



FOR MISSISSIPPIANS
WITH DISABILITIES

- ▶ Training
- ▶ E-cigarettes
- ▶ Teens

March 2017

TCS News

Tobacco Cessation Information for All Mississippians, Including People with Disabilities

E-cigarettes Can Affect the Heart

While e-cigarettes were once considered a possible replacement for tobacco cigarettes, new research echoes growing evidence that e-cigarettes are just as harmful. A study published in the February 2017 issue of the *Journal of American Medicine Cardiology*, found that e-cigarette users had increased cardiac activity.

“Nicotine stimulates the central nervous system, so it’s not surprising that people continuously taking nicotine get this sympathetic stimulation,” said Professor Joep Perk of the European Society of Cardiology. “This then might lead to irregular heartbeat and raised blood pressure, and probably has long-term deleterious effects on the blood vessel walls.”

www.eurekaalert.org/pub_releases/2017-02/esoc-sat020117.php

From EurekaAlert!, an online, global news service operated by AAAs, the science society.

Tobacco Treatment Specialist Certification a Plus for Successful Cessation Results



Robert Lock, M.S., C.T.T.S., L.P.C.

“Most health care professionals, because of their hectic schedules, don’t have the time to sit and counsel a patient who is quitting tobacco,” said Robert. “We take the time to delve into our patients’ health care concerns and how their tobacco use—which is most often smoking—is affecting their health. We discuss their health—heart disease, diabetes, COPD, depression, and review the root causes of why they smoke rather than the addiction.”

Robert Lock, the senior tobacco

treatment specialist at the ACT Center in Jackson, has been counseling tobacco cessation clients for 18 years. He admits he is committed to the Center’s clients. “I like helping people,” he said, “and I want our clients to be successful in quitting tobacco.”

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The health of Robert’s family members who were smokers have driven his concern for providing quality tobacco cessation for Mississippians. “I want to serve Mississippians. We find it difficult to change in our state.” Robert cited the state’s low income, access to health care, even tax structure as factors in tobacco use in Mississippi.

Tobacco Treatment Specialist Certification Training has been key in Robert’s work. A tobacco counselor since 1999, Robert has been a Certified Tobacco Treatment Specialist since 2006. He feels the Tobacco Treatment Specialist training he received has been beneficial to him as a professional and, in turn, an advantage to his clients. “Because of the in-depth training I have received, I am more knowledgeable and better able to assist clients.”

Tobacco Treatment Specialist certification is provided through the Association for

the Treatment of Tobacco Use and Dependence (ATTUD). Trainings are held in Mississippi through the ACT Center several times a year, with trainees coming from across the state, the United States and other countries. The ATTUD curriculum focuses on core competencies important for providing comprehensive tobacco cessation treatment. Competencies include tobacco dependence knowledge and education, counseling skills, assessment interviewing, treatment planning, pharmacotherapy, relapse prevention, diversity and specific health issues, documentation and evaluation.

The certification training has proven particularly worthwhile in working with cessation clients who have mental illness. Data collected by the ACT Center show that in recent years, as high as 50% of the Center's tobacco cessation clients have mental illness, particularly depression. Knowing how to best help people with mental illness through counseling and pharmacotherapy ultimately affects the outcome of their cessation treatment.

Robert prefers using solid counseling sessions, rather than scare tactics. He believes the ACT Center's nonprofit status is a plus for clients who are allowed sufficient time to attend group and individual counseling. Robert works with clients on their coping skills so they are better able to help themselves diffuse the situations that might lead them back to smoking. "My advice to new counselors in the tobacco cessation field is to focus on getting clients engaged so clients can feel they have the control and motivation to move forward."

In addition to providing tobacco cessation counseling, Robert also counsels patients with mental illness. He admits there have been changes in the attitudes of mental health professionals toward smoking cessation since he first entered the field, and he would personally like to see more mental health care professionals get involved in tobacco cessation to improve the health of their patients.

For more information about the Tobacco Treatment Specialist certification and training, call the ACT Center at 601.815.1180. The TTS training program has resident and non-resident fees. Certification requires evidenced-based tobacco treatment experience and an examination.

www.act2quit.org/education/certified-tobacco-treatment-specialist.asp



Study Reports on Teen Use of E-cigarettes for "Dripping"

While cigarette use is declining among teens, e-cigarette use is rapidly increasing. Known for their interest in new trends, even those that adversely affect their health, teens have embraced e-cigarettes for their modern electronic mechanisms, countless flavors, and clouds of puffy smoke. A study by Yale researchers reveals the teens are also using e-cigarettes for "dripping," an alternative e-cigarette technique.

Dripping produces a heavier vapor as the liquid "tobacco" is manually dripped on the heated coils of a disassembled e-cigarette device. Teens favor the concentrated flavor and quick flavor interchanges allowed by dripping, but dripping also exposes the lungs to a heavier, more toxic nicotine vapor. Researchers say additional studies are needed to determine both the short- and long-term health effects of e-cigarettes.

<http://news.yale.edu/2017/02/06/yale-study-1-4-teen-e-cigarette-users-have-tried-dripping>

www.cnn.com/2017/02/06/health/dripping-e-cigarettes-teens-study/

From YaleNews and CNN.com

TCS News is published and emailed monthly by the Institute for Disability Studies at The University of Southern Mississippi through the Tobacco Control Strategies (TCS) project. TCS is funded by the Mississippi State Department of Health Office of Tobacco Control.

www.usm.edu/disability-studies/tobacco-control-strategies-mississippians-disabilities



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