

## Nallunairun

Yuk amlleq tuqullruuq cuya pitekluku United States-aami. Cuya-wa man'a tuqunaqngan. Aturtekellri tuqumalriit amllenruluteng aturtaitni cat allat. Taukut tuqumalriit kass'arpalluuluteng pinritut, ukut taugaam wani-wa, racial and ethnic minority and other groups. Tua-i-llu Ikayuutekat paivtai FDA-m, cuyatutulim cuyatunrillerkaan tungiinun.

*Minority Health and Health Equity-im Calivia*

### Cauga cuyatuneq?

Yuut iliat cuyamek melutuut, wall' vape-arluteng, wall'u iqmigluteng, wall'u sniff-arluteng. Cali maa-i yuk kipucugngayaaquq kass'artarneq tuar, kuingirkanek, iqmigkanek, wall' vape-aneq, e-cigarette-aaneq, hookah-neq, gel-aaneq-llu.

### Ciin pinrirciigatnarqa?

Augkut kass'artat tamarmeng imangqertut nicotine-amek. Man'a nicotine-aq pinrirciigatnarquq addictive-aarluni. Cuyatutuli taqsugyaaqengraan cuyatunrirciiganani picigliuq. Tauna naluutelek cuyatunritaqaan umyuani assiyuituq.



### Qaill' cuyatutulim temiin ayuqa?

Yuk kuingiqan, naulluutmek pingciqliuq, ircaqiqluni wall' pugtauciqluni, wall'u mamyuilngurmek, wall'u stroke-amek, wall'u type 2 diabetes-aamek. Tua-i-wa cuya canek aarnarqelrianek imangqerraan. Tua-i imangqerrluni carbon monoxide-amek, ammonia-mek, lead-aameq-llu. Yuk kuingirluni pikan taukut aarnarqellriit iterciiqai tememinun, cali egmian pinrilengraan akngirnarqeciqliuq.

Kuingitulim canianelnguut assiiruciiqut kuingiyuilengermeng, aipaagni ircaqiqluteng wall' pugtauciqluteng picigliut. Tua-i-w' taukut aarnarqelriit chemical-aat kuingitulim avatiini uitaluteng, apqiiitnek secondhand smoke.

### Qaillun qaneryarallgutkenriinguut ayuqat?

Cuyat kass'artat tuniarutkait arcaqerluki racial and ethnic minority group-at, taukuni-llu tuniarviit amlleriut tamana pitekluku. Akmani-llu uitalriit ingqilit cuyaturluta pinruukut allani. Cuya taqesciigatnarqenruuq African american-aanun kuingituluninun kass'ani. Tuqunarqenruluni african american-aanun.

### Qaillun taqsugngasia?

Taqsugyaaqkuvet taugaam pisciigalkuvet ikayurtaunak una wani quitline-aq ikayuutnguciquq elpenun. Una akiituuq hotline-aq, piyugngaluku qayagaurcuutetgun. Kiingan-llu kass'atun pivkenaku. **1-800-QUIT-NOW (1-800-784-8669)**.

Taukut aturluki qayagauryugngaciquten. Wall'u-llu taqsugyaaqluten pikuvet paqnakluku:

**<https://www.fda.gov/tobacco-products/health-effects-tobacco-use/quitting-smoking-and-other-tobacco-public-health-resources>**.

Over-the counter-aat prescription-at-llu iinrut ilait FDA-mun elluakumalriit. Ukut ikayuutnguluteng taqsugyaaqellriamun. Tua-llu iinrukuvet, pingnatuglutun-llu pikuvet cuyatunriryugngaciquten.

### Makut ikayuutnguut taqsulrianun, cali clinical trial-at.

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 nallunricukuvet paqnakluku

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