

Smoking

Fact Sheet



National Medical Association
1012 10th Street, NW, Washington, DC 20001
www.NMAnet.org
202.347.1895
202.371.1162 fax



Do Yourself and Your Loved Ones a Favor... QUIT SMOKING!

WHY YOU SHOULD QUIT

Smoking is the number one cause of **preventable** death in the United States. More than 47,000 African Americans die each year from diseases they get because they smoke. Smoking is a major factor in heart disease and stroke.

There is more in tobacco than just nicotine! Some of the harmful ingredients in tobacco smoke include fertilizer; cyanide; ammonia; pesticides; arsenic; and manure. These substances can damage every organ of the body, including your heart and lungs. And, smokeless

tobacco is not a harmless alternative. It is just as dangerous to your health as cigarettes.

Smoking is also bad for others around you. Secondhand smoke can cause serious health problems for non-smokers, especially children. Pregnant women who smoke or breathe in secondhand smoke can cause harm to their unborn baby.

Also, smoking cigarettes stains your teeth, your clothes smell of smoke, it increases the process of wrinkling of the skin and it's expensive!

FACTS & FIGURES

- Twenty percent (20%) of all adult African Americans smoke. Twenty-four percent (24%) of African American men and 17% of African American women smoke.
- Tobacco related diseases kill more African Americans than car crashes; AIDS; murders; drug and alcohol abuse put together.
- One in every 10 pregnant African American women reports smoking during pregnancy.
- More African American women get lung cancer than breast cancer.
- On average smokers lose between 13-15 years of life due to smoking.
- Cigarette smokers are 2-4 times more likely to develop coronary heart disease.
- Cigarette smoking increases the risk for many types of cancer including cancers of the mouth; throat; lungs; cervix; stomach; bladder; and kidney.
- Smoking cigarettes and other forms of tobacco is addictive.

HEALTH BENEFITS FROM QUITTING

It's never too late to quit!

- Your blood circulation improves and carbon monoxide levels in your blood will return to normal
- Your blood pressure and pulse rate can improve
- Quitting decreases your risk of lung and other cancers, heart attack, stroke, respiratory illness and skin wrinkling
- You'll have more energy and breathe better
- Your sense of taste and smell will improve



WANT TO QUIT? It's difficult, but not impossible!

- Set a quit date. Stick with the date
- Tell others your plan to quit
- Anticipate and plan for challenges and barriers
- Remove all tobacco products and ask people not to smoke around you
- Keep active
- Talk to your doctor
- Consider medicines that help with withdrawal
- Stay positive. Treat yourself to something special with the money saved
- Take it one day at a time
- Seek support

The U.S. Department of Health and Human Services has developed a national quit line 1.800.QUITNOW to help you with advice, support, and referrals to local stop smoking programs. Or use their interactive tools to help you quit at www.smokefree.gov.

The American Cancer Society and the National Cancer Institute provide free telephone counseling to smokers who are ready to quit. *Great Start* is a free telephone counseling program to help pregnant smokers quit.

- **American Cancer Society:**
www.cancer.org ■ 1.800.227.2345
- **National Cancer Institute:**
www.smokefree.gov ■ 1.800.4.CANCER (422.6237)
- **Great Start:**
1.866.66.START (667.8278)

WANT TO LEARN MORE?

- **American Lung Association** www.lungusa.org ■ 212.315.8700
- **American Legacy Foundation** www.americanlegacy.org ■ 202.454.5555
- **Campaign for Tobacco-Free Kids** www.tobaccofreekids.org ■ 202.296.5469
- **Centers for Disease Control and Prevention** www.cdc.gov/tobacco
- **Old North State Medical Society** www.onsms.org/tobaccoinitiatives.html ■ 919.680.0376
- **National African American Tobacco Prevention Network** www.naatpn.org