

Distributed by:

 **HOWARD COUNTY
HEALTH DEPARTMENT**
Cancer Prevention & Control Program
8930 Stanford Blvd
Columbia, MD 21045
*Brochures purchased using
Cigarette Restitution Funds!*

**WANT TO QUIT? WE CAN HELP!
CALL NOW 410-313-4255**

CRUSHING the HABIT

Quitting smoking can
save your life!



TOBACCO use is the world's
leading cause of preventable death.
Up to half of all tobacco users will
die because of their habit.

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If you are one of the more than 1 billion
people who smoke, consider this:

- More than 8 million people worldwide die of tobacco-related diseases each year.
- Tobacco smoke contains more than 7,000 chemical compounds, including at least 70 substances proved to cause cancer. Some chemicals in tobacco smoke are arsenic, hydrogen cyanide, carbon monoxide, ammonia, and formaldehyde.
- Smokers die 10 years earlier on average than nonsmokers.

Reasons to Quit: **YOUR HEALTH!**

Tobacco use is linked to almost all of the world's 10 leading causes of death, including **heart disease** and **lung cancer**. In addition to an increased risk of many types of cancer, smokers are at a greater risk for:

Heart attack • Yellowed fingernails and teeth • Bad breath • Premature wrinkling • Chronic bronchitis • Gum disease • Erectile dysfunction • Birth defects • High blood pressure • Miscarriage • Insomnia • Emphysema • Burns • Leukoplakia • Premature death

The information contained in this mini pocket guide is not intended to replace the advice of a healthcare professional.

Reasons to Quit: **YOUR FRIENDS and FAMILY!**

Quit not only for your health but also for the health of your friends and family.

Secondhand smoke is a mixture of the smoke that comes from burning tobacco and the smoke exhaled by a smoker. It contains even higher concentrations of toxic substances than the smoke a smoker inhales.

Exposure to secondhand smoke can contribute to:

- **Cancer**
- **Cardiovascular disease**
- **Increased risk and severity of asthma in children**
- **Bronchitis**
- **Throat irritation**
- **Pneumonia**

Secondhand smoke causes lung cancer and heart disease in nonsmoking adults and sudden infant death syndrome (SIDS) in babies.

Reasons to Quit: **SAVE MONEY and THE PLANET!**

Every year smokers drain their finances to support their habit, including:

- **Costs of cigarettes**
- **Higher insurance premiums**
- **Medical care for smoking-related illnesses**

The massive environmental damage caused by tobacco includes deforestation, water depletion, pesticide use, and waste products.



COMMIT to QUITTING

Quitting smoking is the greatest single step you can take to improve your health. Here are some suggestions:

- Ask your healthcare professional about cessation programs involving medications or nicotine replacement therapies.
- List the reasons you have for quitting. Keep this list handy for future reference.
- Build a support network of friends and family.
- Avoid situations or activities you associate with smoking.
- Learn to cope with urges—it may feel like forever, but the urge to smoke lasts only a few minutes.
- Throw out your cigarettes, ashtrays, and lighters.

Quitting is never easy. If you relapse, remember that it is common for people to make several attempts before they are able to quit successfully. Rely on your support network, and don't give up! Remember ...

Quitting smoking can save your life!