

OCH&P Times

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Eating Healthy during a Holiday party

- * Snack before you go
- * Don't skip meals to compensate for the party
- * Eat slowly and savor the flavor
- * Socialize away from the buffet table, bar, or kitchen
- * Take moderate portions of specialty food you really love.
- * Try spritzers or low calorie mixers, and limit use of alcohol.
- * Use smaller plates & don't go for seconds.

A Message from your Tobacco Prevention & Education Staff

Hello All,

I am pleased to announce that we have a new Tobacco-Free Workgroup Committee within the Consortium for a Healthier Miami-Dade. The group will be working with hospitals and universities to be-

come tobacco-free, collaborating with our partners to host the 2nd Annual Tobacco Youth Summit and increasing the tobacco user fee. We are excited for what the next few months will bring.

Have a wonderful holiday season.

-Lizette Pabon

November is Lung Cancer Awareness Month

Did you know? More than 60% of people newly diagnosed with lung cancer each year have never smoked or have quit smoking. More Americans die each year from lung cancer than from breast, prostate, ovarian and colorectal cancers combined. Stay informed learn more about lung cancer.

Background

Lung cancer is any cancer that forms in the tissues of the lung, typically in the cells lining the air passages. There are two primary types: small cell lung cancer and non-small cell lung cancer. In the US there is an estimated 215,020 new cases of lung cancer and 161,840 lung cancer deaths.

Symptoms

- A cough that gets worse or does not go away
- Breathing trouble
- Constant chest pain

- Coughing up blood
- A hoarse voice
- Frequent lung infections
- Feeling tired all the time
- Weight loss for no known reason

Screening

Currently, there is no generally accepted screening test for lung cancer. The following test have been performed to detect lung cancer: sputum (mucus brought up from the lungs by coughing), chest x-rays or spiral (helical) CT scans.

Risk factors

- Tobacco Smoke: The most important risk factor for lung cancer.
- Radon
- Asbestos and other substances

- Air pollution
- Family history of lung cancer
- Personal history of lung cancer
- Age over 65

For additional information about lung cancer and how to prevent it, please visit the following list of resources.

Resources

- **American Lung Association**-www.lungusa.org
- **Lung Cancer Alliance**-1-800-298-2436
- **Joan's Legacy**-www.joanslegacy.org
- **Thomas G. Labrecque Foundation**-www.tglclass.com

Students Working Against Tobacco (SWAT) Meeting October 17-19



SWAT Youth met for the first time in Orlando at the Sheraton Safari to reinvigorate SWAT. The purpose of the meeting was to revitalize SWAT. The weekend was facilitated by April Kusper from Campaign for Tobacco-Free Kids and Luke Witkowski from Wisconsin's Fighting Against Corporate Tobacco (FACT) Movement. Over the weekend, SWAT Youth assessed the current SWAT program and other existing programs around the US such as FACT (Wisconsin), Get Resist! Expose Advertising Lies (R!EAL) (Colorado), Reality Check (New York), Catalyst (Minnesota), Gwinnett United in Drug Education, Inc (GUIDE) (Georgia) and reACT (Against Corporate Tobacco) (Montana). Throughout the weekend, SWAT Youth came together to develop and adopt a new mission statement. In addition, they developed and elected a new Youth Advisory Board. The YAB consist of 12 members, 3 members from each Region. Victoria Faconti from St. Lucie County, Kadel Dunan from Miami-Dade County, and Laura Munoz from Hendry County were selected to represent Region 4 on the YAB.

SWAT Mission Statement: "SWAT is Florida's Statewide Youth Organization to mobilize educate and equip Florida's youth to revolt against and deglamorize Big Tobacco. A united movement of Florida empowered youth working towards a tobacco-free future."



Region 4- Youth Advocacy Board Members

**Victoria Faconti, St. Lucie County,
Kadel Dunan, Miami-Dade County,
Laura Muñoz, Hendry County**



SWAT Youth Advocacy Board

2nd Annual Tobacco Youth Summit

The Miami-Dade County Health Department in collaboration with the City of Hialeah Department of Parks and Recreation's Early Prevention and Intervention Youth Program (E.P.I), City of Hialeah's Mayor Julio Robaina and the University of Miami, will celebrate the 2nd Annual Youth Tobacco Summit on Friday, December 12th from 6:00 p.m. to 9:00 p.m. at Goodlet Park, 4200 West 8th Avenue, Hialeah, FL 33013.

