

# Smoking Cessation



April 2010

*Did you know that during the month of March, there was an entire day dedicated to raising tobacco awareness?*

*It's NEVER too late to quit! If you were considering it as a new year's resolution back in January, but have felt yourself losing momentum, here are some general facts that may revive your motivation for quitting!*

According to a website dedicated to exposing the dangers of tobacco, known as "kickbuttsday.org" ...

- Each day about 3,500 children (under 18) try smoking for the first time, and another 1,000 children become new regular, daily smokers.
- Adult male smokers lose an average of 13 years of life.
- Adult female smokers lose an average of 14 years of life.
- The chemical nicotine – found in cigarettes and other tobacco products – is an addictive drug, which is why it is so hard for people to quit using tobacco once they start.
- Lung cancer, throat cancer, heart disease, stroke and emphysema are just some of the painful, life-threatening diseases linked with smoking. Smoking is also associated with cancers of the mouth, larynx, esophagus, pancreas, cervix, kidney, stomach, and bladder.
- Smoking limits the amount of oxygen in the blood, reducing your stamina for sports and other physical activities.
- Smoking turns your teeth and fingernails yellow, and causes premature wrinkling of the skin. It also gives an unpleasant odor to your hair, clothes and breath.

What about the dangers of secondhand smoke? How does that affect us?

- Secondhand smoke is a complex mixture of over 4,000 chemicals that are produced by the burning materials of a cigarette.
- Secondhand smoke contains more than 250 chemicals known to be toxic or cancer-causing, including formaldehyde (embalming fluid), arsenic (a poison), and cyanide (also a poison).
- According to the U.S. Surgeon General, "secondhand smoke exposure causes respiratory symptoms, including cough, phlegm, wheeze, and breathlessness, among school-aged children."
- Secondhand smoke exposure is a known cause of lung cancer, heart disease, and respiratory problems, as well as other health problems.
- Exposure to secondhand smoke results in at least 38,000 deaths a year in the United States and causes over 1 million illnesses in children.

Remember it is NEVER too late to quit smoking and help is out there!