

## SMOKING FACTS

*Smoking harms nearly every organ of the body. Smoking causes many diseases and reduces the health of smokers in general.*

### Smoking causes death.

- The adverse health effects from cigarette smoking account for an estimated 443,000 deaths, or nearly one of every five deaths, each year in the United States.
- More deaths are caused each year by tobacco use than by all deaths from human immunodeficiency virus (HIV), illegal drug use, alcohol use, motor vehicle injuries, suicides, and murders combined.

### Compared with nonsmokers, smoking is estimated to increase the risk of—

- coronary heart disease by 2 to 4 times
- stroke by 2 to 4 times
- men developing lung cancer by 23 times
- women developing lung cancer by 13 times
- dying from chronic obstructive lung diseases (such as chronic bronchitis and emphysema) by 12 to 13 times.

www.CDC.gov

## How to Quit

Smokers often say, "*Don't tell me why to quit, tell me how.*" There is no one right way to quit, but there are some key elements in quitting with success. These 4 factors are key:

- **Making the decision to quit**
- **Setting a quit date and choosing a quit plan**
- **Dealing with withdrawal**
  - *Nicotine* is a drug found naturally in tobacco. It is as addictive as heroin or cocaine. Over time, a person becomes physically dependent on and emotionally addicted to nicotine. The physical dependence causes unpleasant withdrawal symptoms when you try to quit.
- **Staying quit (maintenance)**

Quitting smoking is not easy, but you can do it. To have the best chance of quitting and staying quit, you need to know what you're up against, what your options are, and where to go for help. Talk to your primary care provider to discuss your options.

www.cancer.org

## Quitting Resources:

- [www.smokefree.gov](http://www.smokefree.gov); [www.cancer.org](http://www.cancer.org);
- **1-800-QUIT-NOW** for FREE support through the CDC

***If interested in quitting today, please speak to your surgeon who can discuss a cessation program, including possible medication, during today's visit.***