



NMU  
WELLNESS COMMITTEE  
EDUCATING, ENGAGING & EMPOWERING EMPLOYEES

NOVEMBER 2018

## November is Lung Cancer Awareness Month!

In the United States, lung cancer is the second most common cancer in both men and women. It's also the leading cause of death from cancer. In recent years, there has been an increase in the use of electronic cigarettes (e-cigarettes). The majority of these users are seeking an alternative to smoking traditional cigarettes. Are e-cigarettes healthy and a safe alternative to smoking?

### Are E-Cigarettes Safe?

**E-cigarettes are unregulated tobacco products.** There are nearly 500 brands of e-cigarettes on the market and none of them have been evaluated by the FDA. Toxic chemicals, including an ingredient used in antifreeze and formaldehyde have been found in e-cigarettes. Because the FDA doesn't regulate these products, there aren't requirements around ingredient disclosure, warning labels or youth access restrictions.

### Do E-cigarettes have nicotine?

**Almost all e-cigarettes contain nicotine—including many that claim they are nicotine-free.** A 2014 study showed a wide range of nicotine levels in e-cigarettes and inconsistencies between the listed amount of nicotine and what is actually present in these products. Nicotine is an addictive substance that can have negative health impacts. The more nicotine a person uses, the greater the potential for addiction.

### Can E-cigarettes help smokers quit?

**The FDA hasn't found any e-cigarette to be safe and effective in helping smokers quit.** Instead of quitting, many e-cigarette users continue to use conventional cigarettes. In 2015, 59 percent of the people who recently used e-cigarettes also currently smoked conventional cigarettes.



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The purpose of the "wildcat wellness connection" newsletter is to keep you informed about wellness related issues. Please note that information in this publication, along with other similar materials, is meant to complement the advice of your physician, not replace it. Before making any major changes in your medications, diet or exercise, please consult your physician.



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### Local November events:

#### Coffee and Climb

Wednesday Nov 14  
NMU Outdoor Recreation  
Center Climbing Wall  
7am-9am  
Free Coffee and Donuts.  
Bring your own mug.  
Free for members, \$10 for  
non-members.

Are e-cigarettes marketed to kids?

**E-cigarette use among middle and high school students more than tripled from 2013 to 2015.** With marketing tactics such as cartoon characters and candy flavors, it's no surprise there has been a dramatic increase in kids using e-cigarettes. For the first time ever, teens are smoking e-cigarettes more than traditional cigarettes.

Are there secondhand emissions from e-cigarettes?

**E-cigarettes expose others to secondhand emissions.** The vapor emitted by e-cigarettes and exhaled by users contains carcinogens, such as formaldehyde. Not much is known about these emissions or their potential harm.

If you or a loved one is a smoker that is ready to quit, you should talk with your doctor about using an FDA-approved medication proven to be safe and effective in helping smokers quit. You can also contact the American Lung Association to find a program that is right for you.



### Check out a few ways to stay active over the Thanksgiving Holiday:

- IshpeTurkey Trot November 22, 2018 <https://www.ishpeturkey.com/>
- Marquette Turkey Trot November 22, 2018 <https://www.active.com/marquette-mi/running/distance-running-races/marquette-turkey-trot-2018>

### Be sure to take a look at the modified PEIF schedule over the Holiday week:

	PEIF	Pool
SATURDAY, NOV. 17	Noon-8pm	2:00-4:00pm
MONDAY, NOV. 18	Noon-8pm	2:00-4:00pm
SUNDAY, NOV. 19	5:30am-8pm	11:00am-1:00pm & 6:00pm-8:00pm
TUESDAY, NOV. 20	5:30am-8pm	11:00am-1:00pm & 6:00pm-8:00pm
WEDNESDAY, NOV. 21	5:30am-8pm	11:00am-1:00pm
THURSDAY, NOV. 22	Closed	Closed
FRIDAY, NOV. 23	Closed	Closed
SATURDAY, NOV. 24	Noon-8pm	2:00pm-4:00pm
SUNDAY, NOV. 25	Noon-8pm	2:00pm-4:00pm

Check out these tips to stay healthy and safe over the Holiday Season!



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Travel safely-  
always wear a  
seatbelt and  
never let loved  
ones drink and  
drive.



Remember  
to get your  
check ups  
and  
vaccinations.



Manage your  
stress. Be sure  
to keep your  
time balanced,  
and get proper  
sleep.



Wash your  
hands often and  
cover your  
mouth when  
you cough or  
sneeze.



Stay warm and  
dry by dressing  
in several  
layers.



Prevent injuries- be  
careful when hanging  
decorations, leave the  
fireworks to the  
professionals, and  
never leave fireplaces,  
stoves, or candles  
unattended.



## Did you know??

The LRC has Active Workstations available for checkout.

Tired of sitting all day long? Try out a standing desk in your office today!

Contact the LRC or [wellness@nmu.edu](mailto:wellness@nmu.edu) for more information.

## Sources

NMU (2018).

Center for Disease Control (2018).

American Lung Association (2018).