

# Words of Wellness

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## Time to Quit?

Thanks to Kari Parsons, Cheryl Kennedy and Eileen Anderson

### Did you know?:

- "Health Canada and the World Health Organization do not recommend the purchase or use of electronic cigarettes because of the potential health risks and the lack of testing for safety, quality and efficacy.
- Electronic cigarettes may pose risks such as nicotine poisoning and addiction.
- E-cigarettes carry a risk of explosion as a result of battery failure."- NB anti-tobacco coalition



### How to Quit Smoking

*"Many people like you have quit smoking. You can too. Counseling, medications, and other supports can help you quit. The most effective way to quit is to have a plan and proper support. Pick a quit date, talk to a smoking cessation counselor and see if any nicotine replacement therapy or medications will help you."*- Lung Association



### Second-Hand Smoke

Second-hand smoke may also be called Environmental Tobacco Smoke (ETS). Non-smokers exposed to second-hand smoke take in the same harmful chemicals as smokers. Even low levels of second-hand smoke exposure can be harmful. Every year, more than 800 Canadians who don't smoke die from second-hand smoke.

**Canadian Cancer Society**  
[www.cancer.ca](http://www.cancer.ca)

### Looking for more information?

Check out the link on the [teacherwellness.ca](http://teacherwellness.ca) website or to reach the New Brunswick Smokers' Helpline dial the toll-free number 1-877-513-5333