



Smoking & Tobacco Cessation

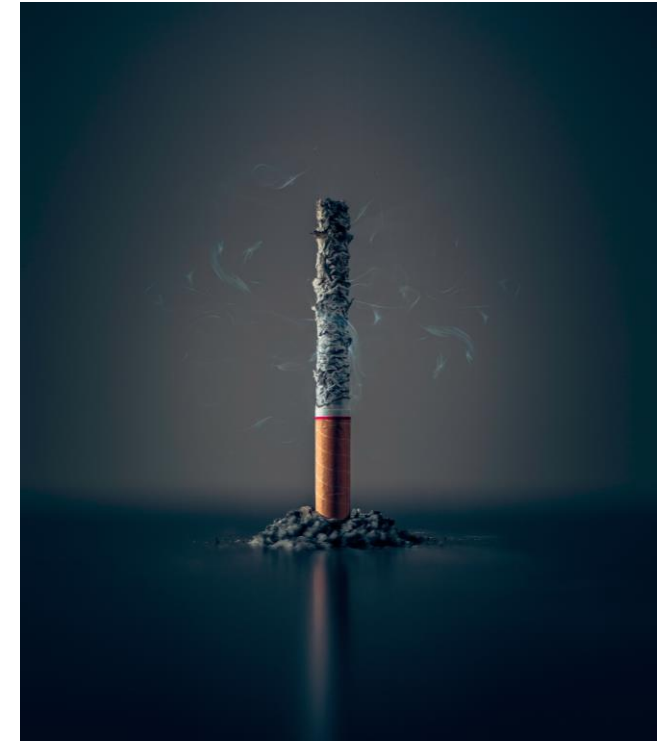
Smoking & Tobacco Statistics

- There are an estimated **1.1 billion smokers** globally
- Tobacco kills up to half of its users
- The tobacco epidemic is one of the biggest public health threats the world has ever faced, killing more than **7 million people** annually
- Of these deaths, more than **6 million** are the result of direct tobacco use while approximately **890,000** are the result of non-smokers being exposed to secondhand smoke
- Tobacco use is a primary risk factor for a number of chronic diseases, including cancer, lung diseases, and cardiovascular diseases



What's In a Cigarette?

- There are approximately **600 ingredients** in cigarettes
- When burned, cigarettes create more than **7,000 chemicals**
- At least **69** of these chemicals are known to cause cancer, and many are poisonous



What's in a Cigarette?

- Acetone – found in nail polish remover
- Acetic Acid – an ingredient in hair dye
- Ammonia – a common household cleaner
- Arsenic – used in rat poison
- Benzene – found in rubber cement
- Butane – used in lighter fluid
- Cadmium – active component in battery acid
- Carbon Monoxide – released in car exhaust
- Formaldehyde – embalming fluid
- Hexamine – found in barbecue lighter fluid
- Lead – used in batteries
- Naphthalene – an ingredient in mothballs
- Methanol – a main component in rocket fuel
- Nicotine – used as insecticide
- Tar – material for paving roads
- Toluene - used to manufacture paint

Health Effects of Smoking

- Smoking harms nearly **every organ of the body**
- Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), including emphysema and chronic bronchitis
- Smoking also increases risk for tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis
- Smoking can make it harder for a woman to become pregnant as well as affect her baby's health before and after birth
- Smoking can cause impotence as well as affect men's sperm, reducing fertility and increasing risks for birth defects and miscarriage

