

Yuk cuyaturngaunani  
yuuyugngauq.  
Elpet taqengnaqsaqluten  
taugaam pisciiganak  
pingerpet,  
pingnatugturaqina nutaan  
taqsugngaciquten.




Ukut-llu clinical trial-at. Yuut  
nani uitangraata FDA-m pisqai  
clinical trial-asqelluki.


Elpet piyukuvet qalarulluku  
yungcaristen nallunritevkaqiu.

Cali yuaryukuvet taukunek,  
**[www.clinicaltrials.gov](http://www.clinicaltrials.gov)**,  
tamaggun yuaryugngaciquten  
area-rpeni.

#### CALI NALLUNRICUKUVCI

 [www.fda.gov/healthequity](http://www.fda.gov/healthequity)

 [healthequity@fda.hhs.gov](mailto:healthequity@fda.hhs.gov)

 1-888-INFO-FDA  
(1-888-463-6332)

 @FDAHealthEquity

 **U.S. FOOD & DRUG**  
ADMINISTRATION

**CUYATUNRIRLUCI:  
WAKEN AYAGLUCI!**



**FDA Minority Health and  
Health Equity-im Calivia**



## Cauga cuyatuneq?

Yuk kipucugngayaaquq kass'artarneq tuar, kuingirkanek, iqmigkanek, vape-aneq, e-cigarette-aneq, hookah-nek, gel-aneq-llu. Nicotine-aq man'a toxic chemical compound-auguuq. Cuya imangqerrluni nicotine-amek cuyatutuli taqsugyaaqengraan taqlerkaa capernarqeciquq.

## Ciin nicotine-aq pinirciigatnarqa?

Man'a nicotine-aq pinirciigatnarqelartuq addictive-aarluni. Cuyatutuli taqsugyaaqengraan cuyatunirciigalnganani picikliuq. Tauna cuyatunritaqaan umyuani assiyuituq. Cuyatunriquni naulluuciqsugnarquq, nicotine-amek piyugyaaqluni.



## Ciin cuyam aruvii yuucimun ikayuutngunrita?

Imangqerraan-wa carbon monoxide-amek, ammonia-mek, lead-amek-llu. Yuk kuingirluni pikan taukut aarnarqellriit itericiqai tememinun.

Yuinat pingayun qulmek cipluku chemical-aanun cuyam aruviini uitalrianun mamyuilngungevkaumacia yuum nallunairumauq. Cali-llu yuk kuingiyuilnguq assiiruciquq kuingitulim taum caniani uitakuni, wall'u-llu eniini taum pikuni.

Yuk kuingiqan, naulluutmek pingciqliuq, kiingan mamyuilngurmek pivkenani taugaam allanek tuar, ircaqiqluni wall' pugtauciqluni, wall'u stroke-amek, wall'u type 2 diabetes-aamek. Yuk kuingimek ataucirraarmek atuquni elliin yuucini qula ataucimek cipluku cetyaarnek ilangarciiquq.

## Cakanirta taqellruria?

Cuyatunriqici naullunritnaurtuci, mamyuilngurmek, wall' naulluungluci stroke-amek wall'u allamek. Cali-llu sence of taste-aci sence of smell-aaci-llu utumariciqliuk.



**Waniwa cuyatunriquvcu ircaquci, cardiovascular system-aci-llu assirivkarciqagci.**

## Qaillun taqciqsia?

Taqlerkarci qacig-narqenrituq. Yu-gugaat cuyatunring-naqsaaqraarluteng tuatequayulliniriit. Cuyatunringnaqell-ratni cuyaturyu-kapiaryaaqluteng, neryukapiarluteng, angniiterpagluteng, qavarciigaliut. Tua-i taqengnaqsaaqraar-luni yuk ataam pingnaqenqigtarkauguq nutaan piyugngaciqluni.



### Picirkiuqici!

FDA-m public education campaign-ara paqeskiciu: <https://www.fda.gov/tobacco-products/health-effects-tobacco-use/quitting-smoking-and-other-tobacco-public-health-resources> tamana tua-i. Tuani ikayuutngulriit uitaluteng. Allat-llu paivngaut waniwa <https://smokefree.gov/>, tuani uitalriit ikayuutngulriaruut veteran-aarulrianun, arnaulrianun, qitevnganrilngurnun, tegganernun-llu. Cali ikayuusqelluci pikuvci umyuaiurtemun cuyatunriyamek elisngaliamun ukut aturluki qayagauryugngaciquci, **1-800-QUIT-NOW (1-800-784-8669)**.

### Umyuangcautekluki iinrut

Twice as likely-irluci piciqsugnarquci FDA-approved smoking cessation product-aq atuquvcui. Nicotine replacement therapy-im cikirnauraaci carrarmek nicotine-amek assircarluci cukangnaqevkenaci. Allat cali iinrut nicotine-ataitut taugaam ikayuutnguluteng assirivkarluki umyuaci, kuingiryuumiicelluci-llu.



Taukut paivngaut over the counter-aarluteng prescription-arluteng-llu.

Taukut taugaam aturpailegpeciki nallunritevkarluku yungcaristevci diabetes-aamek, stomach ulcer-aneq, wall' ircaqiqluci wall'u anerniqluci naulluukuvci. Wall'u-llu qingarluten wall'u breastfeed-arluci pikuvci.