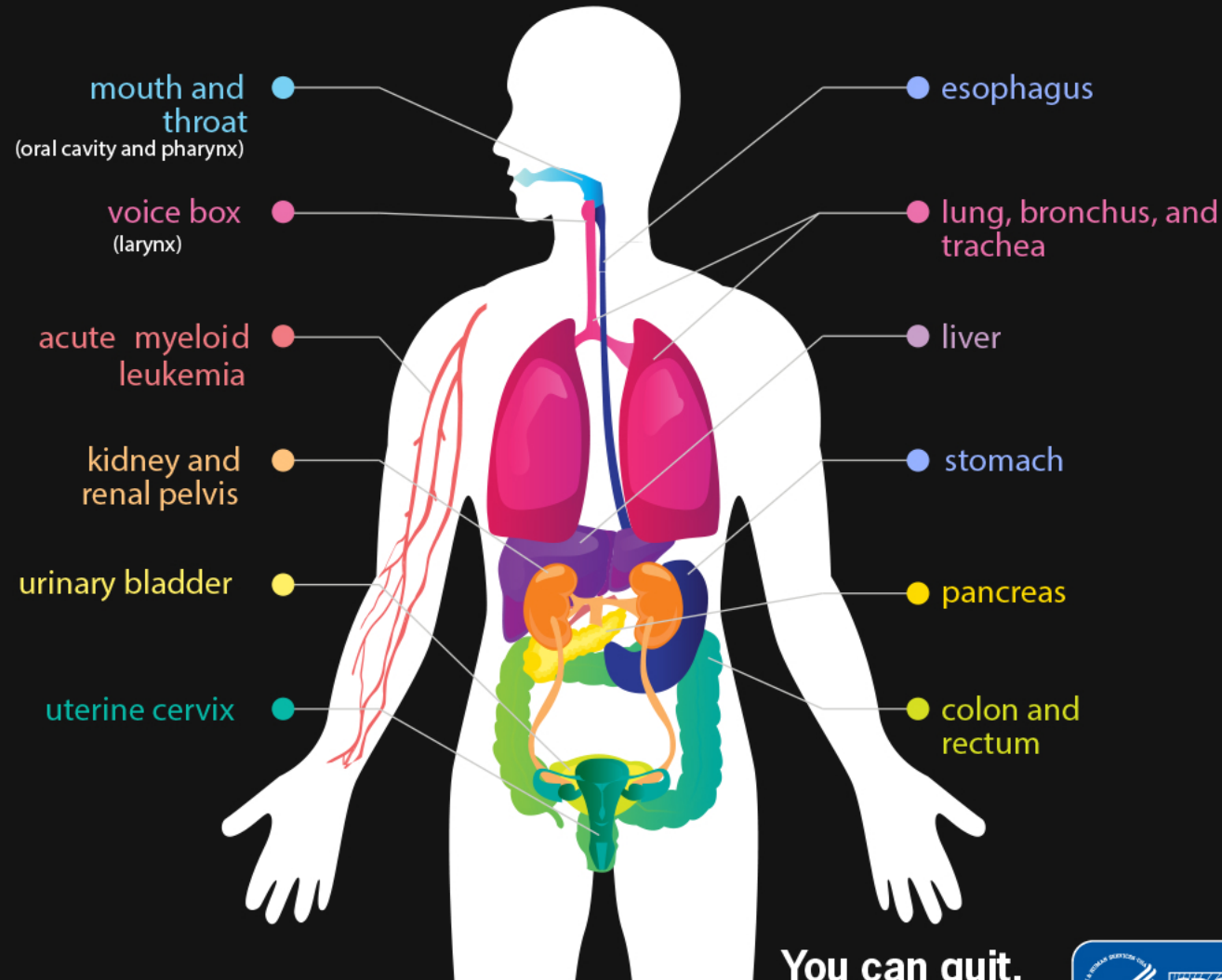


The background features several abstract geometric elements: a large orange semi-circle on the right side; a blue circle in the upper left; a yellow circle in the top right corner; a green L-shaped line in the top center; a green square outline on the left; and several yellow dashed lines of varying lengths scattered on the left side.

Tobacco Cessation Education Module

Smoking can cause cancer almost anywhere in your body.



You can quit.
For free help: 1-800-QUIT-NOW.



[CDC.gov/quit](https://www.cdc.gov/quit)

ARE E-CIGARETTES LESS HARMFUL THAN REGULAR CIGARETTES?