Health Effects of Smoking

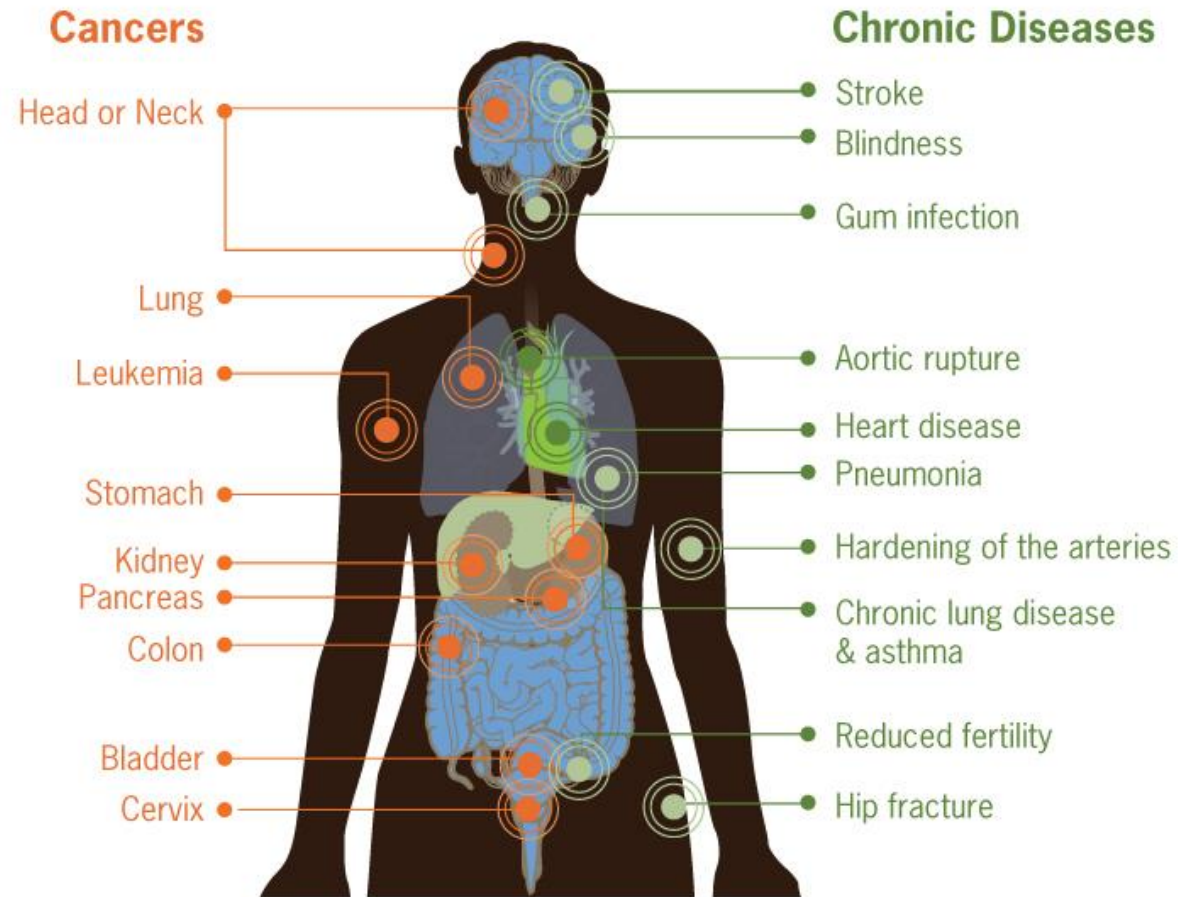


Image source: www.cdc.gov

Secondhand Smoke

- Smoking also puts non-smokers at risk
- There is no safe level of exposure to secondhand smoke
- Secondhand smoke causes close to **900,000 premature deaths** per year
- In adults, secondhand smoke causes serious cardiovascular and respiratory diseases, including coronary heart disease, lung cancer, and stroke
- In children, secondhand smoke causes ear infections, more frequent and severe asthma attacks, respiratory issues and infections, and increases the risk of sudden infant death syndrome (SIDS)
- Almost **half of children** regularly breathe air polluted by tobacco smoke in public places
- Since 1964, approximately **2,500,000 nonsmokers have died** from health problems caused by exposure to secondhand smoke

Smokeless Tobacco

- Smokeless tobacco (e.g., chewing tobacco, spit, dip, chew, snuff) is also associated with many health problems
- At least **28 chemicals** in smokeless tobacco have been found to cause cancer
- Smokeless tobacco also still contains nicotine, which is highly addictive
- Smokeless tobacco causes oral cancer, esophageal cancer, and pancreatic cancer
- Using smokeless tobacco may also cause heart disease, gum disease, and oral lesions
- Bottom line: All tobacco products are harmful and cause cancer!



