

**FREE SMOKING REPORT**

As you have downloaded this free Quit Smoking Report, perhaps you or someone you know is smoking and is contemplating quitting. I trust that the information in this report will be of real benefit to you and that it will help you make the decision to finally quit the smoking habit and embark on a much healthier life style.

At the end of this report there is a list of benefits that you can look forward to and enjoy when you become a non-smoker.

You have no doubt heard experts say that if cigarettes were invented today, they would be banned. The health risks of smoking tobacco are enormous.

Consider the following:

1. About half (50%) of all regular smokers will eventually be killed by their habit.
2. Smoking causes about 30% of all cancer deaths including about 84% of lung cancer deaths, 17% of all heart deaths and at least 80% of deaths from bronchitis and emphysema.
3. Smokers who smoke between –

1 – 14 cigarettes per day have 8 times the risk of dying from lung cancer compared to non-smokers.

25 cigarettes per day have 25 times this risk compared to non-smokers.

1. About 90% of cases of peripheral vascular disease which leads to amputation of one or both legs are caused by smoking – about 2,000 amputations a year in the UK.
2. One cigarette knocks off about 11 minutes of a smoker’s life.
3. More than 17,000 children under the age of 5 are admitted to hospital every year because of the effects of passive smoking.
4. Smoking leads to increased risk of miscarriage and cot death.
5. Female smokers are more susceptible to lung cancer than male smokers.
6. 41,000 women die every year from smoking. That is 112 every day.
7. Smoking has made 120,000 young men in Britain impotent.
8. One cigarette knocks 11 minutes off a smoker’s life.
9. Smoking causes premature wrinkling, yellowing teeth and bad breath.
10. Smokers in their 40s have as many facial wrinkles as non-smokers in their 60s.
11. Female smokers are more susceptible to lung cancer than male smokers.
12. Smokers have 16 times greater risk of developing peripheral vascular disease – blocked vessels in the legs or feet, than non-smokers.

**PASSIVE SMOKING**

1. There is strong evidence to show that exposure to environmental tobacco smoke can cause heart disease in non-smokers.
2. A Japanese study has shown that just 30 minutes of exposure to environmental tobacco smoke by healthy non-smokers can have a substantial impact on coronary blood flow.
3. There is now also evidence that passive smoking is associated with an increased risk of stroke in men and women.

*Reproduced with permission, Terrence Watts, ‘The Easy Quit Smoking Program’ 2006.*

**CONSIDER THIS**

As you continue to read the information in this report, consider your health, your future, your longevity, and ask yourself whether continuing with the smoking habit is what you really want to do. Is this how you want to live?

Should you feel anxiety regarding withdrawal symptoms, consider this. When you quit smoking, you **heal**. Quit smoking is not about giving up, losing out, doing without.

Quit smoking is **making a choice**, taking affirmative action, getting rid of something that is harming you.

Would you continue to put nicotine in your food every day just because it has become a habit? Of course not! Understand that nicotine is a poison that if administered in a dosage of 60 mg (adf) is fatal. If someone gave you nicotine and told you to put it in your drink or food, you would think that person mad. Yet, you smoke every day! Who is mad here?

**TOBACCO FACTS**

The following information is reproduced with permission, Australian Drug Foundation, 2013

**What is tobacco?**

Tobacco comes from the leaves of the tobacco plant (*Nicotiana tabacum* and *Nicotiana rustica*). The leaves are dried, cured, aged and combined with other ingredients to produce a range of products such as cigarettes, cigars, pipe tobacco, chewing tobacco, and wet and dry snuff.

Leaves from the tobacco plant contain nicotine. Nicotine is a stimulant drug. Stimulant drugs act on the central nervous system to speed up the messages travelling between the brain and the body.

**Other names**

Cigs, fags, butts, darts, smokes, cancer sticks, ciggies, rollies

**What’s in tobacco smoke?**

There are more than 4000 chemicals in tobacco smoke. Many of these chemicals are poisonous and at least 43 of them are carcinogenic (cause cancer).

The 3 major chemicals in tobacco smoke are:

* **Nicotine**—the chemical on which smokers become dependent.
* **Tar**—which is released when a cigarette burns.
* **Carbon monoxide (CO)—**a colourless, odourless and very toxic gas. Smokers typically have high levels of CO in the blood.

**How is it used?**

Cigarettes are the most common way to smoke tobacco. Smoking tobacco in cigars and pipes is less popular. When tobacco is smoked, nicotine is absorbed through the membranes of the mouth and upper respiratory tract.

When tobacco is chewed (as chewing tobacco or wet snuff), the nicotine is absorbed through the membranes in the mouth. It can also be sniffed (dry snuff) and the nicotine is then absorbed through the lining of the nose.

**'Light' or 'low tar' cigarettes**

Some people believe that smoking 'light' or 'low tar' cigarettes is less harmful than regular cigarettes. However, there is little difference between the amount of chemicals inhaled by people who smoke 'light' cigarettes and those who smoke regular ones.

**Effects of tobacco**

The effects of any drug (including tobacco) vary from person to person. How tobacco affects a person depends on many things including their size, weight and health, also whether the person is used to taking it. The effects of tobacco, as with any drug, also depend on the amount taken.

In Australia, tobacco use is responsible for approximately 15,000 deaths each year. In 2004–2005 approximately three-quarters of a million hospital bed-days were a result of tobacco use. ([Collins & Lapsley, 2008](http://www.druginfo.adf.org.au/index.php?option=com_content&view=article&id=380&Itemid=62#collins))

**There is no safe level of tobacco use.** Use of any drug always carries some risk—even medications can produce unwanted side effects. It is important to be careful when taking any type of drug.

