It’s Quitting Time!

- Why Quit Using Tobacco
- Did You Know
- When You Quit
- Your Tobacco Money
- Benefits of Quitting
Why Quit Using Tobacco?

Reduce your risk of disease such as heart disease, high blood pressure, stroke, COPD, emphysema, asthma, back pain, leukemia, cataracts and cancers (lung, cervix, kidney, pancreas and stomach)

Breathe more easily and cough less

Protect your family from second-hand smoke and its risks

Restore your sense of smell and taste

Have extra money to spend on things other than tobacco

Decrease wrinkling and premature aging of your skin

Set a better example for your children

Have more time - you won’t have to take tobacco breaks, buy tobacco, etc.

Increase your energy level and feel less stressed

Improve your oral health (e.g., bad breath, stained teeth, gum disease)
Did You Know?

- The average smoker dies 7-8 years early.\(^1\)
- There are more than 4,000 chemicals in cigarette smoke - some of them are also found in wood varnish, insect poison DDT, arsenic, nail polish remover and rat poison. The ashes, tar, gases and other poisons in cigarettes harm your body over time and damage your heart and lungs.\(^2\)
- The more intensively you focus on quitting, the higher your odds of quitting.\(^4\)
- Second-hand smoke can cause cancer, breathing problems and heart disease in non-smokers. People who breathe second-hand smoke get colds and the flu more easily. They often die younger than those who don’t breathe it.\(^3\)
- The more strategies you use to quit, the higher your odds of remaining smoke-free.\(^4\)
- Increasing one’s exercise has been linked with success in quitting smoking.\(^2\)
- Expectant mothers who quit cigarettes reduce their baby’s chances of having attention, motor control and perception problems.\(^4\)
- Using nicotine replacement products could reduce withdrawal symptoms and double your odds of quitting smoking.\(^4\)
- Having people around you who are positive about your effort to stop smoking actually helps quitting.\(^4\)
- Smoking harms nearly every organ of the body, causing many diseases and reducing the health of smokers in general.\(^5\)

\(^1\) Source: Pathways to Freedom - Department of Health and Human Services & CDC
\(^3\) Source: US Dept of Health and Human Services. Smoking & Tobacco Control Monograph 10: Health Effects of Exposure to Environmental Tobacco Smoke. National Cancer Institute
\(^4\) Source: www.smokefree.gov
\(^5\) Source: www.cdc.gov/tobacco
Your Tobacco Money Could Pay For

One Week Tobacco Money =

- Two Cds
- Full tank of gas
- Cell phone bill
- Ticket to a game
- Manicure and pedicure

One Year Tobacco Money =

- New computer
- Vacation for two
- Down payment on a car
- Entertainment system

20 Years Tobacco Money =

- New sports car
- Down payment on a house
The first year after quitting

2 Weeks to 3 Months After Quitting

• Circulation improves
• Walking becomes easier
• Lung function increases

1 to 9 Months After Quitting

• Coughing, sinus congestion, fatigue, shortness of breath decrease

One Year After Quitting

• Excess risk of coronary heart disease is decreased to half that of a smoker
Long-term Benefits of Quitting

Five Years After Quitting

• 5 - 15 years after quitting, stroke risk is reduced to that of people who have never smoked

Ten Years After Quitting

• Risk of lung cancer drops to as little as one-half that of continuing smokers

• Risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas drops

• Risk of an ulcer decreases

Fifteen Years After Quitting

• Risk of coronary heart disease is now similar to that of people who have never smoked

• Risk of death returns to nearly the level of people who have never smoked.