

NATHAN'S STORY

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"Some days I feel like I am breathing through a straw."
- Nathan Moose, casino worker

My name is Nathan Moose, a member of the Oglala Sioux Tribe, and I am 50 years old. One of my life's greatest pleasures is to officiate youth basketball games. Eleven years ago I began working as a security officer for a tribal casino. After three years of working in this capacity, I become a gaming machine technician. Both of these jobs kept me on the floor 8-12 hours a day, exposing me to second-hand smoke while I worked. Initially, my resulting symptoms seemed minor: eye irritations, sinus and ear infections, and allergies. My symptoms then progressed to asthma and every cold turned into pneumonia. One day my doctor asked if I (chronic fibrosis of the lungs), diseases related to my secondhand smoke exposure. Every day, I take 23 pills to treat my conditions. I also take breathing

treatments three times each day. After thirteen years of officiating basketball games, I am now unable to do the one thing that has brought me pleasure. On my best day I can walk 50 yards before I get short of breath. Why am I telling you my story? Because, Navajo Nation, you have the opportunity to prevent all of your current and future employees from developing diseases related to second-hand smoke exposure. Please don't let any of your employees have their own story about the health consequences of secondhand smoke exposure in ten years. I believe you can still have flourishing economic development enterprises through gaming and having healthy employees. You can make a difference among your people. Protect your biggest asset – YOUR PEOPLE!