



Did You Know?

Cigarette smoking is the leading preventable cause of death in the United States. In the U.S., cigarette smoking causes:

- 480,000 deaths per year - that's 1 out of every 5 reported deaths
- 90% of all lung cancer deaths
- 80% of all deaths from chronic obstructive pulmonary disease (COPD)

What to expect when cutting back or quitting smoking cigarettes:

- Change takes time.
- You may have some withdrawal symptoms.
- You will need support.

You don't have to do this alone:

- Your doctor or behavioral health specialist can help you set up a plan
- Contact your doctor if you are having any medical concerns

How can I learn more?

Visit this helpful website:
www.drugabuse.gov

Something to try:

Community Resources:

Behavioral Specialist:

Name _____

Contact _____

Name _____

Contact _____

Useful Websites/Literature:

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We Ask Everyone About Cigarettes



The Illinois SBIRT Initiative
Screening, Brief Intervention,
and Referral to Treatment

What's in a Cigarette?

The active drug in tobacco cigarettes is nicotine. **Nicotine is highly addictive.** Cigarettes also contain 43 known cancer-causing compounds and 400 other toxins including tar, carbon monoxide, formaldehyde, ammonia, hydrogen cyanide, arsenic, and DDT.



Cigarette smoking causes more deaths each year than all of these combined:

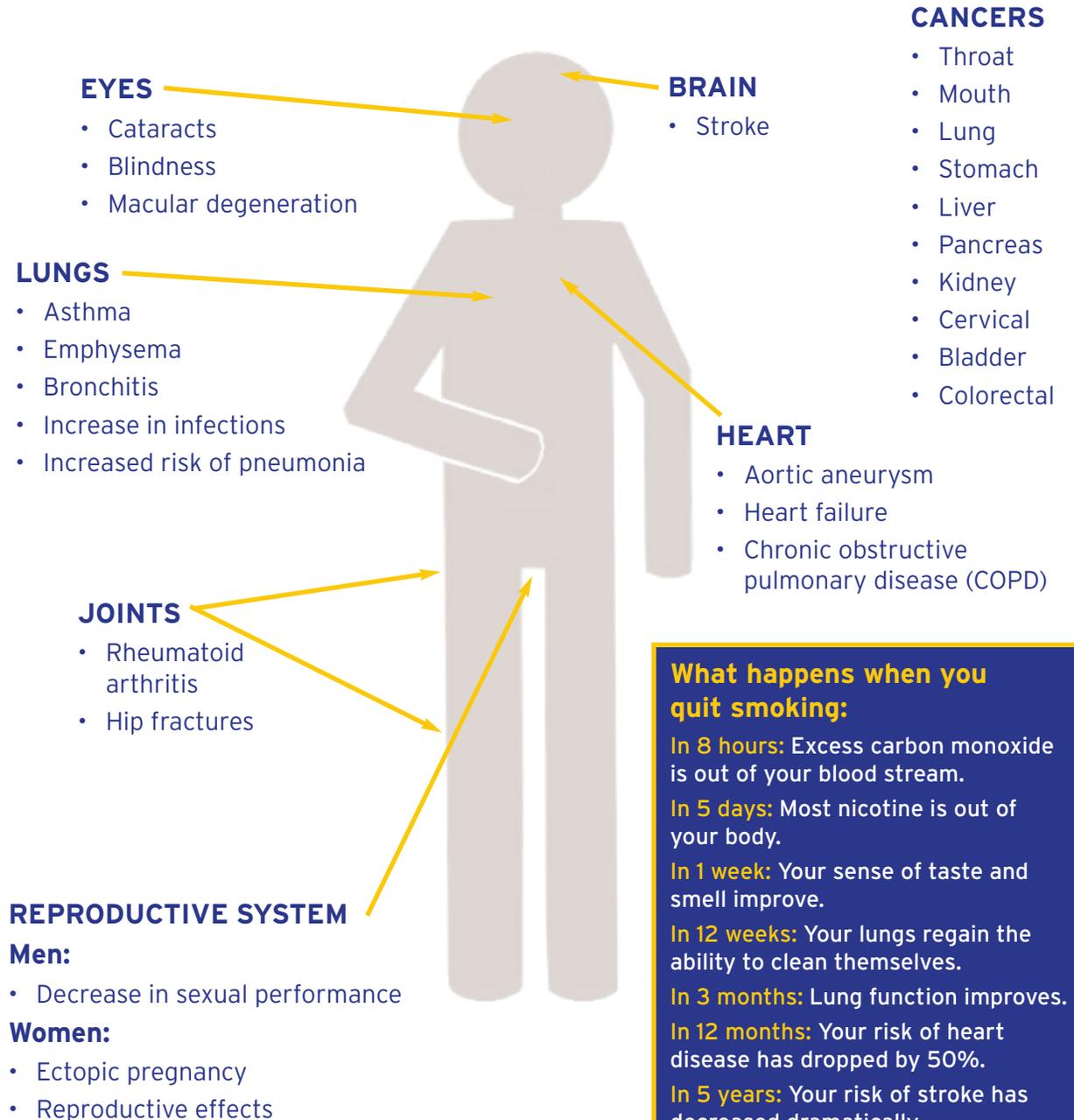
- HIV
- Motor vehicle accidents
- Illegal drug use
- Firearm-related incidents
- Alcohol use

Smoking is estimated to increase the risk of developing serious diseases by:

Coronary Heart Disease	2 to 4 times
Stroke	2 to 4 times
Lung cancer (men)	25 times
Lung cancer (women)	25.7 times

Smoking causes diminished overall health, such as self-reported illness, absenteeism from work, and increased health care utilization and cost.

Effects of Smoking



What happens when you quit smoking:

In 8 hours: Excess carbon monoxide is out of your blood stream.

In 5 days: Most nicotine is out of your body.

In 1 week: Your sense of taste and smell improve.

In 12 weeks: Your lungs regain the ability to clean themselves.

In 3 months: Lung function improves.

In 12 months: Your risk of heart disease has dropped by 50%.

In 5 years: Your risk of stroke has decreased dramatically.