

# SMOKING CESSATION

*...it's never too late to quit!*

## *Second-hand smoke*

Smoke from burning tobacco products, such as cigarettes, cigars, or pipes, or smoke that has been exhaled by the person smoking

## *Third-hand smoke*

Residual exposure via surfaces, such as clothing, furniture, or walls

## *Tips for quitting*

- Set a quit date, ideally within two weeks.
- Remove tobacco products from your home, car, and workplace.
- Ask others not to smoke around you.
- Avoid drinking alcohol while you're quitting cigarettes as alcohol can trigger cravings for a cigarette.
- Anticipate challenges, such as withdrawal



## *Negative effects of smoking commercial tobacco*

- Lung disease: COPD, asthma exacerbation, infections
- Heart disease, stroke, vascular disorders, type 2 diabetes
- Oral disorders - gingivitis, periodontitis, teeth abrasions
- Immune and autoimmune disorders
- Infertility, miscarriage, ectopic pregnancy, birth defects
- Mental illness, including depression and psychosis
- Poor wound healing
- Cancers: mouth, lungs, trachea, liver, stomach, pancreas, kidney, bladder, colon, rectum
- Skin aging, deep wrinkles, comedones, ↑ chronic inflammatory skin disorders, psoriasis, lupus, dermatitis, nail and hair disorders (premature grey hair, discolored fingernails)

## *Positive effects of smoking cessation*

- ↓ Risk of coronary heart disease, lung and kidney disease, stroke, diabetes, and all cancers
- ↓ Risk for dementia and death from any cause
- Improved lung function, circulation, blood pressure, heart rate