



TOBACCO & YOUR HEALTH

Smoking remains the number one preventable cause of early death in the United States. Each year smoking claims the lives of more than 400,000 people from diseases such as heart disease, stroke, and cancer. There is nothing to gain by smoking; it does not relieve stress or make you feel relaxed after a stressful event. In fact, smoking elevates the heart rate and increases blood pressure which

SHORT TERM

- Heart rate and blood pressure drop to normal
- Carbon monoxide level in blood drops to normal
- Circulation improves

LONG TERM

- Risk of cancer and heart attack decreases
- Lung function increases
- Coughing and shortness of breath decrease
- Risk of dying decreases to that of a non-smoker

If you have a chronic disease such as diabetes, heart disease, high blood pressure or cancer, smoking can increase your chances of dying or having more complications. Women and men

WHEN YOU ARE READY...

When you make the decision to quit talk to your doctor first to discuss your options. There are several ways to quit, but it is important to know what method works best for you. Some smokers may have to quit by using more than one method to increase your chances of success. Quitting may take several tries, but don't give up. Try again.



SECONDHAND SMOKE

Secondhand smoke is very unhealthy due to over 7,000 chemicals found in it. Hundreds of these chemicals are toxic and about 70 can cause cancer. Smoking then becomes not just about you, but about the people around you; secondhand smoke can cause the same health problems in non-smokers that it can in smokers.

What smokers can do

- Attempt to quit
- Smoke outside until you can quit
- Do not smoke within 25 ft of building entrances
- Avoid smoking around small children and the elderly

What non-smokers can do

- Avoid secondhand smoke as much as possible in public
- Eat or play where smoking is not allowed



Tobacco Risk Reduction Program
Shelby County Health Department
(901) 222-9000