

КИСК



BUTTS!

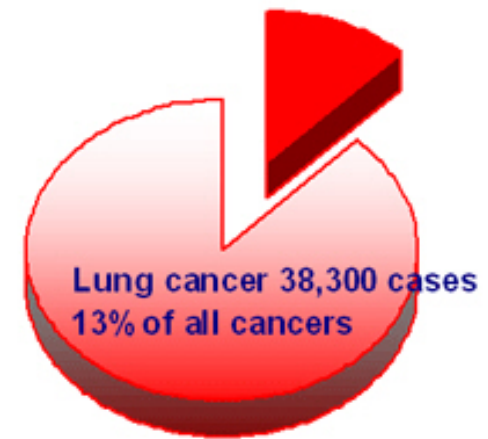


*Smoking costs Americans an estimated \$167 billion annually in direct medical costs and lost productivity costs.

*An estimated 35,052 nonsmokers die from coronary heart disease (CHD) each year as a result of exposure to environmental tobacco smoke.

*Among Americans age 18 and older, 23.9 percent of men and 18.1 percent of women are smokers, putting them at increased risk of heart attack and stroke.

*Since 1965, smoking in the United States has declined by 50 percent among people age 18 and older.



*From 1980 to 2005, the percentage of high school seniors who reported smoking in the previous month decreased 24 percent. This decreased by 7.5 percent in males, 38 percent in females, 11 percent in whites, and 57.5 percent in blacks or African Americans

*About 15 billion cigarettes are sold daily - or 10 million every minute.

*Cigarettes cause more than one in five American deaths.

*Evidence shows that around 50% of those who start smoking in adolescent years go on to smoke for 15 to 20 years.

*Statistics provided by the American Cancer Society website:
www.cancer.org

Costs Of Smoking

If you smoke a pack a day, on average you are spending:

1 day: \$5-\$6

1 month: \$150-\$180

1 year: \$1,825- \$2,190

10 years: \$18,250- \$21,900



What else could you buy with this money????

Methods of Quitting!

- **Cold Turkey** -have a cigarette one day and zero the next
- **Gradual Approach**
 - *Tapering = gradually reduce the number of cigarettes smoked each day: 30,25,15,10,0
 - *Postponing = delaying the first cigarette of the day
- **Nicotine Patch, Gum, Lozenge, Nasal Spray, or Inhaler**



-Medications

- ***ZYBAN**: a prescription antidepressant used to treat nicotine addiction.
- ***CHANTIX**: a non-nicotine prescription medicine specifically developed to help adults quit smoking.

How to Help a Friend Quit 😊

- **Tell your friend that you think he/she can make it this time - even if he/she has tried to quit before and failed. In fact, most smokers have to "practice" quitting a few times before they quit for good.**
- **For the first few days after smokers quit, be ready to help. They may want to talk all the time or they may just want extra help when a tough situation comes up, like a coffee break, a party or after a meal.**
- **Offer to call or visit to check on how he/she is doing. Ask how he/she's feeling, not just whether or not he/she is still off cigarettes.**
- **No nagging, scolding or preaching - this just does not work. Instead, let your friend know how much you admire him/her for trying to quit. You care about him/her whether he/she quits or not.**
- **Give lots of praise and offer rewards for getting through a day, a week, or a month without smoking. Rewards can be simple - flowers, something to eat, a card.**
- **Give rewards right away. Giving rewards right away works better than rewards promised for the future.**
- **Offer to do things together like eating in a nonsmoking restaurant, going to a movie or for a walk.**
- **Try to see it from your friend's side. He/She's not really sure he/she wants to quit. Cigarettes have been a steady friend for a long time. These feelings are normal even in smokers who succeed. Let him/her know you understand these doubts.**

Benefits of Quitting.....



At 20 minutes after quitting:

- *blood pressure decreases
- *pulse rate drops
- *body temperature of hands and feet increases

At 8 hours:

- *carbon monoxide level in blood drops to normal
- *oxygen level in blood increases to normal

At 24 hours:

- *chance of a heart attack decreases

At 48 hours:

- *nerve endings start re-growing
- *ability to smell and taste is enhanced

At 2 weeks to 3 months:

- *circulation improves
- *walking becomes easier
- *lung function increases

1 to 9 months:

- *coughing, sinus congestion, fatigue, and shortness of breath decrease

1 year:

- *risk of coronary heart disease is decreased to half that of a smoker's

At 5 years:

- *From 5 to 15 years after quitting, stroke risk is reduced to that of people who have never smoked.

At 10 years:

- *risk of lung cancer drops to as little as one-half that of continuing smokers

- *risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decrease
- *risk of ulcer decreases

At 15 years:

- *risk of coronary heart disease is now similar to that of people who have never smoked

- *risk of death returns to nearly the level of people who have never smoked

Want to Quit??



Health Education offers FREE Smoking Cessation Classes. Check out our website to see the classes being offered this semester.

<http://www.bsu.edu/yourhealth/>