



Live Healthy
and Be Active
with TakeCare

Smoking Cessation

Quitting Smoking is the one of the best decisions you can make for both you and your family. Smoking is the leading cause of preventable death. Tobacco use causes nearly 6 million deaths per year, and current trends show that tobacco use will cause more than 8 million deaths annually by 2030.

Quitting smoking has immediate as well as long-term benefits for you and your loved ones. Within minutes of smoking your last cigarette, your body begins to recover:

- **20 minutes after quitting:** your heart rate and blood pressure drop.
- **2 weeks to 3 months after quitting:** your circulation improves and your lung function increases.
- **1 to 9 months after quitting:** coughing and shortness of breath decreases.
- **1 year after quitting:** the excess risk of coronary heart disease is half that of a continuing smoker.

What's in a cigarette?

Cigarettes, cigars, and pipe tobacco are made from dried tobacco leaves. Other substances are added for flavor and to make smoking more pleasant. The smoke from these products is a complex mixture of chemicals produced by the burning of tobacco and its additives.

Cigarette smoke contains over 4,000 chemicals, including 43 known cancer-causing (carcinogenic) compounds and 400 other toxins. Some of these chemicals include:

- **Nicotine:** the addictive stimulant that gives you the craving to smoke and one of the harshest chemicals.
- **Tar:** primary cause of throat and lung cancer in smokers.
- **Formaldehyde :** a known human carcinogen found in cigarette smoke, also dwells in the vaporized liquid of popular electronic or e-cigarettes.
- **Carbon Monoxide:** a poisonous, colorless, odorless gas which is present in high levels in cigarette smoke.

Electronic cigarettes

E-cigarettes and other electronic nicotine delivery systems (ENDS) are often used as substitutes for cigarettes or other tobacco products.



Marketers of e-cigarettes claim the ingredients are safe, but the aerosols in these products produce and contain addictive nicotine, flavorings, and a variety of chemicals, some known to be toxic or cause cancer.

Smoking harms nearly every organ of the body, causing many diseases and affecting the health of smokers in general. These Include:

- Cancer that involves, but not limited to, the Cervix, Colon and rectum, Esophagus, Throat, and Lungs;
- Stroke and Coronary heart disease which are among the leading cause of death in the United States;
- Mothers who smoke have an increased risk of miscarriage, stillbirth (death of the baby before birth), premature birth, low birth weight and Sudden infant death syndrome or crib death; and
- Health risk also increases for children through exposure to secondhand smoke.

If you want to quit smoking or someone you know needs help quit smoking, please contact:

TakeCare Wellness at 300-7161 to enroll on our Nicotine Ces-sation program or

Call 1-800-QUIT-NOW(1-800-784-8669) if you want help quitting. This is a free telephone support service that can help people who want to stop smoking or using tobacco.

The TakeCare Wellness Team has made this pamphlet available to help you understand information about your health. This pamphlet includes general wellness and health information and is not meant to replace the advice of your doctor or health care provider. If you are under medical care and have concerns, always follow your doctor's recommendations.

For more information about your health, ask your health care provider.

References

CDC.(2016). Health Effects of Cigarette Smoking. Retrieved 15 June 2016, from:
www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking