

Women: don't let your life go up in smoke

Medical experts predict that by 1987, lung cancer will be the leading cause of cancer death among women, and that by year 2000, lung cancer death rates for women may equal those for men, a news release has noted.

In the past 10 years, women's death rates have doubled for lung cancer and the reason is smoking — which attributed to approximately 85 per cent of all lung cancer cases.

Twenty-eight per cent of Canadian women smoke. Since 1970, the percentage of women considered heavy smokers (consuming 25 cigarettes per day) has increased 57 per cent.

According to the Canadian Lung Association, women who are heavy smokers have nearly three times as much emphysema and bronchitis, about 75 per cent more chronic sinusitis, 50 per cent more peptic ulcers, and lose almost twice as many days from work or school compared to women who do not smoke.

But women also face different health risks than men. For example, the combination of smoking and oral contraceptives increases the risk of coronary heart disease 10 times and the risk of stroke 20 times. Manufacturers of oral contraceptives now put warnings about potential dangers on their package inserts.

In addition, women who

smoke not only jeopardize their own health but that of their unborn child. The risk of miscarriage, stillbirth and premature delivery are significantly higher when a woman smokes. Furthermore, babies born of smokers are, on the average, lighter at birth and tend to develop more complications during the early weeks following birth.

One of the most common excuses used by women who smoke is the fear of weight gain. Research shows that weight gain does not have to go hand-in-hand with quitting smoking.

"In fact, among persons who give up smoking, only one-third gain weight," says Dr. Peggy Russell, a leading health educator and smoking cessation expert from the University of Pittsburgh.

"Another third maintain the same weight while the remaining third actually lose weight because they feel better and exercise more," she added.

Dr. Russell believes that smoking is one of the most difficult health habits to change, but that women may face a particularly hard challenge.

"Women smoke to regulate negative affect, that is, reduce anxiety and anger, while men tend to smoke for pleasure and stimulation," she says.

Numerous smoking cessation treatments are

available, but Dr. Russell feels they do not address a central issue for many smokers: nicotine dependence.

"Few people realize that cigarette smoking is considered a form of addiction and that nicotine is an addictive substance. The addictive nature of cigarettes can cause considerable difficulty for heavily dependent smokers trying to quit," she explained.

The solution for heavily dependent smokers is to slowly wean themselves away from nicotine without developing withdrawal symptoms. Smokers can

then deal with the psychological problems associated with their smoking habit.

According to Dr. Russell, help is available in the form of Nicorette, a nicotine chewing gum. Nicorette is available by prescription only and can help smokers cope with the symptoms of nicotine withdrawal such as headaches, irritability and sleeplessness.

If you are having difficulty in quitting, consult your family physician. He or she can advise you on the best smoking cessation treatment to suit you. Or,

contact your local cancer society, lung association or heart foundation. They each have programs designed to help people quit smoking.



VETERINARY CLINIC
Dr. Benz
and Dr. Peterson



of the
Highview Animal Clinic
will be in
Terrace Bay
Tuesday, April 29th
on Highway 17
in the Scout Hall
for an appointment
Pam Jones at 825-3714
after 1 p.m.

It's Organ Week

Good news stories do not always make headlines. Tragic events often do. But sometimes, a tragedy can be turned around and editors have a happy story to report.

It's much the same with organ donation. The loss of a friend or loved one can mean a new chance at life and happiness for someone else.

Across this country today thousands of people who once faced imminent death or a life of pain and anguish have been given a new lease on life.

They are the fortunate recipients of organ donation.

They owe a lot to medical science but they owe their existence to the humanity of a donor family or the foresight of someone who signed an organ donor card.

In offices of organizations involved in transplantation, files bulge with "thank you" letters from recipients and their families but there are other more revealing letters, also of gratitude. They come from the parents, children and spouses of donors.

And the message they send is universal: a mixture of pride and spiritual comfort knowing the good that followed their personal loss.

Heartened by this sort of reaction but knowing there is still a vast need for organ donations, Health and

other associations want to publicize the benefits of organ donation further. They want people to know:

that 1,000 Canadians are on waiting lists for new kidneys, 500 could benefit from heart transplants, 200 from livers, and an undetermined number wait for corneas;

that over 80 per cent of Canadians think organ donation is a great idea but less than 25 per cent have signed organ donor cards;

that, even if you do sign, your wishes could be ignored if you fail to tell your family or physician about it;

and that, above all, organ transplants WORK. There are recipients alive today who received a new kidney, for example 15 or more years ago.

One of the special targets of this year's awareness campaign by Health and Welfare Canada is health professionals. Because of work pressure or simply in an attempt to be compassionate, they often fail to ask grieving relatives about organ donation. Only when it's too late does the family wish someone had.

Don't wait until it's too late. Discuss organ donation with your loved ones. Sign your organ donor card. Make something good happen.

Organ Donor Awareness Week is April 20 to 26.
Health and Welfare

LET YOUR VOICE BE HEARD!



We support the full budworm spray program proposed by the Ontario Ministry of Natural Resources including both biological and approved chemical sprays. Chemicals would only be used in remote areas, and then only on stands of timber which Ministry experts consider unable to withstand another period of insect feeding.

We must act now! We cannot afford to wait for another season and lose many more millions of dollars from our economy of Northern Ontario.

Our forests must be protected against continued budworm devastation which is jeopardizing our economy, our jobs and the recreational values of Northern Ontario.

84%
84%

of those who responded to the Ontario Ministry of Natural Resources comment sheets asked for the Ministry's full spray program, but the chemical portion has been abandoned. Both chemical and biological sprays are needed for an effective forest protection program. For further details about the spray program call your local Natural Resources office.

CALL
CALL

your MPP and request a full spray program... **Let your voice be heard!**



Lake Nipigon Constituency Office
Gilles Pouliot
Room 330
Legislative Building
Queens Park, Toronto
M7A 1A2
Tel: 1-800-268-7192

The following organizations have gone on record as supporting the combined spray program as proposed by the Ministry:

Northwestern Ontario Associated Chambers of Commerce

Kenora District Municipal Association representing the municipalities of:

Dryden	Pickle Lake
Ear Falls	Keewatin
Ignace	Kenora
Jaffray and Melick	Sioux Lookout
Machin	Barclay
	Sioux Narrows

Thunder Bay Municipal League representing the municipalities of:

Thunder Bay	Conmee	Marathon	O'Connor	Schreiber
Geraldton	Dorion	Nakina	Oliver	Shuniah
Longlac	Gillies	Needing	Paipoonge	Terrace Bay
Beardmore	Manitouawadge	Nipigon	Red Rock	

Lakehead Region Conservation Authority and several Progressive Conservative and Liberal Riding Associations