

LIFESTYLES

SHARE YOUR STORY

The Journal welcomes ideas for stories about people in our community who have gotten married, graduated, joined the military, etc.  
Call the Journal at 285-7411

The whole truth about smokeless tobacco

**Q. In your column about switching to smokeless tobacco from smoking, you missed the most important piece of information. Current studies show that switching from smoking to smokeless tobacco is almost as good as quitting. So argue against smokeless if you want to but, if you convince that person to give it up, and he ends up going back to smoking you have just helped him increase his risks of disease dramatically.**

A. This question made me re-examine everything I had researched about smokeless (chewing tobacco, snuff or lozenges). I learned a lesson worth sharing: even the most reliable sources are capable of



Fred  
CICETTI  
HEALTH CARE WRITER

misleading you. Some of the subterfuge is unconscious and often well-intentioned, but, in any case, the truth is not served.

First, here's some of what I reported in my earlier column:

*The chances of getting a variety of cancers increases with the use of smokeless tobacco. These cancers can grow in your mouth, throat, esophagus, kidneys and pancreas.*

*Smokeless tobacco puts more nicotine in your blood than cigarettes. The nicotine makes smokeless tobacco addictive.*

*In 1986, the U.S. Surgeon General concluded that the use of smokeless tobacco "is not a safe substitute for smoking cigarettes. It can cause cancer and a number of noncancerous conditions and can lead to nicotine addiction and dependence."*

*Since 1991, the National Cancer Institute, a part of the National Institutes of Health, has officially recommended that the public discontinue the use of all tobacco products.*

Nowhere in the column did I compare the risks of smokeless tobacco to smoking. Why? Because I fell into the "quit-or-die" trap of political correctness that almost all the health authorities seem to set for you. There's a reluctance to

say what is obvious when you look closely at the facts:

Smoking is horrendous for your health. Smokeless tobacco has health risks, but they are dwarfed by the risks of smoking. If you can't quit smoking any other way, it is in your self interest to switch to smokeless tobacco. It could save your life. To be reluctant to provide this information is wrong.

Britain's Royal College of Physicians, one of the world's most prestigious medical societies, issued a report on tobacco regulation in the United Kingdom called "Protecting Smokers, Saving Lives." This report marked the first time a major health organization acknowledged that products like smokeless tobacco are safer than

cigarettes. Here's what the report said:

"As a way of using nicotine, the consumption of non-combustible tobacco is of the order of 10-1,000 times less hazardous than smoking, depending on the product. Some manufacturers want to market smokeless tobacco as a 'harm reduction' option for nicotine users, and they may find support for that in the public health community."

Snus, a Swedish version of snuff that comes in teabag-like pouches, is especially attractive to smokers because it produces nicotine levels comparable to smoking. Snus do not require spitting.

The health benefits of snus are impressive. Forty percent of Swedish

men use tobacco products. Yet Sweden has the lowest rate of lung cancer by far. Why? Largely because of snus, which represents half of all the tobacco that Swedish men use. (The other half smoke.) Snus has not caught on with women.

I want to emphasize that smokeless tobacco is harmful and, frankly, disgusting. No one should start the habit if they don't have a nicotine addiction. But, it's a possible alternative to smoking if nothing else works. That's the whole truth.

*If you would like to read more columns, you can order a copy of "How to be a Healthy Geezer" at www.healthygeez.com.*

**Cicetti is a health care writer with more than 40 years of journalistic experience.**

LOOKINGBACK

25 YEARS AGO

Daily Journal sports editor Chris Todd was recently awarded third place in the "Sport News" category in the 1988 Minnesota Associated Press Sports Editors Writing and Photo Contest.

Stephen H. Readman, son of Gary E. and Carol M. Readman of 607 10th St., has been promoted in the U.S. Air Force to the rank of staff sergeant.

40 YEARS AGO

There will be an open house to celebrate Ray Anderson's 80th birthday from 2 to 5 p.m. July 8 at their home in Clark's Colony.

There will be an open house 50th wedding anniversary for Mr. and Mrs. Val Glubka at their home, 15th Street, Third Avenue East, July 8, 2 to 6 p.m.

Numerous relatives and longtime friends of Mr. and Mrs. Henry Hansen of

Sun City, Ariz., gathered at the home of Mr. and Mrs. Harry Foyt, 417 Ninth St., on Thursday evening to honor the couple on the occasion of their 25th wedding anniversary.

50 YEARS AGO

Notice — The Northern Light Student Year Books are now on sale at the Falls High School office. Office open week days 9 a.m. to 3:30 p.m. Final payment, \$1.50. No checks please.

Coach for the Midget baseball team this season is Jim Derr.

A boating accident on Rainy Lake early Sunday night took the life of Herbert Johnson, 55, of the Falls.

National Food Stores — Charcoal briquettes, 10-pound bag for 49 cents; ground beef, 39 cents a pound; whole watermelon, 59 cents each; wiener or hamburger buns, package of 16 for 42 cents; beef "cook

out" special, standing rib roast, 69 cents a pound.

