

# Tobacco Cessation



*One of the most important things you can do to protect your health and have a positive lifestyle is to stop using tobacco.*

*Statistics show that each year in the United States smoking is related to 439,000 deaths, plus an additional 41,000 deaths are attributed to exposure to secondhand smoke.*

## Help relieve symptoms

Tobacco use causes heart and lung disease, emphysema, macular degeneration, asthma, stomach ulcers and many forms of cancer. Not only is tobacco linked to these diseases, tobacco smoke contains thousands of different chemicals that most people are unaware of. Some of the chemicals include:

- **Carcinogens** – substances that can cause or intensify cancer
- **Benzene** – a chemical that can be found in pesticide and gasoline
- **Formaldehyde** – embalming fluid
- **Carbon monoxide** – a poisonous and odorless gas
- **Arsenic** – commonly used in rat poison

Cigarette smoke contains about 4,000 chemical agents, including over 60 carcinogens.

This is not only harmful to your health; it is harmful to those around you.

Exposure of adults to secondhand smoke has immediate adverse effects on the cardiovascular system and causes coronary heart disease and lung cancer.

Non-smokers who are exposed to secondhand smoke are at risk for some of the same health implications smokers encounter, such as cardiac disease, coronary heart disease and more.

For a list of helpful tips and a guide to help you quit smoking, please visit [www.smokefree.gov](http://www.smokefree.gov).

This site provides you with information on how to quit smoking, including getting help by a telephone counselor or through instant messaging and provides additional resources and studies.

