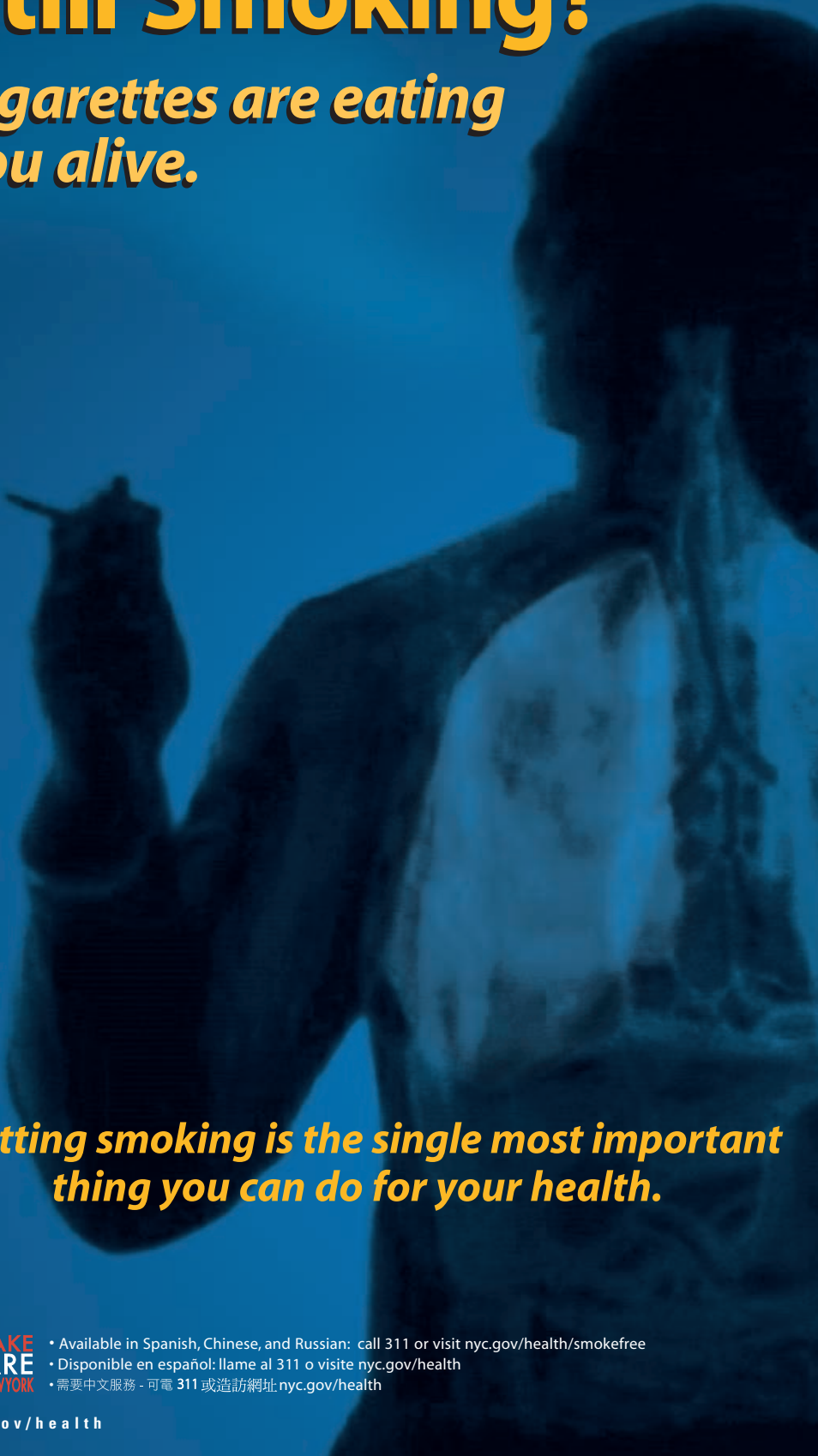




#46 in a series of Health Bulletins on issues of pressing interest to all New Yorkers

Still Smoking?

