

FREE

# Women Un<sup>ted</sup>..

"A smoke-free home makes for a healthy family"  
Find out how to make it happen!





Adriana

Ismari

Maria



Abigail



Dr. La Guardia



Antonia



Elías



Yazmin



Marquitos



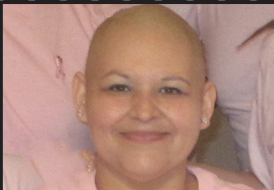
Jennifer



Rita



Claudia



Martha



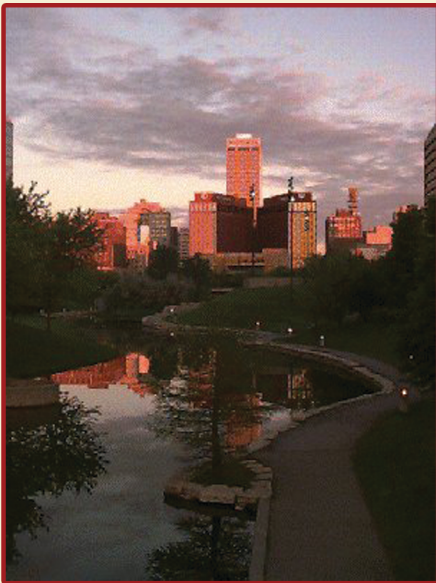
Pepe



Los Rudos



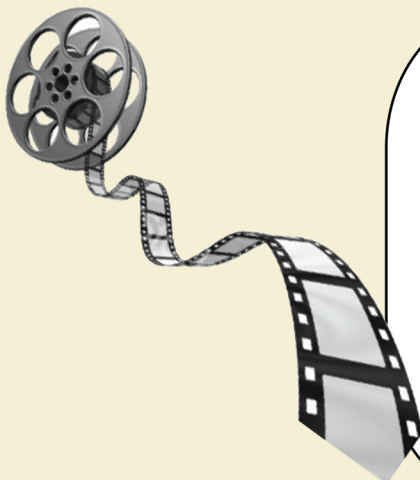
One afternoon two friends were talking on the phone.



**Maria, an older woman, suffered the consequences because she smoked for more than 30 years.**



The topic for the meeting is how the use of tobacco plays a large role in many diseases that affect Latinas, especially heart problems. In addition during the meeting, they explain the importance of keeping our homes smoke-free.



#### CHEMICALS IN CIGARETTE SMOKE

- There are more than 4,000 chemicals in cigarette smoke.
- Of those chemicals, 69 are known to cause cancer.
- Nicotine is very addictive. It goes from your lungs to your brain within four seconds.

#### HEALTH CONSEQUENCES OF TOBACCO USE

- Cardiovascular disease, hypertension, heart disease, stroke, Chronic Obstructive Pulmonary Disease (COPD)
- Cancer: Lungs, Esophagus, Larynx, Trachea, Mouth, and Pancreas.

#### BENEFITS TO QUITTING SMOKING

- Improved health
- Save money
- Better physical appearance
- Safer and cleaner home and car
- Improved personal hygiene

In addition, you will be a great role model for your kids and your community.



I really learned a lot. I was able to ask questions, and I liked the simple format of the meeting that made it easy to learn. Above all, I liked that Latina women, like you and me, are able to educate other families.

I'm happy for you.  
It is always good to learn something new everyday.  
And now you see, we all have lots of things in common.



Do you want to go Saturday and visit Maria in the hospital? I want to share what I learned with her. I know it would be really useful.

Sure!



Maria was really happy that her friends came by the hospital to share information about smoking and support her.



Continued...



In an LTC meeting, Dr. La Guardia provided information about the health effects of secondhand smoke, educating tenants about the importance of having a smoke-free home.



Unfortunately, secondhand smoke affects everyone especially our children since their lungs aren't fully developed until they are 8 years old.



At the end of the meeting, Abigail, an active member of the group, shared a concern: Every time that her son goes to the neighbor's apartment to play with his friend, he always comes back coughing from the cigarette smoke.



Now, I realize that the neighbor's smoking is affecting my son's health, especially since he has been diagnosed with asthma.

Do you think that you can talk with your neighbor about your son's health condition? Maybe you can have a friendly chat and offer them some information that you learned today about the dangers of secondhand smoke.



I think so. They are really good neighbors, and I know that I can try to talk with them.

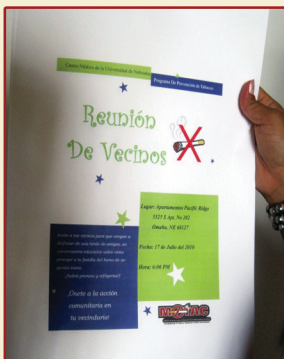
Maybe we can see about having a meeting with your neighbors to talk with them about why they should make their home smoke-free.



