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# Smoking

**Information**

**New York State**

**Smoker’s Quitline**

Trained Quitline Specialists are waiting to offer

Nicotine Replacement Therapy

and cessation counseling

to eligible patients.

To see if you

qualify for assistance,

call the New York State

Smoker’s Quitline, toll-free at:

**1-866-NY-QUITS**

**(1-866-697-8487)**

**Or go online to:**

[**http://www.nysmokefree.com**](http://www.nysmokefree.com)

**or**

[**http://www.cliffordfp.com**](http://www.cliffordfp.com)

**(under Patients,**

 **Documents & Education)**

**Why I’d want to quit**

  \_\_\_\_  I would save money.

  \_\_\_\_  I would not smell like a stale cigarette.

  \_\_\_\_  I would not have to look for a place

 to smoke all the time.

  \_\_\_\_  My health would be better.

  \_\_\_\_  I don't like feeling addicted.

  \_\_\_\_  My family would stop nagging

me to quit.

  \_\_\_\_  Food would taste better.

  \_\_\_\_  I would fit in better socially.

  \_\_\_\_  I would feel better about my future.

  \_\_\_\_  I would set a good example for my

 family and friends.

**Things I like about smoking**

  \_\_\_\_  It relaxes me.

  \_\_\_\_  It helps me deal with stress.

  \_\_\_\_  It gives me something to do.

  \_\_\_\_  I like how it feels to inhale.

  \_\_\_\_  It's always there for me.

  \_\_\_\_  It curbs my appetite.

**My worries about quitting**

  \_\_\_\_  How will I fill my free time?

  \_\_\_\_  How will I relax without a

morning smoke?

  \_\_\_\_  I'm afraid I'll gain too much weight.

  \_\_\_\_  What will I do when I am

driving my car?

  \_\_\_\_  How will I relax after dinner?

  \_\_\_\_  How will I cope with my emotions?

  \_\_\_\_  I am afraid I won't stay quit.

  \_\_\_\_  I won’t fit in with my family or friends.

  \_\_\_\_  I'll be lonely.

**Things I don't like about smoking**

   \_\_\_\_  The fear of getting cancer

   \_\_\_\_  The taste in my mouth

   \_\_\_\_  Frequent colds

   \_\_\_\_  Difficulty breathing

   \_\_\_\_  The expense

   \_\_\_\_  My dependence on it

   \_\_\_\_  Difficulty quitting

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A Smoker’s guide

to smoking



Tobacco kills more Americans each year than alcohol, cocaine, crack, heroin, homicide, suicide, car accidents, fire and AIDS ***COMBINED***.

|  |
| --- |
|  **Smokers are more** **likely to:** |
|  Get colds and flu more often Have shortness of breath and wheezing Get cataracts and macular degeneration Have gum disease and yellow teeth Develop emphysema, chronic bronchitis, or asthma Have problems getting pregnant Become impotent Have problems sleeping or falling asleep Develop premature facial wrinkles Have memory problems Develop stomach ulcers Have high blood pressure Have diabetes complications Have circulation problems  |  |

|  |
| --- |
|  **Think Smoking Only Affects You?** |
| **Children exposed to secondhand smoke****are more likely to get:*** + Pneumonia
	+ Ear infections
	+ Bronchitis
	+ Severe asthma
	+ Behavior problems
	+ Cavities

**Adults exposed to secondhand smoke are****more likely to have:*** + Heart disease
	+ Lung cancer

**Family pets exposed to second hand smoke****are more likely to develop:*** + Breathing problems
	+ Sinus/nasal infections
	+ Nasal cancer
	+ Lung cancer
 | * +
 |

### Common triggers that you may face:

Being around other smokers

Drinking coffee

Driving

Smelling or seeing someone smoke

Getting up in the morning

Going on break

Taking a trip

Relaxing

Finishing a meal

Using the phone

Drinking alcohol

Identify your triggers and get a plan in place for how you will deal with them.

What’s in a Cigarette?

|  |  |
| --- | --- |
| **Additives** | **Metals** |
| * Acetone -*Nail Polish Remover*
* Acetic Acid - *Vinegar*
* Ammonia - *Floor/Toilet Cleaner*
* Arsenic - *Poison*
* Butane - *Cigarette Lighter Fluid*
* Cadmium - *Rechargeable Battery*
* Carbon Monoxide
* DDT /Dieldrin - *Insecticides*
* Ethanol - *Alcohol*
* Formaldehyde - *Body Tissue*
* *Preservative*
* Hexamine - *Barbecue Lighter*
* Hydrogen Cyanide –
* *Gas Chamber Poison*
* Methane - *Swamp Gas*
* Methanol - *Rocket Fuel*
* Naphthalene - *Mothballs*
* Nicotine - *Insecticide/*
* *Addictive Drug**Gasoline Additive*Phenols - *Disinfectant*
* Stearic Acid - *Candle Wax*
 | * Aluminum
* Zinc
* Magnesium
* Mercury
* Gold
* Silicon
* Silver
* Titanium
* Lead
* Copper
 |

**The most common diseases caused by smoking are:**

Heart disease and stroke caused by inhaling carbon monoxide

Lung cancer, caused by the carcinogens in the tar in cigarette smoke

Cancer of the lip, mouth, throat, larynx, bladder, pancreas, stomach, kidney, and cervix, caused by exposure to the toxins in cigarette smoke

Emphysema, caused by tar, and chronic bronchitis, caused by irritants in tobacco smoke

 

*Information from: http://www.nysmokefree.com*