# HARMFUL EFFECTS OF SMOKING

Smoking is the leading cause of preventable death in the United States

## There are many harmful substances in cigarette smoke

Products that contain nicotine, like cigarettes, are highly addictive and can put your health at risk. Cigarette smoke has over 7000 chemicals and carcinogens, including hydrogen cyanide, formaldehyde, lead, arsenic, benzene, radioactive materials, carbon monoxide, and ammonia.

### Smoking causes other serious health problems

- Poor physical and emotional health
- Lower quality of life
- Lower effectiveness of medicines and slower healing
- Shortened lifespan



CIGARETTE SMOKE ISN'T JUST BAD FOR YOUR BODY... IT'S BAD FOR THEIRS TOO.

Second-hand smoke is harmful to your family members and pets.

Cigarette smoke increases your risk of developing certain cancers and medical conditions or health problems, such as:

Premature aging and wrinkles

Tooth staining and/or loss

Cancers in the mouth and throat areas

Lung cancer and COPD

Twice the risk of a heart attack
Coronary heart disease
High blood pressure
and cardiovascular disease
Liver cancer

**Pancreatic cancer** 

**Bladder and kidney cancer** 

Type 2 diabetes

Weakened immune system

Certain types of blood cancer (leukemia)

2 to 4 times more likely to have a stroke Sleeping problems

Vision loss, such as cataracts or age-related macular degeneration

Weak bones

Degenerative disc disease, osteoporosis, and rheumatoid arthritis

Stomach ulcers

Stomach cancer

Crohn's disease, diverticulosis, and aggressive polyps

Colorectal cancer

Men: Sexual impotence
Women: Ectopic pregnancy,
orofacial clefts, and preterm birth
Difficulty getting pregnant.
Cervical cancer

KNOW NOW

Ask your doctor today if lung cancer screening is right for you



# You Don't Have to Do It Alone

Resources and Support to Help You Quit Smoking

Colorado QuitLine - enroll now for free coaching and quit medications: <a href="https://coquitline.org/en-US/">https://coquitline.org/en-US/</a> (English) <a href="https://dejeloyacolorado.org/es-ES/">https://dejeloyacolorado.org/es-ES/</a> (Español) 1-800-Quit-Now

Centers for Disease Control and Prevention - Tobacco Information: <a href="http://www.cdc.gov/tobacco/">http://www.cdc.gov/tobacco/</a>

Tobacco Free Colorado: <a href="https://www.tobaccofreeco.org/">https://www.tobaccofreeco.org/</a>

Smokefree.gov, including Quit Plan, SmokefreeTXT, and QuitGuide and quitSTART mobile apps: http://www.smokefree.gov/

### Quit smoking in 6 easy steps

- 1 Find out your reasons for quitting and make up your mind.
- 2 Set your quit day and make a plan.
- 3 Identify your smoking triggers and habits, and make a plan to overcome them.
- Prepare to fight cravings by using appropriate quit aids and/or medications.
- 5 Get rid of smoking reminders to make things clean and fresh.
- 6 Look for extra help and support to quit.

Your health care provider can be a valuable resource as you are trying to quit smoking.

### The health benefits of quitting smoking are long lasting and begin in as little as 20 minutes after your last cigarette

#### 8 HOURS

Oxygen levels return to normal

#### 12 HOURS

Carbon monoxide levels in blood drop to normal

#### **48 HOURS**

No nicotine left in the body Ability to taste and smell is greatly improved

#### 2-12 WEEKS

Circulation improves

Lung function
increases

#### 12 MONTHS

Risk of coronary heart disease is reduced by about half Risk of heart attack decreases

#### 10 YEARS

Risk of lung cancer drops by 50% of

#### 15 YEARS

Coronary heart disease risk drops to the same level as someone who has never smoked

#### **20 MINUTES**

Blood pressure and pulse return to normal

#### 8 HOURS

Nicotine and carbon monoxide levels in blood reduce by half

#### 24 HOURS

Risk of heart attack decreases

#### 48 HOURS

Carbon monoxide
is gone from
the body
Lungs start to
clear out mucus
and other
smoking debris

#### 72 HOURS

Breathing becomes easier Bronchial tubes begin to relax and energy levels increase

#### 1-9 MONTHS

Coughing and wheezing problems decrease and breathing ability improves as lung function increases by up to 10%

#### 5 YEARS

Risk of cancers of the mouth, throat, esophagus, bladder, and cervix drops Risk of stroke returns to the levels of people who have never smoked (5-15 years)

#### 15 YEARS

If you quit smoking before age 50 years, you have cut the risk of dying in the next 15 years in half compared with smokers

Regain your freedom from smoking. In addition to your health, there are other benefits when you quit smoking. Food tastes better, air smells fresher, and you save money.

