

SMOKE FREE SIGNALS NEWSLETTER

This is a free notification service that provides the latest on commercial and traditional tobacco news, events, topics and successes.

Friday, August 20, 2021



MISSION AND CORE VALUES

TO PROVIDE COMMERCIAL TOBACCO SECONDHAND SMOKE AWARENESS AND RESOURCES TO NEW MEXICO TRIBAL COMMUNITIES, IMPROVING HEALTH OUTCOMES

WELCOME TO OUR BIWEEKLY NEWSLETTER

Smoke Free Signals would like to welcome you to our August biweekly newsletter. We strive to provide content about secondhand smoke prevention and free resources that will support your smoke-free and vape-free initiatives.

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Secondhand Smoke and Eye Health

August is [Children's Eye Health and Safety Month](#). Secondhand smoke may damage children's eyes and possibly lead to problems with sight later in life.

According to Jason Yam, of The Chinese University of Hong Kong, "Secondhand smoking exposure in children is an important public health threat, affecting up to 40% of children. Therefore, public health interventions and education should be implemented to ban secondhand smoking exposure in children. We found that children's exposure to secondhand smoking is associated with thinning of the choroid - a layer at the back of the eyes containing lots of blood vessels - in a dose dependent response." [CLICK HERE](#) to learn more about this study.

Effects of Smoke On Eyes

Recently we have been experiencing some troubling air pollution and it greatly affected people's eyes and vision. These issues are because of the many chemicals that irritate and damage the eyes. Increased exposure to secondhand smoke causes a structure in the back of the eye to become very thin, researchers report in the [Journal of the American Medical Association \(JAMA\) Ophthalmology](#).

Every time you blink, your eyelids coat your eye with a protective layer of tears. This keeps out dust and debris. But chemicals in smoke can cause this layer to break down. Without enough tears to shield them, your eyes get irritated. Smoking also seems to change the composition of your tears. This can lead to additional symptoms. Smoke and other air pollution that enters a person's eyes can cause irritation, dry eye, itchiness, and blurred vision.

Smoking is as bad for your eyes as it is for the rest of your body. A person who smokes and those who are exposed to secondhand smoke can develop serious eye conditions that can cause vision loss or blindness. Two of the greatest threats to your eyesight are macular degeneration, an eye disease that affects central vision for reading and vision used for driving, and cataracts, an eye condition which can lead to serious vision loss due to cloudiness in the eyes.

Protect Your Children's Eyes

The best and most obvious way to avoid the harm is to stay away from people who are smoking. But sometimes that's not possible. If you know you're going to have to be around smoke, you can:

- ◇ Pretreat your children's eyes with drops or gels for dry eyes. This will coat the eyes and protect them from irritants.
- ◇ Limit contact with people who smoke as much as possible.
- ◇ Speak up and don't be afraid to ask the person who smokes to politely not smoke around you and your children.



For more information visit:

<https://www.bouldermedicalcenter.com/smoke-gets-in-your-eyes/>
<https://www.cdc.gov/tobacco/campaign/tips/diseases/vision-loss-blindness.html>
<https://www.vsp.com/eyewear-wellness/eye-health/quit-smoking>
<https://www.webmd.com/eye-health/smoking-dry-eyes>

FREE Resources

HIGHLIGHT: Smoke Free Signals Education Videos

The Smoke Free Signals Secondhand Smoke and Tobacco Education Video Series is now complete. All education videos will remain available on the Smoke Free Signals website. The videos can be shared with students, friends, and family, and community members. If you would like to request a USB-drive of all Secondhand Smoke and Tobacco Education videos, please email SmokeFreeSignals@gmail.com. Listed below are the themes for each video.

- ◇ **Video 1:** Chemicals In Secondhand Smoke
- ◇ **Video 2:** Cost Savings
- ◇ **Video 3:** Tobacco Cessation & Resources
- ◇ **Video 4:** Smokeless Tobacco
- ◇ **Video 5:** Thirdhand Smoke
- ◇ **Video 6:** Secondhand And Thirdhand Smoke And Pets
- ◇ **Video 7:** Reasons To Quit
- ◇ **Video 8:** Targeted Marketing
- ◇ **Video 9:** Predatory Marketing
- ◇ **Video 10:** Tobacco Myths And Facts
- ◇ **Video 11:** Nicotine Addiction
- ◇ **Video 12:** Nicotine Poisoning
- ◇ **Video 13:** What Are E-Cigarettes?
- ◇ **Video 14:** Flavored Tobacco: Menthol
- ◇ **Video 15:** Flavored Tobacco
- ◇ **Video 16:** Secondhand Aerosol Exposure
- ◇ **Video 17:** Policy Change 101
- ◇ **Video 18:** Dee Johnson Clean Indoor Air Act
- ◇ **Video 19:** How Can You Use Policy To Protect Loved Ones?
- ◇ **Video 20:** COVID-19, Smoking, and Vaping
- ◇ **Video 21:** INSPIRE
- ◇ **Video 22:** Smoking And Diabetes
- ◇ **Video 23:** Commercial Tobacco Is Not Traditional
- ◇ **Video 24:** How To Protect Our Traditions From Secondhand Smoke
- ◇ **Video 25:** How To Protect Our Children From Secondhand Smoke
- ◇ **Video 26:** Protect Yourself And Loved Ones From Secondhand Smoke: Vehicles
- ◇ **Video 27:** Protect Yourself And Loved Ones From Secondhand Smoke: Homes
- ◇ **Video 28:** Why Plan A Smokefree & Vapefree Event

To watch Smoke Free Signals' Education Video visit:
<https://www.smokefreesignals.com/education-videos>

FREE Window Decals

Everyone shares the same air. Why not share the Smoke-Free and Vape-Free cause with others! Keep your home and vehicle safe by letting others know that your home and vehicle are Smoke-Free and Vape-Free. Request your **FREE** window decal at SmokeFreeSignals@gmail.com



**This is a
Smoke-Free and
Vape-Free Vehicle**



**This is a
Smoke-Free and
Vape-Free Home**

FOLLOW US ON SOCIAL MEDIA!



Stay active with Smoke Free Signals by following us on our Social Media platform! We keep our page current with the latest news, activities, and initiatives. We also share prevention tips and facts about the dangers of secondhand smoke. Stay up-to-date with Smoke Free Signals TODAY and follow us on Facebook [**@Smoke Free Signals!**](https://www.facebook.com/SmokeFreeSignals)

If you would like to unsubscribe from the Smoke Free Signals' biweekly newsletter, please email JConcho@keresnm.com to be removed from the listserv directory.

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