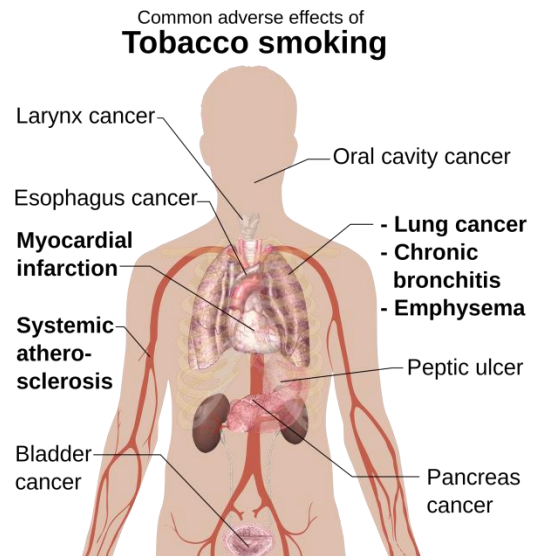


DID YOU KNOW?

What are the health consequences of smoking on the smoker? On others?

Tobacco is still the leading cause of preventable death and disease; it causes almost every type of cancer, lung disease and heart disease. Every day the equivalent of two jumbo jets full of people die because of smoking. Smoking is not only harmful to the smoker, but also to those around them. Tobacco smoke, or second-hand smoke, contains many different cancer-causing substances, causing respiratory disease, heart disease and cancers to those exposed to secondhand smoke. Children whose parents smoke have more chest colds and ear infections, and increased likelihood of bronchitis, pneumonia, and asthma. Smoking during pregnancy increases the risk of miscarriage, low birth weight, and other complications.



How many times does it take before people successfully quit?

Successful quitters attempt to quit 5-12 times or more before finally succeeding. The key is to stay in the process, learn from each attempt and not to give up! Even if you are unable to quit the first time you try, every attempt at quitting should be viewed in a positive light. With each try, you gain valuable insights, new skills and a good idea about what might work next time.

Why is it so tough to be free of my smoking habit?

Changing the smoking habit involves fighting the addictive effects of nicotine, which changes normal brain chemistry. It is not simply a matter of willpower or strength of character, although your strong desire to quit will play a part. Once you understand that your brain and body are addicted to nicotine AND smoking is a habit that you have to unlearn, than you can start to be free of it.

How do I change my smoking habit?

You can change a habit by picking up one or two new behaviors, practicing them again and again, until they become automatic. It may feel awkward at first but it will get easier over time, then presto -- one day you are doing your new more healthy behaviors without thinking about them -- you have a new habit! Nicotine causes chemicals to be released in the brain which makes a smoker feel good. A person can get the same pleasant feeling from deep breathing, exercising, laughing, or even eating chocolate!

How many pounds do people gain from quitting?

Even though some smokers gain weight when they quit smoking, weight gain is usually limited to less than 10 pounds. Taking up walking, biking, swimming or other exercise can help you get fit and help you stay smoke-free.