



AN ESTIMATED 42.1 MILLION PEOPLE IN THE UNITED STATES SMOKE CIGARETTES

SMOKING TOBACCO

According to the CDC, smoking among men is more common (20.5%) than women (15.8%). Most people start smoking in their early teens. Those individuals who have friends and/or parents that indulge in smoking are more likely to start the habit themselves. Some teens tried smoking cigarettes for the first time because they thought it was “cool” or to try and impress their friends, while others may have seen it advertised on the internet or in movies. Studies show that becoming addicted to nicotine is most likely to happen during the teen years, but anyone who starts smoking tobacco can quickly become addicted to nicotine.

WHY QUIT?

Wanting to quit and actually making the lifestyle changes to quit is not an easy task. Many people have tried numerous times to quit before they actually succeed. This is not uncommon as research has shown that multiple attempts to quit are often needed before one is able to quit for good. One of the main reasons people are inspired to quit smoking tobacco is the abundance of health issues that smoking can cause. According to the American Cancer Society, smoking accounts for 30% of all cancer deaths in the United States. Smoking cigarettes can cause health issues such as cancer, breathing problems, heart attacks, and stroke. You are not only harming yourself by smoking, but the secondhand smoke you are creating can cause asthma and breathing problems for the individuals around you.



DANGERS OF SMOKING TOBACCO

There are more than 7,000 chemicals that make up tobacco smoke, including over 70 known cancer causing agents. Some of the chemicals found in tobacco smoke include:

- ✓ Cyanide
- ✓ Benzene
- ✓ Formaldehyde
- ✓ Methanol
- ✓ Acetylene
- ✓ Ammonia
- ✓ Tar
- ✓ Carbon monoxide
- ✓ Nitrogen oxide

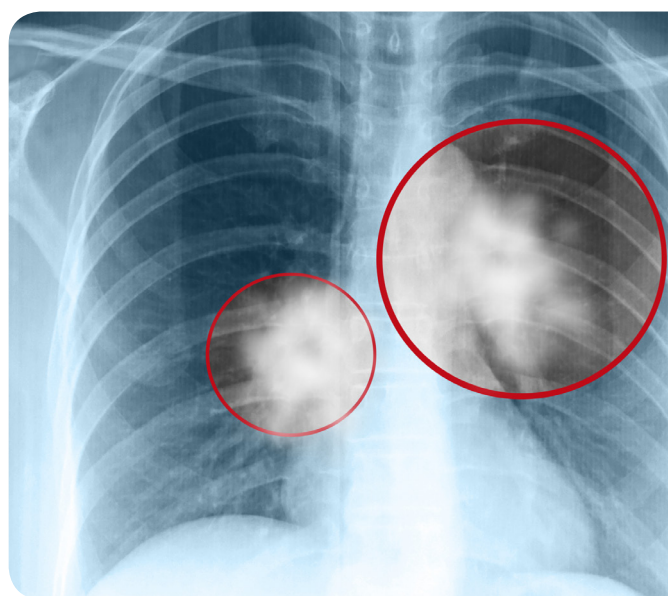
Radioactive material can also be found in tobacco smoke. Over a long period of time, this equates to a big dose of radiation which can be a key factor in lung cancer.

WHY QUIT CONTINUED...

When deciding to quit smoking, an important first step to take is determining why you smoke. There are many reasons why people claim they smoke, such as:

- ✓ To relieve tension, especially after arguments or during stressful times, or when you feel angry, depressed, or upset.
- ✓ To control your weight, either by keeping it down or because you're afraid of weight gain if you quit.
- ✓ For stimulation, to focus, improve your concentration, or boost your energy when you have low energy.
- ✓ To be part of the group, by joining your friends in having a cigarette.

There are many methods one can take to quit smoking. One way to quit smoking tobacco is called "going cold turkey" - meaning one just stops



and never picks up another cigarette or nicotine controlling agent again. There are also methods such as chewing nicotine gum, using nicotine patches or other medications to help curb cravings as you gradually reduce the amount of nicotine in your body.

Electronic Cigarettes: Are they safer than tobacco?

HOW E-CIGARETTES WORK

For the most part, e-cigarettes look like the real thing, including an end that glows as you inhale. As you exhale, you puff out a cloud of what looks like smoke, but it actually nicotine vapor. All e-cigarettes work basically the same way: inside there's a battery, a heating element, and a cartridge that holds nicotine and other liquids/ flavorings. Differing features and costs vary. Some e-cigarettes are disposable, others have a rechargeable battery and refillable cartridges. Using an e-cigarette is called "vaping."

ARE THEY SAFE?

The nicotine inside the cartridges is addictive, just like the nicotine from cigarettes. Also like cigarettes, you experience withdrawal symptoms including feeling irritable, depressed, restless and anxious when you stop using it. E-cigarettes can have the same negative impact as cigarettes by being extremely dangerous for people with heart problems, as well as posing a risk for one's arteries over time. So far, evidence suggests that e-cigarettes may be safer than regular cigarettes. The biggest danger from tobacco is the smoke, and e-cigarettes don't produce smoke. Tests show the levels of dangerous chemicals they give off are a fraction of what you'd get from a real cigarette, but the actual chemicals used can vary.

PROS AND CONS

E-cigarettes have triggered a fierce debate among health experts who share the same goal of reducing disease and death caused by tobacco. But they disagree about whether e-cigarettes make the problem better or worse. Opponents say that because nicotine is addictive, e-cigarettes could be a "gateway drug" that leads nonsmokers and kids to use tobacco. They also worry that manufacturers with huge advertising budgets and celebrity endorsements could make smoking popular again and roll back decades of progress in getting people to quit or never start smoking. Some supporters believe that e-cigarettes could help people quit, just like nicotine gum. Research hasn't shown that yet, though and the long-term affects are not clear.

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Questions or Comments?

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