

WHY SHOULD YOU QUIT?



- ✓ 1,900 people in NH die each year from smoking
- ✓ \$729 million is spent on smoking-related health care costs in NH annually
 - ✓ 158 people in NH die each month from smoking
 - ✓ 480,000 people die in the U.S. each year from cigarette smoking
- ✓ Smoking accounts for as many as 8 out of 10 COPD-related deaths
 - ✓ 9 out of 10 smokers start smoking by age 18
 - ✓ \$289 billion cost to the U.S. economy annually

Tobacco is the leading cause of preventable death in the U.S. and in New Hampshire. It can increase your chances of developing diseases like, cancer and COPD (chronic obstructive pulmonary disease). Exposure can be direct and through secondhand smoke. Breathe NH is committed to reducing the burden of lung diseases and the burden of COPD through the NH COPD Plan.

IT IS NEVER TOO LATE TO QUIT

There are resources available to help you QUIT TODAY:

1-800-Quit-Now (1-800-784-8669) www.QuitNowNH.org

Smokefree.gov

BeTobaccoFree.gov

GET ON THE PATH TO A HEALTHIER YOU! IF YOU QUIT SMOKING RIGHT NOW:

After 15 years

Your risk of coronary heart disease is the same as a non-smoker's

After 10 years

You are half as likely to die from lung cancer. Your risk of larynx or pancreatic cancer decreases

After 5 years

Your risk of cancer of the mouth, throat, esophagus, and bladder are cut in half

After 1 year

Your risk of coronary heart disease is cut in half

Within 9 months

You will cough less and breathe easier

Within 3 months

Your circulation and lung function improves

Within 12 hours

The carbon monoxide level in your blood drops to normal

Within 20 minutes

Your heart rate and blood pressure drop

- 1 Effect of smoking on arterial stiffness and pulse pressure amplification. Mahmud A, Feely J. Hypertension. 2003;41:183
- 2 US Surgeon General's Report, 1988, p. 202
- 3 US Surgeon General's Report, 1990, pp. 193, 194, 196, 285, 323
- 4 US Surgeon General's Report, 1990, pp. 285-287, 304
- 5 US Surgeon General's Report, 2010, p. 359
- 6 A Report of the Surgeon General: How Tobacco Smoke Causes Disease – The Biology and Behavioral Basis for Smoking-Attributable Disease Fact Sheet, 2010; and Tobacco Control: Reversal of Risk After Quitting Smoking. IARC Handbooks of Cancer Prevention, Vol. 11, 2007, p 341
- 7 A Report of the Surgeon General: How Tobacco Smoke Causes Disease – The Biology and Behavioral Basis for Smoking-Attributable Disease Fact Sheet, 2010; and US Surgeon General's Report, 1990, pp. vi, 155, 165
- 8 Tobacco Control: Reversal of Risk After Quitting Smoking. IARC Handbooks of Cancer Prevention, Vol. 11, 2007, p 11



www.BeTobaccoFree.gov