

A Pack of FACTS  
to Help You

**BREAK** the Habit



**BREAK  
LOOSE!**

**INSIDE:** Tips to help you stop smoking

[www.nysmokefree.com](http://www.nysmokefree.com)



# Know the Facts About Smoking

*Tobacco kills more Americans each year than alcohol, cocaine, crack, heroin, homicide, suicide, car accidents, fire and AIDS combined.*

The most common diseases caused by smoking are:



**Lung Cancer** is caused by the tar in tobacco smoke. A healthy lung is pink. Years of smoking cause your lungs to turn black.



**Smoking** also increases your chances of developing cancers of the lip, mouth, throat, larynx, bladder, pancreas, stomach, kidney and cervix.



**Heart Disease and Stroke** are caused by nicotine and carbon monoxide in tobacco smoke.



**Emphysema and Chronic Bronchitis** can make it very difficult to breathe.



*A healthy, pink lung*



*A black lung after years of smoking*

## Need a Few More Reasons to Stop?



### Smokers are more likely to...

- ... get colds and flu
- ... have shortness of breath and wheezing
- ... get cataracts in your eyes
- ... have gum disease and yellow teeth
- ... have problems getting pregnant
- ... become impotent



## Think Smoking Affects Only You?



**A pregnant woman who smokes** can make her baby be born too soon or too small.

**Children exposed to secondhand smoke...** are more likely to get...

- Pneumonia
- Bronchitis
- Ear Infections
- Severe Asthma

**Adults exposed to secondhand smoke** are more likely to have.....

- Heart Disease
- Lung Cancer





## Why Do You Smoke?

The answer is **Nicotine.**

As one tobacco scientist put it -

**“No one has ever become a cigarette smoker by smoking cigarettes without nicotine.”**

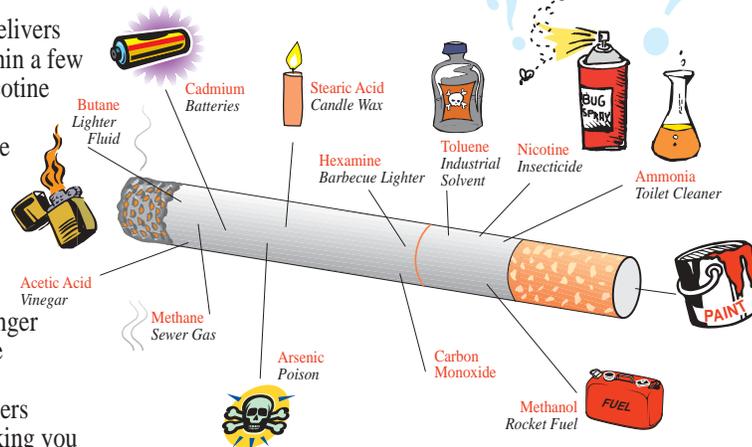
### What's In That Cigarette?

There are over **4,000** chemicals in tobacco smoke.

Each puff on a cigarette delivers nicotine to your brain within a few seconds. However, the nicotine levels in your blood drops quickly after your cigarette is done. After 20 or 30 minutes you may feel the urge to smoke again.

The longer you go without smoking, the stronger the urge gets and the more stressful it seems.

A puff on a cigarette delivers nicotine to your brain making you feel better again. However, don't be fooled, nicotine speeds up your system - it doesn't slow it down. The relaxing feeling you get from smoking a cigarette is really relief of withdrawal from nicotine.



**Are Low Tar cigarettes less dangerous?**

**No.**

People who switch to low tar cigarettes usually end up smoking **MORE** cigarettes in order to get their nicotine fix.



## It's Never Too Late To Stop!



*When you stop, your body begins to repair itself immediately:*

### *Within 20 minutes:*

- Your heart rate calms down.

### *Within 8 hours:*

- There is more oxygen in your blood.
- Mucus begins to clear out of your lungs. This makes breathing easier.

### *Within 48 hours:*

- Things smell and taste better.