**IMMEDIATE EFFECTS**

**Low to moderate doses**

Some of the effects that may be experienced after smoking tobacco include:

|  |  |
| --- | --- |
| * initial stimulation, then reduction in activity of brain and nervous system
* increased alertness and concentration
* feelings of mild euphoria
* feelings of relaxation
* increased blood pressure and heart rate
* decreased blood flow to fingers and toes
 | * decreased skin temperature
* bad breath
* decreased appetite
* dizziness
* nausea, abdominal cramps and vomiting
* headache
* Coughing, due to smoke irritation.
 |

 **Higher doses**

A high dose of nicotine can cause a person to overdose. This means that a person has taken more nicotine than their body can cope with. The effects of very large doses can include:

|  |  |
| --- | --- |
| * an increase in the unpleasant effects
* feeling faint
* confusion
* rapid decrease in blood pressure and breathing rate
 | * seizures
* Respiratory arrest (stopping breathing) and death.
 |

**60 mg of nicotine taken orally can be fatal for an adult.**

**Long-term effects**

Tar in cigarettes coats the lungs and can cause lung and throat cancer in smokers. It is also responsible for the yellow–brown staining on smokers’ fingers and teeth.

Carbon monoxide in cigarettes reduces the amount of oxygen available to the muscles, brain and blood. This means the whole body—especially the heart—must work harder. Over time this causes airways to narrow and blood pressure to rise, which can lead to heart attack and stroke.

High levels of CO, together with nicotine, increase the risk of heart disease, hardening of the arteries and other circulatory problems.

Some of the long-term effects of smoking([Quit Victoria, 2010](http://www.druginfo.adf.org.au/index.php?option=com_content&view=article&id=380&Itemid=62#quit)) that may be experienced include:

|  |  |
| --- | --- |
| * increased risk of stroke and brain damage
* eye cataracts, macular degeneration, yellowing of whites of eyes
* loss of sense of smell and taste
* yellow teeth, tooth decay and bad breath
* cancer of the nose, lip, tongue and mouth
* possible hearing loss
* laryngeal and pharyngeal cancers
* contributes to osteoporosis
* shortness of breath
* coughing
* chronic bronchitis
* cancer
* triggering asthma
* emphysema
* heart disease
* blockages in blood supply that can lead to a heart attack
 | * high blood pressure (hypertension)
* myeloid leukaemia, a cancer that affects bone marrow and organs that make blood
* stomach and bladder cancers
* stomach ulcers
* decreased appetite
* grey appearance
* early wrinkles
* slower healing wounds
* damage to blood vessel walls
* increased likelihood of back pain
* increased susceptibility to infection
* lower fertility and increased risk of miscarriage
* irregular periods
* early menopause
* damaged sperm and reduced sperm
* impotence.
 |

For more information, check out the Australian Drug Foundation website [www.adf.org.au](http://www.adf.org.au)

**BENEFITS OF QUIT SMOKING**

Now for the good news; when you quit smoking, you get some immediate benefits quite apart from the long-term health benefits such as a longer and healthier life.

1. After 4 days, the nicotine has left your body.
2. 20 minutes after your last cigarette, your blood pressure and pulse rate return to normal
3. 8 hours later, your blood oxygen level is back to normal
4. Toxic levels of carbon monoxide will be back down to the normal range.
5. 24 hours later, your chance of a heart attack has decreased.
6. Nerve endings start to regrow and smell and taste improve.

This is why a fear of the imagined withdrawal symptoms is misplaced.

So remember,

|  |
| --- |
| **WHEN YOU QUIT SMOKING, YOU HEAL!** |

**And the healing continues,**

**TIME STOPPED SMOKING**

|  |  |  |
| --- | --- | --- |
| **LOW RISK** | **HIGH RISK** | **BENEFITS** |
| 2 weeks | 3 months | Circulation improves. Exercise, including walking, becomes easier. Lung function increased by up to 1/3rd  |
|  |  |  |
| 1 month | 9 months | Cilia regrow in lungs and airways, increasing lung’s self-maintenance. Energy levels increase, coughing, sinus problems, tiredness, shortness of breath all decrease. |
|  |  |  |

|  |  |  |
| --- | --- | --- |
| **LOW RISK\*** | **HIGH RISK\*\*** | **BENEFITS** |
| 1 year | 1 – 1½ years | Excess risk of heart disease is halved. Recovery rate from heart/by-pass surgery almost doubled.  |
|  |  |  |
| 2½ years | 5 years | Lung cancer death rate for average former smoker almost halved. Risk of mouth and throat cancer halved.  |
|  |  |  |
| 5 years | 10 years | Risk of stroke similar to non-smoker |
|  |  |  |
| 10 years | 10 years | Lung cancer death-rate the same as for non-smokers. Pre-cancerous cells have been replaced. Risk of mouth, throat, bladder, kidneys, pancreas decreases. |
|  |  |  |
| 10 years | 15 years | Risk of heart disease is that of a non-smoker.  |

**\*Low Risk Indicators:**

A low risk person is one who is under 35 years old, smoking 15 or less a day;

Has good levels of fitness; regular exercise taken; no persistent cough; low total consumption since starting smoking.

**\*\*High Risk Indicators:**

Over 50 years old; smoking 30 a day or more; poor fitness level; no regular exercise taken; persistent cough; high total consumption since starting.

The above figures are based on research by more than one cancer society and do not represent guaranteed clinical or physical improvements to any one particular individual. It is widely accepted that non-smokers, even those who have smoked at some time in their lives, live longer and with a higher quality of life than those who smoke or continue to smoke.

*Reproduced with permission, Terrence Watts, ‘The Easy Quit Smoking Program’ 2006.*

**Remember,**

|  |
| --- |
| **WHEN YOU QUIT SMOKING, YOU HEAL!** |