VS

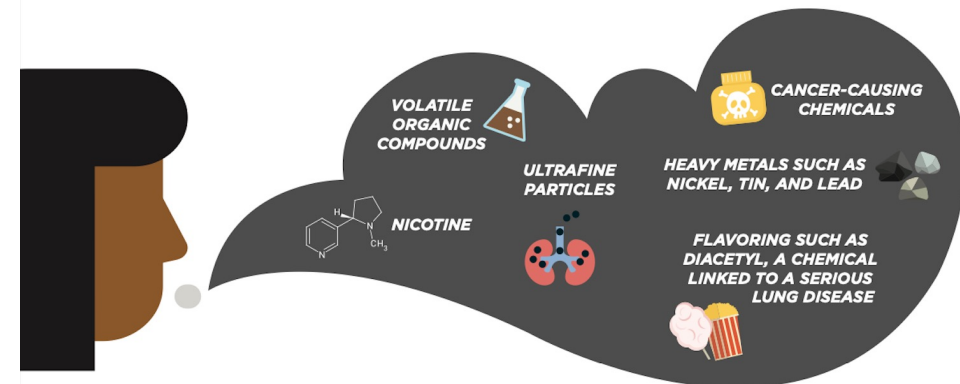


YES, but that doesn't mean e-cigarettes are safe.

E-cigarette aerosol generally contains fewer toxic chemicals than the deadly mix of 7,000 chemicals in smoke from regular cigarettes. However, e-cigarette aerosol is not harmless. It can contain harmful and potentially harmful substances, including nicotine, heavy metals like lead, volatile organic compounds, and cancer-causing agents.

WHAT IS IN E-CIGARETTE AEROSOL?

THE E-CIGARETTE AEROSOL THAT USERS BREATHE FROM THE DEVICE AND EXHALE CAN CONTAIN HARMFUL AND POTENTIALLY HARMFUL SUBSTANCES:



It is difficult for consumers to know what e-cigarette products contain. For example, some e-cigarettes marketed as containing zero percent nicotine have been found to contain nicotine.



Secondhand smoke and the **harmful** chemicals in it are known causes of **Sudden Infant Death Syndrome**, **RESPIRATORY INFECTIONS**, **ear infections**, and **asthma attacks** in infants and children.

They are also known causes of **HEART DISEASE**, **stroke**, and **lung cancer** in adult nonsmokers.

SECONDHAND SMOKE

41,000

Secondhand smoke causes the premature death of 41,000 adults and more than 400 infants each year.

Secondhand smoke contains more than 7,000 chemical compounds.



Secondhand smoke is known to cause cancer in humans and animals.



Dogs and cats are twice as likely to develop nasal cancer if their owner smokes, as compared to animals in households without cigarette smoking.



Some known carcinogens found in secondhand smoke:

arsenic
(used in pesticides)
lead
(formerly found in paint)

polonium-210
(a radioactive element)
formaldehyde
(used to embalm the dead)

benzene
(a gasoline additive)

42%

of Americans are not protected by smoke-free laws. Only 28 states and territories have enacted comprehensive smoke-free laws.

98.3%

of youth who live with a smoker have been exposed to secondhand smoke.



Clean indoor air laws reduce nonsmokers' secondhand smoke exposure by 28%.



Lower-income communities are less likely to be protected by smoke-free laws.



Blue-collar workers are more likely to be exposed to secondhand smoke at work.

There is **no safe level** of **secondhand smoke exposure**



Secondhand smoke can **travel within multiunit housing** and common areas through **doorways, cracks in walls, electrical lines, ventilation systems and plumbing.**



Opening windows and using fans **does not completely remove secondhand smoke.**



Heating, air conditioning and ventilation systems **cannot eliminate exposure to secondhand smoke.**

QUITTING SMOKING

Nearly 70% of smokers
say they want to quit.



Quitting:



20 minutes:
heart and blood
pressure
decrease



1 year:
risk of **coronary heart
disease** and **heart attack**
is reduced



10 years:

risk of **dying from
lung cancer** is **50%
less likely** compared
with a current
smoker's risk



2-3 weeks:
circulation and lung
functionality improve



5 years:

risk of **mouth, throat, esophagus** and
bladder cancer are **decreased by
half** and risk of cervical cancer
and stroke decline to that
of a nonsmoker

70%

of smokers say
they want to quit.



