

KILLS.

SMOKING

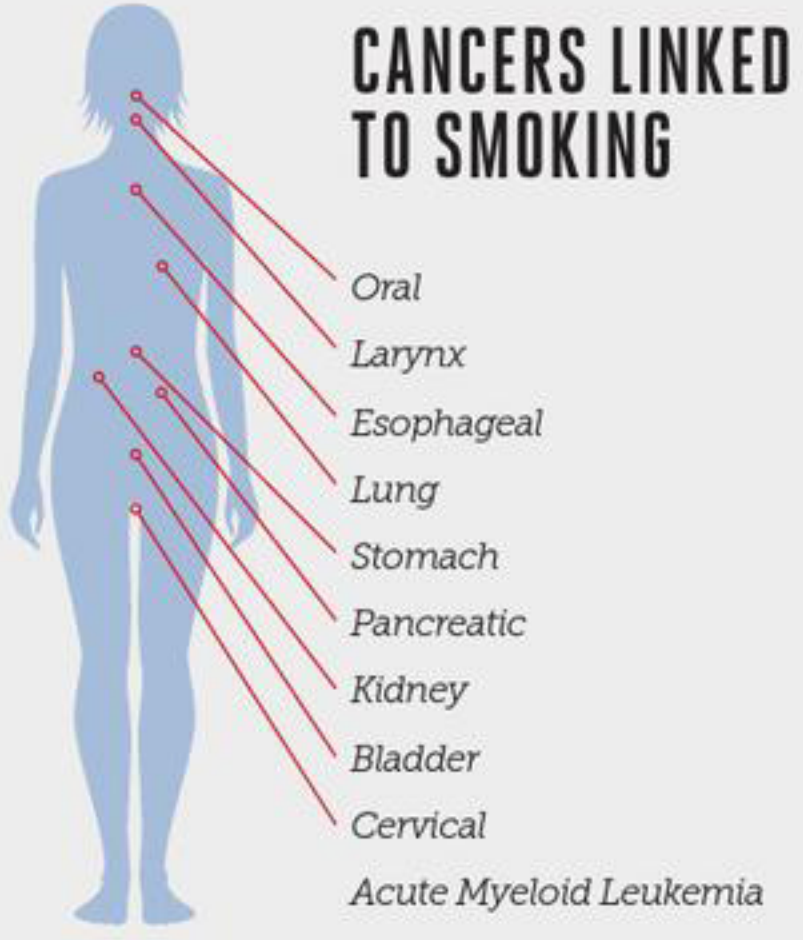
ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION, THERE ARE MORE THAN 7,000 CHEMICALS IN TOBACCO SMOKE. OF THAT NUMBER, 250 ARE KNOWN TO BE HARMFUL TO HUMANS, INCLUDING HYDROGEN CYANIDE, CARBON MONOXIDE AND AMMONIA, AND 69 CAUSE CANCER, INCLUDING ARSENIC, BENZENE, VINYL CHLORIDE AND CADMIUM. SMOKING HAS AN ADVERSE EFFECT ON NEARLY EVERY ORGAN IN THE BODY AND HAS BEEN LINKED TO NUMEROUS CANCERS, HEART AND RESPIRATORY DISEASES, BIRTH DEFECTS, STILLBIRTHS AND PREMATURE BIRTHS. SMOKING CAUSES MORE DEATHS EACH YEAR IN THE UNITED STATES THAN ALL DEATHS FROM HIV, ILLEGAL DRUGS, ALCOHOL USE, AUTO CRASHES, SUICIDES AND MURDERS COMBINED.

WHAT THE EXPERTS SAY

“The one thing people really want help with is which quit-smoking medication is available and what they should try,” says Manette Cheshareck, the tobacco prevention specialist with Tobacco Free Partnership of Marion County. “Of the over-the-counter products, we encourage people to try the nicotine patch. It’s easy; you put it on and leave it on for 24 hours before replacing it. With gums and lozenges, you have to keep using them every few hours. But everyone has to find what works for them.”

Cheshareck notes that “we also encourage people to get counseling to deal with the behavioral aspects of quitting smoking and increase their success.” She suggests calling the Tobacco Free Florida Quitline (1-877-U-CAN-NOW) for telephone counseling, a referral for online counseling at tobaccofreeflorida.com and a referral to an area health education center.

For more information on the Tobacco Free Partnership of Marion County, go to tfp-marion.org or contact Cheshareck at (352) 682-1915.



SECONDHAND SMOKE'S EFFECTS

CHILDREN: Recurrent ear infections, respiratory illnesses, sudden infant death syndrome (SIDS)

ADULTS: Heart disease, lung cancer, respiratory illnesses