

# Great American Smokeout: November 19, 2009

*"There's Never Been a Better Time to Quit"*

## Do You Need a Good Reason to Quit?

Those who quit successfully have a good reason to quit;  
a better reason than, "I really need to quit."

Take it from a happy **QuitlineNC** caller:

*"I have been quit since Christmas Eve 2007, and I just wanted to let you know how well I am doing. Most importantly, I am avoiding lung cancer and there is nothing that is going to bring me back."*

## What are the Risks of Continuing to Smoke?

### ● Immediate Risks:

- Shortness of breath
- Worsening of asthma
- Harm to pregnancy
- Impotence, infertility
- Increased serum carbon monoxide (which robs the blood of oxygen)

### ● Long term risks:

- Heart attacks and strokes
- Cancers of lung, larynx, pharynx, esophagus, pancreas, bladder, cervix
- Chronic obstructive pulmonary diseases (emphysema and chronic bronchitis)
- Long term disability, and need for extended care

### ● Health Effects of Secondhand Smoke and Exposure include:

- Increased risk of lung cancer, heart disease
- Immediate risk for heart attack

### ● Children exposed to Secondhand Smoke Exposure are at increased risk for the following health conditions:

- Sudden infant death syndrome (SIDS)
- Acute respiratory infections
- Ear problems
- More frequent and severe asthma
- Slowed lung growth



Take the next step for a positive health change.  
Call **QuitlineNC** at 1-800-784-8669.

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State of North Carolina, Beverly Eaves Perdue, Governor - Department of Health and Human Services, Lanier M. Cansler, Secretary - Division of Public Health  
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