

Debate Continues

Tobacco Use, Good Health Diverge

By JEANNE SMITH
Health Services Manager

For quite some time now we have heard the debate about smoking and the problems it causes.

Perhaps the jury is still out on part of the debate but reports continue to confirm that smoking is hazardous to an individual's health.

The debate has continued further to say that the person who smokes not only is damaging himself but if others are around him, they can be adversely affected by the smoke.

A recent report issued by the American Heart Association said that passive cigarette smoke kills some 53,000 non-smoking Americans each year, making it the third-leading preventable cause of death in the United States.

Researchers at the University of California-San Francisco said they established a link between passive smoke and the development of heart disease.

Passive smoking is a much bigger problem than anyone thought," said Dr. Stanton Glantz, an associate staff member of the Cardiovascular Research Institute at UCSF. "This is the first clear statement that passive smoking causes heart disease."

Smoking advocates say the study lacks scientific basis. A spokesman for The Tobacco Institute said passive smoke never has been shown to be harmful. However, he would not go so far as to say there is

Jeanne Smith



no danger.

"We believe that the existing science shows that any long-term effect of passive smoke has not been proven," he said.

The recent report, which reviewed 10 epidemiological studies involving non-smoking spouses of smokers, said people living with smokers are 30 percent more likely to suffer from heart disease or heart attacks than those who live in smoke-free households.

It also said passive smoke also increases the tendency of blood to clot, thereby raising the chances for a heart attack.

Through the report Glantz and others estimated that 37,000 people die annually from heart disease contracted from passive smoke. Another 3,700 die from lung cancer and 12,000 die from other forms of cancer caused by passive smoke.

Active smoking, according to Glantz, causes some 400,000 deaths a year.

Smoking usually affects the person's lungs first.

The lung is our breathing machine. It draws in air, filters it, separates out life-giving

oxygen for the body's use and expels what is left over -- mostly carbon dioxide. The normal adult lung is about the size of a football.

When we inhale, air enters the lung through tubes, or passageways, called bronchi. These bronchi are lined with vibrating, hairline structures called cilia, which whip back and forth some 900 times a minute to help keep solid pollutants in the air from entering the lung. The air is carried down through smaller and smaller bronchi until it reaches tiny air sacs which are uniform in size. This is where the oxygen/carbon dioxide exchange takes place.

Damage to the lung often takes place before there are any symptoms.

One disease which smoking can cause is emphysema, which destroys the lung's elasticity, and therefore its ability to inhale and exhale properly.

Tissue affected by emphysema can never be repaired or replaced and the disease, progressing slowly but steadily, turns its victims into respiratory cripples. Patients spend years gasping for breath, and when death comes, it frequently is due to an over-worked heart.

Emphysema changes the lung's normal appearance. Some of the air sacs burst and collapse, creating tiny craters in the lung, while other balloons in the body's desperate struggle to obtain oxygen and

expel carbon dioxide.

This used to be a relatively rare disease, but is becoming increasingly common. It has been strongly associated with smoking because of the intense air pollution caused by cigarette smoke in the lungs.

As to cancer in the lungs, it is believed that it begins most often with the constant irritation of the lining of the bronchi by cigarette smoke.

With the constant irritation caused by the smoke, the hair-like cilia which filter the air we breathe disappear from the lining of the bronchi. Although extra mucus is secreted to substitute for the cilia and trap pollutants, this mucus itself becomes a problem. It remains trapped until finally forced out of the lung by what is known as a "smoker's cough."

If a smoker quits before cancerous lesions are present, the bronchial lining will return to normal. If not, the abnormal cell growth spreads, blocking the bronchi and then invading the lung tissue itself.

In the latter stages of lung cancer, abnormal cells break away from the lung and are carried by the lymphatic system to other vital organs, where new cancers begin.

Because lung cancer is difficult to detect early, it is very difficult to treat successfully. Often it is fatal. Yet, according to the American Cancer Society, if no one smoked cigarettes, 83 percent of lung cancers would eventually dis-

appear.

The ACS says research shows that even passive cigarette smoke increases the risk of lung cancer and other respiratory diseases as well as risk to a fetus during pregnancy.

It has been said that if the effects of cigarette smoking appeared on our skin instead of in our lungs -- where it can't be seen -- no one would smoke.

The debate still is not over and all the research has not been completed but what has been shown is causing more and more businesses and government offices to declare their premises "smoke free" and disallow smoking of any tobacco product.

After seeing the research statistics, there appears to be a good case for breaking the smoking habit if you have it. And if you don't smoke, don't start. You'll be healthier for it.

More people are breaking the smoking habit, according to a recent survey by the Associated Press conducted in all 50 states. Since 1964, when the first U.S. surgeon general's report linking smoking to cancer was issued, the percentage of Americans who smoke has dropped from 42 percent to 25 percent.

If there are any Adams-Millis employees interested in a smoking cessation class, contact your human resources representative. We'll be glad to provide that opportunity for you if enough interest is shown.

Keep Your First Aid Kit Well-Stocked With Right Supplies

A first aid kit is an important item to have handy at all times in case of a health emergency. It's a good idea to have one in your car, one at home, one for your camper or boat.

Even if one is available in those places, when did you last check your first aid kit(s) to make sure they were properly equipped? A kit without the necessary items can mean false security for you.

According to the American Red Cross First Aid & Safety Handbook, a well-

equipped kit has an assortment of bandages and medications, as well as some simple tools. Following are some items that should be included:

- Adhesive bandage strips
- Butterfly bandages
- Elastic bandages
- Hypoallergenic adhesive tape
- Stretchable gauze bandages
- Sterile cotton balls, gauze pads,

- nonstick pads and eye patches
- Triangular bandage for slings
- Blunt-tipped scissors
- Tweezers
- Bulb syringe to rinse eyes or wounds
- Activated charcoal for poisoning emergencies
- Antiseptic wipes or solution
- Antibiotic ointment
- Calamine/antihistamine lotion

- Sterile eye wash
- Syrup of ipecac (use only with professional medical advice during a poisoning emergency)
- Flashlight and batteries
- Tissues
- Safety pin
- Latex gloves
- Thermometer
- Spare blanket



10% Machinery

Human Error Is Main Cause Of Accidents

By ROBIN KORICANEK
Manager, Division Safety

About one in ten accidents happen because of machinery. The other nine are caused by human errors according to the National Safety Council.

The good news is this: You don't have to settle for nine-to-one odds. Every day you can reduce your chance of making a mistake. Here are some ways to make you safer.

-- Know your equipment. Understand its hazards and



Robin Koricanek

how to avoid them. Everything from a hammer to a computer to a huge press has its own particular dangers. Be aware of what could happen, and you

will be a step ahead in coming up with the right response to the situations.

-- Ask enough questions so you are sure about how to do a new procedure. There is no such thing as dumb question. If you are in doubt, ask.

-- Be selfish with your time. Place your safety above the time you would save by taking a dangerous action. Drivers, welders, office people and workers in every job can reduce the odds of human error by taking the time to do a job

the correct and safe way.

-- Guard your muscles, and save your back. Don't be too busy to ask for help when you have to move something heavy.

-- Be ready to work when it is time for work. When you arrive in a risk, you are likely to start work without thinking first.

You wouldn't go to Las Vegas if you knew your odds of winning were less than someone else's. Be smart with your future every day. Get better odds for yourself.

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Linda Leach,
Editor