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

Curated by Barbara Entl, MD

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