

No, I'm Not Ready to Quit!



Even if you're not ready to give up cigarettes or vaping, think about why you do use tobacco and what lies ahead.



Why Do I Use Tobacco? *Think about how you use tobacco.*

Check off the reasons that sound familiar:

- ☐ I use tobacco when I feel stressed.
- ☐ Holding a cigarette/vape gives me something to do with my hands.
- ☐ I think using tobacco helps me control my weight.
- ☐ Using tobacco helps me feel comfortable in social situations.
- ☐ I use tobacco when I'm bored, depressed, or frustrated.
- ☐ My friends use tobacco, so I do too.
- ☐ I only use tobacco when I am drinking.

☐ Other reasons I use tobacco are: _____

Now, go back and look at your reasons for using tobacco. What could you do instead of using tobacco in these situations?

Am I Addicted?

Nicotine can be as addictive as heroin or cocaine.

If you smoke right after you wake up or feel cravings when you go too long without tobacco, you are addicted to nicotine.

Within five seconds of inhaling, nicotine goes straight to your brain.

Nicotine makes your brain release chemicals that make you want to use tobacco more.

The edgy and irritable feelings you have when you stop using tobacco are the first signs of recovery.

Most cravings for the nicotine in tobacco will go away on their own in about 20 minutes without using tobacco.

Someone who smokes one pack of cigarettes per day spends about \$2,372 a year on cigarettes.

If they use a pod-based e-cigarette unit, the average is \$2,551 per year.

Ten years of smoking comes with a \$23,720 price tag or \$30,612 for vaping pod-based e-cigarettes.

Couldn't that money be better spent on something else?

Risks of Using Tobacco

Short Term

Shortness of breath, impotence, infertility, more colds and bronchitis.

Long Term

Heart attack and stroke, various cancers and emphysema. Increases the risks for tuberculosis, eye disease, Type 2 Diabetes, and decreased immune function.

Risks to Family Members

Lung cancer and heart disease, asthma attacks, Sudden Infant Death Syndrome (SIDS), respiratory infections and low birth weight in infants, and passing along a smoking habit to your children.

Rewards of Quitting

Feel and look better, live longer, have a better sense of smell/taste, save money, have fresher-smelling clothing, home, car and breath, set a good example for your children, and raise healthier children.

Why Should I Quit?

"It's too hard to quit."

Quitting is hard, but not impossible. Each year, nearly 1.3 million smokers in the United States quit!

"I've tried to quit before...why should I try again?"

Most people make several attempts to quit before they succeed. People who keep trying to quit are the ones who eventually do quit.

"Using tobacco helps me work better."

Trouble focusing can be a short term symptom of quitting, but using tobacco actually prevents your brain from getting all the oxygen it needs.

"I've been using tobacco for years. The damage is done. It's too late."

It's never too late. Just 20 minutes after quitting, your heart rate and blood pressure drop.

A Healing Timeline

You might be surprised to learn how quickly your body begins to heal after you quit smoking.

The First Day:

- Within 20 minutes, your blood pressure and heart rate will drop to normal.
- Within 8 hours, poisonous carbon monoxide levels in your body go down, and oxygen levels in your blood stream go up.
- In 24 hours, the chance of having a heart attack decreases.

The First Week:

- Your sense of taste and smell improves.
- You can breathe easier and more deeply.

The First Year:

- You cough less or not at all.
- You have more energy and fewer sinus problems.

Five Years Later:

- Your risk of lung cancer is cut in half.
- Your risk of stroke returns to nearly the levels of a person who has never smoked.

Ten Years Later:

- Your risk of lung cancer goes down to half of that of someone who uses tobacco.