The consequences of smoking are profound and impact various aspects of life. Smoking is the leading cause of preventable death and claims more than 480,000 lives annually in the United States.

By quitting smoking, you protect those around you from harmful secondhand smoke.

Not smoking also reduces the release of harmful chemicals into the atmosphere.



2 Smoke A This

3rd hand Smoke

- The tobacco product you smoke yourself that is inhaled directly into the lungs.
- The smoke comes from cigarettes, hookahs, cigars, and vaping devices.
- Some of the dangers firsthand smoke are:
 - Lung Cancer
 - Heart Disease
 - Stroke
 - COPD



- Secondhand smoke that has been exhaled or breathed out with tobacco products such as cigarettes or e-cigarettes.
- Known as environmental tobacco smoke, involuntary or passive smoking.
- 2.5 million non-smokers have died from secondhand smoke since 1964.
- There's no safe level of second-hand smoke exposure.

- Thirdhand smoke is the leftover cancercausing chemicals and nicotine that settle indoors on surfaces when tobacco is smoked.
- Poisonous residue like arsenic, formaldehyde and lead.
- Thirdhand smoke can persist for many months.
- Children and pets are the most vulnerable because they're more likely to put objects near their mouths and noses as they crawl.

Sources

fda.gov/tobacco-products/health-effects-tobacco-use/chemicals-tobacco-products-and-your-health lung.org/quit-smoking/smoking-facts/health-effects/secondhand-smoke cdc.gov/tobacco/data statistics/fact sheets/adult data/ciq smoking/index.htm

Quit Resources

visit: njquitline.org or call: 1.800.QUIT.NOW



Cigarette Ingredients

- 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 and gasoline
- 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 an insecticide
- TAR—material for paving roads
- TOLUENE—used to manufacture paint

Quitting smoking can be a challenging journey however it is attainable with the support of friends, family, and healthcare professionals.

Be patient and kind to yourself, your health and wellbeing are worth the effort.

Schedule your lung screening today by visiting: screennj.org or call 833.727.3665

Your body's response when you quit smoking for the first year:

8 to 12 hours after quitting,

your blood carbon monoxide level drops. Carbon monoxide is the same dangerous fume that comes from car exhaust. It causes your heart rate to increase and causes shortness of breath. Within 8 to 12 hours, the carbon monoxide level in your blood drops, and your blood oxygen increases.

2 weeks - 3 months after quitting,

your risk of heart attack drops.
Improved circulation, lower blood
pressure and heart rate, and better
oxygen levels and lung function all
reduce your risk of a heart attack.



1 year after quitting,

your risk of heart disease will be cut in half. Smoking significantly increases your risk of heart disease.

20 minutes after quitting,

your heart rate drops. Cigarettes raise your blood pressure and increase your heart rate. You heart rate will begin to drop to normal levels within 20 minutes of your last cigarette.



48 hours after quitting,

hours

your ability to smell and taste improves. The nerve endings damaged by smoking begin to regrow, improving your sense of smell and taste.



1 - 9 months after quitting,

you'll feel less short of breath and cough less. Coughing, shortness of breath, and sinus congestion will decrease. You'll feel more energetic overall.

