

Lowell Tobacco Control Monthly Report September/2018

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Lowell

Inspections

Twenty-two routine inspections have been conducted this month so far. There have been mostly signage violations. A few stores had a new Juul (vaping device) “cucumber” flavor that looks like mint. All violations were corrected before leaving the premises.

Pricing Surveys

I’ve conducted pricing surveys at 14 establishments this month, so far.

Compliance Checks

No compliance checks conducted this month. Permit suspensions are still ongoing (as of the writing of this report) and without incident. The following is the status of previously issued tickets:

Lucky Corner 1300 Gorham St.	Ticket issued: \$100 (Paid)
Discount Valley 121 Church St.	Ticket issued: \$100 (Paid)
Simon’s Convenience & Deli 137 Andover St.	Ticket issued: \$100 (Paid)
Gold Oil Co./Citgo 626 Rogers St.	Ticket issued: \$100 (Paid)
Yim’s Variety Store 742 Broadway	Ticket issued: \$100 (Paid)
4 M’s Variety 271 School St.	Ticket issued: \$100 (Paid)
7-Eleven 33097A 55 Chelmsford St/	Ticket issued: \$100 (Requested a court-magistrate hearing)
Rt. 110 Mart 137 Andover St	Ticket issued: \$200 (Requested a court-magistrate hearing)

Smoking May Increase Dementia. *Please see attached article.*

Adolescents With Back Pain Are More Likely To Smoke. *Please see attached article*

The New York Times

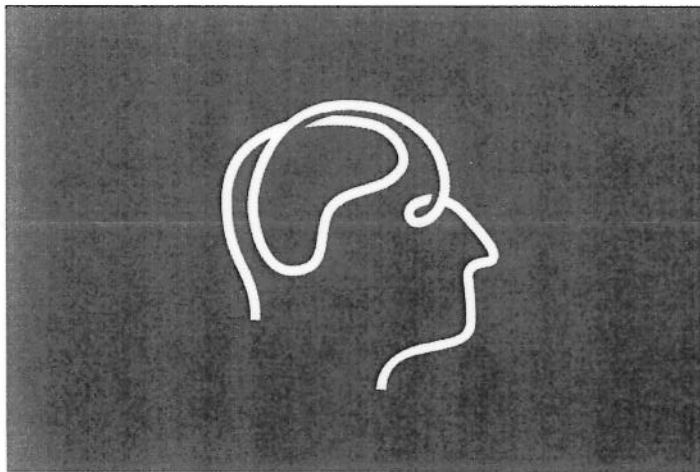
Smoking May Increase Dementia Risk

Quitting smoking, or smoking less, might be helpful in reducing the risk.



By Nicholas Bakalar

Sept. 7, 2018



Yet another reason to stop smoking: It may reduce your risk for dementia.

Korean researchers studied 46,140 men, 60 and older, following them for an average of eight years with periodic health examinations. Over the course of the study, 1,644 people were given a diagnosis of Alzheimer's disease or another form of dementia.

After controlling for age, body mass index, blood pressure, physical activity and other health and behavioral characteristics, they found that the less time men smoked, the less likely they were to have dementia. Compared with continual smokers, men who had quit for up to four years had a 13 percent lower risk, those who had quit for four years or more a 14 percent lower risk, and never-smokers a 19 percent lower risk.

The study is in the *Annals of Clinical and Translational Neurology*.

The authors acknowledge that they had no data on education level, which is a risk factor for dementia, and that the eight-year follow-up may not have been long enough to pick up all cases of dementia, a disease that develops slowly.

“Smoking has not been well known as a risk factor for dementia,” said the lead author, Dr. Daein Choi, a researcher at the Seoul University College of Medicine. “Our findings suggest that smoking cessation, or reduced smoking, might be helpful in reducing the risk.”

A version of this article appears in print on Sept. 11, 2018, on Page D5 of the New York edition with the headline: Mind: Smoking and Dementia Risk

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Science News

from research organizations

Back pain linked to mental health problems and risky behaviors in teenagers

Date: September 11, 2018

Source: Oxford University Press USA

Summary: A new study indicates that adolescents who experience back pain more frequently are also more likely to smoke cigarettes, drink alcohol, and report problems like anxiety and depression.

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FULL STORY

A new study in the *Journal of Public Health* indicates that adolescents who experience back pain more frequently are also more likely to smoke cigarettes, drink alcohol, and report problems like anxiety and depression.

During adolescence, the prevalence of musculoskeletal pain (pain arising from the bones, joints or muscles) in general, and back pain in particular rises steeply. Although often dismissed as trivial and fleeting, adolescent back pain is responsible for substantial health care use, school absence, and interference with day-to-day activities in some children.

The aim of this study was to determine whether adolescents who experience back pain more often were also more likely to report other health risk indicators, such as alcohol use, smoking, school absenteeism, and depression or anxiety.

Researchers used data collected from approximately 6500 teenagers. The proportion of participants reporting smoking, drinking, and missing school rose incrementally with increasing frequency of pain. For example, 14-15 year olds that experienced pain more than once a week were 2-3 times more likely to have drunk alcohol or smoked in the past month than those who rarely or never had pain. Similarly, students that experienced pain more than once a week were around twice as likely to have missed school in the previous term. The trend with anxiety and depression was less clear, although there was a marked difference between the children who reported no pain, and those who reported frequent pain.

Back pain and unhealthy behaviors not only occur together, but also track into adulthood. This means that they are responsible for current issues, and also have implications for future health. Adolescent back pain may play a role in characterizing poor overall health, and risk of chronic disease throughout life. The researchers involved with the

study believe this is of concern because the developing brain may be susceptible to negative influences of toxic substances, and use in early adolescence may increase the risk of substance abuse and mental health problems in later life.

"Findings like this provide an argument that we should be including pain in the broader conversation about adolescent health," said the paper's lead author, Steven Kamper. "Unfortunately our understanding of the causes and impacts pain in this age group is quite limited, the area is badly in need of more research."

Story Source:

Materials provided by **Oxford University Press USA**. *Note: Content may be edited for style and length.*

Journal Reference:

1. S J Kamper, Z A Michaleff, P Campbell, K M Dunn, T P Yamato, R K Hodder, J Wiggers, C M Williams. **Back pain, mental health and substance use are associated in adolescents**. *Journal of Public Health*, 2018; DOI: 10.1093/pubmed/fdy129

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