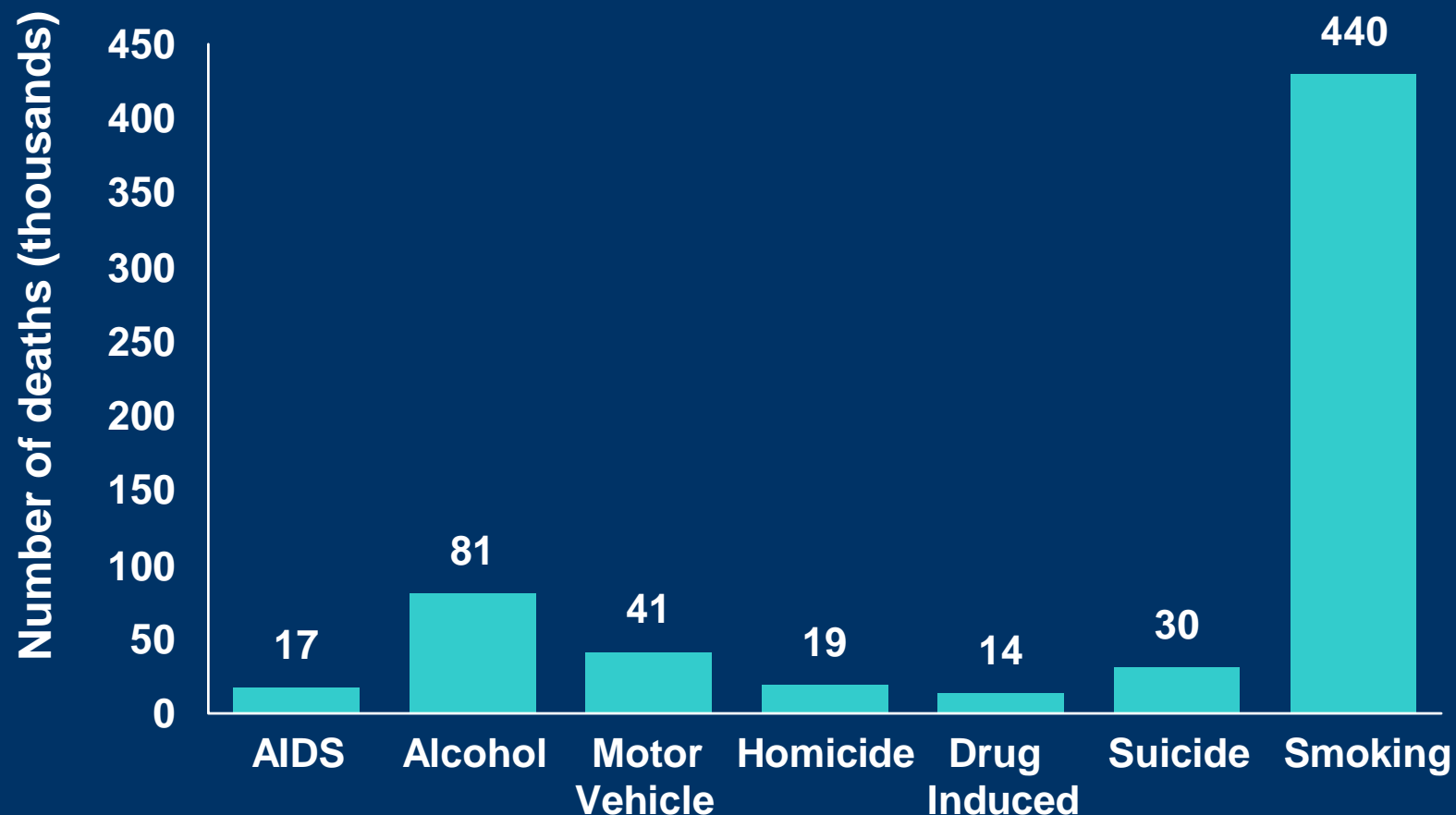


# What you Need to Know About Smoking and Quitting Smoking

# More people die of smoking each year than all other causes combined!



Mokdad, Marks, Stroup, Gerberding. Actual Causes of Death in the United States. JAMA. 2004;291(10):1238-1245.

