Thinking about STOPPING SMOKING?

Stop Smoking. The Time is Now.
Compulsion or Addiction?

Do you tell yourself that you can stop using tobacco whenever you want? Many people do not realize the degree to which they have become addicted to cigarettes. Nicotine, gram per gram, is more addictive than cocaine or heroin. It causes changes in your brain cells that make nicotine addiction a true chronic medical disease. This addiction is not your fault, but you can do something about it. First, you need to ask yourself if you are truly addicted. If you answer, “yes” to three or more of the following questions, your smoking may be more than just a compulsion.

• Do I smoke every day?
• Has a doctor or dentist ever suggested that I stop smoking?
• Have I thought I should stop smoking because I am concerned I may have a medical problem or symptom caused by my tobacco use?
• Do I find it difficult to imagine life without smoking?
• Do I smoke to escape from boredom and worries while under stress or pressure?
• Have I felt physical or emotional discomfort when trying to stop smoking?
• Do I buy extra tobacco supplies to assure that I will not run out?
• Do I prefer activities and places that allow me to smoke?
• Do I inwardly feel ashamed of myself because of my smoking?
• Has my smoking caused a problem at home or in a relationship?
• Do I ever find myself lighting another cigarette without consciously deciding to have another?
• Do I feel that my life would be better if I did not use tobacco?
• Do I continue to smoke even though I am aware of the health hazards associated with smoking?

Facts on Tobacco Use

Individual Implications:

1. One out of two tobacco users will die prematurely of tobacco-caused disease.
2. Tobacco use is the single largest cause of preventable death.
3. More than half of these deaths occur in people 35-69 years old.
4. This number of deaths is equivalent to three jumbo jets crashing every day.
5. Tobacco use accounts for
   • 87% of lung cancer deaths
   • 82% of incidence of COPD (chronic obstructive pulmonary disease)
   • 21% of CHD (coronary heart disease), and
   • 18% of stroke cases
7. The cost of two packs of cigarettes per day totals more than $3,500 per year.
8. Tobacco use makes a person’s:
   • Skin wrinkle prematurely
   • Breath, hair, and clothes smell bad
   • Teeth, fingernails, and skin become stained
   • Clothes ruined or scorched
9. Use of tobacco decreases athletic performance.
10. Tobacco is a major cause of fires and deaths.

Family, friends, and coworkers:

1. You are exposing your family, friends, and coworkers to environmental or secondhand tobacco smoke.
2. Secondhand tobacco smoke increases the risk of lung cancer by 30%.
3. This results in 3,000 additional cases of lung cancer per year.
4. Infants and children chronically exposed to secondhand smoke have an increased risk of asthma, other respiratory diseases, malignancies, and other health problems.
5. These diseases result in increased hospitalizations and days lost from school.
6. Exposure to tobacco smoke increases the risk of low birth weight babies and sudden infant death syndrome.
7. Non-using adults exposed to secondhand smoke are also more likely to have respiratory diseases and symptoms that contribute to absenteeism from work and other activities.
8. Spouses of people who smoke have a high risk of heart disease.

Society:

1. Tobacco use results in 440,000 deaths per year in the United States alone.
2. The societal costs for tobacco-triggered medical care are over $190 billion each year.
3. The cost of lost productivity and forfeited earnings is estimated at over $100 billion per year.

Benefits of Stopping Smoking

Long-term benefits:

1. Improved breathing
2. More energy
3. Better skin tone
4. Reduction in risks of tobacco-related diseases, such as
   • Lung cancer
   • Emphysema
   • COPD (chronic obstructive pulmonary disease)
   • Sudden death heart attack
   • CHD (coronary heart disease)
   • Atherosclerosis (narrowing of the arteries)
   • Stroke
   • Chronic bronchitis
5. Cleaner air for family and friends
6. Cleaner smell in home and car
7. Monetary savings: those who smoke one pack per day, on average, spend nearly $2,000 per year.

Immediate benefits:

1. After 20 minutes, blood pressure and pulse rates return to normal.
2. After 8 hours,
   • carbon monoxide is eliminated from the body;
   • oxygen levels in the blood return to normal;
   • no nicotine is left in the body.
3. After 24 hours,
   • lungs start to clear out mucus and smoking debris; and
   • chances of a heart attack are decreased.
4. After 48 hours,
   • nerve endings start to regrow; and
   • the ability to smell and taste is improved.
5. After 3-7 days without nicotine, physical cravings diminish dramatically.

Facts About Weight Gain

1. Weight gain is usually rather moderate, approximately an average of 5 to 10 pounds – if you don’t use medications to help you stop smoking, if you don’t try to reduce your calorie intake from food and beverage, and if you don’t increase your daily exercise.
2. The health benefits of quitting greatly outweigh the few pounds that may be added.
3. Weight gain after stopping smoking has multiple causes, including:
• loss of appetite suppressant effect of nicotine;
• decreased metabolism; and
• substitution of high-fat and high-caloric food for cigarettes.

4. Physical activity, a healthy diet, and medications such as nicotine medications or buproprion, can control weight gain.

### Smoking Is Expensive: Daily and Yearly Tobacco Expenditures*

<table>
<thead>
<tr>
<th>Amount smoked per day</th>
<th>Cost per day</th>
<th>Amount spent per year</th>
</tr>
</thead>
<tbody>
<tr>
<td>¼ pack</td>
<td>$1.32</td>
<td>$482</td>
</tr>
<tr>
<td>½ pack</td>
<td>$2.65</td>
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<td>1 pack</td>
<td>$5.30</td>
<td>$1,934</td>
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<tr>
<td>1 ½ packs</td>
<td>$7.95</td>
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<tr>
<td>2 packs</td>
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<tr>
<td>2 ½ packs</td>
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<tr>
<td>3 packs</td>
<td>$15.90</td>
<td>$5,804</td>
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</tbody>
</table>

*Tobaccofreekids.org
You Are Ready to Stop

Now you know it is important to stop. You know that you can stop.

How do you stop?
• Ask your health-care provider to give you direction.
• Call your local hospital or health department.

The time is now! You can do it!