



COLORADO BLACK HEALTH COLLABORATIVE

TACKLING MENTHOL

NEWSLETTER

MAY 2021

Issue 2

Colorado Black Health Collaborative

is a non-profit organization formed by the people for the people. Our mission is to achieve health equity in Colorado's Black Community. CBHC's quest is to decrease the impact of Menthol tobacco products in the Black community. This stuff is tailor made for the Black community, thanks to the tobacco companies. Tobacco, smoked or vaped is the single most preventable cause of death and disease. We have a coalition working on ways to address this issue. We need more community voices.

"Join the movement"

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Black History Of Tobacco

"The rise of the sugar cane industry is solely due to slave labor. One of the most profitable crops planted and harvested by slaves. White plantation owners referred to sugar cane as white gold because of the tonnes of cash they made from harvesting this crop."

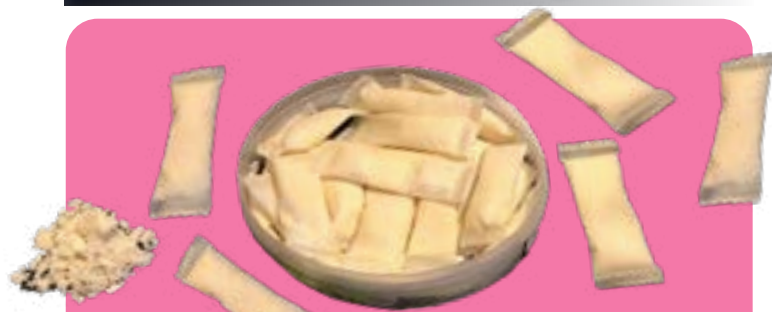


"During the time of the Colonial period in America, It was tobacco that became the dominant crop harvested by slaves. Two states used the largest amounts of slaves for tobacco cultivation, Maryland and Virginia. Virginia's economy had little gold and therefore gold was never going to be the product to put Virginia on the map."



- https://ian.macky.net/secretmuseum/women_tobacco_labourers.jpg
- http://2.bp.blogspot.com/-gtg7rxDCN48/UO47cDCqnSI/AAAAAAAAAJMQ/_3GhXehuZIE/s1600/Sugar_Plantation.jpg
- <https://discover.hubpages.com/politics/5-Crops-Planted-and-Harvested-By-Slaves>

Trends In Smoking



Nicotine Pouches

One of the new trends introduced to young consumers are the nicotine pouches, gums, tablets and lozenges. Although some of these products are tobacco free they are packed with addictive nicotine and flavors including Menthol. This is another way the tobacco companies are targeting the youth. While advertised as an alternative to smoking and vaping the dilemma is that it still contains highly additive nicotine properties.

Oral Nicotine Pouches, Gum, Tablets and Lozenges

“Truth Initiative has also observed a concerning number of young people reporting use of oral nicotine products. For example, Truth Initiative tracking shows that 13% of 15-24 year olds surveyed in Fall 2020 were past 30-day users of pouches. Enrollees in This is Quitting, a text message quit vaping program for young people from Truth Initiative, are also reporting use of nicotine pouches when they sign up for the quit program.”

<https://truthinitiative.org/research-resources/emerging-tobacco-products/what-zyn-and-what-are-oral-nicotine-pouches>

Smokeless tobacco causes cancer

“Overall, people who dip or chew get about the same amount of nicotine as regular smokers. They are also exposed to more than 25 chemicals that are known to cause cancer. The most harmful cancer-causing substances in smokeless tobacco are tobacco-specific nitrosamines (TSNAs). TSNA levels vary by product, but the higher the level the greater the cancer risk. Cancers linked to the use of smokeless tobacco include: *Mouth, tongue, cheek, and gum cancer, Cancer of the esophagus, and Pancreatic cancer.*”

<https://www.cancer.org/healthy/stay-away-from-tobacco/health-risks-of-tobacco/smokeless-tobacco.html>

Masters of Addiction

Big Tobacco Buying and Owning Big Processing Companies “Masters of Addiction”

Big tobacco has a hold on addictive products that are targeting children and the Black community. Some big tobacco companies have also purchased and owned large food processing companies, giving them ownership and control over products with flavored sugary foods and nicotine flavored tobacco products. Addictive properties like nicotine and sugar both release the chemical Dopamine, which teaches the brain to repeat the same behavior over and over or crave the same product, which triggers the release of Dopamine.

“There’s an increasing body of research that tells us excess sugar could be as addictive as some street drugs and have similar effects on the brain.”
“Dopamine is a neurotransmitter that is a key part of the “reward circuit” associated with addictive behavior. When a certain behavior causes an excess release of Dopamine, you feel a pleasurable “high” that you are inclined to re-experience, and so repeat the behavior.”

<https://www.healthline.com/health/food-nutrition/experts-is-sugar-addictive-drug>

“A transient surge of endorphins in the reward circuits of the brain causes a slight, brief euphoria when nicotine is administered. This surge is much briefer than the “high” associated with other drugs. However, like other drugs of abuse, nicotine increases levels of the neurotransmitter Dopamine in these reward circuits.”

