIS) encourages patients and their families, health professionals, and the **general public** to call. They provide up-to-date and accurate information about cancer.

The Information specialists translate the latest scientific information into plain simple language in English or Spanish. Calls to the CIS are confidential and free.

Centers for Disease Control and Prevention. [Tobacco Use, Access, and Exposure To Tobacco in Media Among Middle and High School Students—United States, 2004](#). Morbidity and Mortality Weekly Report [serial online]. 2005; 4(12):297–301 [cited 2006 Dec 5]. Available from: <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5412a1.htm>.

U.S. Dept of Health and Human Services. [Preventing Tobacco Use Among Young People: A Report of the Surgeon General](#). Atlanta, GA: U.S. Dept of Health and Human Services, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention, Office on Smoking and Health, 1994 [cited 2006 Dec 5]. Available from: http://www.cdc.gov/tobacco/data_statistics/sgr/sgr_1994/index.htm. U.S. Dept of Health and Human Services.