Cigarettes are eating you alive.



Quitting smoking is the single most important thing you can do for your health.



- Available in Spanish, Chinese, and Russian: call 311 or visit nyc.gov/health/smokefree
- Disponible en español: llame al 311 o visite nyc.gov/health
- 需要中文服務 - 可電 311 或造訪網址 nyc.gov/health

Your Health Starts Improving the Minute You Quit Smoking.



- In **20 minutes** your heart rate and blood pressure fall.
- In **24 hours** your risk of heart attack drops.
- In **2 days** your ability to taste and smell improves.
- In **2-3 weeks** your lung function improves, your circulation is better, and walking is easier.
- In **1 year** your risk of heart disease is cut in half.
- In **5 years:**
 - Your risk of cancer of the mouth, throat, and esophagus drops by half.
 - Your risk of stroke and heart disease begins to equal that of non-smokers (in 5-15 years).
- In **10 years** your risk of dying of lung cancer is about the same as a non-smoker.

10 Reasons to Quit

1. Live a healthier life.

Smoking causes heart disease, stroke, lung and other cancers, and many other diseases. Your health starts improving the minute you quit.

2. Live a longer life.

Cigarettes really are “eating you alive.” Smokers killed by tobacco die about 14 years sooner than non-smokers.

3. Be free of addiction.

Nicotine is one of the most addictive substances known.

4. Improve the health of people around you.

Second-hand smoke kills. It causes cancer, heart disease, and other illnesses.

Children whose parents smoke are more likely to have bronchitis, asthma, ear infections, and pneumonia.

5. Save money.

Smoking a pack a day costs more than \$2,500 a year. You could do a lot with that cash.

6. Feel better.

Get rid of your cough, breathe easier, and stop feeling sick all the time. Look better, too: Quitters have younger skin, whiter teeth, and more energy.

7. Quality of life.

Your clothes, car, and home won't stink. Food will taste better.

8. Have a healthy baby.

Babies of women who smoke are more likely to be sick or die, and to be born too small or too soon.

9. Better sexual and reproductive health.

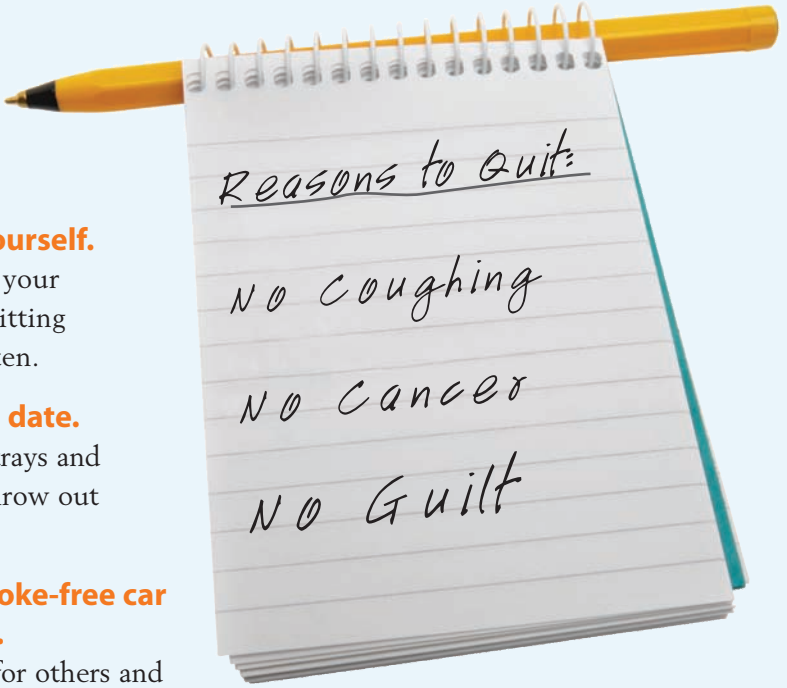
Men who smoke can have trouble getting and keeping an erection. Women who smoke have more difficulty getting and staying pregnant.

