

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: <https://coquitline.org/en-US/> (English)
<https://dejeloyacolorado.org/es-ES/> (Español)
1-800-Quit-Now

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

Tobacco Free Colorado: <https://www.tobaccofreeco.org/>

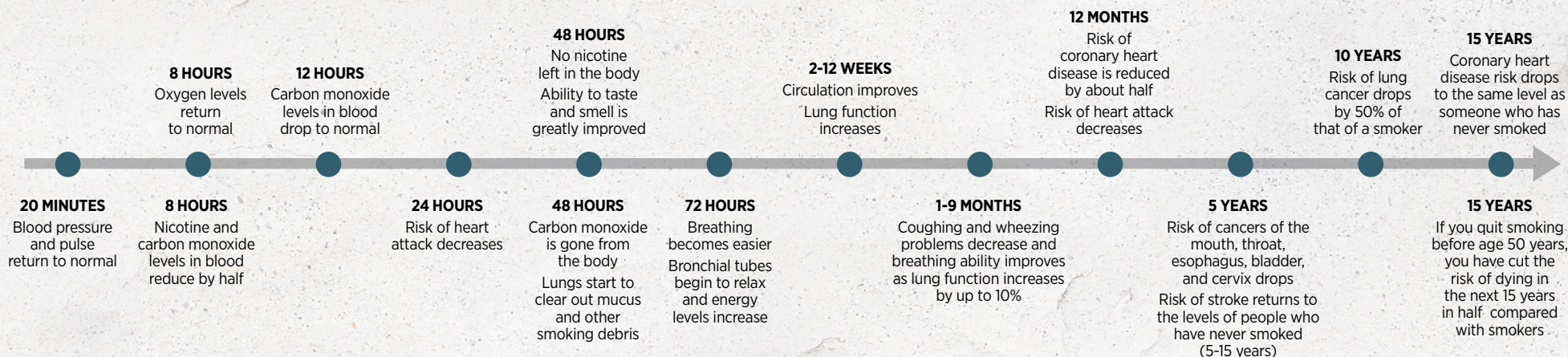
Smokeyfree.gov, including Quit Plan, SmokeyfreeTXT, and QuitGuide and quitSTART mobile apps:
<http://www.smokeyfree.gov/>

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.
- 4 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



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.