



TEXAS
Health and Human Services
Texas Department of State
Health Services

Tobacco UPDATE

*An Update on Tobacco Control
and Prevention Activities
in Region 6/5S*

Issue 18

Apr 2024

Tobacco News

Court Upholds Town Bylaw Banning Anyone Born After 21st Century From Buying Tobacco

Brookline, a town in Massachusetts, saw the State Supreme Court uphold one of its bylaws last week. The ordinance bans the sale of tobacco to anyone born on or after January 1, 2000. It is the first of its kind in the country and was adopted by Brookline in 2020.

Massachusetts already has a law in place that bans the sale of tobacco products to those under 21. However, supporters of the ordinance point out that local communities have the authority to enact laws to limit sale of harmful products. Local tobacco retailers disagreed with the local measure saying that it conflicts with the current state law and would establish two sets of adults, one that could buy tobacco and one that couldn't.

Ultimately, the court sided with Brookline and upheld the ordinance.

This opens the door to other communities to adopt a similar ban which will eventually stop all future generations from purchasing tobacco.

[Full Article.](#)

Baltimore Bans Tobacco and Nicotine Products at City Stadiums



Mayor
Brandon
Scott of
Baltimore,
MD
recently

signed a bill that will ban all tobacco and nicotine products in city stadiums. Orioles and Ravens home games were already smoke-free prior to the bill being passed, but now all tobacco products are banned inside the gates. This ban also extends to all stadiums and athletic facility in the city.

According to mayor Scott, this is a proactive measure to reduce their citizens' exposure to tobacco products. Violation of the new law could result in a fine of up to \$500.

[Full Article.](#)

Announcements & Events

Upcoming Events

April 10

- [Eliminate Tobacco Use National Summit](#); Hybrid/Houston, TX; 8am-4:30pm CT.

April 11

- [Eliminate Tobacco Use Texas Summit](#); Hybrid/Houston, TX; 8am-2pm CT.

April 15

- [Tobacco and E-cigarette Use: Evidence-Based Treatment and Prevention](#); Virtual; 5:30pm-8:45pm ET

April 17

- [Empowering Change: Using Brief Motivational Interviewing for Tobacco Cessation in Oral Cancer Prevention](#); Virtual; 1pm ET
- [Brief Solution-Focused Therapy: Applications for Tobacco Use Disorder Treatment](#); Virtual; 11am CT

April 26

- [It's About Billion Lives Symposium 2024](#); Hybrid; 8am-11:30am PT.

Did You Know?

Native Americans have used



traditional tobacco (sometimes called sacred

tobacco) for centuries. They use it for prayer, healing, and ceremony. It is natural, often hand prepared and contains no additives as opposed to commercial tobacco. It is not associated with addiction or adverse health impacts.

Partner Announcements

Call for Case Presenters

We are organizing a Tobacco ECHO for region 6/5S, and we need real-life cases (either clinical or systems case) relating to tobacco-use, prevention, and cessation. If you are currently dealing with vaping, smoking or any tobacco-related problems in your community or place of work and would want expert advice from our Hub team, please submit a case [here](#) or email: hsr65.echo@dshs.texas.gov.

[Join our Region 6/5S Tobacco ECHO](#)

Get in touch!

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April Spotlight

April is Oral Cancer Awareness Month:

The American Cancer society estimates that 58,450 people in the US will get an oral or oropharyngeal cancer diagnosis this year and that 12,230 will die from it. This month let's learn more about what it is and how we can prevent it.

What are oral and oropharyngeal cancers?

Oral cancers are cancers that begins in the mouth/oral cavity. It is most often found in the tongue, lips, and floor of the mouth. Oropharyngeal cancers originate from the middle part of the throat, called the oropharynx.

What are the risk factors?

For both oral and oropharyngeal cancers:

- **Tobacco Use:** Tobacco use especially from cigarettes, cigars, pipes, and chewing tobacco can increase risk for both these cancers.
- **Alcohol:** Heavy drinking increases the risk for oral and oropharyngeal cancers
- **Gender:** these cancers are diagnosed more in men.
- **Age:** Oral cancers are most often found in those over 45. Oropharyngeal cancers are most often found in those over 60 unless it is HPV-

related, which usually is younger than 50.

For Oropharyngeal cancer:

- **HPV infection:** It is the number one cause of throat cancer in the US.

For Oral cancer:

- **Long-term irritation** from poor dental hygiene, including ill-fitting dentures.
- **Poor diet and nutrition:** especially a diet low in fruits and vegetables
- **Prolonged sun exposure:** can lead to lip cancer.

How can I prevent oral and oropharyngeal cancers?

1. Avoid tobacco in all forms or take steps to [quit smoking](#).
2. Visit a dentist at least once a year for a complete oral exam.
3. Drink alcohol in moderation.
4. Eating a well-balanced diet including fruits and vegetables.
5. For oropharyngeal cancer, get the [HPV vaccine](#) for you and your children.

For more information on Oral and Oropharyngeal cancer please visit these websites:

[MD Anderson](#)

[American Cancer Society](#)

Latest in Research

E-cigarette Use Lead to Similar DNA Changes as Cigarette Smoking

A recent study found that E-cigarette users have similar DNA changes in cheek cells as cigarette smokers. The researchers compared the effects of smoking and e-cigarette use on the way genes are expressed.

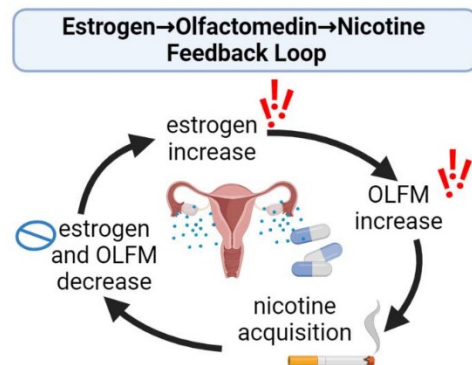
They looked at a process called DNA methylation- where a chemical group (methyl group) is added to the DNA. Included in the study were 3,500 DNA samples from the cheek, blood, and cervix of current users. DNA methylation and other modifications are together referred to as the "epigenome". They determine how different cell types can read our genes.

According to the research, the cells lining the mouth had significant epigenomic changes in smokers. They also found similar changes in e-cigarette users and smokeless tobacco users with limited smoking history. These changes were associated with "cell growth programs" often seen in cancer.

While the study cannot determine if e-cigarettes cause cancer, it highlights that these products are not without risks. [Abstract](#)

Estrogen May Be Key in Nicotine Addiction

A study from the University Kentucky College of Medicine discovered new feedback loop mechanism that can explain nicotine addiction, particularly in women. The study found that the sex hormone, estrogen stimulates the production of olfactomedins. Olfactomedins are proteins that are suppressed by nicotine in areas of



the brain involved in reward and addiction. The findings suggested that activation of olfactomedins may serve as a feedback mechanism that drives nicotine addiction. This may explain why women can get addicted to nicotine more quickly and with less exposure than men.

The knowledge gained from the study will be valuable in developing new treatments for women who suffer from nicotine or tobacco use disorders. [Abstract](#)



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