



# STOP SMOKING

Cigarette smoking is the number one cause of death worldwide. In Addition to causing death and serious damage to your body, it also affects others closest to you if they are breathing in the smoke every day. This is what is called second hand smoking. Environmental tobacco smoke – better known as second hand smoke includes smoke that comes directly from burning tobacco products (side stream smoke). Second hand smoke includes (Benzene, carbon monoxide, chromium, cyanide, formaldehyde, lead, nickel, and polonium). Dangerous particles from second hand smoking can linger in the air for hours. Even if it's only for a short period of time, second hand smoke can irritate your lungs and reduce oxygen levels in your blood.

Smoking harms nearly every organ in the human body, and is the main cause of lung cancer, chronic obstructive pulmonary disease and cardiovascular diseases. It also causes stroke, cancers and vision loss diseases. Cigarettes contain over 4800 chemicals, of which 69 are toxic and are known to cause cancer. Such chemicals are arsenic, benzene, cadmium, vinyl chloride, hydrogen cyanide, formaldehyde and carbon monoxide. Smoking can also cause cancer of the mouth, throat, voice box, esophagus, bladder, kidney, stomach and the pancreas.

Smoking is a habit that is very difficult to break; however, the benefits far outweigh the difficulties. Nicotine is the ingredient that causes addiction. Most smokers are not only addicted physically but socially as well.



## Some Reasons to Quit

**Your Health** The sooner you quit smoking the sooner your body will start repairing the damages caused by smoking.

**Physical and Cosmetics** Physically, you may not be able to taste or smell since smoking damage your senses. Smokers have more wrinkles, a distinct odor and stained teeth.

**Financial Reason** Each pack of cigarette cost approximately \$4.96. A pack a day can easily cost \$34.72 per week.

Quitting smoking often requires multiple attempts. Using medication and counseling increases your chances of success.

### Medication Aids

There are seven medications approved by the U.S Food and Drug Administration to aid in quitting smoking. Over the counter aids are nicotine patches, nicotine gums, and nicotine lozenges while nicotine nasal sprays and inhalers are available by prescription. Bupropion SR (Zyban) and Varenicline (Chantix) are non-nicotine pills. Consult your physician for more details and treatments.

### Counseling

Group, individual and telephone quit line counseling are widely available and are very effective.

For more information, on how to quit contact The American Lung Association at 1-800-LUNG-USA (1 800-586-4872) or visit the website at [www.lungusa.org](http://www.lungusa.org).

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Please consult your physician for diagnosis and treatment.

