

**HERE'S
TO YOUR
HEALTH!**

Tobacco Facts and Tips for Quitting

**Every eight
seconds, a
person dies
from tobacco-
related causes.**

**If you want to
quit smoking,
get help.
Call the
QUITLINE
(1-800-639-QUIT)
or go to the
QUITNET
(www.quitnet.com).**

**It is a FREE
service offered
to you at your
convenience.**

Each year, smoking kills more people than AIDS, alcohol, drug abuse, car accidents, murders, suicides and fires – combined! Tobacco is the #1 preventable cause of death in the United States. Nationwide, more than 440,000 Americans die from tobacco-related diseases each year. And yet, more than 46 MILLION American adults (23%) are smokers.

Tobacco use includes cigarettes, cigars, smokeless tobacco or any other product containing nicotine. Tobacco products contain more than 4,000 HARMFUL SUBSTANCES such as ammonia, cyanide, arsenic, formaldehyde, tar and nicotine. Nicotine is a natural part of the tobacco plant leaf, but it is an ADDICTIVE DRUG.

Nicotine directly affects the brain and other parts of the nervous system. When smokers breathe in smoke, they draw nicotine into their lungs. Their bloodstream picks up the nicotine and the heart quickly pumps the nicotine directly to the brain.

Smoking is not only dangerous to your health, it can also harm those around you including your children and other loved ones.

Make a Plan to Quit

- List the reasons you want to quit – better health, my family will be thankful, I'll live longer and feel better, etc.

- Pick a good time to quit. Don't try to quit when you're under a lot of stress or during holiday time.

Get Ready to Quit

- Set a date to quit.
- Choose people to support your decision.
- Practice dealing with stress and avoiding urges to smoke.
- Change your smoking routines – keep cigarettes in a different place.
- Smoke only in certain places, such as outdoors.
- Buy one pack of cigarettes at a time. Switch to a brand of cigarettes you don't like.
- When you want a cigarette, wait a few minutes. Try to think of something to do instead of smoking, such as chewing gum or drinking water.

Quitting

- Get rid of all your cigarettes. Put away your ashtrays.
- Change your morning routine. When you eat breakfast, don't sit in the same place. Stay busy.
- Do activities you enjoy – go for a walk, go for a bike ride, read, etc.
- Start a money jar with the money you save by not buying cigarettes.



**Tri-County
Health
Department**

Eleven offices along the front range serving the residents of Adams, Arapahoe and Douglas Counties
Administration Office: 7000 East Belleview Avenue, Suite 301 • Greenwood Village, Colorado 80111
Telephone: 303-220-9200 • Fax: 303-220-9208
Website: www.tchd.org

On top of the actual cost of cigarettes, consider teeth cleaning (approximately \$55), extra doctor visits (approximately \$65 per visit), hospital bills for lung cancer (approximately \$45,000) and life insurance (double what non-smokers pay).

Staying Quit

- Spend time with people who don't smoke.
- Eat regular meals. Feeling hungry if sometimes mistaken for the desire to smoke.
- Be patient if you're cranky. Quitting is hard! It's as hard to quit smoking as it is to quit using heroin, cocaine or alcohol.
- Ask your family and friends to be there for you when you need support.
- Feeling a little more tired or anxious is normal; it's a result of your brain adjusting to being nicotine free.
- Get a good night's sleep; you'll feel more fresh and alert.
- If you slip up and smoke, don't be discouraged. On average it takes a person seven attempts before he/she successfully quits. Quitting takes practice.

Even if you've been smoking for years, quitting smoking makes a difference right away – you can taste and smell food better. Your breath smells better. And here are more health benefits over time:

20 minutes	Blood pressure and pulse rate decrease
8 hours	Carbon monoxide and oxygen levels in blood return to normal
1 day	The likelihood of a heart attack decreases
2 days	Nerve endings regenerate; sense of smell and taste are enhanced
2 weeks	Circulation improves and lung function increases
1–9 months	Coughing, sinus congestion, fatigue and shortness of breath decrease
1 year	The likelihood of a heart attack is cut in half
5 years	Stroke risk is reduced to the same levels as a non-smoker
10 years	Risk of dying from lung cancer is about half that of a current smoker
15 years	Risk of coronary heart disease and death become roughly equivalent to those who have never smoked

Tobacco use is not only deadly it's EXPENSIVE. Cigarettes cost \$2.50 – \$4.00 (or higher) per pack depending on the brand. YOU DO THE MATH.

\$4 a pack x 7 days = \$28 a week
\$28 x 52 weeks = \$1456 a year

**STOP SMOKING.
YOU WON'T REGRET IT!**