

## The Risk of Smoking;

- **Short-term:** shortness of breath, impotence, infertility, more colds and bronchitis.
- **Long-term:** heart attack and stroke; cancers of the lung, larynx, esophagus, pancreas, bladder, cervix; emphysema.
- **For others:** lung cancer and heart disease in spouses; asthma, middle ear disease, SIDS, respiratory infections and low birth weight in children; children who smoke.

## The Rewards of Quitting

- Feel, look and perform better
- Live longer
- Improve your sense of smell and taste
- Save money
- Have fresher-smelling clothing, home, car and breath
- Set a good example for your children
- Have healthier babies and children

## Why Should I Quit?

*"It's too hard to quit. I don't have the willpower."*

Quitting tobacco is hard, but it's not impossible. In fact, almost 46 million adults in the U.S. are former smokers!

*"I've tried to quit too many times. Why should it be different now?"*

Most people make several attempts to quit before they succeed. People who keep trying to quit are the ones who eventually do.

*"Smoking helps me to work better."*

Trouble concentrating can be a short-term symptom of quitting, but smoking actually prevents your brain from getting all of the oxygen it needs.

*"I've been smoking for years. The damage has been done. It's too late."*

It's never too late to quit smoking. Review the "Healing Time Line" in this brochure to get the facts.

**1-877-YES-QUIT**



Chronic Disease & Tobacco Prevention  
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**No,  
I'm Not  
Ready  
to Quit.**



Even if you're not ready to give up cigarettes, think about why you do smoke and what lies ahead.



Chronic Disease & Tobacco Prevention

# Why Do I Smoke?



Think about how you use tobacco.

Check off those reasons that sound familiar:

- I smoke when I feel stressed.
- Holding a cigarette gives me something to do with my hands.
- Smoking helps me control my weight.
- A cigarette helps me feel comfortable in social situations.
- I smoke when I'm bored, depressed or frustrated.
- My friends smoke and I like to be with them.
- Other reasons I smoke are:

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Now, go back and study your reasons for smoking. What can you do instead of smoking in these situations?

## Am I Addicted?

Nicotine can be as addictive as heroin or cocaine. If you smoke in the first 10 minutes after you wake up every day or feel cravings when you go too long without a smoke, you are addicted to nicotine.

Within 5 seconds of inhaling, nicotine travels directly to your brain. Nicotine tells your brain to release chemicals that make you want to smoke more.

The edgy and short-tempered feelings you have when you stop smoking, even temporarily, are the *first signs of recovery*. These unpleasant effects do not last. In fact, most side effects fade in about 20 minutes, whether you smoke or not.



The average smoker spends about \$1,000 a year on cigarettes. What could you do with that money?

## Healing Time Line

You might be surprised to learn how quickly your body begins to heal after you quit smoking.

### The first day

- Within 20 minutes, your blood pressure and heart rate drop to normal
- Within 8 hours, poisonous carbon monoxide levels in your body go down, and oxygen levels in your blood stream go up
- In 24 hours, the chance of having a heart attack decreases

### The first week

- Your nerve endings start to regrow
- Your sense of taste and smell improves
- Your bronchial tubes relax, making it easier to breathe
- Your lung capacity increases, allowing you to breathe more deeply

### The first year

- You cough less or not at all, and you have more energy and fewer sinus problems

### 5 years later

- Your risk of lung cancer is cut in half, and your risk of stroke returns to nearly the levels of a person who has never smoked

### 10 years later

- Your risk of dying of lung cancer is now almost the same as someone who never smoked