

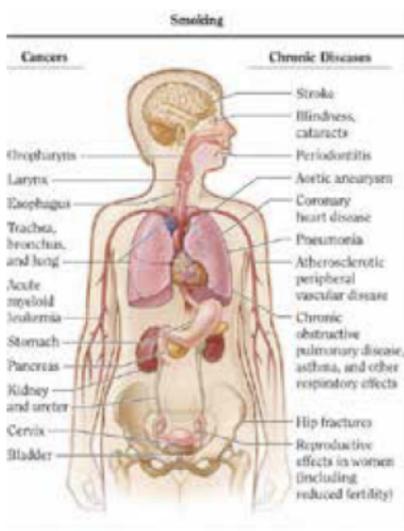
Dangers of Cigarette Smoking

Smoking can cause:

- Lung cancer, other related cancers
- Blood vessels to narrow
- Chronic lung diseases, more mucus produced
- Increases carbon monoxide in the lungs and blood

Smoking can damage your heart.

- Each of the above causes the heart to beat harder and faster.
- The heart has to work harder to get blood through the vessels.
- More smokers die of heart disease than lung disease.



Secondhand smoke can hurt you.

- **Five minutes** in a smoky room can cause your aorta (the main artery carrying blood from the heart) to stiffen as much as smoking a cigarette making your heart work harder to pump blood.
- **At twenty minutes**, your blood platelets (the cells that help you blood clot) are similar to someone who smokes a pack-a-day. "Sticky" platelets damage your heart and arteries which can lead to blood clots.
- **After thirty minutes**, your heart arteries show the same damage as a smoker, and your body's ability to handle bad cholesterol is decreased.

Environmental statistics:

- Smoke levels in bars are four to six times above the harmful limit.
- Indoor air-level testing found non-smoking areas have harmful levels of smoke, despite ventilation.

Read other side of this card for helpful suggestions on how you can quit smoking.



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Heart and Lung Institute

Steps to Quit Cigarette Smoking

Phase I: Preparing to Quit

- Mark a “quit” date on your calendar one week in advance.
- Keep track of the cigarettes you smoke by a slash mark on paper tucked in your pack.
- Every time you have the urge to light up, wait 10 minutes.
- Collect your cigarette butts in a bottle to see how much you really smoke in a week.

Phase II: Quitting (*this phase takes approximately two weeks*)

- Throw all away cigarettes and paraphernalia like matches, lighters, and ashtrays.
- Whenever you have an urge to smoke, take a deep breath through your mouth and slowly exhale through pursed lips. Repeat five to ten times.
- Change your routine. If you always light up when driving to work, take a different route. Substitute a walk for your usual coffee and cigarette break. Sit in a chair you don't customarily use when relaxing or watching TV at home.
- Find activities you don't associate with smoking. Enroll in a cooking class, visit a non-smoking friend, or go swimming.
- Keep your hands busy by holding something such as a pen, a ball, or a paper clip.
- Substitute cigarettes with other oral gratifications like gum or mints, toothpicks or coffee stirrers.
- Avoid drinking coffee and alcohol or eating foods high in sugar like candy or pastries. They cause changes in the body that increase your desire for a cigarette.
- Create a “ciggy bank” and put the money you used to spend on cigarettes in a jar and watch it add up.
- Place a rubber band on your wrist and snap it every time you get an urge to smoke.
- Challenge a close family member or friend who smokes to quit with you.

Phase III: Staying off Cigarettes (*allow three months for this final phase*)

- Always remember the craving to smoke will pass, whether you smoke or not.
- Renew your commitment to stay off cigarettes each day.
- Beware of saboteurs—usually other smokers—who may try to encourage you to light up. Assert your right not to smoke.
- Talk to a non-smoking friend for support.
- Make a list of good things you've noticed since you quit—food tastes better, you cough less, your clothes don't smell bad, etc.
- Continue to practice the behavior modification techniques listed in the quitting phase.
- Decide, one day at a time, not to smoke.
- Ask family and friends not to smoke around you.
- Set goals that continue to cut down on the number of cigarettes you smoke daily.
- Watch your weight when you quit smoking.