



Know the Facts!

TOBACCO CESSATION

Tobacco smoke contains a deadly mix of more than **7,000 chemicals**; hundreds are harmful and about **70 can cause cancer**. Smoking increases the risk for serious health problems, many diseases and death. Using tobacco in any form—smoking, chewing, and inhaling from second-hand smoke— is harmful. Stopping at any age is beneficial, but stopping as early as possible produces greater health benefits, reducing the risk for disease and early death.

You are never too old to quit.

- ✓ Smoking leads to disease and disability and harms nearly every organ of the body.
- ✓ Smoking is the leading cause of preventable death.

Smoking increases risk for:

- ✓ Coronary heart disease by 2-4 times
- ✓ Stroke by 2-4 times
- ✓ Men developing lung cancer by 25 times
- ✓ Women developing lung cancer by 25.7 times

Don't like the odds? Quit smoking today.

- ✓ In 2018, 13.7% of all adults (34.2 million people) smoked cigarettes: 15.6% of men, 12.0% of women.

Stopping smoking is associated with the following health benefits:

- ✓ Lowered risk for lung cancer, lung disease and many other types of cancer
- ✓ Reduced risk for heart disease, stroke, and peripheral vascular disease
- ✓ Reduced respiratory symptoms, such as coughing, wheezing, and shortness of breath.
- ✓ Reduced risk of developing chronic obstructive pulmonary disease (COPD), (one of the leading causes of death in the US)
- ✓ Reduced risk for infertility in women of childbearing age. Women who stop smoking during pregnancy also reduce their risk of having a low birth weight baby.

Reduction in risk factors as time passes:

- ✓ Your risk for a heart attack drops sharply just 1 year after you quit smoking.
- ✓ Heart disease risk is reduced within 1-2 years of quitting.
- ✓ After 2-5 years, your chance for stroke could fall to about the same as a nonsmoker's.
- ✓ Within 5 years of quitting, your chance of cancer of the mouth, throat, esophagus, and bladder is cut in half.
- ✓ Risks for other conditions—including ulcer, peripheral artery disease, and cancers of the larynx, lung, and cervix—are reduced after quitting.
- ✓ The risk of having a low birth weight baby drops to normal if you quit before pregnancy or during your first trimester.



Nicotine withdrawal symptoms may include:

- ✓ Feeling irritable, angry, or anxious
- ✓ Having trouble thinking
- ✓ Craving tobacco products
- ✓ Feeling hungrier than usual

YOU CAN QUIT! These symptoms are temporary. Learn how to stop smoking by [**downloading this easy guide.**](#)