

CHOICES

**Consumers Helping
Others Improve
Their Condition by
Ending Smoking**

CHOICES NEWSLETTER - June 2021

Volume 15 Issue 1

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Robert Wood Johnson
Medical School

**DO YOU SMOKE?
DO YOU LIVE IN NJ?
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gift card in the mail as
compensation.**

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the QR Code with your phone's camera.

RUTGERS-ROBERT WOOD JOHNSON MEDICAL SCHOOL, DEPARTMENT OF
PSYCHIATRY IS CONDUCTING A SURVEY.
THIS STUDY IS FUNDED BY THE NEW JERSEY DEPARTMENT OF HUMAN
SERVICES.

Smokers Wanted!

By Lisa Evans

The CHOICES team is seeking smokers who reside in New Jersey to complete our online survey. The survey takes about 15 minutes. Participants are compensated with a \$20 gift card upon completion. The survey was developed by the Rutgers-Robert Wood Johnson Medical School, Department of Psychiatry, to evaluate tobacco quitting barriers in smokers.

Kick the Habit- Smoking in America

By Cleo Zifovski

The growth in consumption for nicotine products occurred for many reasons, but was mainly driven by the mass production of cigarettes. The mildness, packaging, addictiveness, convenience of the product, glamorization of smoking in movies and on television, and persuasive advertising campaigns all made smoking quite compelling. ("Epidemiology of Tobacco Use: History and Current Trends"). When tobacco use peaked in the mid-1960s, more than 40 percent of the U.S. adult population smoked cigarettes (National Center for Health Statistics 2005). In Western countries, smoking is more prevalent among people with mental health problems, alcohol and drug problems, criminals, and the homeless ("Epidemiology of Tobacco Use: History and Current Trends").



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Lesser-Known Chemicals in Cigarette Smoke

by Deidre Stenard

In our CHOICES presentation, we talk about how there are 7,000 chemicals in cigarette smoke. Also, we mention that 70 of those chemicals cause cancer. Some of the chemicals we talk about are Nicotine, Carbon Monoxide, Acetone and Ammonia. After attending a CHOICES presentation we hope that consumers can easily remember these chemicals and have a rough idea of what their effect is on the human body.

As a reminder, Nicotine is the chemical in cigarette smoke that makes us addicted to cigarette smoke. While it is highly addictive, it isn't as harmful as some other chemicals in cigarette smoke. Nicotine can be toxic in very high concentrations, but in cigarettes and NRT, it is a much lower concentration. Using Nicotine Replacement Therapy helps with smoking cessation. Carbon Monoxide is an odorless, colorless gas and can be deadly. Carbon Monoxide is the chemical that absorbs into the blood stream through the lungs, as do many of the chemicals in cigarette smoke. Carbon Monoxide takes the place of oxygen in the blood stream. It raises the risk of heart attack because the heart has to strain harder to pump a lesser amount of oxygen around your system to where it is needed.

Acetone is in nail polish remover and I've heard that if you exhale cigarette smoke into a tissue, you can remove nail polish with the residue on the tissue. Ammonia is in toilet cleaner, and it was added to the tobacco to change the pH of the tobacco, which intensifies the nicotine in the smoke by up to 100 times. Ammonia then makes cigarette smoke more addictive. However, there are chemicals from Turpentine to Hydrogen Cyanide to Polonium 210 that

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Highlights from a New Report on Smoking and Women

by Trish Dooley Budsock



Ad appeared in Woman's Day Magazine 4/1/1980.

A new report, released on May 26, 2021 by the Campaign for Tobacco Free Kids, American College of Obstetricians and Gynecologists, Association of Maternal & Child Health Programs, Black Women's Health Imperative, National Partnership for Women & Families, and National Women's Law Center, entitled, "A Lifetime of

Damage: How Big Tobacco's predatory marketing harms the health of women and girls" details the tobacco industry's long history of developing cigarette brands and predatory marketing campaigns that deliberately target women and girls and how that has led to devastating consequences for women's health at every stage of their lives.