10. Stop feeling like an outcast.

There are fewer and fewer places where smoking is allowed. Most smokers have already quit. You can, too.



10 Ways to Make It Easier



1. Prepare yourself.

Make a list of your reasons for quitting and read it often.

2. Pick a quit date.

Get rid of ashtrays and lighters, and throw out all cigarettes.

3. Have a smoke-free car and home.

It is healthier for others and will help you resist smoking.

4. Get support and encouragement.

Tell your family, friends, and coworkers that you are quitting and ask for their support.

5. Get a quit buddy.

Ask a smoker to quit with you, or find someone who has already quit who you can talk to for support.

6. Notice what triggers cravings.

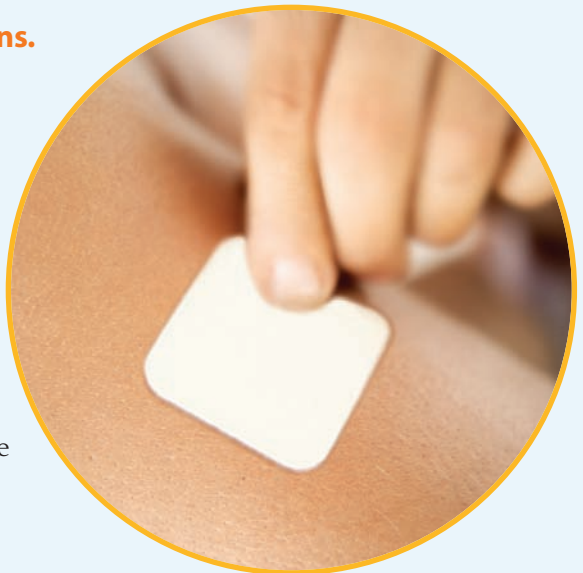
Alcohol, coffee, and stress can make you feel like smoking. So can seeing others smoke; ask smokers you know not to light up in front of you.

7. Consider using medications.

The nicotine patch or gum, and medications such as Zyban (bupropion) and Chantix (varenicline) greatly reduce cravings and *double* your chance of success. Talk to your doctor.

8. Help yourself cope.

Drink a lot of water to help with cravings. Exercise to relieve stress and improve your mood and health – a brisk walk often does the trick.



9. Get your mind off smoking.

Talk to a friend when you feel like smoking. Get busy with a simple task, eat a healthy snack, take a walk, or chew gum. Avoid places and situations you associate with smoking.

10. Stay away from that first cigarette!

Having even one can make you start back up. Cravings will lessen the longer you don't smoke. If you can quit for 3 months, you'll likely quit for good.

Don't Give Up

- It takes most people a few tries before they succeed. If you start smoking again, don't be discouraged – try again.
- You haven't failed – you have learned about the triggers and situations that make you smoke.
- The next time you quit will be easier. Just throw out your cigarettes and start again.
- It's never too late to quit. Most New Yorkers already have.



More Information and Help to Quit

- Getting help increases your chance of success.
- The NYC Health and Hospitals Corporation's quit smoking programs offer free or low-cost counseling and other services at convenient locations throughout New York City.
- Call **311** or visit nyc.gov/health/smokefree for more information.

**DIAL
311**

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VOLUME 5, NUMBER 12



Health Bulletin

NEW YORK CITY DEPARTMENT OF HEALTH AND MENTAL HYGIENE

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New York City Department of Health and Mental Hygiene

125 Worth Street, Room 1047, CN 33
New York, N.Y. 10013

Michael R. Bloomberg, Mayor
Thomas R. Frieden, M.D., M.P.H., Commissioner

Bureau of Communications

Geoffrey Cowley, Associate Commissioner
Cortnie Lowe, M.F.A., Executive Editor
Drew Blakeman, Senior Writer
Lise Millay Stevens, Assistant Director

Prepared in cooperation with:
Division of Health Promotion and Disease Prevention
Bureau of Tobacco Control



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**DIAL
311**

For Non-Emergency NYC Services
Telephone Interpretation in 170 Languages