

**Until you Quit,
Choose to Smoke
OUTSIDE!**

- Do not smoke in your home or car to protect your children and family
- Children's health is most affected by second-hand smoke because their bodies are still growing.

If you are ready to quit, please contact:

- Fred LeRoy Health and Wellness Center 733-3612
- Louetta Armell (UNO/Native American Community Health Outreach) 554-3773

Don't Start



Protect
Your
Family

Be Healthy

Go Outside

UNIVERSITY OF
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Native American Studies
Community Health Outreach
UNO - 6001 Dodge Street
ASH 307B
Omaha, NE 68182
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Class of 2005

**Keeping
Tobacco Sacred**



Ceremonial Tobacco

Before contact with non-Indians, the use of tobacco was purely ceremonial for most tribes. Tobacco was smoked in sacred pipes or offered in prayer. Offering tobacco to a medicine man or elder is a sign of respect. Tobacco is still sacred to Native peoples and should be respected.

Tobacco Is Sacred:

- **Prayer**
- **Protection**
- **Respect**
- **Healing**



Smoking Cigarettes

Non-ceremonial use of tobacco (such as smoking cigarettes) is dangerous to your health and the health of those around you.

Commercial tobacco has more than **4,000** harmful chemicals, including:

- **Acetone** (used in nail polish remover)
- **Hydrogen Cyanide** (used in gas chambers)
- **Cadmium** (used in the production of batteries)
- **Formaldehyde** (used to preserve the dead)



Negative Consequences of Smoking:

- Increased risk of cardiovascular disease
- Increased risk of lung cancer
- Increased risk of emphysema
- Increased risk of high blood pressure
- Increased risk of poor circulation
- Wrinkles!
- Bad Breath!!!