60 YEARS AGO

Twin daughters were born today at Falls Memorial Hospital to Mr. and Mrs. John Ruelle, 508 Eighth St. Lynell Marie, 4 pounds, 1/2 ounce, was born at 9 a.m. and Lynette Ann, 4 pounds, 12 ounces, was born at 9:02 a.m.

A daughter was born today at Falls Memorial Hospital to Mr. and Mrs. Victor Hill, Island View Route, weight, 6 pounds, 13 ounces. Name chosen, Joan Marie.

Linda Crawford, who has been in bed a month recovering from rheumatic fever, was taken to Duluth for a check-up last week by her parents, Mr. and Mrs. Ivan Crawford and brother, Roger.

Miss Mary Herman, nursing student at St. Mary's Hospital, Duluth, arrived home by bus last

night for a few days vacation with her parents, Mr. and Mrs. Frank Herman, 1015 Sixth St.

70 YEARS AGO

Mr. and Mrs. Bob Blanchard of Holler announce the birth of a daughter today. The baby's name is Linda Jewel.

After a month at the Sears Roebuck order office in Fergus Falls, Mrs. Lou Richmond returned this morning to resume her position as manager of the Falls order office.

Barbara Koski, baby daughter of Mr. and Mrs. O.O. Koski, was taken to the Littlefork Hospital for medical attention. Mr. Koski is employed in South America. Miss Shirley Shull, who is employed at the Northwest Airlines in St. Paul, is visiting her parents, Mr. and Mrs. H.E. Shull and friends.

*Compiled by the Falls Public Library.*

SENIOR MENU

Hot meals for people 60 or older are served at noon Monday through Friday at Koochiching County Senior Center, 307 Fourth St.

Meals are for anyone, regardless of income. A \$3.50 donation is suggested. Meals are subject to change. Participants under age 60 are welcome at \$6.50 each. For reservations call 283-3460 the day before the meal. Cancellations may be made the day of the meal.

MONDAY

Spagheitti with meat sauce  
Green beans  
Pears

TUESDAY

Chicken ala King  
Homemade biscuits

Peas and carrots  
Apple juice  
Cookies

WEDNESDAY

Meatloaf  
Baked potatoes  
Spinach  
Fresh fruit

THURSDAY

Chicken cacciatore  
Spaghetti  
Wax beans  
Pudding with topping

FRIDAY

Fish sandwich on buns  
Cheese slices  
Homemade tartar sauce  
Baked beans  
Coleslaw  
Frosted brownies

BIRTHS

The following births have been reported from La Verendrye General Hospital, Fort Frances, Ontario.

Born to:  
Julia Bruyere and Cory Forbes, Fort Frances, a

son, Damen Joseph Edward Forbes, 7 pounds, 13 ounces, June 19, 2013.

Jennifer Shaw, Emo, Ontario, a daughter, Sophie Kathleen Ivy Shaw, 7 pounds, 1 ounce, June 20, 2013.

9th Annual International Falls Come for the Fishing...Stay for the Fun!  
IFBC BASS DASH 5K Run/Walk  
Sat., Aug. 24, 2013  
Smokey Bear Park • 9:00AM  
\$20.00 (includes T-shirt)  
Fees go up to \$25 after August 10  
Register online at ifallsbass.com  
Chamber of Commerce, or Stride Fitness

FERGUSON SEALCOATING  
PROTECT • BEAUTIFY • REPAIR  
Sealcoating, Crack Filling, Striping, Paving,  
Repairs & Tennis Court Recoloring  
For Free Estimates Call:  
218-244-1840 or 218-276-2436

Professionally Installed  
STEFFES CORPORATION  
Heat Storage Systems.  
Call Dean at Shannon's for more info.  
Shannon's 1919 Main Ave.  
Int'l Falls, MN • 283-9372  
www.shannonsinc.us

Bigfork Valley Hospital • Clinics • Communities  
Where skill meets compassion.  
Orthopaedic Clinic  
at the  
Littlefork Medical Center  
912 Main Street  
and  
Bigfork Valley Specialty Clinic  
Dr. Daniel Baker  
Mark Rasmusson, MPA, PA-C  
No referral needed, call  
1-866-776-0262  
for an appointment.

There's a HUGE SALE right now on ALL Pontoon's! at Badiuk's!  
RATED #1 PONTON AND BUILT IN MINNESOTA!  
◆ LUXURY MODELS  
◆ TOURING MODELS  
◆ FISH & CRUISE MODELS  
Hurry in While Supplies Last!  
BADIUK EQUIPMENT  
Hwy. 11 E, International Falls, MN  
218-286-0813  
www.badiukequipment.com

JULY SCHEDULE  
We apologize for reduced available appointments in July.  
Due to the Independence Day holiday and a need to travel to visit a college, the number of clinic days will be reduced.  
Please call early to schedule your appointment. Full service will resume in August.  
Thursday, July 11  
Wednesday afternoon, July 17  
Thursday, July 18  
RENAISSANCE HEARING CENTERS, INC.  
Rainy Lake Medical Center Hospital Campus  
612 5th St. NW, Bemidji 444-4444 or 1-800-414-5854  
renaissancehearingcenters.com