

If you smoke, the American Cancer Society is especially concerned about you. The U.S. Surgeon General's Report on Health Consequences of Cigarette Smoking shows that in three years, the lung cancer death rate for women will reach and then surpass the breast cancer death rate. It is clear that being a woman gives no special immunity from the risks of smoking.



SO, WHY ARE YOU STILL SMOKING?

THE FACTS ARE:

More women have been smoking for longer periods of time, and we are now seeing many more cases of lung cancer in women. In the years to come, women who smoke will run 8-12 times greater risk of dying of lung cancer than nonsmokers.

Smokers die of strokes three times as often as nonsmokers. They have twice the risk of dying of heart attacks. Smokers who are over 35 and use oral contraceptives are in a high risk group for heart attack and stroke.

Pregnant women who smoke are harming not only themselves but the babies they are carrying. Smoking increases the risk of miscarriage, lowers birth weight, raises the baby's chances of complications at delivery and the likelihood of health problems during infancy.

Children raised in a home where one or more parents smoke have a higher rate of upper respiratory infection. Older children are more likely to start if one or both parents smoke.

Why not join the majority who don't smoke — over 70%. The rest who do smoke represent the lowest number of women smoking since 1964. So, it's no longer a social plus to smoke in many places and situations.

SMOKING AND YOU:

Many smokers think about quitting. Can we convince *you*?

When you quit, your risks will go down, starting immediately and eventually will reach the same level as the nonsmoker.

There is now good evidence that many people do NOT gain weight when they stop smoking. Some even lose weight because they feel better and are more active.

Those who gain are able to shed the pounds once the smoking habit is conquered. During the quit process, it is better not to change eating habits or try to diet; instead, many ex-smokers suggest healthy snacks such as fruit or raw vegetables that will help distract you and prevent tension.

IMMEDIATE BENEFITS:

Shortly after you quit, you will feel and look better. Coughs disappear, so does the unpleasant odor of cigarettes that clings to a smoker's hair and clothing. You will experience a return of energy. Beyond any cosmetic benefits, you will enjoy an enormous surge of self-confidence when you realize you can control what seemed like an impossibly demanding habit.

HelpPeopleSM
Employee Assistance Program

470-7447 or 800-777-6110