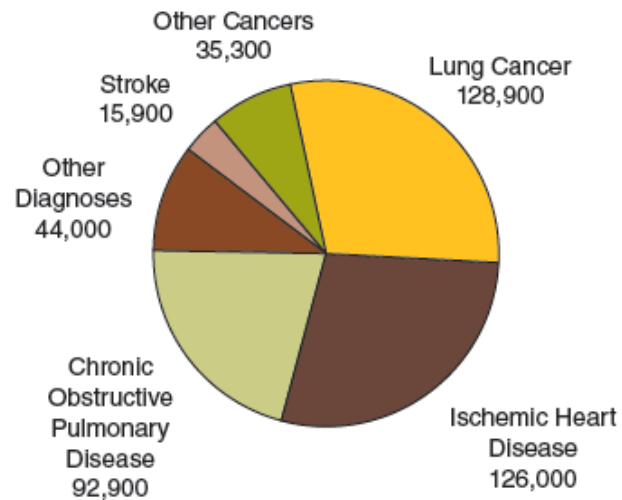


Tobacco

The effects of tobacco on your health
And Tips for Quitting

Deaths Attributable to Cigarettes

About 443,000 U.S. Deaths Attributable Each Year to Cigarette Smoking*



* Average annual number of deaths, 2000–2004.
Source: *MMWR* 2008;57(45):1226–1228.

Health Effects of Smoking

- Increased Risk of Cancer
 - The risk of developing lung cancer is about **23 times** higher among men who smoke cigarettes and about **13 times** higher among women who smoke cigarettes compared with never smokers.
 - Cigarette smoking increases the risk for many types of cancer, including:
 - cancers of the lip, oral cavity, pharynx, esophagus, pancreas, larynx (voice box), lung, uterine cervix, urinary bladder, and kidney.

Health Effects of Smoking

- Heart Disease and Stroke
 - Cigarette smokers are **2–4 times** more likely to develop coronary heart disease than nonsmokers.
 - Cigarette smoking approximately doubles a person's risk for stroke.
 - Cigarette smoking causes reduced circulation by narrowing the blood vessels. People who smoke have a much greater risk of developing peripheral vascular disease than nonsmokers.

Health Effects of Smoking

- Respiratory Health
 - Cigarette smoking is associated with a **tenfold** increase in the risk of dying from chronic obstructive lung disease.
 - About 90% of all deaths from chronic obstructive lung diseases are attributable to cigarette smoking.

Health Effects of Smoking

- Smoking During Pregnancy
 - Research has shown that smoking during pregnancy causes health problems for both mothers and babies, such as
 - Pregnancy complications
 - Premature birth
 - Low-birth-weight infants
 - Stillbirth
 - Sudden infant death syndrome (SIDS)

Secondhand smoke effects

- In children, secondhand smoke causes the following:
 - Ear infections
 - More frequent and severe asthma attacks
 - Respiratory symptoms (e.g., coughing, sneezing, shortness of breath)
 - Respiratory infections (i.e., bronchitis, pneumonia)
 - A greater risk for sudden infant death syndrome (SIDS)

Secondhand smoke effects

- **Heart Disease**

- For nonsmokers, breathing secondhand smoke has immediate harmful effects on the cardiovascular system. People who already have heart disease are at especially high risk.
- Nonsmokers who are exposed to secondhand smoke at home or work increase their heart disease risk by 25–30%.

- **Lung Cancer**

- Nonsmokers exposed to secondhand smoke increase their lung cancer risk by 20–30%.
- Secondhand smoke exposure causes an estimated 3,400 lung cancer deaths annually among adult nonsmokers in the United States.

Benefits of Quitting

- Smoking cessation is associated with the following health benefits:
 - Lowers the risk for lung and other types of cancer.
 - Reduces the risk for coronary heart disease, stroke, and peripheral vascular disease.
 - Improves Breathing.
 - Smoking cessation reduces the risk of developing chronic obstructive pulmonary disease (COPD).
 - Smoking cessation by women reduces the risk for infertility and low birthweight babies.

within 20 minutes of quitting...

Within 20 minutes *after you smoke that last cigarette*, your body begins a series of changes that continue for years.

20 Minutes After Quitting

Your heart rate drops.

12 Hours After Quitting

Carbon monoxide level in your blood drops to normal.

2 Weeks to 3 Months After Quitting

Your heart attack risk begins to drop.

Your lung function begins to improve.

1 to 9 Months After Quitting

Your coughing and shortness of breath decrease.

1 Year After Quitting

Your added risk of coronary heart disease is half that of a smoker's.

5 Years After Quitting

Your stroke risk is reduced to that of a nonsmoker's 5-15 years after quitting.

10 Years After Quitting

Your lung cancer death rate is about half that of a smoker's.

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

15 Years After Quitting

Your risk of coronary heart disease is back to that of a nonsmoker's.

Tools for Quitting

- Counseling (e.g., individual, group, or telephone counseling)
- Behavioral cessation therapies (e.g., training in problem solving)
- Treatments with more person-to-person contact and intensity (e.g., more time with counselors)
- Cessation medications including: Over-the-counter and prescription nicotine replacement products (e.g., nicotine gum, inhaler, nasal spray, lozenge, or patch)
- Prescription non-nicotine medications, such as bupropion SR (Zyban®) and varenicline tartrate (Chantix®).

How do I get ready to quit?

- Pick a Date
 - Somewhere between 2 days and 2 weeks gives you time to plan but keeps it close.
- Tell People
 - They can support you in the process.
- Change your routine
 - Avoid places where you normally smoke. Avoid other smokers.

How do I get ready to quit?

- Clean up
 - Throw away ashtrays and lighters.
- Get help
 - Call the hotline or talk to your doctor.
- Cut Down

I've quit, now what?

- Stick with it.
- Avoid Stress.
- Call the Oregon Tobacco Quit Line.
- Recover from slips.

Hotlines

- 1-800-QUIT-NOW
- Oregon Quit Line
 - 1-888-842-QUIT NOW