

SMOKING



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Section 1: Overview

Smoking is the act of inhaling and exhaling the fumes of burning plant material. Very commonly, that material is tobacco which comes in the form of cigarettes. Tobacco also contains a chemical called nicotine which is highly addictive. Besides being an addictive drug, nicotine is also toxic in high doses, and raises blood pressure and heart rate. Still, many people smoke cigarettes despite the number of health risks it poses.

Smoking has negative effects on everyone, such as:

- causing cancer and disease
- shortening life up to 10 years
- costs thousands of dollars a year

Staying smoke-free will give you more energy, better looks, more money in your pocket, and in the long run, more life to live! Smoking also has significant negative effects on individuals with asthma. Some people might think that e-cigarettes (“vaping”) are a safe alternative to smoking. E-cigarettes don’t fill the lungs with smoke, but do put nicotine in your system.

Experts also agree that the vapors from e-cigarettes are harmful not only to those to vape, but to those around them.

DID YOU KNOW?

ONLY
10
SECONDS

It takes only 10s for nicotine to reach the brain after inhaling tobacco smoke.

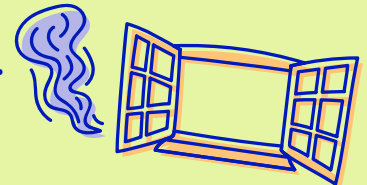


SECONDHAND & THIRDHAND SMOKE

You don't have to be the smoker, to be affected by it.

Secondhand smoke is the smoke that smokers breathe out and the smoke floating from the end of the cigarette, cigar, or pipe. The chemicals in the smoke can be breathed in by those near by and can lead to lung infections, asthma, coughing, cancer, and heart disease.

Thirdhand smoke when the particles and gases from cigarette stay on surfaces. This can create a residue which can expose people to nicotine by touch. This type of exposure is a new concept that is still being researched and has many possible health consequences.



Section 2: Smoking and Addiction

So we know that smoking:

- causes cancer, lung disease, and heart disease
- can shorten your life by 10 years or more
- can cost a smoker thousands of dollars a year



So why are people still lighting up? The answer is **addiction**.

Once You Start, It's Hard to Stop

People start smoking for different reasons. Some think it looks cool. Others start because their family members or friends smoke. Almost all adult tobacco users started before they were 18 years old. Most never expected to become addicted, but nicotine is highly addictive, so it's much easier to not start smoking.

However, because nicotine found in tobacco is so addictive, smoking is a hard habit to break. The body and mind can quickly become dependent on it. As a result, a person may feel the need to smoke just to feel normal.

What About E-Cigarettes and Hookahs?

Battery-operated e-cigarettes use cartridges filled with nicotine, flavorings, and other harmful chemicals and turn them into a vapor that's inhaled by the user. The practice of using e-cigarettes is often called vaping.



Some people think that e-cigarettes are safer than traditional cigarettes because they don't contain tobacco. However, e-cigarettes still contain dangerous ingredients. Studies show that vaping can cause serious lung damage and even death. So health experts strongly warn against using them.

Hookahs are water pipes used to smoke tobacco through a hose with a mouthpiece. Some people think they're safer than cigarettes because the smoke cools when it passes through the water. But because hookahs do not have filters, its smoke creates black gunk that gets into users' mouths and lungs.

People often use them for long periods, and with higher exposure comes higher health risks. Also, because hookahs are usually shared, there's an added risk of germs being passed around along with the pipe.

KICKING THE HABIT



All forms of tobacco are health hazards. Substituting one way with another will only feed an addiction.

When quitting, know that the first few days are the hardest. So don't give up. Some people find they have a few relapses before they manage to quit for good.

There are many approaches for quitting such as quitting cold turkey, easing out of it, or going to a support group.

Quitting isn't easy, especially if people around you smoke. Prepare to say "no" for times you may feel the pressure. Try "I just don't like it," or "I want to stay in shape for my sport."

Staying smoke-free will give you more energy, better looks, more money in your pocket, and more life to live!

Learn more at:

Smoking Quitline
1-800-QUIT-NOW
Smokefree.gov



Section 3: Smoking and Health

How Can Smoking Affect Health?