<https://www.drugabuse.gov/publications/research-reports/tobacco-nicotine-e-cigarettes/nicotine-addictive>



Politics of the Menthol Ban

Menthol Cigarettes Kill Many Black People. A Ban May Finally Be Near.

As Black public health advocates hope that the Biden administration supports the banning of Menthol tobacco products along with other flavor bans, there are several states and local municipalities across the country where organized support groups are getting new laws passed. It may be some time before actual change is manifested, because there may possibly be pushback and litigations from Big Tobacco.

“The banning of menthol cigarettes, the mint-flavored products that have been aggressively marketed to Black Americans, has long been an elusive goal for public health regulators. But Covid-19 and the Black Lives Matter movement have put new pressure on Congress and the White House to reduce racial health disparities. And there are few starker examples than this: Black smokers smoke less but die of heart attacks, strokes and other causes linked to tobacco use at higher rates than white smokers do, according to the Centers for Disease Control and Prevention.

<https://nytimesineducation.com/menthol-cigarettes-kill-many-black-people-a-ban-may-finally-be-near/>

“The Biden administration announced a plan to ban menthol cigarettes and flavored cigars effective immediately. Studies prove that such bans will help people quit smoking, especially those disproportionately affected by menthol cigarettes.”

“Banning menthol—the last allowable flavor—in cigarettes and banning all flavors in cigars will help save lives, particularly among those disproportionately affected by these deadly products,” Janet Woodcock, M.D., acting Food and Drug Administration Commissioner, said. “With these actions, the FDA will help significantly reduce youth initiation, increase the chances of smoking cessation among current smokers, and address health disparities experienced by communities of color, low-income populations, and LGBTQ+ individuals, all of whom are far more likely to use these tobacco products.”

<https://www.nationofchange.org/2021/05/14/biden-administration-plans-an-immediate-ban-on-menthol-cigarettes/>



Healthy Swag - Skin & Eyes



Do you love that smooth face and those alluring eyes? Did you know that smoking damages the skin and the eyes? One of the first things people observe and admire about an individual is their eyes and face. Nicotine alters and deteriorates the function and appearance of features that represent who we are.

Face

Menthol, not only skin deep!
“Smoking can cause your skin to be dry and lose elasticity, leading to wrinkles and stretch marks. Your skin tone may become dull and grayish. By your early 30s, wrinkles can begin to appear around your mouth and eyes, adding years to your face.”

Eyes

Seeing through a Menthol haze!
“Smoking causes physical changes in the eyes that can threaten your eyesight. One of the effects of nicotine from cigarettes restricts the production of a chemical necessary for you to be able to see at night. Also, smoking increases your risk of developing cataracts and macular degeneration (both can lead to blindness).”

“Smoking harms nearly every organ of the body. Some of these harmful and negative effects are immediate. Find out the health effects of smoking on different parts of your body.”

Health Effects | Smokefree

<https://smokefree.gov/quit-smoking/why-you-should-quit/health-effects>

Community Stories



Latoya Washington - "My experience with cigarettes and smoking in general maybe different in the generational since. Labeled as Gen X, we grew up with smoking in our everyday lives. Smoking was in our cartoons, movies, T.V shows and literature. It was, at the time seen as cool, they even had the coolest accessories for smoking, like the fancy cigarette cases, or the fancy looking filters and of course the special lighters. I also remember a time when people could smoke anywhere, and I was around for the social change around smoking in public places, then to an overall health risk awareness. Ironically, I didn't start smoking cigarettes until I was 21, drinking age. I remember it still being normal and cool at the time and it started with many of the adults in our communities, families, schools. It almost seemed, that most people smoked. So in, turning 21, I could go into the clubs, where people were smoking, drinking and at times doing drugs."

Metal Lungs

Heavy Metals in Vapes Are Toxic

Multiple studies have found that harmful heavy metals, such as cadmium and lead, are present in both cigarette smoke and vape aerosol.^{3,4} However, in this recent research, CDPH found that vape aerosol and e-liquids can contain a greater concentration of certain toxic heavy metals compared to cigarettes, including chromium, nickel, manganese, and lead.

<https://tobaccofreeca.com/e-cigarettes/vaping-may-increase-your-risk-of-cancer/>



Acudetox

There are many tools for cessation, however most of them are focused on substitutions or reduction of the nicotine content, and or tobacco replacement. Research has suggested that it takes 3-5 days before nicotine is removed from the body, but the cognitive addiction remains intact. Acupuncture or Acudetox is a natural way to handle the cravings and behavior of smoking.

"Acupuncture, along with Chinese herbs and hypnotherapy, may not be as well-known as nicotine patches or gum. But they all can offer relief, especially in the acute phase of withdrawal when you're wrestling with fatigue, irritability and gnawing cravings."

"Acupuncture works by helping to regulate the body's natural energy flow, to reduce the cravings of nicotine withdrawal, to calm the mind and ease anxieties, and to strengthen and benefit the lungs and clear phlegm, tar and nicotine residue out of the lungs."

"Unlike prescription medications, acupuncture has no side effects."

<https://urbanacupuncturecenter.org/quit-smoking-acupuncture-treatment/>

