

# 7<sup>th</sup> Annual Nicotine Dependence Conference/Webinar Series

*by CHI St. Alexius Health &  
Sanford Health – Bismarck*

January 10 and 17, 2022  
All times Central Standard Time

FREE to attend,  
registration required

CEUs: RN, RT, Dentist, Dental  
Hygienist, and MD

Register to view live:

<https://cmetracker.net/CREIGHTONCHI/Publisher?page=pubOpen#/>

## January 10

### **Tobacco, Electronic Cigarettes (ENDS) and the Latest Emerging Products**

**Heather Austin** – 10 a.m. (2 hrs.)

- Learn the history and evolution of tobacco products from first mass production of cigarettes in the U.S. to the high-tech products attracting our youth today.
- Learn how ENDS use affects the body, how ENDS affects emotional health and the dangers these newest forms of tobacco present to our health. Explore prevalence data on vaping and tobacco product use and discuss known risk factors for vaping use.
- Explain the importance of acknowledging youth vaping as a prevention priority.
- Recognizing the signs of use and the products so we can talk to our kids and prevent use.
- Learn how to frame conversations with youth to educate them on dangers and how to help them to quit, if addicted.
- Learn about the latest products on the market, including the "stealth" products, what our kids see in schools and learn how the "Industry" targets youth.
- Learn what is happening with tobacco prevention policies at the local state and national level and learn how to create community and youth advocates

## January 10

### **Lung Cancer Screening**

**Luke Roller, MD and John Watkins, MD** – 12 p.m. (1 hr.)

- Understand the background behind lung cancer screenings.
- Review lung screening study results.
- Outline the Primary Care Provider's role in the Clinical Practice Guidelines for Lung Cancer Treatment.
- Discuss treatment options for screen-detected lung lesions.

## January 17

### **Motivating a Smoker to Quit**

**VJ Sleight** – 9 a.m. (2.5 hrs.)

- Practice building motivation for quitting.
- Assemble an action plan.
- Cite how to quit.
- Recognize how to prevent relapse.

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