

Smoking: Quitting Benefits and Strategies



Get Fit Together L.A.

Harmful Effects of Smoking Tobacco



Smoking is the leading cause of preventable death in the U.S. and causes over 438,000 deaths per year. ([CDC.gov](http://www.cdc.gov))

Inhaling Smoke created by someone else (second hand smoke) causes more than 21,000 deaths per year. ([CDC.gov](http://www.cdc.gov))

Benefits of Quitting Smoking

- Once you quit, it only takes 2-3 weeks to decrease your risk of heart attack and improve heart function.
- It only takes a few years after you quit to decrease your risk for cancer of mouth, throat, and esophagus by 50%. ([Am. Lung Association](http://www.lung.org))
- Quitting, coupled with regular physical activity, can significantly increase lung tissue generation and lung function by 21%. (Garcia-Aymerich et al. *Am J Respir Crit Care Med*, 2007)
- Additional statistics related to smoking cessation can be found on the American Lung Association website (<http://www.lung.org>)

How to Quit Smoking

- Talk to your doctor. They can provide recommendations for over the counter and prescription medications to help you quit.
- Freedom of Smoking Program is an online resource through the American Lung Association. (<http://www.lung.org/stop-smoking/join-freedom-from-smoking/>)
- Quitter's Circle Link: (<https://www.quitterscircle.com/>)
- Use *mindfulness techniques* or simply go for a walk, dance, or do yoga when the urge to smoke appears.

Vaping, Hookah, Marijuana

The smoking of E-cigs, known as *vaping*, can be used towards smoking cessation. However, the long-term effects of vaping are unknown.

A person smoking hookah for 1-hour inhales 100-200 times more smoke than a person smoking cigarettes.¹

Hookah smoke contains three times more carbon monoxide (CO) than cigarette smoke. Carbon monoxide is directly related to an elevated risk for cardiovascular disease.

Marijuana smoke contains some of the same toxins found in cigarette smoke that irritate the lungs.

Marijuana can be especially harmful for adolescents and young adults due to its impairment of normal brain development.²

Smokeless tobacco products can cause different types of cancer and are not a safe alternative to smoking tobacco.

1. Eker et al. *Med Sci Monit*, 2016 2. Lutchmansingh et al., *Curr Resp Care Rep*, 2014