e-Cigarettes / Vaping

- Electronic cigarettes (e-cigarettes) are battery-operated devices that heat a liquid usually (but not always) containing nicotine, turning it into an aerosol
- Users inhale this aerosol into their lungs, and bystanders can also inadvertently breathe in this aerosol when the user exhales into the air
- Using e-cigarettes is often referred to as *vaping*
- There's no scientific evidence that vaping is safe, and the aerosol users breathe from the device and exhale can contain harmful and potentially harmful substances



e-Cigarettes / Vaping

- While e-cigarettes contain far fewer toxins than combustible cigarettes, they are not free of toxins and still deliver harmful chemicals
- Nicotine levels in e-cigarettes are highly variable, with some reaching levels near combustible cigarettes
- Other harmful and potentially harmful components of e-cigarette aerosol include ultrafine particles that can be inhaled deep into the lungs, flavoring such as diacetyl (a chemical linked to a serious lung disease), volatile organic compounds, cancer-causing chemicals, and heavy metals such as nickel, tin, and lead
- While much remains to be determined about the lasting health consequences of e-cigarettes, there's evolving evidence about the health risks of e-cigarettes on the lungs—including irreversible lung damage and lung disease
- Bottom line: In the U.S., e-cigarettes are not currently approved by the FDA as a smoking cessation aid, and e-cigarettes are not safe for youth, young adults, pregnant women, or adults who do not currently use tobacco products

Why Quitting is So Hard

- One of the primary reasons smokers keep smoking is **nicotine addiction**
- Research suggests nicotine may be as addictive as heroin, cocaine, or alcohol
- Nicotine withdrawal symptoms may include:
 - Feeling irritable, angry, or anxious
 - Having trouble thinking
 - Craving tobacco products
 - Feeling hungrier than usual
- When you smoke, certain activities, feelings, and people become linked to your smoking, and these may "trigger" your urge to smoke
- Remember: Withdrawal symptoms may be intense but they are temporary, and the worst of symptoms will subside within a few days to a few weeks

How to Quit

- **Contact your healthcare provider** to find the best option to help you quit
- While some smokers can successfully quit “cold turkey,” a combination of counseling and medication can more than double the chance a smoker will succeed at quitting
- Nicotine replacement therapy (NRT) can reduce withdrawal symptoms and comes in several different forms, including gum, patch, lozenge, inhaler, nasal spray, and pill
- Caterpillar’s health plans cover smoking cessation counseling and smoking cessation prescriptions at 100%— meaning **at no cost to employees!**
- For additional support, U.S. residents can call **1-800-QUIT-NOW** (1-800-784-8669) for free support and counseling from experienced quitline coaches, mailed self-help materials, and referrals to other resources

Commit to Your Quit

- Set your quit date—choose a date within the next two weeks to go and stay smoke-/tobacco-free
- Know *why* you're quitting—think about why you're kicking the habit and use these reasons as motivation when you encounter cravings
- Tell your family and friends about your plan to quit—they can provide support and help hold you accountable



Manage Cravings

- Keep your mouth busy—chew gum, suck on a hard candy, or drink water
- Keep your hands busy—hold a pen or toothpick or play with a coin, paperclip, or fidget spinner
- Switch up your routine—when a craving hits, distract yourself by stopping what you're doing and starting something else
- Go for a walk or jog—physical activity can help boost energy and beat a craving
- Take slow, deep breaths—relax your mind and breathe through your craving
- Spend your time in places that are smoke-free and avoid places that remind you of smoking
- Remember: Most cravings only last 5-10 minutes—you can wait it out!



Benefits of Quitting

As soon as you quit, your body begins to repair the damage caused by smoking...

20 minutes after quitting:

- Your heart rate drops to a normal level

12 hours after quitting:

- The carbon monoxide level in your blood drops to normal

2 weeks to 3 months after quitting:

- Your risk of having a heart attack begins to drop
- Your lung function begins to improve

1 to 9 months after quitting:

- Your coughing and shortness of breath decrease

1 year after quitting:

- Your added risk of coronary heart disease is half that of a smoker's

5 to 15 years after quitting:

- Your risk of having a stroke is reduced to that of a nonsmoker's
- Your risk of getting cancer of the mouth, throat, or esophagus is half that of a smoker's

10 years after quitting:

- Your risk of dying from lung cancer is about half that of a smoker's
- Your risk of getting bladder cancer is half that of a smoker's
- Your risk of getting cervical cancer or cancer of the larynx, kidney, or pancreas decreases

15 years after quitting:

- Your risk of coronary heart disease is the same as that of a nonsmoker

The ~~End~~ Beginning



Sources

- American Lung Association (www.lung.org)
- Centers for Disease Control and Prevention (www.cdc.gov)
- Mayo Clinic (www.mayoclinic.org)
- National Cancer Institute (www.cancer.gov) (www.smokefree.gov)
- Truth Initiative (www.truthinitiative.org)
- World Health Organization (www.who.int)