### *Within 3 months:*

- Your blood circulation improves.
- Your body is better able to fight infection.

### *Within 9 months:*

- You have less sinus congestion, wheezing and shortness of breath.

### *After 1 Year:*

- Your risk of dying of a heart attack is cut in half.

### *After 5 Years:*

- You have much less chance of having a stroke.

### *After 10 Years:*

- Much less chance of getting lung cancer. Your risk is cut in half.

## Smokers Trivia

Cigarette butts are a major source of litter in the USA.



# Why Do You Want To Stop Smoking?

*Add your own reasons to the list below.*

- 1. Costs too much*
- 2. Makes my clothes smell bad*
- 3. Too few places to smoke*
- 4. Makes me short of breath*
- 5. I don't like feeling addicted*
- 6. Tired of nagging*
- 7.*
- 8.*
- 9.*
- 10.*

*"It wasn't a good taste anymore."*

John, age 27 has stopped smoking for 3 years.

*"I had trouble walking up a flight of stairs."*

Mary, age 45, has stopped smoking for 12 years.

**Over 3 Million Americans Stop Smoking Every Year.**

***You can do it, too!***

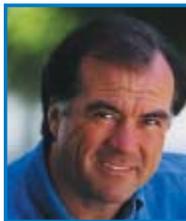


## These People Did It... You Can Too!



*“My friend had a stroke.  
He was only 45.  
I saw what a  
stroke could do  
to you. I didn’t  
want that to be me.”*

James, age 46,  
smoked for 24 years and has  
stopped smoking for 5 years.



*Picture  
yourself  
stopping!*

*“I got tired of having to  
go outside every time  
I wanted to smoke.”*

Mike, age 38,  
smoked for 25 years and has  
stopped smoking for 5 years.



*“My skin cleared up  
and I look younger...  
I feel younger too!”*

Sally, age 34,  
smoked for 16 years and has  
stopped smoking for 1 year.



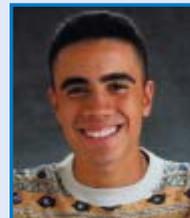
*“My grandkids have asthma,  
and they couldn’t come  
and stay at my house.”*

Martha, age 52,  
smoked for 30 years and has  
stopped smoking for 3 years.



*“Started not liking it.  
It tastes bad and smells bad.  
Plus, the prices were going up,  
and I decided this is ridiculous.”*

Ray, age 22,  
smoked for 5 years and has  
stopped smoking for 2 years.



## Smokers Trivia

Cigarettes are the leading cause of fire deaths in the USA.



# Write Down What You're Going To Do Instead Of Smoke...

## First Decide. Then Believe You Can Do It.

### Here are some tips:

### Decide that you WANT to stop!

- Get very clear on why you want to stop.
- Throw out your cigarettes, lighters and ashtrays.
- Work on fixing problems that stress you.
- Get busy. Do something. This helps.
- Chew gum. It tastes good and keeps your mouth busy.

### BELIEVE that you CAN stop!

- Tell your family you're going to stop.
- Save the money you would have lost buying tobacco.
- If you slip up, start over again... Don't Give Up!

### Think about what makes you want to smoke.

- waking up in the morning
- drinking coffee
- talking on the phone
- being stressed or worried
- driving the car
- being with other smokers
- being in a restaurant or bar

### Think about what you can do instead of smoking at these times.

- jump in the shower*
- drink coffee standing up*
- doodle while on the phone*
- deep breathe*
- chew gum*
- ask family and friends to not smoke around you.*
- don't drink alcohol*



## How To Fight The Urge To Smoke.



When the urge to smoke strikes remember the

# 5 D's:



- 1. DELAY** a minute or two and the urge will pass.
- 2. DRINK WATER** to fight off cravings.
- 3. DO SOMETHING ELSE** to distract yourself... walk, call a friend, clean a closet.
- 4. DEEP BREATHE** It will relax you. Close your eyes and take 10 slow deep breaths.
- 5. DISCUSS** your thoughts and feelings with someone close to you.