The report highlights the ways in which the tobacco industry has used themes of beauty, fashion, freedom, sophistication, and even weight control, to target women for over 50 years. More than 16 million women and girls in the United States currently smoke, putting them at risk for the serious and deadly diseases caused by smoking. Over 200,000 women die in the U.S. every year due to smoking and exposure to secondhand smoke. Smoking puts women at increased risk for heart disease, lung cancer, stroke, emphysema and many other serious chronic illnesses.

The risks to women from smoking have risen sharply over the last 50 years and are now equal to those for men for lung cancer, chronic obstructive pulmonary disease and cardiovascular diseases. For the first time ever, women who smoke

Continue on page 5

Menthol Cigarettes Expected to Be Banned Soon

By Lisa Evans



Advocates hope President Biden, whose campaign had strong support from Black voters and who has put addressing health inequities front and center, will come out in favor of a ban. Credit...Bryan Thomas for NYTimes

In the 1950's when I was born, less than 10% of Black American smokers used menthol. My mother was one of them. Today, 85% of Black smokers smoke menthol cigarettes and my son is one of them. I quit smoking 9 years ago, after smoking menthol for 41 years. Currently, only 25% of White American smokers use menthol. It's not a coincidence that my family were menthol smokers. Black communities were targeted by "big tobacco" since the 1950's when a study revealed that 5% of Black smokers used menthol while 2% of White smokers used menthol.

The tobacco companies began target marketing to the Black community by featuring Blacks in advertisements, sponsoring music festivals and supporting Black arts, passing out free samples, coupons, providing financial support for Black candidates and the Congressional Black Caucus. There are other well-known tobacco marketing campaigns using Joe Camel and the Marlboro man to target specific communities. However, these ads did not promote mentholated cigarettes.

According to the CDC," Black smokers smoke less but die of heart attacks, *Continued on page 6*

Inner Child Work and Addiction

by Azeem Sitabkhan

Over the past several years, I've been writing about different therapies for addiction, in general, and smoking addiction in particular. Today I will write about "Inner Child Work and Addiction."

So, what is an 'inner child'? One's inner child is real in a symbolic way. It is a combination of the memories and baggage we accumulate during our childhood years that fuel emotional difficulties in adulthood. This young part of our self usually occupies an unconscious part of the adult self, where many psychological problems begin. When we ignore this child, it tries to draw our attention to the hurts and traumas that still haunt us.

The theory of inner child work and addiction is that addiction often occurs when we have traumatic experiences or destructive thought patterns that we avoid instead of confronting directly. We rarely understand the full impact of these early experiences on us as kids. We usually don't realize that it stays with us as we grow up. However, that child inside remains, and is still hurting. A neglected inner child tries to get our attention by triggering destructive behaviors and patterns. Instead of dealing with early adverse events head-on, some of us turn to smoking, alcohol or drugs for relief and to dull the emotional pain. Incorporating inner child work into our recovery plan can help us answer important questions about the sources of our addiction. It also can help facilitate deep healing.

Therapy is crucial in helping people with addictions to recognize the negative thoughts and behaviors they learned as children. In working through these issues, they learn to "re-parent" the child within and to heal. Some therapies involve working with the inner wounded child to help

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Kick the Habit *continued from page 1*