Of course! I can invite them over to my apartment.



The following week, Abigail started putting up the flyers and giving out invitations throughout her apartment complex.



Fortunately, with Abigail's help a lot of neighbors were able to attend the meeting that Antonia and the Community Health Workers, Rita and Jennifer, organized. All of the participants discussed their questions and got helpful information.



Among the participants was Elías, Abigail's neighbor. He shared the reason why he smokes.



Continued...





Martha!  
I want to tell  
you something.



I'd like you to come to Latinas, Tabaco y  
Cáncer (LTC) where I volunteer. You learn  
a lot and you can share your story.

But isn't  
that the group  
where they talk  
about  
tobacco?



Yes, but we also talk about different issues  
that affect Latinas and our health, especially  
those diseases caused by tobacco use or  
secondhand smoke. Your testimony  
would be valuable.



And remember that your Dad  
and your brothers smoke so  
maybe you can help them  
with what you learn.

Ok, give  
me the details,  
and I will call you  
so we can go.

That same night, Claudia told her husband, Pepe, about the discussion she had with Martha.



You know what? Martha is going to go to  
the LTC meeting! I think it would be helpful  
for her, and she could find a lot of support  
with the women in the group.

Really!  
That is great! I  
hope she goes  
with you



What is wrong, Pepe? You look  
like you're thinking about  
something.

I would like to do more for my  
sister. It hurts me to see her  
suffer like this.



Did you know you can also come to  
LTC meetings? Sometimes some of the  
women take their family members, and  
they learn... plus, they have fun!



I think  
I have an  
idea!



Pepe gets together with his friends and tells them about his idea to create a group in solidarity and to provide support to her sister and other Latino cancer patients.



That's how the group, Los RUDOS was born. This group stands united with Latinas who are affected by cancer. They also collaborate with the Latinas, Tabaco y Cáncer group to educate the community on how to keep their homes smoke-free.



After a number of chemotherapy treatments, Martha attended an LTC meeting and shared her story with the participants.



"For us Latinas who are cancer survivors, it is important to know that you have support through a group like LTC that helps us to overcome our health condition."

Latinas, Tabaco y Cáncer is a group for Latina women to come together and learn about tobacco prevention. As community volunteers, they educate other families about the importance of maintaining a smoke-free home. In addition to the community service that the group provides, LTC also offers support to Latinas who are living with chronic health conditions, such as cancer. LTC is a safe space where Latina women become more educated and learn to live a better, healthier life. Women United!





Ismari and Adriana became active community volunteers representing Latinas, Tabaco y Cáncer. They continued to maintain their promise to enhance the quality of life of Latino families in Omaha. Maria was released from the hospital. She became a member of Latinas, Tabaco y Cáncer where she learned how to take better care of her health, and she has set a goal to help her husband to quit smoking. Her home is also now smoke-free!



The End.

Elías made a lot of changes in his life and the life of his family. He decided to call the Nebraska Tobacco Quitline to get information on how to quit smoking. Abigail feels more secure when her son plays with his friend at her neighbor's apartment.

**TOBACCO  
FREE  
NEBRASKA**

for a great state of health

**Nebraska Tobacco  
Quitline**

**Toll-Free Number**

**1-800-784-8669  
(1-800-QUIT-NOW)**



The End.

Pepe and his friends "Los Rudos" now work in collaboration with Latinas, Tabaco y Cáncer educating and informing the Latino community in Omaha.



The End.

For more information about  
smoke-free homes, contact us:

(402) 559-3670  
[LatinasTabacoyCancer@gmail.com](mailto:LatinasTabacoyCancer@gmail.com)



*A better choice for everyone.*

A project by Metro Omaha Tobacco Action Coalition (MOTAC).



*Latinas, Tabaco y Cáncer* members participate in different events during the year:

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## Distributing Information



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## Programs and Educational Projects



# Cinco de Mayo Parade



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## Community Benefit Activities





*Special thanks to all of the people  
who were involved with this  
fotonovela project:*

*Abigail López*

*Adriana Chávez*

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*Antonia Correa*

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*Byron Ortiz*

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*Jose Lieb*

*Juan Manuel Martinez*

*Lenin Parra*

*Los Rudos*

*Luis Alberto Joala*

*Marcos A. de la Torre*

*Marcos de la Torre*

*Maria D Gómez*

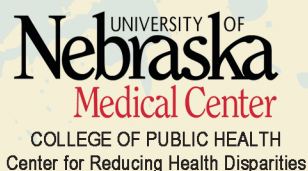
*Mario Antúnez*

*Martha Montez*

*Patricia Morales*

*Rita Rodriguez*

*Yazmin Ramirez*



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*Karel Ayala - Graphic Designer*

*Keep thinking smoke-free...*

*On the other side you'll find the fotonovela in Spanish*

