



Caring for our communities,  
one person at a time.



Bringing Communities Together: Healthy Treasures Newsletter

July 2024

Big Horn, Custer, Rosebud and Treasure County Newsletter

## Evidence that e-cigarettes promote breast cancer



E-cigarette advocates and pro-tobacco forces generally love to point on that nicotine does not cause cancer. While they are correct that nicotine does not *cause* cancer, i.e., does not lead to cancer initiation, the fact is that once someone has cancer, nicotine makes it worse. In particular, nicotine promotes growth of blood vessels into tumor

([tumor angiogenesis](#)), which is necessary for the cancer to grow, as well as promoting [metastasis](#) (spread of the cancer to other sites).

Consistent with these broader effects of nicotine, I recently came on a 2020 paper by Kien Pham and colleagues' "E-cigarette promotes breast carcinoma progression and lung metastasis: Macrophage-tumor cells crosstalk and the role of CCL5 and VCAM-1" that shows that e-cigarette exposure promoted breast cancer and lung metastasis in mice.

They exposed mice to an e-cigarette aerosol produced from an e-liquid that was a mixture of 50:50 PG/VG and nicotine (24 mg/mL) and found reduced breast cancer cell death and increased cell proliferation after e-cig exposure. In isolated cell studies they identified specific molecular pathways that helped explain the effects on breast cancer.

This study is important because it shows that the general results about nicotine being a cancer promoter apply to e-cigarettes. In addition, while we do not yet know the specific cancer risks e-cigarettes pose to people, this study adds to the evidence that it is not zero just because nicotine is not a carcinogen (tumor initiator).

Information found: [Evidence that e-cigarettes promote breast cancer – Stanton Glantz blog \(profglantz.com\)](#)

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**NEW**

Check out our [Calendar of Events](#) page

Find Us On:



#TreasureYourHealth

#TobaccoFree  
#NicotineFree

# IMPORTANT INFORMATION ABOUT YOUR DRINKING WATER

## Boil Water Advisory Downgraded to a Health Advisory

**City of Forsyth PWS ID # MT0000215**

**6/19/2024**

On June 12<sup>th</sup>, 2024, our water system experienced a water main break that caused pressure loss in the distribution system and drained the storage tank. A boil water advisory was issued on the 12<sup>th</sup> of June 2024 following the break.

Following the water main break, city personnel increased free chlorine residuals (disinfectant concentration) throughout the distribution system and flushed the distribution system in an effort to remove contamination that may have infiltrated the water supply system due to a loss of pressure in the system. Samples from the distribution system were also analyzed for indicator microorganisms that would have indicated contamination of the public water supply. Sample results from this analysis indicated no contamination.

This **Health Advisory** is precautionary. In an effort to continue to protect public health, the Boil Water Advisory is being downgraded to a **Health Advisory**.

### What should I do? What does this mean?

- You do NOT need to boil the water or take other corrective actions, however if you have specific health concerns, consult your doctor.
- People with severely compromised immune systems, infants, and some elderly may be at increased risk. These people should seek advice about drinking water from their health care providers. General guidelines on ways to lessen the risk of infection by microbes are available from EPA's Safe Drinking Water Hotline at 1-800-426-4791.

### What is being done?

- City personnel will continue to monitor the distribution system daily to ensure that the public water supply is meeting all regulatory requirements.

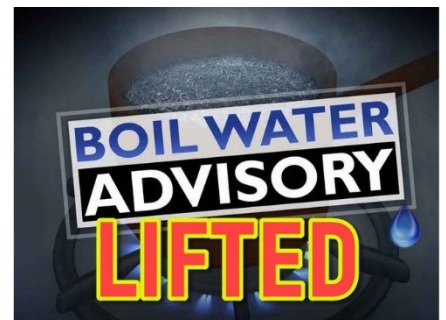
*\*Please share this information with all the other people who drink this water, especially those who may not have received this notice directly (for example, people in apartments, nursing homes, schools, and businesses). You can do this by posting this notice in a public place or distributing copies by hand or mail. \**

This notice is being sent to you by the City of Forsyth

State Water System ID# **MT0000215**

For more information contact the City of Forsyth at: 406-346-7511.

Date and method distributed: 6/19/2024, Facebook, Flyers, Radio, Newspaper.



## Sun and Skin Cancer:



Most skin cancers are caused by too much exposure to **ultraviolet (UV) light**. UV rays are an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps. UV rays can damage skin cells.

Protection from UV rays is important all year, not just during the summer. UV rays can reach you on cloudy and cool days, and they reflect off of surfaces like water, cement, sand, and snow. In the continental United States, UV rays tend to be strongest from 10 a.m. to 4 p.m. daylight saving time (9 a.m. to 3 p.m. standard time).

The [UV Index](#) forecasts the strength of UV rays each day. If the UV index is 3 or higher in your area, protect your skin from too much exposure to the sun.

### Use Sunscreen

Put on broad spectrum [sunscreen](#) that filters out both UVA and UVB rays and has an SPF of 15 or higher before you go outside. Don't forget to put a thick layer on all exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options.

Sunscreen is not recommended for babies who are 6 months old or younger. The [US Food and Drug Administration](#) recommends keeping infants out of the sun during midday and using protective clothing if they have to be in the sun.

**SPF.** Sunscreens are assigned a sun protection factor (SPF), which is a number that rates how well they filter out UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen with SPF of 15 or higher.

**Reapplication.** Sunscreen wears off. Put it on again if you stay out in the sun for more than 2 hours and after swimming, sweating, or toweling off.

Information found: [Sun Safety Facts | Skin Cancer | CDC](#)



## All-Terrain Vehicle (ATV) Safety

All-terrain vehicles (ATVs) are useful for work and for fun, but [can be very dangerous to operate](#). Each year, around 250 Montanans are seen in the emergency department for ATV-related injuries. (1)

- From 2011-2020 in the U.S. almost 1,200 children under the age of 16 were killed while riding ATVs. (2)

With proper training, ATVs can be used safely; sign up for an [ATV rider safety class](#) today and review the [ATV Safety Institute's golden rules](#).

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Visit us on the web at [treasuountyhealth.com](http://treasuountyhealth.com)



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Logo's are linked to webpages



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