

If you smoke, quitting is the wisest decision that you can make for your health. Worldwide, smoking is a leading preventable cause of disability, disease, and death. By quitting, you can improve your own health, save money, and make the air cleaner for those around you.



**HEALTHY  
LUNG**



**LUNG WITH  
CANCEROUS  
GROWTHS**

Kit 59

HSL-LRC

# Quit Smoking for Life



**HEALTH EDCO®**



## Conditions Caused by Smoking

Many people know that smoking causes lung cancer, but the range of debilitating and potentially fatal conditions that smoking can cause is much more widespread. Following are just a few of these conditions, which result in the deaths of millions of people worldwide each year.

### Lung Cancer

More men and women die from lung cancer than from any other type of cancer. Smoking causes approximately 80% of lung cancer cases and an even higher percentage of lung cancer deaths. A person's risk for developing this cancer increases the longer and the more he or she has smoked. If smokers quit before they develop lung cancer, their lungs can eventually return to normal. Ten years after quitting, a smoker's risk for developing the condition is half that of an active smoker.

### Bladder Cancer

The most significant risk factor for bladder cancer is smoking. After the kidneys filter tobacco's cancer-causing chemicals from the blood, these chemicals end up in the urine where they damage the bladder's cells. A smoker's risk for developing the condition increases with the number of cigarettes and amount of time that he or she has smoked.



## Conditions Caused by Smoking

### Pancreatic Cancer

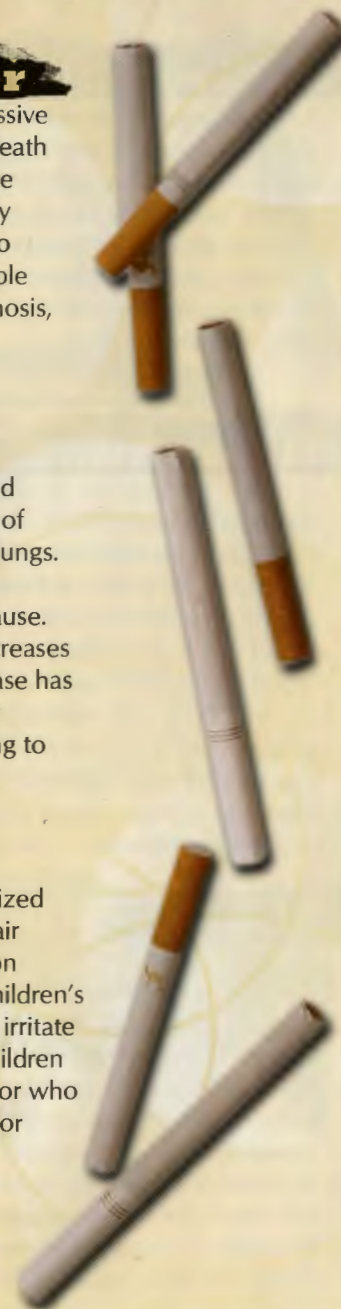
Pancreatic cancer is an extremely aggressive form of cancer and a leading cause of death from cancer. At least 30% of all cases are linked to smoking. The condition is rarely diagnosed in its early stages and tends to spread quickly. Only about 20% of people with the condition live a year after diagnosis, and only a very few live for 5 years.

### COPD

Chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis, is a term for a group of diseases that progressively damage the lungs. COPD is a leading cause of death, and cigarette smoking is its most frequent cause. Exposure to secondhand smoke also increases the risk for developing COPD. The disease has no known cure, and treatment generally focuses on relieving symptoms and trying to improve quality of life.

### Asthma

Asthma is a chronic condition characterized by the inflammation of the lungs' main air passages. It is a leading chronic condition among children and a major cause of children's hospitalization. Secondhand smoke can irritate the lungs and trigger asthma attacks. Children who are born to a mother who smokes or who live with a smoker are at increased risk for developing asthma as well as other respiratory problems.





## Conditions Caused by Smoking

### Artery Damage

Atherosclerosis is the name of the process in which plaque—consisting of cholesterol and other substances—builds up on artery walls. Plaque can clog arteries, reduce blood flow, or rupture and create blood clots. Atherosclerosis can lead to a heart attack or stroke. Smoking promotes plaque buildup on artery walls, which can result in damage to the aorta as well as coronary and leg arteries.