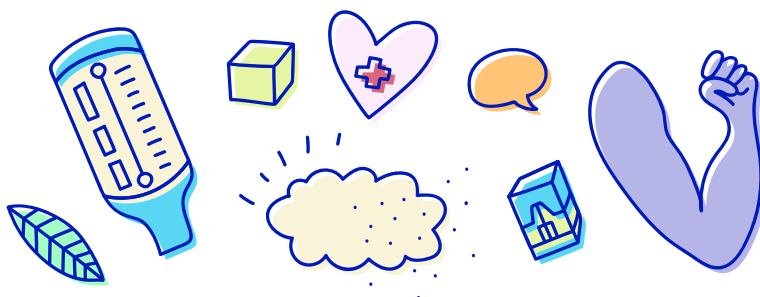
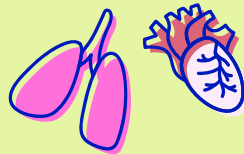
Many of the chemicals in cigarettes, like nicotine and cyanide, are poisons that can kill in high doses. When the body knows it is being poisoned, it goes on defense mode. This is why smoking often creates pain or burning in the throat and lungs – sometimes it can cause new smokers to throw up as the body is trying to get rid of the poison.



LONG TERM RISKS

Over time, smoking leads to many health problems such as:

- heart disease
- stroke
- lung damage
- many types of cancer – such as lung, throat, stomach, and bladder cancer
- gum disease
- yellow teeth
- eye disease
- an increased risk for infections (like pneumonia)
- a greater risk of diabetes
- weaker bones that are easier to break
- skin problems like psoriasis (a type of rash)
- wrinkled skin
- ulcers



Teen smokers can have many of these problems:

- **Bad breath.** Cigarettes smoking can cause a condition called halitosis, or lasting bad breath.
- **Bad-smelling clothes and hair.** The smell of stale smoke tends to last – not just on people's clothing, but on their hair, furniture, and cars.
- **Trouble keeping up in sports.** Physical effects of smoking, like a fast heartbeat, decreased circulation, and shortness of breath, often harm sports performance.
- **Greater risk of injury and slower healing time.** Common injuries, such as sprained ankles, will heal more slowly in smokers than nonsmokers.
- **Increased risk of illness.** Studies show that smokers get sick more often from colds, flu, bronchitis, and pneumonia than nonsmokers. Those with health conditions, like asthma, get sicker if they smoke or around those who smoke.
- **Malnutrition.** Teens who smoke as a way to manage their weight often light up instead of eating. So their bodies can lack the nutrients needed to grow, develop, and fight off illness well.
- **Problems with sexual health.** Girls who smoke and are on hormone-based birth control methods have a higher risk of serious health problems, like heart attacks. This can also cause reproductive issues later in life such as difficulty getting pregnant.

Section 4: Secondhand Smoke

Secondhand smoke is the inhalation of smoke from burning tobacco products that is smoked by others. Secondhand smoke can go between rooms, buildings, hallways and stairwells. Separating smokers from nonsmokers, opening windows, or using air filters can prevent secondhand smoke.

There is no risk-free level of secondhand smoke exposure.

For children, secondhand smoke exposure can lead to:

- Allergy symptoms
- More frequent and severe asthma attacks
- Respiratory problems (coughing or difficulty breathing)
- Respiratory infections (bronchitis and pneumonia)
- A greater risk for sudden infant death syndrome

Adults can develop problems from secondhand smoke such as:

- Heart disease
- Stroke
- Bronchitis and respiratory illnesses
- Lung cancer

Section 5: Thirdhand Smoke

Thirdhand smoke is the particles and gases from cigarettes that cling to walls, clothes, hair, and skin. Up to 90% of the nicotine in cigarette smoke sticks to nearby surfaces. The residue that is built up also can be swallowed, inhaled or absorbed through the skin of non-smokers.

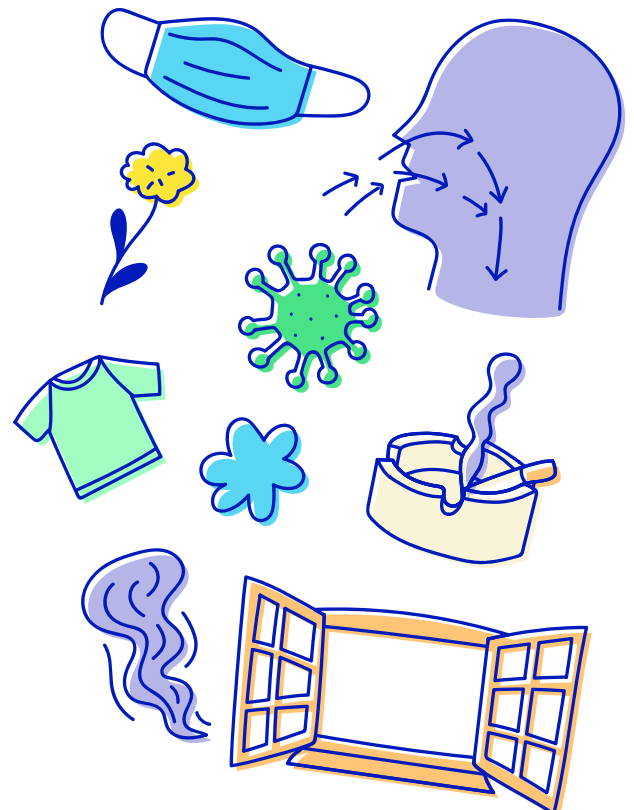
Children also may be at greater risk because they breathe faster than adults and can inhale more chemicals.