The event will include presentations by University of Miami professor and V.A. Medical Center physician, Dr. Arthur Pitchenik on the Aims of Smoking Prevention Program, and Raiza Gomez on

Living with the effects of Smoking.

Miami-Dade County Health Department will also be partnering with agencies such as the Florida Marlins, Miami Dolphins, Miami Heat, CBS 4, Florida International University Raymond James Kids Club, City of Hialeah Police Department, Police Cadets, Fire Department, and Fire Explorers, the American Cancer Society and the Zimmerman Agency Campaign for Tobacco Free Florida.

For more information about the event, please contact Lizette Pabon at 305-234-5400 ext 2505.



Intercoastal Beach Cleanup

The 2008 Miami-Dade Coastal Cleanup took place on Saturday, September 20th, 2008. This regional effort is part of the 22nd Annual International Coastal Cleanup sponsored by the Ocean Conservancy and supported locally by business and environmentally conscious organizations. MDCHD and Robert Allen Law worked together as a site coordinator for Hobie Beach/Windsurfer Beach.

Over 400 SWAT Youth and Volunteers spent their morning collecting pounds of litter and debris on inland roadsides, coastal areas, inland lakes and rivers. Volunteers help in this effort to clean and protect the environment by eliminating debris that injures wildlife, contaminates our beaches and waterways, and threatens boater safety in Miami-Dade County. At the completion of the cleanup volunteers joined in celebration at the Miami Sea Aquarium.



Great American Smokeout-November 20, 2008

On November 20 members of the community joined together in celebrating the Great American Smokeout (GASO). GASO was inaugurated in 1976 to inspire and encourage smokers to quit for one day. The event challenges smokers to stop using tobacco and raises awareness of the effective ways to quit for good.

Inspired by the American Cancer Society's Great American Smokeout, the event brought together the American Cancer Society, Sylvester Comprehensive Cancer Center and the University of Miami Hospital and Clinics, UM Area Health Education Center (AHEC), the UM Preventive Medicine Club, and MDCHD, to provide information for the public, while students from the Miller School provided free blood pressure screenings and body mass index meas-

urements. UM/Jackson residents Damien Hansra, M.D., Sondre Aiken, M.D., Deepika Aneja, M.D., and fourth-year medical student Faisal Huda, who run the UM/Jackson Smoking Cessation Consult, offered counseling services at the event, and Miller School Dean Pascal J. Goldschmidt, M.D., spoke to the crowd about the risks of smoking and the benefits of quitting. "Smoking is the easiest preventable risk factor for chronic disease if patients can quit smoking," said Goldschmidt. "But they are prisoners of their own habit. As a premier academic medical center, it is our job to open the door of the jail and help people who are smokers to quit for good."

For more information:
www.greatamericansmokeout.org





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In Florida, smoking kills more people than alcohol, AIDS, car crashes, illegal drugs, murders, and suicides combined.

Are you one of those statistics?

If you are interested in quitting, contact the Florida Quitline at 1-877-U-CAN-NOW

Smoking Cessation

The Office of Community Health and Planning has partnered with Miami-Dade AHEC to offer free 6-week smoking cessation classes for employees and the community.

If you are interested in attending the smoking cessation classes please contact Lizette Pabon at 305-234-5400, ext 2505 or via email at Lizette_pabon@doh.state.fl.us.



Events

- **November 3, 2008:** Tobacco-free Workgroup Committee Meeting at Beacon Center. For more information visit: <http://healthymiamidade.org>
- **November 12, 2008:** Community Health Worker Training Respiratory Problems and Tobacco at MDAHEC. For more information contact: Lizette Pabon at 305-234-5400 ext 2505
- **November 20, 2008:** Great American Smokeout at JMH-the Alamo grounds. For more information contact: Dr. Damien Hansra at 954-648-2839.
- **December 12, 2008:** 2nd Annual Youth Tobacco Summit at Goodlet Park, 4200 W 8 Ave, Hialeah, FL from 6-9pm. For more information contact: Lizette Pabon at 305-234-5400 ext 2505

Did you know...

- November is Lung Cancer Awareness Month
- November is Diabetes Awareness Month
- December is Seasonal Depression Awareness Month
- December 1st– World AIDS Day

