

# Words on Wellness

The Town of Wolfville in Nova Scotia has become the first place in Canada to ban smoking in vehicles when children are present. They join a growing number of places that have banned smoking in cars --- California, Arkansas, Louisiana, and some municipalities in New Jersey, Maine, and Florida have already passed legislation. Several surveys have shown strong public support for such legislation, even among adults who smoke.

Protecting children from second-hand smoke is critical as infants and small children are more severely affected by exposure to smoke than adults because they are smaller, have immature respiratory systems, and higher respiratory rates. Exposure to second-hand smoke is linked to sudden infant death syndrome, ear infections, asthma, and respiratory disease.

Alarmingly, the level of second-hand smoke in vehicles can be far higher than those found in a smoky bar. Opening the car window is not a solution - it would take gale-force winds to effectively remove all smoke from a small enclosed area. Healthy Brandon congratulates Wolfville town council on their healthy decision and the leadership they have shown.

Brandonites who want more information on second-hand smoke in cars and homes can contact The Lung Association at 725-4230. Signage is also available to let people know your home and car are smoke-free zones.

It's a short form for a disease that can have long term consequences - COPD. It stands for Chronic Obstructive Pulmonary Disease and it can literally be taking your breath away without your knowledge. It stops the flow of air to your lungs by lining them with mucous and breaking down the tissue in the organs.

And according to new research, as many as 1.6 million Canadians may have it and not even be aware of it - twice as many as previously thought. The Canadian Lung Association estimates 1.5 million patients have already been diagnosed in this country. But there may be a lot more lurking who haven't gotten tested and they need to know now.

Doctors recommend getting tested around the age of 40, **especially** if you're a smoker. "It's so important to find out in the early stages," says Jo-Anne Douglas of the Lung Association. "Early detection is key to treatment and living a more normal and longer life."

The Lung Association operates the free BreathWorks Helpline for people with COPD, **1-866-717-COPD (2673)**. There is also a respiratory educator at BRHC.



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**We can help you QUIT Smoking 4 YOU!**

The Quit 4 You Program is a free program for people who want to quit or reduce their smoking.

**Call 578-4200 for an appointment.**

**Tobacco Dependence Clinic CS1- 200**

**Brandon Regional Health Centre**