**Most smokers
who attempt to quit
do so "cold turkey"
and are not successful.**



**Counseling, medication
and digital programs**
increase a smoker's
chance of success.

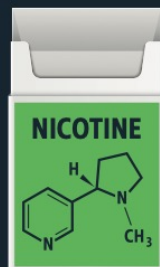


**Medications and counseling
together can more than
triple** that chance.

YOU CAN QUIT SMOKING: HERE'S HOW

Quitting smoking is one of the most important steps you can take to improve your health. This is true no matter how old you are or how long you have smoked.

Many people who smoke become addicted to nicotine, a drug that is found naturally in tobacco. This can make it hard to quit smoking. But the good news is there are proven treatments that can help you quit.



Counseling

- ▶ Can help you make a plan to quit smoking.
- ▶ Can help you prepare to cope with stress, urges to smoke, and other issues you may face when trying to quit.

YOU CAN:

- ▶ Talk to a quit smoking counselor individually or in a group 
- ▶ Get free confidential coaching through a telephone quitline (1-800-QUIT-NOW) 
- ▶ Use free online resources like [CDC.gov/quit](https://www.cdc.gov/quit) and [Smokefree.gov](https://www.smokefree.gov) 
- ▶ Sign up for free texting programs like *SmokefreeTXT* 
- ▶ Use a mobile app like *quitSTART* 

Medications

Can help you manage withdrawal symptoms and cravings, which helps you stay confident and motivated to quit.

YOU CAN:



USE NICOTINE REPLACEMENT THERAPY (NRT)

- ▶ over-the-counter forms: patch, gum, lozenge
- ▶ prescription forms: inhaler, nasal spray



TALK TO YOUR HEALTHCARE PROVIDER ABOUT USING A PILL PRESCRIPTION MEDICATION

- ▶ varenicline
- ▶ bupropion



COMBINE MEDICATIONS

- ▶ Use a long-acting form of NRT (nicotine patch) together with a short-acting form (such as nicotine gum or lozenge). Compared to using one form of NRT, this combination can further increase your chances of quitting.



Counseling



Medications



Using counseling and medication *together* gives you the best chance of quitting for good.

MANY OF THESE TREATMENTS AND RESOURCES MAY BE AVAILABLE TO YOU FREE OF CHARGE OR MAY BE COVERED BY YOUR INSURANCE.



Quitting will make you feel better and improve your health. But there are other reasons to quit that you may not have considered:

Your Lifestyle:

- You will have more money to spend.
- You can spend more time with family, catch up on work, or dive into your favorite hobby.
- You won't have to worry about when you can smoke next or where you can or can't smoke.
- Your food will taste better.
- Your clothes will smell better.
- Your car and home won't smell like smoke.
- You will be able to smell food, flowers, and other things better.

TIPS FROM FORMER SMOKERS CDC'S TIPS FROM FORMER SMOKERS® CAMPAIGN *Reasons to Quit Smoking*

Everyone has their own reasons for quitting smoking. Maybe they want to be healthier, save some money, or keep their family safe from secondhand smoke. As you prepare to quit, think about your own reasons for quitting. Remind yourself of those reasons every day. They can inspire you to stop smoking for good. Whatever your reasons, you will be amazed at all the ways your life will improve when you become smokefree.

It's best to quit as soon as possible. This allows your body a chance to heal and reduces your risk for serious health problems, like heart attacks.

Ohio | Department of Health
Tobacco Program
Quit Line: 1-800-QUIT-NOW



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention
[CDC.gov/tips](https://www.cdc.gov/tips)

Online Quitline Program



Here are a few reasons to quit you may want to consider:

Your Health and Appearance

- Your chances of having cancer, heart attacks, heart disease, stroke, and other diseases will go down.
- You will be less likely to get sick.
- You will breathe easier and cough less.
- Your skin will look healthier, and you will look more youthful.
- Your teeth and fingernails will not be stained.



Get Help Quitting Today

If you are ready to quit:

- ▶ Call a quitline coach (1-800-QUIT-NOW) or
- ▶ Talk to a healthcare professional.

They can help you decide what treatment is best for you and can connect you to quit smoking programs and resources.

Remember, even if you've tried before, the key to success is to keep trying and not give up. After all, more than half of U.S. adults who smoked have quit.

For information about quitting smoking, visit **[CDC.gov/quit](https://www.cdc.gov/quit)**.