# Smoking Facts

- Cigarette smoking is responsible for about 1 in 5 deaths annually, or about 443,000 deaths per year in the US
- ~43.4 million or 20% of all adults (18 years and older) in the US currently smoke cigarettes
- On average, smokers die 13 to 14 years earlier than nonsmokers
- An estimated 49,000 of tobacco-related deaths are the result of secondhand smoke exposure

Centers for Disease Control and Prevention. Annual Smoking-Attributable Mortality, Years of Potential Life Lost, and Productivity Losses—United States, 2000–2004. *Morbidity and Mortality Weekly Report* 2008;57(45):1226–1228; U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Coordinating Center for Health Promotion, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006; MacKay and Eriksen: *The Tobacco Atlas*. World Health Organization, (2002)

# Harmful Ingredients in Tobacco

- There are over 4,000 chemicals in 1 cigarette:
  - 400 are known to be toxic
  - 40 are known to cause cancer
- The chemicals in cigarettes include **arsenic, cyanide, and formaldehyde**
- These chemicals found in cigarettes are the same ingredients found in insecticides, toilet-bowl cleaners, moth-balls, and nail polish remover

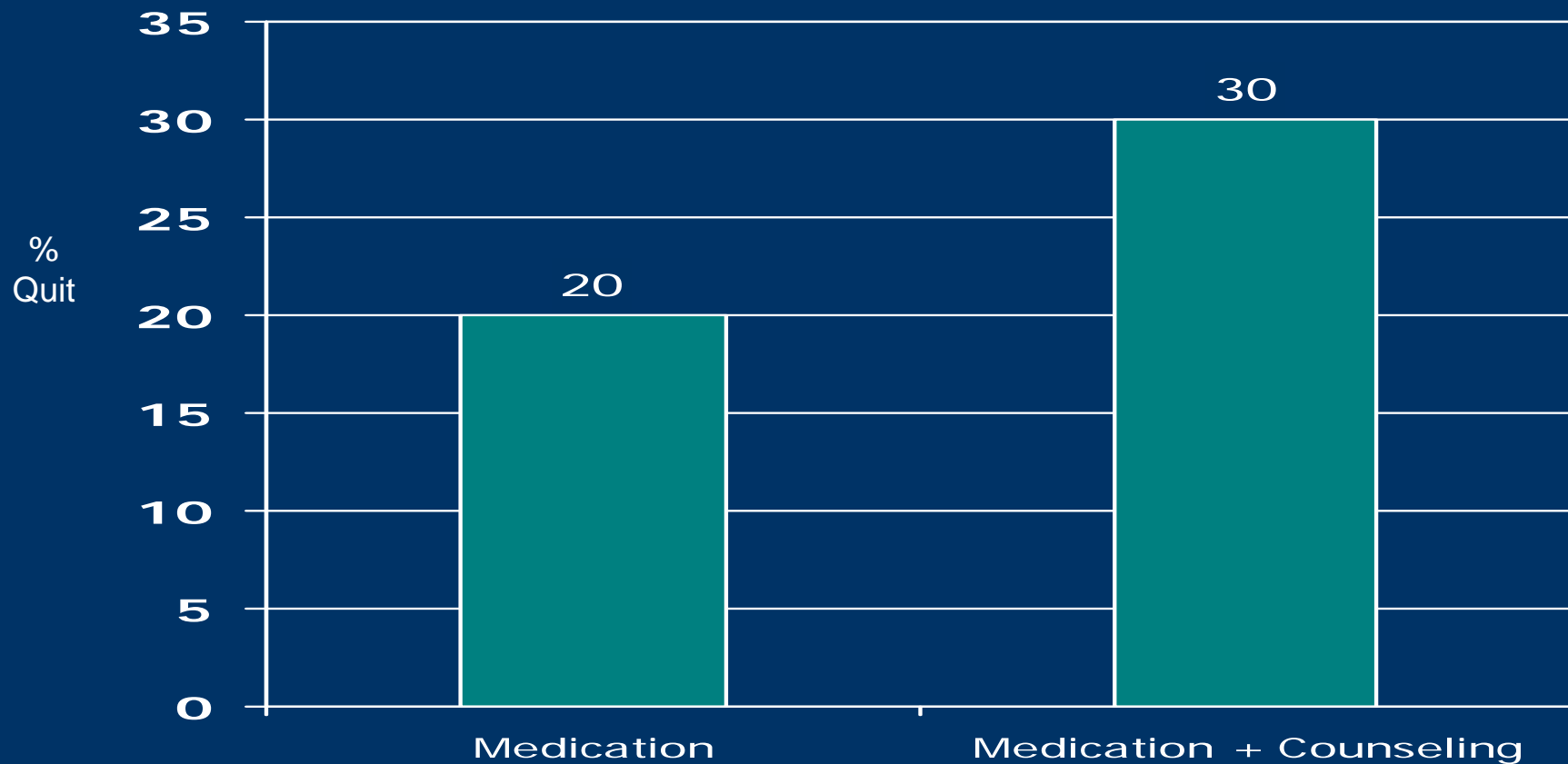
The health consequences of involuntary exposure to tobacco smoke : A report of the Surgeon General. – [Atlanta, Ga.] : U.S. Dept. of Health and Human Services, Centers for Disease Control and Prevention, Coordinating Center for Health Promotion, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, [2006]

