

Tobacco dangers focus of Through With Chew Week

Carter County Turning Point Coalition and area Students Working Against Tobacco are observing Through With Chew Week.

The week is dedicated to highlighting the dangers of smokeless tobacco use, according to Janie Horton, CCTPTC CX coordinator.

“While cigarettes are the most lethal form of tobacco, smokeless tobacco products are not a safe alternative to smoking,” said Tracey Strader, Oklahoma Tobacco Settlement Endowment Trust executive director. “Smokeless tobacco is addictive and causes serious health problems, including oral, esophageal and pancreatic cancers.”

According to the U.S. Centers for Disease Control Oklahoma ranks 45th in smokeless tobacco use.

Area residents interested in learning more or having an active part in tobacco use prevention in Carter County, should call Horton or Susie Dillard at (580) 226-1838. The Carter County Turning Point Tobacco Coalition meets monthly.

Cessation assistance is available by contacting the state Helpline, at (800) 784-8669 or visit OKhelpline.com. Services are also available in Spanish by contact (855) 335-3569.