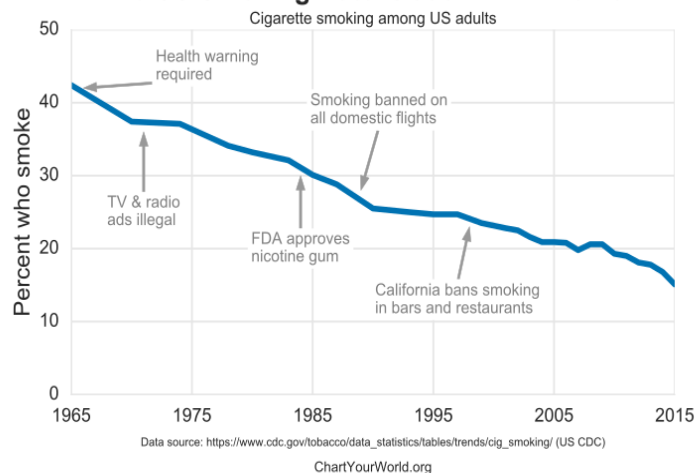
Although nicotine is highly addictive and people know it is addictive, people still pick up this habit. Probably because when a person uses tobacco, either by smoking cigarettes, using chewing tobacco, or using another form of tobacco, it acts on receptors in the brain to make you feel better by stimulating the pleasure center. Cigarette smoke is a stimulant and will give you a feel similar to caffeine ("Why does smoking make me feel good?"). Many substances have stimulant qualities which produce fleeting feelings of improvement in mood.

Smokers like to enhance a good mood or escape a bad one. Attitudes like being stressed, anxious, excited, bored, down, happy, lonely, satisfied, or cooling off after a fight are prevalent in people who smoke. Smokers may like to smoke while talking on the phone, drinking alcohol, watching TV, driving, finishing a meal, drinking coffee, taking a work break, after having sex, and before going to bed. Finally, going to a bar, going to a party or concert, seeing someone else smoke, or celebrating a big event goes hand in with lighting up for smokers.

The good news is many Americans who once smoked eventually quit smoking. However, withdrawal symptoms (from anxiety and depression to bad dreams, nightmares, weight gain, and more) can be challenging to overcome. One way to curb withdrawal symptoms from intense cravings for nicotine is with NRT (nicotine replacement therapy) and services, which continue to have the stimulant in the product; thus, the smoker will still have the effects of the pleasurable feeling. So then the question becomes -why do more people not use NRT to replace cigarettes and other tobacco products? The answer may lie in emotional, pattern, and social triggers.

Thankfully, gone are the days when one could smoke at work, in restaurants and bars, and on planes. You can no longer buy cigarettes from vending machines. Tobacco is no longer

The US Smoking Rate is at an All-Time Low



glamorously portrayed in the movies and on TV and advertised on billboards lining the highways ("Smoking in America: Why more Americans are kicking the habit"). According to the CDC, real strides in decreasing smoking have come from prevention efforts. Outstanding education aimed at children, has spread the word about tobacco's effects. Furthermore, "Cigarette smoking among adults has been on a downward trajectory for decades," said Brian King, deputy director for research translation in the CDC's Office on Smoking and Health. "It's the lowest percentage we've seen since we started monitoring smoking rates in 1965 ("Smoking in America: Why more Americans are kicking the habit.")

The preliminary 2017 data indicates 34 million Americans still smoke, according to King. How do we reach them? It is clear, people say that they use tobacco for many different reasons—like stress relief, pleasure, or social situations. One of the first steps to smoking cessation is to learn why you feel like smoking cigarettes and this may be different from person to person. Then you can think about the motivation you have to quit.

Epidemiology of Tobacco Use: History and Current Trends....

<https://www.nap.edu/read/11795/chapter/4>

Reasons People Smoke | Smoke free Veterans.

<https://veterans.smokefree.gov/nicotine-addiction/reasons-people-smoke>

Smoking in America: Why more Americans are kicking the habit.

<https://www.heart.org/en/news/2018/08/29/smoking-in-america-why-more-americans-are-kicking-the-habit>

Why does smoking make me feel good? | Quit Smoking.

<https://www.sharecare.com/health/quit-smoking/why-smoking-make-feel-good>

A Primer for Getting Tobacco Treatment: Support Groups, Medication and Quit-lines

By Terrance H

There are various addictions that debilitate individuals throughout society. They come in different forms: tobacco, drug addictions and emotional disorders, etc. This article pertains specifically to in-person and on-line support groups along with medication in an attempt to put a cap on smoking.

