

Another study, published in 1991 by the American Heart Association, shows that second hand smoke may be responsible for 53,000 deaths a year - 37,000 from heart disease, 3,700 from lung cancer and the remaining 12,300 from other forms of cancer, including cervical.

WHY IT ISN'T EASY TO STOP

Cigarette smoking is not a dirty little habit. It is profoundly addicting:

"...while the odds on those trying crack or alcohol becoming addicts are 1 in 6 and 1 in 10 respectively, they're 9 in 10 for cigarette smokers," from the chief of clinical pharmacology, National Institute on Drug Abuse;

"...cigarettes and other forms of tobacco are addicting in the same sense as are drugs such as heroin and cocaine," from "The Health Consequences of Smoking: Nicotine Addiction" released by the Surgeon General;

"Scientists have found, for instance, that nicotine is as addictive as heroin, cocaine or amphetamines, and for most people more addictive than alcohol," from "Nicotine, Harder to Kick than Heroin," published in the *New York Times Magazine*.

Like heroin, nicotine affects the nervous system, stimulating and relaxing the body at the same time. It seems to improve intellectual performance. It can relieve stress and it suppresses the appetite for carbohydrates.

Nicotine is fast acting, too. Because it is inhaled, it gets to the brain in seven to ten seconds, twice as fast as intravenous drugs, three times faster than alcohol.

Nicotine can't be stored in the body, so smokers keep its pleasurable effects constant by continuing to smoke - hundreds of inhalations a day.

Finally, nicotine is a familiar addiction. About half of all smokers start by age 13. Most of the rest begin sometime later during adolescence.

By the time they are ready to quit, smokers are physically hooked and they have had years of powerful psychological reinforcement to continue smoking - from movies, television, popular fiction and, especially, advertising.

WHAT YOU GAIN BY QUITTING

The Surgeon General's 1990 Report, "The Health Benefits of Smoking Cessation", reaches these major conclusions:

1. People who quit smoking live longer than those who continue to smoke;
2. The benefits of quitting smoking extend to quitting at older ages;
3. Smoking cessation yields important health benefits even to those who already suffer from smoking-related illness;
4. Women who stop smoking before pregnancy and women who quit during the first 3 - 4 months have infants of the same birthweight as those born to women who have never smoked;
5. The health benefits of quitting far exceed any risks from the average 5 pound weight gain or adverse psychological effects that may follow quitting.

FACING THE FATAL ATTRACTION

Facts for Smokers

Nicotine Anonymous World Services

2118 Greenwich Street
San Francisco, CA 94123

YOU'RE NOT ALONE

Most people who smoke do so because they can't stop.

If that's you, it may be comforting to know you have a lot of company. National surveys show that 75%-85% of America's 50 million smokers would like to quit, but haven't been able to, yet.

In case all that company *isn't* comforting, it might make you feel better to learn that 38 million Americans have already quit and another 1.3 million manage to quit each year and stay quit.

YOU'RE RIGHT TO WORRY

Except for the tobacco industry, which makes \$13 billion in gross profit a year from the sale of cigarettes in the U.S., no one questions the terrible effect of smoking on health:

1. More than 50,000 different scientific studies have documented that a direct link exists between smoking and disease;
2. The Surgeon General says, "...smoking represents the most extensively documented cause of disease ever investigated in the history of biomedical research";
3. The U.S. Public Health Service calls cigarette smoking the most important preventable cause of death in our society.

Each year, more than one out of six deaths in the United States are caused by smoking - an annual toll of more than 434,000 Americans, 3 times the number killed by cocaine, heroin and alcohol combined.

WHAT SMOKING DOES TO YOU

According to the Surgeon General, cigarette smoking:

1. Causes cancer of the lung, larynx, esophagus, oral cavity (mouth, tongue, lips, gum, palate) and bladder;
2. Causes heart disease, stroke, emphysema, and blocked arteries in the hands and feet;
3. Is a contributing cause of cervical cancer, increases the risk of pancreatic cancer and of ulcers, influenza, pneumonia, bronchitis, brain hemorrhage, and aneurysm of the abdominal artery;
4. Causes women to have menopause 1 to 2 years early, accelerates the normal age-related decline in lung function, and is associated with prominent facial skin wrinkling, especially around the eyes and mouth.

Other research has established an association between smoking and cataracts; has clearly related cervical cancer and abnormal Pap tests to smoking; and made cigarette smoking a major risk factor for the development of leukemia.

WHAT YOUR SMOKING DOES TO OTHERS

Second-hand smoke is a known killer, identified by the Surgeon General as a cause of disease in non-smokers. It is as dangerous to non-smokers as first hand smoke is to smokers themselves. So much so that the EPA intends classifying it as a "Class A carcinogen", a known cause of human cancer.

The Surgeon General says that children exposed to tobacco smoke in the home get pneumonia and bronchitis more often and are more likely to develop severe middle ear infections.

Two studies published in 1991 in the *American Journal of Epidemiology* found that:

1. Children whose parents smoke are three to four times as likely to develop serious infectious diseases requiring hospitalization;
2. Children exposed only to their father's smoking before birth have an increased risk of leukemia, lymphoma and brain cancer;
3. Children whose mothers smoked during pregnancy have a 30 percent higher risk of leukemia and lymphoma.

The Surgeon General says that pregnant women who smoke double their risk of having a low birth weight baby and suffer a much greater risk of fetal and infant deaths than women who don't smoke.

In addition, the Surgeon General found that pregnant women who smoke increase the likelihood of severe complications of pregnancy and delivery, including bleeding during pregnancy, tearing and bleeding of the placenta, and preterm delivery.

A 1990 study conducted at the Montefiore Medical Center in New York among women with advanced cervical cancer found that non-smokers, better than 1 in 7 of those studied, had significant exposure to second hand smoke, generally through spouses who smoked.