

Quitting Tobacco Now Could Save Your Life!

Because We Care

Dawes Fretzin Dermatology Group wants you to be healthy as possible. Stopping tobacco use is not easy but you CAN do it. We are here to help!

Why Should You Stop Using Tobacco?

- You can live longer
- You can have a healthier life
- You can have a healthier family

Tobacco is bad for almost every part of the body. No amount of tobacco is safe. In the United States, 1 out of every 5 deaths each year is caused by tobacco use.

Tobacco users have higher risk for:

- Heart attack and heart failure
- Lung disease
- Colds and other nasal infections
- Strokes
- Stomach ulcers
- Cataracts
- Weak bones that can lead to more broken bones
- Higher chance of dying or medical problems after surgery
- More risk of problems in pregnancy
- Having a baby that is cranky, restless, and gets sick more often

Secondhand Smoke

Secondhand smoke from cigarettes, cigars, and pipes is what people who are not smoking breathe in when they are around smokers. Secondhand smoke can cause serious health problems for your family, friends and even your pets. Secondhand smoke is even more dangerous for people who already have lung or heart disease. In adults, secondhand smoke can cause heart disease and lung cancer. In children, being around smoke can cause asthma and other breathing problems.

Cost of Tobacco Use

Tobacco cost lots of money. Spending \$5 a day on tobacco adds up to \$1825 a year and \$73,000 in forty years! Tobacco users pay more for health and life insurance too. Ask yourself what you could do with this extra money?

It's Never Too Late to Quit

Even if you have used tobacco for a long time, here's a list of things that happen if you stop today:

- In 20 minutes: your blood pressure and heart rate will go down.
- In 24 hours: your chance of having a heart attack drops.
- In 5 years: your chance of having a heart attack is cut in half.
- Quit at age 50? By the age of 65 your life span and risk of heart disease is the same as people who never smoked.

Take the Next Step

You can talk to your doctor about a plan to quit smoking. There are also other resource to help you!

- **Quit Now Indiana** – www.QuitNowIndiana.com - 1-800-QUITNOW (1-800-784-8669)
- **Fairbanks Hospital Cessation Program** – www.fairbanksscd.org/tobacco-cessation - 317-579-7090
- **Indiana Tobacco and Prevention Commision** – www.in.gov/isdh/tpc/
- **American Cancer Society** – www.cancer.org
- **American Heart Association** – www.americanheart.org
- **American Lung Association** – www.lung.org