Individual and Group therapy, and Nicotine Anonymous, as well as Nicotine Replacement Therapy, Chantix, and Wellbutrin are all first line treatments to help people who want to quit smoking. There are multiple tobacco quit centers in the state of New Jersey, and their location specific information can be found here: www.tobaccofreenj.com.

Additional resources include telephone and online help for quitting. The number to call is: 1-866-NJ STOPS, and the website is: www.quitnet.net. These are both free services, and available to all NJ residents who have an interest in this form of support.

12 Things to do to quit Smoking by Heath Dingwell, Ph.D.

Smoking and Women *continued from page 2*

are as likely as men to die from many of the diseases caused by smoking. Smoking continues to affect women as they age. Smoking is a major risk factor for Alzheimer's disease, osteoporosis and age-related macular degeneration (AMD) that can lead to blindness.

Quitting smoking is one of the best things women can do for their health. Women are highly motivated to quit – approximately 70% of women smokers are interested in quitting and each year, 55% make a quit attempt. But nicotine is a powerfully addictive drug. Quitting is hard and it often takes multiple attempts before being successful, but keep at it ladies, you're worth it!

The full report can be found here:

https://www.tobaccofreekids.org/assets/content/press_office/2021/womens-report.pdf

Lesser Known Chemicals *continued from page 2*

aren't talked about as much, yet they are worth reviewing. I use Turpentine when I paint as a paint thinner and to clean paint brushes. It is very toxic and it has a strong toxic odor, which gave me the idea for this article. I thought "I bet this is in cigarette smoke!" I looked it up on the internet and I was right. Turpentine is in cigarette smoke!

It's just another reason not to smoke. Hydrogen Cyanide is gas chamber poison used in World War II, and it's in cigarette smoke. In large concentrations, this poison will cause a rapid death by asphyxiation due to its ability to block oxygen from the cells causing immediate suffocation. While small amounts of hydrogen cyanide will not cause immediate death, smokers are very slowly poisoning themselves with hydrogen cyanide with every puff of a cigarette. Polonium 210 is a radioactive element and it is in cigarette smoke! Even if the exposure is significant but not extremely high, and if it occurs over a period of time, there is a long-term risk of cancer. Exposure through inhaling Polonium 210, such as in cigarette smoking, can increase risk of lung cancer. I'm glad I'm quitting smoking. Aren't these chemicals in cigarette smoke a good reason to stop smoking?

Centers for Disease Control and Prevention (CDC) and U.S. Department of Health and Human Services. The Health Consequences of Smoking: A Report of the Surgeon General
www.actforlibraries.org/chemicals-found-in-cigarette-smoke-hydrogen-cyanide/

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NJ Quitline

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Menthol Ban *continued from page 3*



A 2008 issue of Essence magazine. Tobacco companies gained good will by advertising in newspapers and magazines geared to a Black readership — and by donating money to civil rights organizations. Credit...Tony Cenicola/The New York Times

strokes and other causes linked to tobacco use at higher rates than white smokers do.” The FDA reported that menthol cigarettes are easier to get addicted to and very hard to quit, as compared to non-mentholated cigarettes. Acting FDA Commissioner Janet Woodcock, M.D. said “the FDA will help significantly reduce youth initiation, increase the chances of smoking cessation among current smokers, and address health disparities experienced by communities of color, low-income populations, and LGBTQ+ individuals, all of whom are far more likely to use these tobacco products.”

All cigarettes are harmful to our health. Unfortunately, menthol cigarettes can be more harmful because menthol masks the harshness of the smoke by creating a cooling sensation. This makes the cigarette more tolerable and increases the amount of chemical laden smoke smokers inhale.

