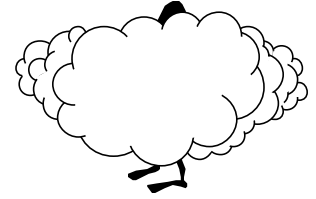


Blowing off Smoke

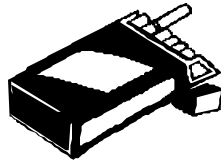


SOME CIGARETTES MORE ADDICTIVE

Researchers at the Oregon Health and Science University looked at 11 U.S. cigarette brands and found that some had up to 20 times more freebase nicotine, which is a form of the drug that is quickly absorbed and transmitted to the brain and central nervous system. Adding ammonia to cigarettes increases the amount of easily absorbed "freebase" nicotine released by smoking. Cigarettes with high levels of freebase nicotine are probably more addictive, according to researchers.

Some examples:

	% of Freebase Nicotine:
◆ American Spirit cigarettes	36%
◆ A benchmark cigarette	1%
◆ Camel	2.7%
◆ Winston	5.0—6.2%
◆ Marlboro	9.6%



(Source: JTO, 7-28-03)

NICOWater

With new bans on smoking being enacted in some areas and being considered in other areas, a new product allows smokers to drink their nicotine fix. NICOWater, according to its manufacturer (Quick Test 5), was initially marketed as a dietary supplement, but came under fire from anti-tobacco organizations. The maker now says the product is designed for "adult smokers who suffer from the symptoms of tobacco cravings." NICOWater is now sold as a homeopathic drug. As of now, the FDA has taken no action.

(Source: Time, 10-13-03)

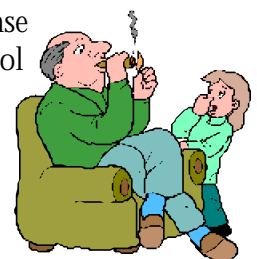
KIDS MISSING SCHOOL

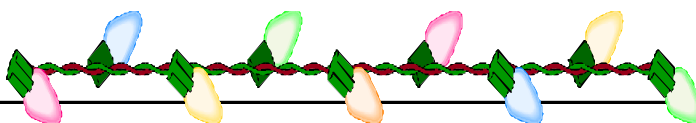
Children who live with smokers are more likely to miss days of school with respiratory problems than children of nonsmokers.

In a study from UCLA, published in May 2003, researchers found that children of smokers were 27% more likely to call in sick with respiratory illnesses than those from non-smoking households. Living with more than one smoker increased sick days by 75%. Children with asthma who live with one smoker missed school twice as much as those from non-smoking homes. Asthmatics living with 2 or more smokers missed school 10 times more.

Dr. Anthony J. Alberg (Johns Hopkins Bloomberg School of Public Health) said in response to the study that school absences may only be the tip of the iceberg. "Lurking behind a school absence may lie sleepless nights, physician visits, emergency department visits, hypersomnolence (excessive sleepiness), poor concentration, parents missing work and poor asthma-specific quality of life."

(Source: JTO, 5-23-03)





“Yellow Jacket”

A stinging discovery

The energy drink called Yellow Jacket, manufactured by Browne Bottling Works of Oklahoma, contains alcohol.

The discovery was made by a middle-school teacher in Georgetown, KY. The teacher smelled alcohol of the breath of a student who had been drinking Yellow Jacket at school. The police department ran tests on the drink and found it to have .02 alcohol content.

The Georgetown Police notified stores to pull the product from their shelves. The energy drink can be purchased by all ages without an I.D. The federal Bureau of Alcohol, Tobacco and Firearms plans to contact the maker of Yellow Jacket about the matter.



(Source: JTO, 9-19-03)

Over-The-Counter Steroids

In 1990, Congress banned all known steroids from being marketed as dietary supplements. Now, government and sports officials are criticizing the makers of two new over-the-counter products that are circumventing this ban.

The new drugs are being marketed as dietary supplements that increase strength and build muscle. LPJ Research and Ergo-Pharm are marketing 1-testosterone. Molecular Nutrition is introducing 4-hydroxy-testosterone.



James Toliver, a pharmacologist for the DEA, says, “The new drugs are anabolic steroids that can produce very significant adverse effects in humans. They are available to everyone.” The substances cannot be removed from the market unless they are proven to be a health hazard.

The makers of the products defend them, saying they are natural substances and don’t fall under the law’s definition of steroids.

(Source: JTO, 12-13-02)

Riding With Impaired Drivers

A recent study published in March 2003 in the Canadian Medical Association Journal, finds many teens endanger their lives by driving after using marijuana or riding with drivers who have been drinking.

The study of nearly 2000 students found nearly one-third said they had ridden with a driver who was drunk and nearly one in five students who had a driver’s license reported driving within an hour after they used cannabis.

“Being a passenger with a drunk driver may be as dangerous as drinking and driving yourself,” according to Dr. Robert Mann, of the Center for Addiction and Mental Health in Toronto.

Some students may think that driving after smoking pot is “not as serious a safety issue” as driving after drinking alcohol, Mann stated. But he says that there is accumulating evidence that cannabis may increase a person’s risk of being involved in a collision, calling cannabis a “serious safety threat.”



(Source: www.reuters.com)

