



Tobacco Use

How is tobacco harmful?

How can I become tobacco free?

What are the risks of secondhand smoke?

Facts and Statistics

- Every year in the U.S. over 480,000 people die from tobacco-caused disease, making it the leading cause of preventable death.
- Cigarette smoke contains over 4,800 chemicals, 69 of which are known to cause cancer.
- The list of diseases caused by smoking includes chronic obstructive pulmonary disease (COPD, including chronic bronchitis and emphysema), coronary heart disease, stroke, abdominal aortic aneurysm, pneumonia, periodontitis, and certain cancers including, esophageal, laryngeal, lung, oral, throat.
- Smoking in pregnancy accounts for an estimated 20 to 30 percent of low-birth weight babies, up to 14 percent of pre-term deliveries, and about 10 percent of all infant deaths.
- Smoking by parents is also associated with a wide range of adverse effects in their children, including exacerbation of asthma, increased frequency of colds and ear infections, and sudden infant death syndrome.

Did you know...

Tobacco kills more people a year than alcohol, cocaine, heroin, suicide, car accidents, fire, and AIDS combined. An estimated \$170 billion a year of total U.S. health care costs is attributable to smoking. However, this cost does not include burn care from smoking related fires, perinatal care for low birth weight infants of smoking mothers, and medical care costs associated with disease from second-hand smoke.

Quit Tips

Know why you want to quit. Really wanting to quit smoking is very important to how much success you will have in quitting. Do you want to: Feel in control of your life? Have better health? Set a good example for your children? Protect your family from breathing in cigarette smoke?

Identify the reasons you smoke. It will be difficult to quit if you don't know why you smoke in the first place. Write down the reasons you like to smoke or use tobacco and identify the times you are most likely to use. For example, is it when you are stressed, bored, or angry? While drinking coffee or driving? Once you have identified these "triggers," you can make a plan of action. Maybe you could drink tea instead of coffee or take a walk to reduce your stress.

Make a plan and stick to it! Set a "quit day" and quit completely on that day. Research shows quitting cold turkey is usually more successful than cutting down slowly. Be sure to get rid of all tobacco products and related materials that may tempt you to smoke. Get help if you need it. Many groups offer written materials, programs, and advice to help smokers quit for good. Call your local American Lung Association or the Oklahoma Tobacco Helpline (1-800- QUITNOW). Your health care provider can offer advice on Nicotine Replacement Therapy and other prescription medicines.

OU Health Services offers a free tobacco cessation program to students, faculty, and staff on campus. To schedule a consultation session visit: www.ou.edu/healthservices/healthpromotion/tobacco-cessation

Nicotine Replacement Therapy. NRT helps take care of the nicotine addiction so the smoker can work on breaking the habit. Research shows smokers who use some form of NRT and participate in a behavior change program double their chances of quitting for good. These products work best for people who are addicted to nicotine and are really trying to quit. Smokers can now obtain these nicotine replacement products both with a doctor's prescription and over-the-counter. These products are designed to reduce cravings for cigarettes and relieve the withdrawal symptoms people experience while trying to quit smoking. NRTs include skin patches, gums, lozenges, inhalers and nose sprays.

Other Medications to Help You Quit. Talk to your health care provider to learn more about the following prescription medications:

Zyban is a non-nicotine medication to help you quit smoking. While it's unclear exactly how Zyban works, it is thought to work on the chemicals in the brain. It helps reduce the urge to smoke, and lessens symptoms of withdrawal.

Chantix does not contain nicotine. It works by targeting nicotine receptors in the brain and blocking nicotine from reaching them. It is believed that Chantix also activates these receptors, causing a reduced release of dopamine compared to nicotine.

What is Secondhand Smoke?

Secondhand smoke, also called environmental tobacco smoke (ETS), is a combination of smoke exhaled from the lungs of a smoker and the smoke given off by the burning end of a cigarette, pipe, or cigar. Exposure to ETS is called involuntary or passive smoking.

Can secondhand smoke cause lung cancer?

The U.S. Environmental Protection Agency (EPA) classified secondhand smoke as a known cause of lung cancer in humans. Secondhand smoke contains more than 4,000 chemicals of which 43 are known to cause cancer. Other harmful health effects secondhand smoke contributes to include:

- The EPA estimates secondhand smoke causes approximately 3,000 lung cancer deaths and 35,000 heart disease deaths every year in nonsmokers.
- The EPA estimates secondhand smoke is responsible for between 150,000 and 300,000 lower respiratory tract infections every year in infants and children under 18 months of age, which results in 7,500 to 15,000 hospitalizations each year.
- The EPA estimates secondhand smoke worsens asthmatic conditions in approximately 200,000 to 1,000,000 children.
- Secondhand smoke can cause pneumonia, ear infections, bronchitis, coughing, wheezing, and increased mucus production in healthy children.
- Secondhand smoke can lead to the buildup of fluid in the middle ear resulting in the most common cause of hospitalization for children undergoing an operation.

How Can You Reduce the Health Risks Associated with Secondhand Smoke?

In the home:

- Do not smoke in the house and do not allow others to do so
- Do not smoke when children are present

In the workplace:

- Employees should voice concerns about smoking in the workplace
- Demand a smoking policy that effectively controls secondhand smoke
- Demand a smoke-free environment indoors
- Ensure outdoor smoking areas are at least 25 feet away from all building entrances and exits

In other areas:

- Do not allow smoking in the car
- Eat in smoke-free environments
- Make sure day cares and schools are smoke-free
- Support clean air laws that protect everyone from secondhand smoke

Health Benefits of Quitting

- 20 minutes after quitting: Your heart rate and blood pressure drops.
- 12 hours after quitting: The carbon monoxide level in your blood drops to normal.
- 2 weeks to 3 months after quitting: Your circulation improves and your lung function increases.
- 1 to 9 months after quitting: Coughing and shortness of breath decrease; cilia (tiny hair-like structures in the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.
- 1 year after quitting: The excess risk of coronary heart disease is half that of a smoker's.
- 5 years after quitting: Your stroke risk is reduced to that of a non-smoker 5 to 15 years after quitting.
- 10 years after quitting: The lung cancer death rate is about half that of a continuing smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decrease, too.
- 15 years after quitting: The risk of coronary heart disease is the same as a non-smoker's.

For more information on quitting smoking contact Health Promotion at 325-8842.

References

- www.epa.gov (US Environmental Protection Agency)
- www.lungusa.org (American Lung Association)
- www.mayoclinic.com (Mayo Clinic)
- www.nlm.nih.gov (Medline Plus)
- www.cancer.org (American Cancer Society)
- www.nida.nih.gov (National Institute on Drug Abuse)
- www.cdc.gov (Center for Disease Control)