

Tobacco Facts

Smoking Cessation

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Smoking Cessation means beating tobacco dependence by stopping smoking.

Tobacco dependence is considered to be a chronic condition that usually requires repeat intervention. 70% of the smokers in the United States today have tried to quit at least once. Most smokers make several quit attempts before they successfully kick the habit.¹

Current recommended smoking cessation treatments include nicotine replacement therapies (NTRs) in the form of gum, inhaler, nasal spray, and patch (“the patch”), as well as the pharmacotherapy, Bupropion.¹

Person-to-person or over the phone treatments are an important part of a quit process. The most effective treatments include counseling, cessation group social support, and support from family and friends.¹

The benefits of quitting smoking are both immediate and long term. The former smoker’s risk of stroke will begin to decrease steadily. He or she will have lower risk for illnesses such as colds, flu, bronchitis, and pneumonia; will cough less; feel less tired and less short of breath; and have less congestion.²

One year after quitting smoking, a person’s risk of coronary heart disease, characterized by heart attack, decreases by half.²

Ten years after quitting smoking, a person’s risk of lung cancer drops to nearly half that of a smoker.²

Smokers who quit before or early in pregnancy reduce their risk of miscarriage or of having a low birth-weight baby. Smokers who quit before or early in pregnancy reduce the risk of sudden infant death syndrome (SIDS) in their babies.²

Sources:

1. PHS. *Treating Tobacco Use and Dependence*. Fact Sheet, June 2000.

2. DHHS. *The Health Consequences of Smoking: A Report of the Surgeon General*. DHHS, CDC, National Center for Chronic Disease Prevention and Health Promotion, OHS, 2004.

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For more information, call 503.228.4185 or visit the website: www.tobaccoprevention.net. Funded by CDC, grant #U1A DP000556-01.