

Here is a picture of a normal healthy lung:



Now, here is a lung affected by **emphysema**



And one affected by **cancer**



Health risks of rolled tobacco:

1. Rolling your own cigarettes is even more dangerous than smoking pre-made ones.
 - a. Rolled cigarettes have more nicotine and tar content.
 - b. Rolled cigarettes put out more emissions of carbon monoxide.
 - c. Rolled cigarettes have no filter and no standardization of tobacco (some have more, some have less)
2. Rolled cigarette smoker's have:
 - a. Twice the chance of becoming addicted.
 - b. Twice the chance of getting cancer of the tongue, mouth and throat.

Setting Goals:

1. Set your goals clearly- Write them down and include time lines. For example: "I will cut down to half a pack a day in two weeks time."
2. Reward yourself for meeting your goals- even the small ones along the way. It is a tough process, keep it up.
3. Pace yourself- set a comfortable pace for you, even if it is spread out over a few months or a year. Doing it quickly is not always the best way and most cannot do it "cold turkey".
4. Be realistic- don't set goals that you can't reach. You may quickly lose steam once you start, so take your time.
5. And remember: "Don't Quit Quitting"!

Tobacco Cessation Groups are available

Send a kite to **M. Cooke, Grievance Coordinator**

Other Facilitators are:

- Deb Richardson, RN
- D. McMahon, Medical records
- B. Stephenson, RUO
- C. Wiborn, Classification Director
- C. Reitzel, Psychology
- L. Custard, RUO
- R. Rintelmann, RUO
- J. Lewis, ARUS
- S. Ahmed, Admin. Asst.
- R. Finch, RN

Quitting smoking will often lead you to other healthy behaviors such as exercise and improved eating habits. Many ex-smokers find that living a healthier lifestyle becomes a positive addiction.

QUIT SMOKING TODAY



All prisons will be tobacco-free beginning February 9, 2009. This means that you will not be allowed to smoke anywhere on prison grounds (including yard). You will also not be allowed to possess any tobacco products, which includes cigarettes, loose tobacco, chewing tobacco, cigarette papers and matches. These restrictions will also apply to visitors and staff.

Use this information to convince yourself to finally kick the habit.

Some facts about tobacco:

1. Using tobacco is **NOT NORMAL**: Only 25% of people in the U.S. population use tobacco.
2. Tobacco kills more people than
 - AIDS
 - Alcohol
 - Heroin
 - Crack
 - Suicide
 - Murder
 - Car accidents

COMBINED

3. For every pack of cigarettes that you smoke you are taking 2 hours off your life!



Cancer, Disease, Arthritis

You know you should quit. You know about lung cancer, emphysema, and heart disease. Just in case that isn't enough to convince you, here are a number of important things you may not know about your pack of smokes:

Alzheimer's Acceleration:

Smoking speeds your rate of mental decline; smokers are *5 times more likely* to develop Alzheimer's in the later years of life – with or without a family history of the disease.

Likely to get Lupus:

Lupus is an autoimmune disease that causes inflammation, tissue damage, and pain throughout the body. Your risk of developing this disease increases when you smoke, but declines when you quit.

Increased Impotence:

Smoking has a serious effect on the prevalence of impotence; men who smoke nearly a pack a day increase their risk by a whopping 60%! Luckily, this risk can be decreased when you quit smoking – and the sooner the better.

Boosting Blindness:

Your risk of age-related macular degeneration goes up 4 fold when you are a smoker – fortunately, quitting reduces that risk. This is a condition that causes a loss of central vision, which means you cannot see straight in front of you. If you enjoy activities like reading, sewing, or driving, it's time to quit smoking.

Arthritic Advance:

If you have Rheumatoid Arthritis in your family history, research shows you are *16 times more likely* to get it when you smoke. Even when you don't have the family history, you are *2.5 times more likely* than non-smokers to be affected.

Heartburn Haven:

If you have smoked for 20+ years, chances are you have heartburn. You are *70% more likely* to get it than a non-smoker!

Trouble sleeping:

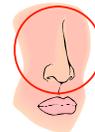
Withdrawal from nicotine may make it harder to fall asleep and the continued withdrawal overnight can cause increased insomnia.

And here are a few more...

Colon cancer, depression, and thyroid disease – your risk of getting any of these is increased when you smoke. Also, your muscles and tendons get stiff and inflexible so you are more prone to injury.

Now, let's take a look at the health benefits timeline from the moment your last cigarette is smoked.

- In the first 20 minutes:** your blood pressure and pulse rate decrease and the body temperature of your hands and feet increase.
- At 8 hours:** Carbon monoxide levels in your blood stream decrease to normal levels. With a drop in carbon monoxide, it will increase your blood oxygen levels, allowing your blood to carry more oxygen to the tissues that need it.
- At 24 hours:** Risk of having a heart attack decreases.
- At 48 hours:** nerve endings start to re-grow and the ability to taste and smell is enhanced. (Most smokers don't realize smoking dulls these senses. See how much better everything smells and tastes!)
- Between 2 and 3 months:** circulation improves, less coughing and wheezing-pneum production decreases. It is easier to walk as lung function greatly improves.
- From 1 month to 9 months:** as lung function continues to improve, cough, sinus congestion, fatigue and shortness of breathe all decrease. Cilia, the tiny hair-like structures in the



The Nose



lungs that transport mucous out of the lungs begins to regain normal function. Smoking mats them down.

- In one year:** the risk of developing coronary artery disease (CAD) and heart attack is reduced by half when compared to that of a smoker.
- 5-15 years after quitting:** your risk of having a stroke returns to that of a non-smoker.
- In 10 years:** the risk of developing lung cancer drops, but still remains higher than those that have never smoked. Additionally, the risk of developing cancer of the mouth, throat, esophagus, bladder, kidney and pancreas all decrease.
- In 15 years:** you can say you are "fully healed". The risk of developing coronary artery disease and heart attack is *similar to that of people that have never smoked*. The overall risk of death returns to nearly that of a non-smoker.



Remember the three R's to quit:

- **Remind** yourself why you are quitting.
- **Refuse** to let negative thoughts take over your brain!
- **Rehearse** difficult situations. Know how to handle them before they come up.

By quitting, a one pack a day smoker will save approximately \$1,500 a year! What else can you do with that money?

