

STOP SMOKING. START REPAIRING.



Facts about QUITTING SMOKING:

- Most smokers are addicted to nicotine, a drug found naturally in tobacco.
- Quitting is hard and may take more than one attempt to stop. Don't give up! There are treatments and resources to help you. Many people have successfully quit smoking. In fact, today **there are more former smokers than there are current smokers.**

THE BENEFITS OF QUITTING: [Centers for Disease Control and Prevention & Olin, et. al.]

- Smoking increases your risk for serious health problems, many diseases, and death. People who stop smoking greatly reduce their risk for disease and early death.

Smoking and Peripheral Arterial Disease (PAD):

- Smoking is a major risk factor for the development and progression of PAD. If you stop smoking *before* you develop PAD, your risk of ever getting PAD is reduced.
- In patients who have been diagnosed with PAD, smoking cessation is the most important lifestyle modification in decreasing the risk of critical limb ischemia, amputation, and MACE ("major adverse cardiovascular event", meaning ischemic stroke, heart attack and vascular death).

Patients who quit smoking benefit because they have a lower risk of:

- **CORONARY HEART DISEASE** (risk cut by half 1 year after quitting and after 15 years, the risk is nearly the same as someone who never smoked).
- **STROKE** (risk reduced to that of a person who never smoked after 5-15 years of not smoking).
- **LUNG CANCER** (risk drops by as much as half 10 years after quitting).
- **CHRONIC OBSTRUCTIVE PULMONARY DISEASE** (risk of death reduced after quitting).
- **OTHER CANCERS** (risks reduced for bladder, larynx, mouth, throat, esophagus, cervical)


Although the health benefits are greater for people who quit at an earlier age, there are benefits at any age.

IT IS NEVER TOO LATE TO QUIT. WHY NOT START NOW?

Speak to your healthcare provider today about smoking cessation:

- Available resources.
- Medications to help you quit, if appropriate and necessary.

WHERE CAN I GET HELP?

- **www.nysmokefree.com**
- **1-866-NY-QUITS (1-866-697-8487)** 
- Free telephone support*, with available interpreters in any language.
- Counseling provided by experienced quit-line coaches.
- Personalized on-line quit plan.
- Information on how to quit, and how to cope with nicotine withdrawal
- Information about medications to help with smoking cessation.
- Referrals to other resources.

* NY State Department of Health Tobacco Cessation Program



停止吸煙。恢復健康



有關戒煙事實：

- 大多數吸煙者對尼古丁上癮，尼古丁是在煙草中發現的天然藥物。
- 戒烟很困難，可能需要不止一次，千萬不要放棄！很多人已成功戒烟。但事實上，目前加入戒烟行列者比現正吸煙者人數更多。

戒烟的好處：

- 吸煙會影響健康，增加生病的機會，還可能導致死亡。戒烟的人大大降低了他們患病的機會和過早死亡的風險。

吸煙與週邊動脈疾病 (PAD)：

- 吸煙是導致週邊動脈疾病主要危險因素，並會使此疾病更為惡化。如果你在患週邊動脈病前戒烟，得病的風險應會降低。
- 如果你被確診患有週邊動脈病，戒烟是最重要的改變生活方式，這能降低四肢缺血的風險，以及截肢可能。(這可能會導致缺血性中風，心臟發作和血管性死亡)。

戒烟者受益，因為降低了如下風險：

- 冠狀動脈心臟疾病 (戒烟後 1 年，獲冠心病的風險減少一半；戒烟後 15 年，風險幾乎和從不吸煙的人相同)。
- 腦中風 (戒烟後 5-15 年，獲中風的風險減低到和不吸煙人相同)。
- 肺癌 (戒烟後 10 年，獲肺癌風險下降幅度高達一半)。
- 慢性阻塞性肺病 (戒烟後死亡風險降低)。
- 其他癌症 (戒烟後減少膀胱癌、喉癌、口腔癌、咽喉癌、食道癌、宮頸癌的風險)。

雖然早年戒烟對健康有很大益處，但任何年齡戒烟都會受益。**永遠不會太遲。**為什麼不現在就**開始戒烟呢？**

今天請立即與你的醫療服務提供者查詢怎樣戒烟：

- 可利用教育性資源。
- 如果需要，可適當利用藥物來幫助你戒烟。

我哪裡可以得到幫助？

- www.nysmokefree.com 網站
- 1-866-NY-QUITS (1-866-697-8487)
 - 免費電話支持戒烟服務* 並提供多種語言服務。
 - 由經驗豐富輔導員提供服務。
 - 個人的戒烟計劃。
 - 關於如何戒烟的信息，以及如何應付尼古丁。
 - 關於藥物的知識，以幫助戒烟。
 - 轉介到其他戒烟資源。