### Heart Attack

A heart attack occurs when the heart muscle is damaged because of a loss of blood supply. Damage to the coronary arteries due to plaque buildup is the most common cause of heart attacks. Plaque can burst or rupture, creating a blood clot that can clog an artery and impede blood flow to the heart. Smokers are more than twice as likely as nonsmokers to have a heart attack. Among people who have heart attacks, smokers are more likely to die. Constant exposure to secondhand smoke also increases nonsmokers' risk of heart disease.

### Stroke

A stroke occurs when a blood vessel that supplies the brain with oxygen and nutrients bursts or is clogged by a blood clot. As a result, blood supply to the brain is interrupted, depriving brain tissue of the blood and oxygen it needs, and brain cells begin to die. Strokes can cause brain damage, paralysis, or death. Smokers increase their risk of stroke due to artery damage. The carbon monoxide in cigarette smoke also decreases the level of oxygen that goes to a smoker's artery and tissue walls as well as the brain.

## Conditions Caused by Smoking

### Sensory Impairment

Smokers may be almost twice as likely as nonsmokers to develop hearing loss. Smoking may cause hearing loss by decreasing blood supply to the auditory system. Cigarette smoking is also associated with vision impairment. It is a risk factor for macular degeneration and cataracts—conditions that can impair vision and may even lead to blindness.

### Fetal and Infant Damage

When a woman smokes during pregnancy, her baby receives less oxygen. As a result, babies born to mothers who smoke may grow more slowly in the womb and be born at a low birthweight (less than 5½ pounds). Low-birthweight babies are at increased risk for many serious health problems, including cerebral palsy, learning difficulties, and even death. Women who smoke while pregnant also increase their risk of pregnancy complications, including stillbirth and miscarriage. Babies whose mothers smoked during pregnancy and babies exposed to secondhand smoke after birth are at increased risk for sudden infant death syndrome (SIDS).

**Everyone who smokes is guaranteed to suffer negative health consequences.**



# The Rewards of Quitting

Quitting smoking is the smartest decision that you can make for your health. When you quit, some benefits are immediate—you feel good about your decision, and people around you no longer have to breathe your secondhand smoke. Over time, you will gain many rewards.

## 2 Weeks–3 Months After Quitting

Your lung function improves up to 30%.

Your circulation improves.

Walking becomes easier.

## 20 Minutes After Quitting

Your blood pressure and pulse rate decrease.

The temperature in your feet and hands increases to normal.

## 1–9 Months After Quitting

Shortness of breath decreases.

Sinus congestion and fatigue decreases.

Your overall energy level increases.

Your lungs improve their ability to self-clean and fight infection.

## 8 Hours After Quitting

The oxygen level in your blood increases to normal.

The carbon monoxide level in your blood decreases to normal.

## 1 Year After Quitting

You are half as likely to develop coronary heart disease as a smoker.

## 10 Years After Quitting

Your risk of dying from lung cancer is half that of a smoker.

Your risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.

## 24–48 Hours After Quitting

Your risk of a heart attack decreases.

Your sense of smell and taste improves.

## 5 Years After Quitting

Your risk of stroke is reduced to that of a nonsmoker between 5–15 years after quitting.

## 15 Years After Quitting

Your risk for developing coronary heart disease is comparable to the risk of someone who has never smoked.




## Becoming Smoke-free

Quitting smoking is never easy, but it is the best choice to make for your health and loved ones. Take steps before you quit, and stay committed to your goal. Following are some tips to help you quit smoking successfully.

### Prepare to Quit

- **Make a list** of all the reasons that you have for quitting. For example, quitting can improve your health and the health of those around you. You will save money and set a good example for your children.
- **Set a quit date.** Pick a date that is 10 days to several weeks away. Your choice should give you enough time to prepare but not too much time so that you lose your resolve. Also, try to pick a day of low stress but when you will have activities to keep you busy.
- **Identify barriers** that make quitting difficult for you—for example, you may live with a smoker or have friends who are smokers. You may even have tried to quit before without success. Consider how you will overcome these barriers this time.
- **Tell your friends,** family, and co-workers that you are quitting—they can be a great source of support.
- **Make a plan.** Discuss quitting with your healthcare professional. Decide whether you want assistance, such as nicotine replacement therapy or smoking cessation classes. Additional aid and support can improve your chances for success.



