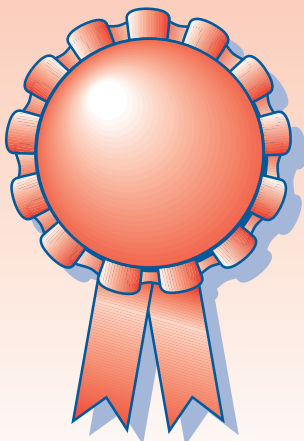


T

HINKING ABOUT QUITTING

- **WHAT DOES SMOKING DO FOR YOU?**
- **SMOKING CIGARETTES IS A SERIOUS PROBLEM. GIVE QUITTING A SERIOUS TRY**
- **CIGARETTES ARE BAD NEWS!**
- **UP IN SMOKE**



**THE UNIVERSITY OF PITTSBURGH
National Smoking Cessation
Specialist Certification Program**

WHAT DOES SMOKING DO FOR YOU?

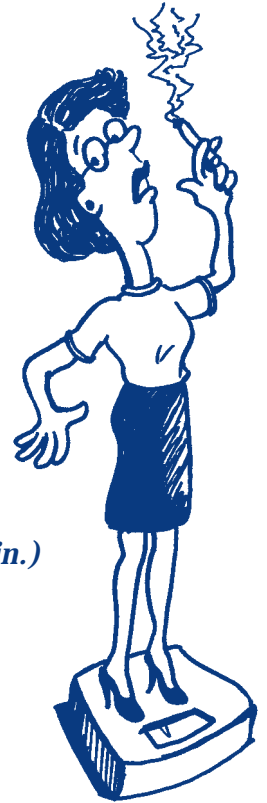


Mary thinks that smoking makes her cool, glamorous, and attractive.

What's so attractive about yellow teeth, bad breath, body odors, and clothes with burn holes?

Helen feels that smoking keeps her thin.

Even though some people do gain weight when they quit, is it worth the increased risk of getting cancer, heart disease, or emphysema to keep off a few extra pounds? (Ask your pharmacist for our Weight Management handout if you would like information on healthy ways to manage weight gain.)



Jack feels that cigarettes get rid of stress.

How could a cigarette fix a flat tire, stop the baby from crying, solve a problem with the boss, or help you pay your bills? (Ask your pharmacist for our Stress Management handout if you would like information on useful ways of dealing with stress.)

Frank is afraid to even try to quit because he thinks the cravings will be too much to handle.

There are many excellent nicotine replacement products on the market now. They will help you get off nicotine slowly and comfortably. Ask your pharmacist to discuss these nicotine replacement options with you.



Rhonda feels that cigarettes are her best friend.

Think about it! What kind of friend would steal your money, destroy your health and take away your self esteem?

You're in the process of thinking about quitting smoking. When you are ready to quit, please return to the pharmacy where you received this information. Our pharmacists have been trained and certified by the University of Pittsburgh National Smoking Cessation Certification Program. They have information packets designed to give you specific answers to all your smoking cessation questions. In addition, they will be able to advise you on nicotine replacement products, teach you effective ways to deal with temptations, and give you the support you need to be successful in quitting smoking.

CIGARETTES ARE BAD NEWS!

CIGARETTES CONTAIN CANCER-CAUSING TAR and particles that clog your airways and prevent your lungs from naturally cleaning themselves. If you smoke one pack of cigarettes a day for one year, your body absorbs about one pound of tar!

Cigarette smoke contains carbon monoxide, a gas that pushes oxygen out of your system and lowers your energy level. This is the same gas that comes out of your car exhaust!

Cigarettes contain DDT, arsenic, formaldehyde, strychnine, freon, cyanide, and over four thousand other chemicals!

ONE OUT OF EVERY SIX DEATHS IN THE UNITED STATES can be linked to smoking—over 419,000 deaths each year. Thirty percent of all people who die from cancer are smokers.

THERE IS A DIRECT LINK BETWEEN LUNG CANCER AND SMOKING.

Most individuals who get lung cancer are smokers.

About five hundred people die each day from cardiovascular diseases connected with smoking.

SMOKING IS RESPONSIBLE FOR OVER ONE MILLION CASES of chronic bronchitis and emphysema each year.

The Surgeon General's Report shows that smoking can be harmful to nonsmokers exposed to the cigarette smoke—especially those with asthma and other lung diseases.

WOMEN WHO SMOKE TYPICALLY HAVE LOWER BIRTHWEIGHT BABIES. Smoking has also been shown to increase the chance of Sudden Infant Death Syndrome.

Children of smokers have more cases of colds, upper respiratory infections and asthma.

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“UP IN SMOKE”

Use this easy worksheet to figure out how much money smoking will cost you, over your lifetime, if you continue to smoke.

WHAT YOU’VE ALREADY SPENT:

- Write the number of packs of cigarettes you smoke per day _____
- Multiply by 365 (days in a year) _____
- Multiply by the number of years you’ve smoked _____
- Multiply by \$1.00 (the average cost of a pack of cigarettes over the last 25 years) _____

This is how much you’ve already spent on cigarettes!

WHAT YOU’LL SPEND ON CIGARETTES IN THE FUTURE IF YOU CONTINUE TO SMOKE:

- Subtract your current age from 75 (the average life expectancy) and write the result _____
- Multiply by 365 _____
- Multiply by how many packs of cigarettes you smoke per day _____
- Multiply by \$4.00 (the predicted average future cost of a pack of cigarettes) _____

This is how much you are likely to spend on cigarettes for the rest of your life, if you continue to smoke at the rate that you do now!

Add the two boxed numbers together to get your “lifetime dollar cost” of smoking

Now think of the wonderful things you could do with that money, instead of just sending it “up in smoke”!

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**Developed in cooperation with Frank Vitale, M.A.
and the University of Pittsburgh School of Pharmacy**

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