

**Need help getting started?**

**Tobacco is the leading cause of preventable death in the United States.**

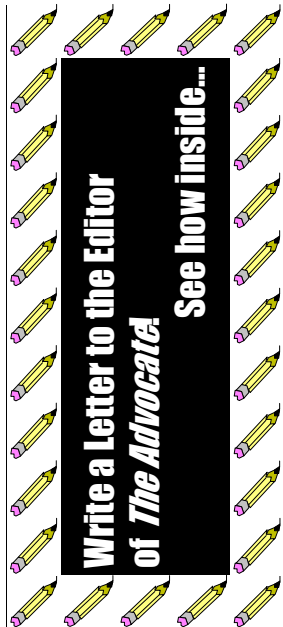
**LGBTQ people smoke at about *twice* the rate of the general population.**

Why? Theories and some research say that we have higher rates of smoking and other risk behaviors than straight non-trans folk because of our experiences with homophobia and transphobia, including what we internalize. Also, our communities are heavily targeted by the tobacco industries, who then give lots of money to politicians who don't support our rights! So we receive the double whammy of the health impacts of first and secondhand smoke *and* ongoing discrimination. OUCH!

Now, don't you think that's **COLD?**

For more information, contact:

R.E. Szego, Program Coordinator  
 Breathe Free, c/o SMYRC, 2100 SE Belmont, Portland, OR 97214  
 r.e.szego@cascadiabhc.org 503.784.5813  
 www.myspace.com/breathefree



**The Advocate's Letter to the Editor policy:**

"Please keep letters brief and to the point; we reserve the right to edit all letters as deemed necessary. All submissions become the property of *The Advocate*. Letters must include the home address and phone number of the writer and should be sent to:

Letters to the Editor  
*The Advocate*  
 P.O. Box 4371  
 Los Angeles, CA 90078

faxed to (323) 852-7264;  
 emailed to letters@advocate.com;  
 or input online by logging on to  
 Advocate.com and clicking on LETTERS on the home page.  
 We cannot respond to letters individually."

**Tips for Writing Your Letter to the Editor:**

- ✓ Be Polite! Remember, the goal is to get them to read and maybe *print* your letter. Plus, *The Advocate* does provide a service to our communities through their magazine... We want to support them.
- ✓ Make your point. Remember to keep your letter brief!
- ✓ Ask them to make a change.
- ✓ Include your age if you're a youth. Hearing from youth is probably really important to them!

*To The Editor*

Paragraph 1:  
 • Briefly, what is your main point that you want them to know? How do you *feel* about their use of smoking—a serious health hazard—to draw in readers? (**Check out the info on the back...**)  
 • Do you read *The Advocate* regularly? If so, let them know!

Paragraph 2:  
 • How has smoking or tobacco-related illness impacted you personally, as someone in the LGBTQIAPA communities?  
 • How does this represent the bigger picture of tobacco use in our communities?

Final Sentence/s: What do you want them to do? For example:  
 => Please stop accepting tobacco advertising in *The Advocate*.  
 => Please stop glamorizing tobacco use for LGBTQ audiences.

*Sincerely,*  
 <your name>  
 <your address>

\*NOTE: *The Advocate* requires your name and address.