

Stop Smoking

Smoking continues to be the leading cause of preventable death and disability in the United States. According to the CDC's 2004 report on tobacco, cigarette smoking causes more than 440,000 deaths every year, and more than 8.6 million Americans have at least one serious illness caused by smoking. Since the first Surgeon General's report linking smoking to health problems came out in 1964, more than 12 million people have died from a smoking-related disease. If current trends continue, 6.4 million people who are under the age of 18 today will end up dying long before their time from a disease caused directly by their smoking habit.

Smoking also does a lot of damage to our nonsmoking friends and family. Women who smoke while pregnant, for example, are more likely to have babies who don't weigh enough or who die from sudden infant death syndrome. Young children who live with smokers are more likely to have respiratory problems. And secondhand smoke causes about 3,000 deaths from lung cancer and 35,000 deaths from heart disease among nonsmokers every year.

Take Steps to Stop Smoking

1. Set a smoking area outside where you must go to smoke.
2. Do not smoking while you are doing anything else.
3. Stop all smoking in the car and house.
4. Get a quit buddy.
5. Do something else during your smoke break.
6. If you feel stressed, try taking 10 deep breaths.
7. Plan a smoke free day.