

Smoking and Tobacco Use

Smoking cigarettes, cigars or pipes and using other tobacco products can cause:

- Cancer of the lungs, mouth, throat or esophagus
- Heart and blood vessel disease
- Lung disease
- Stroke

Cigarettes are filled with poisons that go into your lungs when you breathe in. Each cigarette has 4000 chemicals and 43 cancer causing agents. Nicotine in tobacco is addictive and can raise your blood pressure.

Smoking is also a danger to others. Nonsmokers who breathe tobacco smoke have the same health risk as smokers. Children who are around tobacco smoke may have more colds, ear infections or other breathing problems.

Smokeless tobacco such as dip and chew contains more nicotine than cigarettes. Their use can cause white patches or red sores in the mouth that can develop into cancer. Smokeless tobacco users often have dental problems such as gums pulling away from the teeth and tooth and root decay.

Benefits of Quitting Smoking and Tobacco Use

- Your risk of heart disease and stroke is reduced.
- Your breathing and energy level will improve.
- Your cancer risks will be reduced.
- You will live longer than people who continue to smoke and use tobacco.
- If you are pregnant, you have a better chance of having a healthy baby.
- You will decrease the health risks of nonsmokers if you stop smoking.
- Your sense of smell and taste will improve.
- Your body, clothes, car and home will not smell of tobacco.
- You will save money.

Learning How to Quit

Talk to your doctor about quitting. Ask about classes and support groups. Get support and learn how to deal with stress. Talk with your doctor about

medicines and other aids to help you quit. Call the National Network of Tobacco Cessation Quitlines at 1-800-784-8669 for help. Your call will be routed to your state's quitline.

Stopping tobacco use will improve your health and the health of those around you. It is hard to quit, but your health is worth it.

11/2005. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at www.healthinfotranslations.com.