Adults also may be exposed to significant smoke residue if they rent cars, hotel rooms, or apartments that have been exposed to years of smoke.

Opening windows and exhaust fans do not eliminate the negative effects of third hand smoke.

DID YOU KNOW?

Smoke can trigger asthma flare-ups. Smoke irritates the airways, making them swollen, narrow, and filled with sticky mucus – similar to what happens during an asthma flare-up. Smoke-triggered flare-ups can be more severe and harder to control than typical flare-ups.

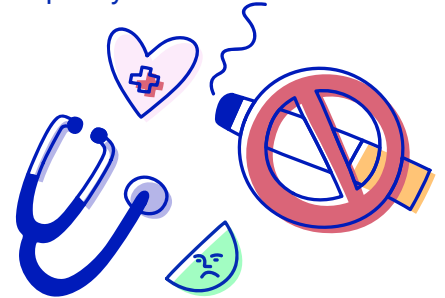


Section 7: Quitting

Why Should I Quit Smoking?

You may have started smoking because friends do or because you grew up in a house where other people smoked. No matter why you started, if you're thinking about it there are plenty of reasons to quit:

- Smoking can undo the long-term effects of medicine
- Smoking can force you to use your quick-relief medicine more often
- Smoking can disturb your sleep by causing coughing spells
- Smoking can negatively affect how well you do in sports
- Smoking can send you to the ER



If you decide to quit, you don't have to go it alone. Get support from other people – like friends, family, or other smokers who are trying to quit. Ask your doctor about medicines or things you can do to crave cigarettes less. Your doctor wants to help you quit!

Where to Start



Many people don't quit smoking because they think it's too hard, and it's true that for most people quitting isn't easy. After all, the nicotine in cigarettes is a powerfully addictive drug. But with the right approach, you can overcome the cravings.

It is difficult, but don't be discouraged – millions of people have permanently quit smoking. These tips can help you quit, too:

- **Put it in writing.** Put your goals in writing. Write down why you want to quit. Keep your writing visible as a reminder.
- **Get support.** People are more likely to succeed at quitting when friends and family help. If you don't want to tell your family that you smoke, ask friends to help you quit. Or join an online or in-person support group.
- **Set a quit date.** Pick a day to stop smoking and tell those you trust of this date.
- **Throw away your cigarettes.** Doing this can decrease temptation to start again.
- **Wash all your clothes.** Getting rid of the smell can help with decreasing temptation.
- **Identify your triggers.** And avoid situations where you can be triggered to smoke.

Break the link



- If you smoke when you walk to school, try taking the bus, getting a ride, or biking for a few weeks to break the connection.
- If you normally smoke after meals, try talking to family or friends instead.
- If you usually eat takeout so you can smoke, sit in the restaurant instead.
- Substitute something else for cigarettes. It can be hard to get used to not holding something or not having a cigarette in your mouth. Stock up on things like carrot sticks, sugar-free gum, mints, toothpicks, or lollipops.

KNOW A SMOKER?



If you know and care about someone who is trying to quit, be supportive:

- Recognize their small successes in their journey to quit.
- Avoid criticizing them if they slip and have a cigarette.

Quitting Strategies

There are many different approaches to quit smoking.

- **Keep yourself busy.** The more distracted you are, the less likely you'll be to crave cigarettes. Start a new hobby or set up an exercise routine.
- **Quit gradually.** Some people find that gradually decreasing the number of cigarettes they smoke each day is an effective way to quit.
- **Quit "cold turkey."** Quitting gradually doesn't work for everyone. You may find it's better for you to go "cold turkey" and stop smoking all at once.
- **Consult a doctor.** There are many different kinds of treatments that work differently for everyone. Talk to your doctor about what treatment works best for you.