# Quitting Smoking

- Up to 70% of smokers say they want to quit smoking and millions of people have been able to do so\*
- Quitting smoking can be difficult and often requires several tries before one succeeds
- Smoking is a learned behavior (habit) as well as a physical addiction. To quit successfully, both need to be addressed through **smoking cessation counseling** and **medication**.
- Many smokers may have failed to quit in a previous attempt because they did not address the over-learned habit and the physical addiction.

\* Source: Centers for Disease Control and Prevention. Cigarette Smoking Among Adults—United States, 2000. Morbidity and Mortality Weekly Report [serial online] 2002;51(29):642–645

# Behavioral counseling + medication improve your chances of quitting



# List of FDA-Approved Medications for Quitting Smoking

- Nicotine Replacement Therapy (NRT)
  - Transdermal Nicotine Therapy
  - Nicotine Gum
  - Nicotine Lozenge
  - Nicotine Nasal Spray
  - Nicotine Inhaler
- Bupropion (Zyban)
- Varenicline (Chantix)

# Health benefits of quitting smoking begin soon after your last cigarette

20 Minutes After Quitting - heart rate drops

12 hours After Quitting - Carbon Monoxide level in your blood drops to normal

2 Weeks to 3 Months After Quitting - heart attack risk begins to drop, lung function begins to improve

1 to 9 Months After Quitting - coughing and shortness of breath decrease

1 Year After Quitting - risk of heart disease is 50% less than the risk for a smoker

5-15 Years After Quitting - stroke risk is reduced to that of a lifetime nonsmoker

10 Years After Quitting - risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases

15 Years After Quitting - risk of heart disease is equal to that of a nonsmoker

# Quitting Smoking Saves Money

- Assuming that a pack of cigarettes cost \$4.35
  - If you smoke 10 cigarettes/day, quitting would save you \$66/month or \$792 per year
  - If you smoke 1 pack/day, quitting would save \$132/month or \$1,583 per year
  - If you smoke 2 packs/day, quitting would save you \$264/month or \$3,166/year
- Quitting smoking also reduces the amount you pay for insurance and reduces costs associated with illnesses for you and your family (e.g., co-pays for medical visits)

# Enrolling in Treatment Programs

- The Center for Interdisciplinary Research on Nicotine Addiction at UPENN (1-877-513-7848)

## National Quit-Line