## Smokers Trivia

Each year, the Poison Control Center receives reports of poisoning in young children who eat tobacco products.



# What to Expect When You Stop Smoking.

### May last a few days to a week...

**Coughing up mucous:** This is your body's way of cleaning itself out. Cough drops and cough syrups may help.

**Tightness in your chest:**

This happens because as fresh air fills your lungs, they feel tighter.

**Mouth sores:** This happens as your mouth repairs itself. Your mouth has had to withstand endless attacks of hot smoke over many years of smoking.

**Dizziness:** Your body is taking in more oxygen than it is used to. This can make you feel dizzy or light-headed.

### May last a little longer...

**Changes in sleep:** Your body will have more energy. You will need fewer hours of sleep.

**Feeling irritable:** Your body will have less nicotine, and it will begin to sense the loss. This causes inner changes and some tension. Deep breathing should help.

**Lack of concentration:** This comes from the tension you may feel as your body withdraws from nicotine. This should pass as your other symptoms go away.

**Cravings:** You may have a strong desire to smoke or eat the first few days after you quit. This happens less and less the longer you stay off cigarettes.

**Some weight gain:** Some people gain weight after stopping. But this is not as bad for you as smoking.

*Stopping smoking  
can be like riding  
a roller coaster-  
there will be some ups  
and downs.*

***Here is what you can do  
to keep the weight off:***

- Find a way to get some exercise everyday.
- Take a fast walk. Dance. Workout to an exercise video.
- Eat well, but eat less.
- Get up from the table as soon as you've finished your meal.
- Brush your teeth or use mouthwash after a meal.



# Medications That Can Help You Stop



Today, smokers don't have to tough it out alone. New medications, some over-the-counter and some prescription, can help take the edge off of nicotine withdrawal.

## The medications shown below contain nicotine

Can get **WITHOUT** a prescription.

### THE NICOTINE PATCH

The patch is worn on your arm like a small bandage. Nicotine from the patch slowly gets into your body and gives you a steady amount of nicotine to help lessen the cravings for a cigarette. The nicotine patch is the most widely used Stop Smoking medication.



### NICOTINE GUM

This is a medicine you chew slowly to help make your craving for nicotine less intense. It gives you a little nicotine, without the tars and poisons you get in cigarettes.



### NICOTINE LOZENGE

You place the lozenge in your mouth and allow it to dissolve (20-30 minutes), occasionally moving the lozenge from side to side. The lozenge will help to reduce nicotine cravings.



Prescription Only.

### NICOTINE INHALERS

You just breathe the nicotine in through the mouthpiece, taking shallow breaths or shallow puffs. This gives you a little nicotine to help reduce cravings for nicotine.



### NICOTINE SPRAY

You spray this into your nose. It gets nicotine into your body fast, so it is good at reducing cravings.



## The following medications DO NOT contain nicotine

Prescription Only.

### Chantix

Chantix is the newest medication to help you stop smoking. This is a non-nicotine pill you take by mouth. It helps reduce cravings to smoke.



### ZYBAN

This is a pill you take by mouth. It helps reduce your craving for nicotine.



In New York State, Medicaid will pay for most of these medications to help you stop smoking, when you get a prescription from a doctor. (will not cover nicotine lozenges)

*Nicotine does NOT cause cancer. Cigarettes cause cancer because you inhale the dirty tobacco smoke.*

**BREAK  
LOOSE!**

The Truth About

**CIGARETTES**



**There is help available...**

**CALL THE NEW YORK STATE  
SMOKERS' QUITLINE  
1-866-NY-QUITS  
(1-866-697-8487)**

**Deaf, Hard of Hearing and Speech Disabled:  
Call the NY Relay Service at 7-1-1 (Voice or TTY),  
Give operator Quitline number: 1-866-697-8487**

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**or Visit the New York State Smokers' Quitsite:  
[www.nysmokefree.com](http://www.nysmokefree.com)**