

## Smoking Is Expensive: Daily and Yearly Tobacco Expenditures \*

Amount smoked per day	Cost per day	Amount spent per year
1/4 pack	\$0.75	\$273.70
1/2 pack	\$1.50	\$547.50
1 pack	\$3.00	\$1,095.00
1 1/2 packs	\$4.50	\$1,642.50
2 packs	\$6.00	\$2,190.00
2 1/2 packs	\$7.50	\$2,737.50
3 packs	\$9.00	\$3,285.00

\* Help me quit using tobacco. Mayo Clinic Nicotine Dependence Center, 2001.

### You Are Ready To Quit

Now you know it is important to quit. You know that you **can** quit.

How do you quit?

- Ask your health-care provider to give you direction.
- Call your local hospital or health department.
- Call the American College of Chest Physicians at 800-343-2227 for the brochure "How To Quit Using Tobacco."

**The time is now! You can do it!**

You know smoking is harmful.

You know you should quit.

But will it be difficult to quit?

Are you really addicted?

What should you do?

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## Thinking About Quitting Tobacco?



## Compulsion or Addiction?

Do you tell yourself that you can stop using tobacco whenever you want? Many people do not realize the degree to which they have become addicted to cigarettes. Nicotine, gram per gram, is more addictive than cocaine or heroin. It causes changes in your brain cells that make nicotine addiction a true medical condition. This addiction is not your fault, but you can do something about it.

First, you need to ask yourself if you are truly addicted. If you answer “yes” to three or more of the following questions, your smoking may be more than just a compulsion.

- Do I smoke everyday?
- Has a doctor or dentist ever suggested that I stop smoking?
- Do I find it difficult to imagine life without smoking?
- Do I smoke to escape from boredom and worries while under stress or pressure?
- Have I felt physical or emotional discomfort when trying to quit?
- Do I buy extra tobacco supplies to assure that I will not run out?
- Do I prefer activities and places that allow me to smoke?
- Do I inwardly feel ashamed of myself because of my smoking?
- Has my smoking caused a problem at home or in a relationship?
- Do I ever find myself lighting another cigarette without consciously deciding to have another?
- Do I feel that my life would be better if I did not use tobacco?
- Do I continue to smoke even though I am aware of the health hazards associated with smoking?

## Facts on Tobacco Use

### Individual Implications:

1. One out of every three tobacco users will die prematurely of tobacco-related disease.
2. Tobacco use is the single largest cause of preventable death.
3. More than half of these deaths occur in people 35-69 years old.
4. Everyday this number of deaths is equivalent to two jumbo jets crashing.
5. Tobacco use accounts for
  - 87% of lung cancer deaths
  - 82% of incidence of COPD (chronic obstructive pulmonary disease)
  - 21% of CHD (coronary heart disease), and
  - 18% of stroke cases.
6. Tobacco use has been shown to cause complications in pregnancy.
7. The cost of two packs of cigarettes per day totals more than \$2000 per year.
8. Tobacco use makes a person's:
  - Breath, hair, and clothes smell bad.
  - Teeth, fingernails, and skin become stained.
  - Clothes ruined or scorched.
9. Use of tobacco decreases athletic performance.
10. Tobacco is a major cause of fires and deaths.
11. Tobacco use is a gateway to other drug use, and addiction to nicotine may make a person more susceptible to trying other dangerous drugs.

### Family, friends, and coworkers:

1. You are exposing your family, friends, and coworkers to environmental or secondhand tobacco smoke.
2. Secondhand tobacco smoke increases the risk of lung cancer 30%.
3. This results in 3,000 additional cases of lung cancer per year.
4. Infants and children chronically exposed to secondhand smoke have an increased risk of asthma, other respiratory diseases, malignancies, and other health problems.

5. These diseases result in increased hospitalizations and days lost from school.
6. Exposure to tobacco smoke increases the risk of low birth weight babies and sudden infant death syndrome.
7. Non-using adults exposed to secondhand smoke are also more likely to have respiratory diseases and symptoms that contribute to absenteeism from work and other activities.
8. Spouses of smokers have a high risk of heart disease.

### Society:

1. Tobacco use results in 430,000 deaths per year in the United States alone.
2. The societal costs for tobacco-triggered medical care is over \$50 billion each year.
3. The cost of lost productivity and forfeited earnings is estimated at over \$47 billion per year.

## Facts on Cessation

### Long-term benefits:

1. Improved breathing
2. More personal energy
3. Better skin tone
4. Reduction in risks of tobacco-related diseases, such as
  - Lung cancer
  - Emphysema
  - COPD (chronic obstructive pulmonary disease)
  - Sudden death heart attack
  - CHD (coronary heart disease)
  - Atherosclerosis (narrowing of the arteries)
  - Stroke
  - Chronic bronchitis
5. Cleaner air for family and friends
6. Cleaner smell in home and car
7. Monetary savings: those who smoke one pack per day, on average, spend \$1,095 per year.

## Immediate physical changes:

1. After 20 minutes, blood pressure and pulse rates return to normal.
2. After 8 hours, carbon monoxide and oxygen levels in the blood return to normal.
3. After 24 hours,
  - carbon monoxide is eliminated from the body;
  - lungs start to clear out mucus and smoking debris; and
  - chances of a heart attack are decreased.
4. After 48 hours,
  - no nicotine is left in the body;
  - nerve endings start to regrow; and
  - the ability to smell and taste is improved.

## Weight Gain Myths Debunked

1. Weight gain is not an automatic effect of tobacco cessation.
2. The health benefits of quitting greatly outweigh the few pounds that may be added.
3. Weight gain after cessation is complex with multiple causes, including:
  - stimulant effect of nicotine, which suppresses the appetite;
  - increased metabolism; and
  - substitute high-fat and high-caloric food for cigarettes.
4. Usually weight gain is rather moderate, approximately an average of only 7 to 10 pounds.
5. Physical activity and a healthy diet can control weight gain.