

Smoking is **Not** Hot



FACT:

“An estimated **46 million** people or **20.6%** of ALL adults (aged 18 and older) in the United States currently smoke cigarettes.”

- Centers for Disease Control and Prevention

Did you know that cigarette smoking is the leading cause of PREVENTABLE death in the U.S.? **443,000** deaths or **one out of every five deaths** are caused by cigarette smoke each year. Over time, the known effects of smoking have inspired a radical increase in smoking cessation. Yet there is still an allure surrounding smoking that continues to capture the attention of American teenagers, of which **20%** are considered current cigarette smokers. No matter what your age or how long you’ve been smoking, smoking cessation is a battle you can begin today, right now, to *ensure* a longer and healthier life. The American Cancer Society has proven time and time again that ex-smokers enjoy a higher quality of life and well-being, with improved overall immunity as well as reduced rates of bronchitis and pneumonia. *Smoking is NOT hot*, so take a stand and make the choice to QUIT.

 **St. Luke's**
HOSPITAL
Our specialty is you.

Spirit of
Women

Smoking is Not Hot is powered by Spirit of Women®, a national network of hospitals and healthcare providers across the United States that ascribe to the highest standards of excellence in women's health, education, and community outreach.

HEALTH RISKS OF SMOKING:

- 🚫 Cancer
- 🚫 Lung diseases
- 🚫 Heart attacks, strokes and blood vessel diseases
- 🚫 Blindness and other vision problems
- 🚫 Special risks to women and babies
- 🚫 Years of life lost

HEALTH BENEFITS OF SMOKING CESSATION:

- 🚫 **20 minutes** after quitting, heart rate and blood pressure decreases
- 🚫 **12 hours** after quitting, carbon monoxide levels in the blood stream drop to normal
- 🚫 **2-3 weeks** after quitting, circulation and lung function increases
- 🚫 **1-9 months** after quitting, coughing and shortness of breath decrease, cilia (the tiny hair-like structures that move mucus out of the lungs) return to normal function so they can clean the lungs and reduce the chances of infection
- 🚫 **1 year** after quitting, the risk of coronary heart disease reduces to half of that of a smoker

There are many reasons to stop lighting up. In the end, though, the main reason for quitting must be based on YOUR choice to make your health a priority. Smoking cessation will allow you to live a fuller, longer life... you deserve it.

Make a choice for better health.
Visit spiritofwomen.com.

SOURCES:

- Centers for Disease Control and Prevention
- National Heart, Lung and Blood Institute
- American Cancer Society
- American Heart Association

According to the American Heart Association, smoking cessation adds five years to the lives of male smokers who quit between the ages of 35 to 39 and three years to female smokers who quit within the same age group. Both men and women who quit between the ages of 65 to 69 can increase their life expectancy by one invaluable year.

LOVE YOURSELF BY INDULGING IN GOOD HEALTH!

No one ever said quitting is easy, but St. Luke's offers these resources:

St. Luke's Tobacco Cessation Counseling

One-on-one consultation with a respiratory therapist for tobacco cessation

314-542-4888

St. Luke's Cancer Resource Center

Visit the center for materials and resources
(314) 205-6055

