

To: Senate Health Care Committee
From: Minot Cleveland, M.D.; Oregon Advocacy Committee Chair, American Heart Assoc.
Re: Tobacco 21 for Oregon, SB 754
Date: February 14, 2017

Chair Monnes Anderson and members of the Committee, for the record my name is Dr. Minot Cleveland. I am an internal medicine specialist at Legacy Health, and I am here today as the Chair of the American Heart Association's Advocacy Committee. Thank you for this opportunity to testify in support of SB 754, Tobacco 21.

Tobacco kills. Smoking is a major risk factor for the #1 killer in America: cardiovascular disease. Cardiovascular disease is the #1 killer of American men *and* women. Smoking is also a major risk factor for the #5 killer of Americans: stroke. Cardiovascular disease accounts for 1 of every 3 deaths in the U.S. It claims more lives each year than all forms of cancer and chronic lung disease combined. Heart disease claims a life every 40 seconds in America, a metronome of death. During a one hour committee hearing, that's 90 people lost.

Of course the health consequences of tobacco extend beyond heart disease. Lung cancer is the leading cause of cancer deaths among men and, since 1985, the #1 cancer killer of women. 90% of all lung cancers are caused by tobacco, and therefore, nearly all lung cancer deaths *are preventable*. Tobacco also causes emphysema and chronic bronchitis, other cancers, and dramatically worsens diabetes. Children exposed to secondhand smoke are at increased risk for sudden infant death syndrome, acute respiratory infections, middle ear infections, more severe asthma, and slowed lung growth. 1 in 3 young smokers will die from a smoking-related disease, unless they quit.

But these disturbing statistics do not capture the personal impact of these smoking-related diseases. Earlier in my career, I was a member of the general medicine faculty at the Portland VA Medical Center. I had the chance to work with former prisoners-of-war from WW II. These were the toughest, most resilient people I have ever known. Yet some of them were not able to quit smoking. Since quitting smoking is challenging, *never* starting to smoke is the key.

At the American Heart Association, we say "Life is Why." I have volunteered for the AHA for over 30 years. What is my "why"? Minot Cleveland – my namesake, the grandfather I never saw: died at 66 from a stroke. My father: died at 66 from a heart attack. Both my mother and my sister: died from heart attacks and congestive heart failure.

Help prevent heart disease and other tobacco-related diseases. Help young people live long lives tobacco free. I urge you to support SB 754. Thank you.