

Health Effects of Smoking

Cancer – Cigarette smoking counts for at least 30% of all cancer deaths. It is a major cause of the cancers of the lung, voice box, oral cavity, throat, esophagus and bladder. It also contributes to the development of cancers to the pancreas, cervix, kidney, stomach and also some leukemia's.

Smoking is responsible for 87% of lung cancer deaths. Lung cancer is the leading cause of cancer deaths in both men and women. It is also one of the hardest to treat.

Other Health Problems – Smoking is also a major cause of heart disease, aneurysms, bronchitis, emphysema and stroke.

Giving up smoking

No one is pretending that giving up smoking will be easy, especially if you've been smoking regularly for a long time. You will probably deal with craving to smoke triggered by habit and certain feelings (such as feeling stressed) as well as the addiction to nicotine itself. However, people are quitting every day and you can do it!

- It is good to prepare yourself for such a big chance a few days in advance.
- Get a hold of information about quitting. You may want to make contact with a counselor who knows how hard it is to quit and who you can ring for advice and support.
- Choose the day you want to quit and make sure to get rid of all your cigarettes the night before.

- You can also tell your friends and family that you are trying to quit and will start on a certain day. You can then plan things you want to do, to avoid giving into cravings.
- It is important to realize that every craving for a cigarette only lasts for about 3-5 minutes, and that if you can avoid smoking each time you get a craving, the craving feeling will eventually fade.

You can also try to use the four D's every time you feel like smoking.

- Most important of all is to '**Delay acting on the urge to smoke**' until the craving has passed.
- '**Deep breathing**' will help to calm you down if you are feeling stressed or anxious and will give you something to think about other than a cigarette.
- '**Drinking water**' will freshen your mouth, and if you sip it slowly, it will give you something to do until the craving has passed.
- '**Do something else,**' anything at all that will distract you and keep you from reaching for that cigarette but avoid over eating as the substitute. Research has shown that brisk exercise, like a walk for even five minutes, significantly reduces cravings.

Smoking



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Smoking

Do you smoke? Have you ever stopped to think about how smoking is affecting your body and your life? If you smoke, you owe it to yourself to find out about the effects of smoking on your life now.

Why is cigarette smoking bad for me?

Everyone knows that smoking can cause cancer when you get older, but did you know it also has bad effects on your body now? A cigarette contains about 4000 chemicals, many of which are poisonous! Some of the worst ones are:

- Nicotine: a deadly poison
- Arsenic: used in rat poison
- Methane: a component of rocket fuel
- Ammonia: found in floor cleaner
- Cadmium: used in batteries
- Carbon Monoxide: part of car exhaust
- Formaldehyde: used to preserve body tissue
- Butane: lighter fluid
- Hydrogen Cyanide: the poison used in gas chambers

Every time you inhale smoke from a cigarette, small amounts of these chemical get into your blood through your lungs. They travel to all parts of your body and cause harm.

What do these chemicals do to my body?

- Smoking makes you smell bad, gives you

wrinkles, stains your teeth and gives you bad breath

- Smokers get 3 times more cavities than non-smokers
- Smoking lowers your hormone level.
- When smokers catch a cold, they are more likely than nonsmokers to have a cough that lasts a long time. They are also more likely than nonsmokers to get bronchitis and pneumonia.
- Teen smokers have smaller lungs and a weaker heart than teen nonsmokers. They also get sick more often than teens who don't smoke.

What happens to my lungs when I smoke?

Every time you inhale smoke from a cigarette, you kill some of our air sacks in your lungs, called alveoli. These sacks are where the oxygen that you breathe in is transferred into your blood. Alveoli don't grow back, so when you destroy them, you have permanently destroyed part of your lungs.

Smoking paralyzes the cilia that line your lungs. Cilia are little hair like structures that move back and forth to sweep particles out of your lungs. When you smoke, the cilia can't sweep and can't do their job. So dust, pollen, and other things that you inhale sit in your lung and build up. Also, there are a lot of particles in smoke that get into your lungs. Since your cilia are paralyzed because of the smoke and can't clean them out, the particles sit in your lungs and form tar.

I'll quit in a year or two, when I'm ready.

A lot of people put off quitting thinking that they'll do it when the time is right. Only 5% of teens think they will still be smoking in 5 years. Actually, about 75% of them are still smoking 5 years later. The longer you smoke the harder it will be to stop and the more damage you will do to your body.



Who smokes?

According to the Center for Disease Control and Prevention, 44.5 mill US adults were current smokers in 2006. This is 20.8% of all adults (23.9% of men, 18% of all women) — more than one out of five people.

When broken down by race/ethnicity, the numbers were as follows:

Whites — 21.9%

African Americans — 23%

Hispanics — 15.2%

American Indians/Alaska Natives — 32.4%

Asian Americans — 10.4%

The numbers were higher in younger age groups. Almost 24% of those 18-44 year olds were smokers, compared to 10.2% in those aged 65 and older.

Nationwide, 22.3% of high school students and 8.1% middle school student were smoking in 2004. More White and Hispanic students smoked cigarettes.