Slip-Ups Happen

Major changes sometimes have false starts. If you're like many people, you may quit successfully for weeks or even months and then suddenly have a craving that's so strong you feel like you have to give in. Or maybe you accidentally find yourself in one of your trigger situations and give in to temptation.

If you slip up, don't give up!



It doesn't mean you've failed. It just means you're human. Here are three ways to get back on track:

- **Mistakes happen.** Think about your slip as one mistake. Take notice of when and why it happened and move on.
- **Believe in yourself.** Remind yourself why you quit and how well you've done — or have someone in your support group, family, or friends do this for you.
- **Reward yourself.** Quitting smoking isn't easy. Give yourself a well-deserved reward! Set aside the money you usually spend on cigarettes. When you've stayed tobacco-free for a week, 2 weeks, or a month, give yourself a treat like a gift card, movie, or some clothes. Celebrate again every smoke-free year. You earned it.

SMOKING WITHDRAWAL

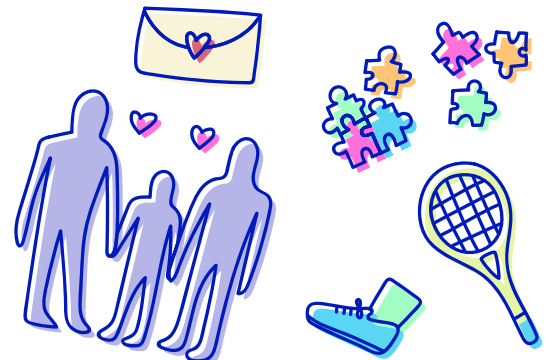


Handling Withdrawal

Expect some physical symptoms after you start to quit. If your body is addicted to nicotine, you may go through withdrawal when you quit. Physical feelings of withdrawal can include:

- headaches or stomachaches
- crabbiness, jumpiness, or depression
- lack of energy
- dry mouth or sore throat
- a desire to eat

The symptoms of nicotine withdrawal will pass, so be patient. Try not to give in and sneak a smoke because it will cause you to deal with withdrawal symptoms longer.



Why Should I Quit Vaping?

Wanting to be the best, healthiest version of yourself is an important reason to quit vaping.

- **Unknown health effects.** Long-term health consequences of vaping are still unknown. Recent studies report serious lung damage and even some deaths.
- **Addiction.** Addiction in the growing brain may set up pathways for later addiction to other substances.
- **Brain risks.** Nicotine can make permanent changes to your brain, affecting mood and ability to control impulse.
- **Toxins (poisons).** The vapor made from vaping is not water. It contains harmful chemicals and very fine particles that can damage lungs when inhaled.
- **Sports.** You want to do your best in sports, and vaping may lead to lung inflammation (irritation).
- **Money.** Vaping is expensive! The cost of the cartridges over time starts to add up. Instead, you could spend that money on other things you need or enjoy.

How Can I Quit?

- **Ask yourself why you want to quit** and write it down. Use this as a reminder for motivation.
- **Ask yourself what you feel or think** about when you feel the urge to vape. This can help you recognize triggers that you can ignore or avoid.
- **Pick a day to stop vaping.** Put it on the calendar and tell supportive friends and family that you're quitting on that day.
- **Get rid of all vaping supplies.** Sometimes, you may feel the urge to vape, if you don't have supplies then you won't vape.
- **Download apps and programs** to your phone that can help keep track of cravings and give encouragement while you are quitting.

What Else Can I Do?

Take control of your health. If you're having a hard time quitting, talk to your health care provider about local programs and websites that can help you quit vaping.

VAPING WITHDRAWAL



Signs of withdrawal are strongest in the first few days after quitting before lessening over time.

Nicotine addiction leads to strong cravings and withdrawal symptoms:

- headaches
- feeling tired, cranky, angry, or depressed
- trouble concentrating
- trouble sleeping
- hunger
- restlessness

Feelings, people, and places can make you want to vape. These are called triggers. Try to avoid these triggers.

If you feel the urge to vape, try distracting yourself:

- Talk to a friend
- Listen to music
- Go for a walk
- Do yoga or meditation
- Start a new hobby



If you vape, be aware that it may cause serious lung damage, and even death. Call your doctor right away if you vape and experience symptoms such as:

- continuous coughing
- shortness of breath
- chest pain
- fatigue/tiredness
- high fevers
- rapid weight loss
- nausea
- vomiting
- diarrhea