

# How does **smoking** affect you and your family?



A wellness publication prepared for members of Samaritan Health Plans and InterCommunity Health Network CCO

**OUR MEMBERS. OUR NEIGHBORS.**



Tobacco use is the leading cause of preventable death. Smokers die 10 years earlier than nonsmokers.

## Smoking affects you

- There are about 4,000 chemicals in cigarettes; hundreds of these chemicals are toxic.
- Toxins found in cigarettes keep your organs and immune system from working the best they can.
- Cigarettes and e-cigarettes contain nicotine, a highly addictive substance. Nicotine can increase your heart rate and blood pressure, and can cause dizziness, nausea and stomach pain.

## Smoking affects others too

- Babies of women who smoked during pregnancy have a higher risk of being premature, being born at a low birth weight, and sudden infant death syndrome (SIDS).

# SMOKING RISKS

- Children around secondhand smoke are at greater risk of developing asthma, ear infections and respiratory infections.
- Health conditions caused by secondhand smoke in adults include heart disease, stroke and lung cancer.

## Effects of smoking hang on after the cigarette is put out (thirdhand smoke)

Harmful toxins in smoke settle on surfaces, such as hair, clothes and furniture, and are especially harmful to children. These toxins may delay thinking skills.

## Smoking is linked with serious health problems

- Smoking harms nearly every organ of the body.
- Smokers are more likely to develop heart disease, lung cancer, or have a stroke.
- Smoking can cause cancer almost anywhere in the body, including: Lungs, heart, mouth, blood vessels, kidneys, stomach and bladder.



## When you quit smoking, your body will start to heal itself

- Your blood pressure, pulse, and body temperature return to normal
- Carbon monoxide levels in your blood return to normal
- Oxygen levels in your blood return to normal
- Nerve endings start to re-grow
- Your ability to taste and smell improves
- Blood flow improves
- Lungs become stronger, making it easier to breathe
- Hair-like structures in the lungs begin to re-grow, increasing their ability to handle mucus, to clean themselves and to reduce infection.

# BENEFITS TO QUITTING

- Coughing, sleepiness and shortness of breath decrease.
- Overall energy level increases.

## Over time, the benefits of quitting smoking increase

### **1 year after quitting ...**

the risk of heart disease is half that of a smoker's.

### **5 years after quitting ...**

your stroke risk is reduced.

### **10 years after quitting ...**

the lung cancer death rate is about half that of a smoker.

### **15 years after quitting ...**

your risk of heart disease is the same as a non-smoker's.

How ready are you to quit smoking? ...

# Take the readiness quiz

You really want to quit smoking, but are you mentally prepared to follow through? Take our quiz to find out if you are ready to quit.

---

1

**I have thought about my smoking habit and physical health and why I need to quit.**

- True.
- False.

2

**I have accepted the idea that I need to make permanent, not temporary, changes to be successful in quitting.**

- True.
- False.

3

**I am thinking of quitting smoking now because I really want to, not because someone else thinks I should.**

- True.
- False.

## Quiz results

If you answered TRUE to one or more of the questions, **you are ready to quit.**



## Here are some tips to help you get started

### **Set a quit date ...**

ideally, within two weeks.

### **Tell someone ...**

like family and friends about your choice to quit and ask for understanding and support.

### **Expect challenges ...**

to your planned quit attempt, especially during the first few weeks, including nicotine withdrawal and cravings.

### **Remove ...**

tobacco products from your home and car.

## Talk with your health care provider

Research has shown that using prescription drugs along with classes or support groups give you a better success rate for quitting. Talk with your health care provider about the best method for you.

**See the next page for support groups and programs.**

Below you will find information on local programs and support groups. Some programs may charge a fee. Those fees may be covered by your Samaritan health plan. Check your member handbook or call your plan for more information.

## TOBACCO USE

### **Oregon Quit Line**

1-800-QUIT-NOW (1-800-784-8669)

Spanish Language Line

1-877-2NO-FUME (1-877-266-3863)

**[www.oregonquitline.org](http://www.oregonquitline.org)**

## CHRONIC CONDITION PROGRAMS

### **Living Well with Chronic Conditions**

Linn, Benton and Lincoln counties,

541-768-6070

Six-week workshop that teaches practical skills for living a healthy life with an ongoing health condition.

### **Get help from your health plan**

Samaritan Health Plans and InterCommunity Health Network CCO support your efforts to quit tobacco. Call Customer Service to find out how your plan can help you.

### **Customer Service**

Corvallis 541-768-4550

Toll-free 1-800-832-4580

TTY 1-800-735-2900

Monday – Friday, 8 a.m. to 8 p.m.