

## Tobacco Cessation: Resources and Benefits

### Tobacco Use

- The use of tobacco has been implicated in the development of numerous health conditions, and is the leading cause of preventable death in the United States.
- Smoking is a proven cause of cardiovascular disease, stroke, and chronic lung disease such as emphysema, chronic obstructive pulmonary disease, and chronic bronchitis.
- The CDC estimates that for every smoking death, 20 more people suffer from at least one chronic illness as a result of tobacco use.
- On average, individuals who smoke die approximately 10 years earlier than non smokers.
- Worldwide, tobacco use is projected to be responsible for more than 8 million deaths in 2030.
- Each year, smoking results in approximately 5.1 million years of potential life lost in the United States.
- Smoking increases your risk of heart disease, and stroke by 2-4 times

### Tobacco smoke and its effect on the body

- Smoking causes damage to the cardiovascular system by reducing circulation and narrowing blood vessels.
  - This leads to potential obstruction of blood flow to vital organs, erectile dysfunction, heart attack, stroke, and peripheral vascular disease
- Cancer
  - Smoking has been implicated in the development of Acute Myeloid Leukemia, bladder cancer, cervical cancer, esophageal cancer (throat), kidney cancer, cancer of the larynx, lung cancer, oral (mouth) cancer, pancreatic cancer, cancer of the throat, and gastric (stomach) cancer.
- Additionally, smoking and second hand smoke have been associated with infertility, preterm delivery, stillbirth, low birth weight, and SIDS.

### Cost

- In 2000-2004, smoking related health costs amounted to approximately \$193 Billion dollars
- The Average cost of a pack of retail cigarettes in the United States in 2010 was \$5.51
  - For a pack a day smoker that's over \$2000 a year
  - States have implemented high tax rates on cigarettes in attempt to decrease the financial burden that smoking has on local economy.

### Quitting

- Quitting smoking significantly decreases your risk of developing smoking related disease. Tobacco and nicotine dependence is a condition that often requires treatment.
- Nicotine is psychoactive drug that causes its users to become dependent upon it.
- Quitting smoking can be difficult, but it can be done
  - Withdrawal from nicotine can cause symptoms such as anxiety, irritability, weight gain, increased appetite, and difficult concentrating. These symptoms are usually last approximately a week to two weeks
  - The physical symptoms of smoking cessation can be managed through gradually decreasing the levels of nicotine through nicotine replacement gum, or patches.
  - Additionally, your doctor can prescribe medications to alleviate some of the anxiety associated with the habitual nature of your smoking habit.
  - Numerous websites are available to offer support to those who are trying to quit, and 24 hour quit hotlines are available as listed below
  - A combination of counseling and medical management will provide your best chance for quitting and remaining smoke free

#### Resources for Support

- Your Doctor
  - Make an appointment with your qualified health professional to discuss a plan for successful smoking cessation.
  - Their office will have further information to help you with resources in your area.
- 1-800-quit-now is a free telephone support service.
- The CDC has numerous tips and support helps available at their site <http://www.cdc.gov/tobacco/campaign/tips/>
- [www.smokefree.gov](http://www.smokefree.gov) provides accurate information and professional assistance
- Smokefree.gov (en Espanol) is a Spanish language smoking cessation site