There are over 50 towns in multiple states including California, Minnesota, Massachusetts, Illinois and Colorado that have banned the sale of menthol cigarettes. The laws vary from state to state but there is no penalty for smokers who use menthol products. The law is directed at the manufacturers, distributors and retailers who sell the product to the public.

Menthol flavoring in cigarettes has also been banned in the European Union (EU), United Kingdom (UK), and Canada. The EU passed the Revised Tobacco Products Directive in 2014 banning the manufacture and sale of menthol cigarettes. The ban went into effect in May 2020, giving cigarette companies and retailers ample time to sell their on-hand stock. Although the UK is no longer a part of the EU, the ban still applies in the UK.

There have been efforts to ban menthol for over a decade by civil rights activists and healthcare professionals, but even during Barack Obama’s administration, the first Black president of the United States, political opposition was far too strong to implement a national ban. Our current president, President Joseph Biden, has stated his administration would ban menthol cigarettes and flavored cigars.

Unfortunately, the ban will be mired in the Washington red-tape process and will likely face legal challenges. Although the national ban might not be immediate, New Jersey already has menthol ban legislation waiting for approval that could be implemented much faster.

A menthol ban is not a slam dunk and it may or may not affect you any time soon. What does affect you is menthol cigarettes. Because menthol masks the harshness of tobacco and you are able to inhale more deeply without coughing, you increase your exposure to the 7000 chemicals in cigarette smoke. With more exposure comes more risk of death from heart attacks, strokes and other illness forming in your body. If you should decide to quit, and I suggest you do, you may be surprised at how difficult it is for menthol smokers who attempt to quit. Please talk to a health professional to help you quit. I did.

<https://www.fda.gov/news-events/press-announcements/fda-commits-evidence-based-actions-aimed-saving-lives-and-preventing-future-generations-smokers>

<https://www.nytimes.com/2021/03/22/health/menthol-smoking-ban.html?>



Creatively Inclined

CHOICES is proud of our peers who are creatively inclined in the arts, poetry, and writing. Are you an artist, poet, or writer and want to see your work in print? We would love to share your artwork, poem, or story! Please contact us via email at dooleypc@rutgers.edu.



Thank you, Deidre Stenard, for sharing with us all of the wonderful paintings you created through the pandemic!

A suggestion for anyone considering quitting cigarettes or cutting down on the amount they smoke, consider this: use creative arts to help manage your cravings. You can doodle, draw, paint, or craft. You can also write in journal or be poetic. Creativity is both fun and therapeutic! Give it a try, you might be surprised at how much you enjoy it.

L.O.L! L.O.L! L.O.L!

by Terrance H

1. Why did the banker break up with his Girlfriend?

2. Why was the baby ant so confused?

3. Who yelled, "Coming are the British"?

See answers below

Inner Child Work *Continued from page 3*

individuals face the issues that trigger their addiction.

Learning to heal one's inner kid can help people struggling with addiction to meet their overlooked emotional and psychological needs. We never outgrow our inner child, and it's important we keep in touch with this link to our past.

(2021, January 18). What Is Inner Child Work and How Does it Benefit Your Recovery?
<https://www.welevelup.com/what-is-inner-child-work-and-how-does-it-benefit-your-recovery/>

L.O.L! Answers

All jokes are either original by author or found in A Prairie Home Companion Pretty Good Joke Book 6th Edition

1. He lost interest.
2. Because all his uncles were ants.
3. Paul Reverse.



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The CHOICES team will come to you! The **CHOICES** team of peer advocates will visit your group or program in New Jersey and provide mental health consumers with education about the consequences of smoking and tobacco products along with information regarding treatment resources available to make quitting easier. Email us dooleypc@rutgers.edu to set up date.



CHOICES is a partnership between Rutgers-RWJMS Division of Addiction Psychiatry, the Mental Health Association of New Jersey (MHANJ) and the NJ Division of Mental Health and Addiction Services and funded by the NJ Division of Mental Health and Addiction Services .