*I Quit!*  
To improve my health.  
To live a longer life.  
To stop wasting money.  
To improve my live life  
to feel better about  
myself  
To have more energy  
To set a good example  
for my children.  
To make the air  
clearer for those  
around me.



# QUIT!

### On your quit day:

- Get rid of all cigarettes, ashtrays, and lighters in your home, car, and office.
- Change your routine by driving a different route to work, sitting in a different chair, etc.
- Stay in nonsmoking areas as much as possible, such as museums, movie theaters, or the mall.
- Keep busy with exercise, household projects, or hobbies.
- Drink plenty of water.
- Start using nicotine replacement products or attending smoking cessation classes if you have decided to do so.
- Stay away from locations where people are smoking.
- **AVOID SMOKING**—the urge will pass!



## Develop Strategies to Cope

When you quit smoking, you have to deal with the physical and psychological side effects of nicotine withdrawal. Nicotine replacement therapy can help reduce the effects of physical withdrawal, but many smokers have more trouble dealing with the psychological side effects. You may associate many everyday activities—from getting up in the morning to eating to watching television—with smoking. When you quit, you have to learn to break these associations.

**Following are some suggestions to help you cope and form new habits:**

Alter habits that you associate with smoking. For example, if you formerly smoked while drinking coffee or alcohol, drink water or juices instead.

Get your teeth cleaned. Make keeping them clean your goal.

Carry snacks such as sugarless gum, hard candy, or vegetable sticks to keep your mouth busy whenever you have an urge to smoke.

Continue to avoid situations in which you might be tempted to smoke. In time, you will be better able to cope with these situations.

Stay busy with projects, hobbies, and exercise, and maintain a healthy diet.

Try deep breathing. Take comfort in the fact that you are breathing in clean air instead of poisonous cigarette smoke.

Delay lighting up. If you feel that you must have a cigarette, make yourself wait at least 10 minutes. The urge to smoke will often pass by then.

Reward yourself. You'll quickly find that you save money when you don't buy cigarettes. Use that money for something special just for you.

## Other Support Techniques

### Nicotine Replacement

**PILLS  
GUM  
PATCHES**

Nicotine withdrawal can produce many unpleasant side effects, including depression, irritability, headaches, and difficulty concentrating. These symptoms can last just a few days to several weeks. Many smokers fail in their attempts to quit after only a few days when withdrawal symptoms are at their strongest.

Quitting smoking “cold turkey” is not your only option—discuss other ways to quit with your healthcare professional. Non-nicotine, prescription medications can help relieve the effects of nicotine withdrawal. Nicotine replacement therapy (NRT)—the use of nicotine substitutes to reduce the physical symptoms of nicotine withdrawal—also helps many smokers improve their chances for quitting successfully.

Nicotine substitutes come in a variety of forms, including gum, patches, lozenges, nose sprays, and inhalers. Some nicotine substitutes are available over-the-counter, while others require a prescription. Talk to your healthcare professional to determine whether NRT is right for you, especially if you are pregnant.





# Smoking Cessation Programs



While nicotine replacement therapy can help you deal with many of the physical aspects of withdrawal, smoking cessation programs can help you cope with the psychological effects. Combining NRT with a program to help modify behavior can increase your chances for quitting successfully.

## Self-help programs

can help you learn as much as possible about what to expect when you quit and how to deal with side effects. Many areas run free phone quitlines, which link smokers with trained specialists. Valuable information about smoking cessation is also available on many websites.

Talk to your healthcare professional about other options, including individual counseling and group programs. These programs generally last for several weeks, offer problem-solving strategies, and provide you with social support. Some employers offer smoking cessation clinics to their employees.



## A Word About Weight Gain



Some smokers do gain a few pounds when they quit. But don't let concerns about weight gain stop you from quitting—the consequences of smoking are far more dangerous than gaining a few extra

pounds. When you quit smoking, remember to eat a healthy diet, drink plenty of water, and exercise regularly. Talk to your healthcare professional before starting any exercise program.

## If You Smoke Again

If you lapse and smoke again, don't give up—many smokers try to quit several times before they are successful. Feel good about the time that you stayed smoke-free, and use your lapse as a learning experience. Determine what triggered you to smoke and how you will cope with that trigger the next time.

Don't beat yourself up after a lapse. Instead, take what you've learned from the experience, and renew your efforts to quit.

# You can successfully quit smoking!