



# Health Beat



Health news and facts compiled by the Meriden Public Library

November 2019

## Beware of Vaping — Or Any Tobacco Use

**T**he Meriden Department of Health and Human Services recommends following the Centers for Disease Control and Prevention's guidelines related to vaping:

- There is no safe tobacco product. All tobacco products, including e-cigarettes, carry a health risk.
- The use of e-cigarettes is unsafe for all ages, including children and young adults. Nicotine is highly addictive and can harm brain development.
- E-cigarettes are not approved as a step-smoking alternative.
- If you are trying to quit using tobacco products, please contact the CT Quitline for support and guidance at 1-800-784-8669. The



Pixabay - Thomas Hooten / CDC

CT Quitline is open 7 days a week, 24 hours a day and is available in English, Spanish, and other languages.

More information on e-cigarettes and vaping can be found on our website, [www.meridenhealth.com](http://www.meridenhealth.com)

—Meriden Health Department

## COPD Is A Leading Cause Of Disease-Related Deaths

**C**hronic obstructive pulmonary disease (COPD) — which includes chronic bronchitis, emphysema and irreversible asthma — is a long-term lung disease that makes it hard to breathe.

The disease affects millions of Americans and is the third leading cause of disease-related death in the U.S.

There is no cure.

But the good news is COPD is often preventable and treatable.

November — National

COPD Awareness Month — is the time to be aware of the symptoms of this disease.

Many people don't recognize them until later stages. Sometimes people think they are short of breath or less able to go about their normal activities because they are "just getting older."

Shortness of breath can be an important symptom of lung disease. If you experience any of the following symptoms, or think you might be at risk for COPD, it

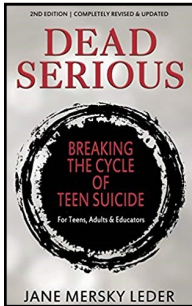
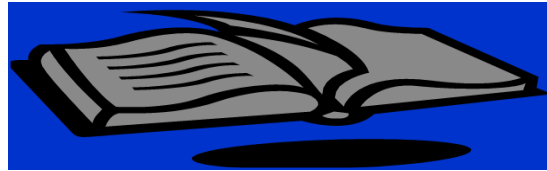
is important to discuss this with your doctor:

- Chronic cough
- Shortness of breath while doing everyday activities
- Frequent respiratory infections
- Blueness of the lips or fingernail beds
- Fatigue
- Producing a lot of mucus
- Wheezing

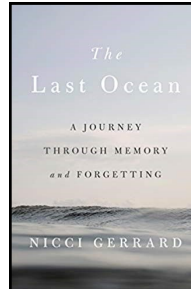
—American Lung Association

# New Books at the Meriden Public Library

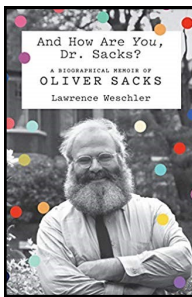
These health-related books can be found in the “New Books” area:



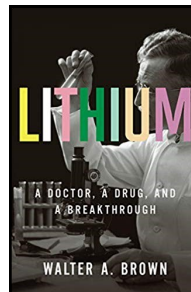
*Dead Serious: Breaking the Cycle of Teen Suicide: A Book for Teens, Adults & Educators*  
by Jane Mersky Leder,  
362.28 LE



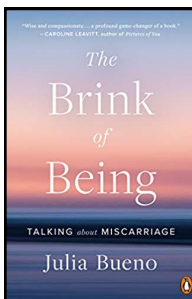
*The Last Ocean: A Journey Through Memory and Forgetting*  
by Nicci Gerrard,  
616.831 GE



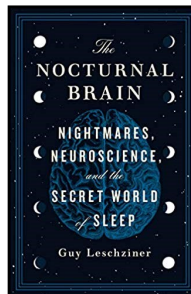
*And How Are You, Dr. Sacks?: A Biographical Memoir Of Oliver Sacks*  
by Lawrence Weschler,  
BIO Sacks, O



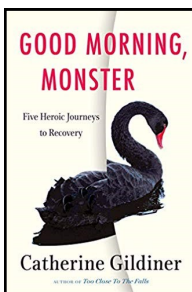
*Lithium: A Doctor, a Drug, and a Breakthrough*  
by Walter A. Brown,  
616.895 BR



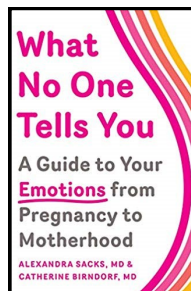
*The Brink of Being: Talking About Miscarriage*  
by Julia Bueno,  
618.392 BU



*The Nocturnal Brain: Nightmares, Neuroscience, and the Secret World of Sleep*  
by Guy Leschziner,  
616.8 LE



*Good Morning Monster: Five Heroic Journeys to Recovery*  
by Catherine Gildiner,  
616.8914 GI



*What No One Tells You: A Guide to Your Emotions From Pregnancy to Motherhood*  
by Alexandra Sacks and Catherine Birndorf,  
618.2 SA