Quitting Smoking!

Provided by: Mr. Michael Naggles, RN
Army Public Health Nursing, Health Promotion Educator

Quitting Smoking
Tobacco use can lead to tobacco/nicotine dependence and serious health problems. Quitting smoking greatly reduces the risk of developing smoking-related diseases.

Tobacco/nicotine dependence is a condition that often requires repeated treatments, but there are helpful treatments and resources for quitting.

Smokers can and do quit smoking. In fact, today there are more former smokers than current smokers.1

Nicotine Dependence
Most smokers become addicted to nicotine, a drug that is found naturally in tobacco.2

More people in the United States are addicted to nicotine than to any other drug.3 Research suggests that nicotine may be as addictive as heroin, cocaine, or alcohol.1,2,4

Quitting smoking is hard and may require several attempts.4 People who stop smoking often start again because of withdrawal symptoms, stress, and weight gain.4

Nicotine withdrawal symptoms may include:4

- Feeling irritable, angry, or anxious
- Having trouble thinking
- Craving tobacco products
- Feeling hungrier than usual

Health Benefits of Quitting
Tobacco smoke contains a deadly mix of more than 7,000 chemicals; hundreds are harmful, and about 70 can cause cancer.1,4 Smoking increases the risk for serious health problems, many diseases, and death.1,4

People who stop smoking greatly reduce their risk for disease and early death.

Although the health benefits are greater for people who stop at earlier ages, there are benefits at any age.1,4 You are never too old to quit.

Stopping smoking is associated with some of the following health benefits:1,4

- Lowered risk for lung cancer and many other types of cancer.
- Reduced risk for heart disease, stroke, and peripheral vascular disease (narrowing of the blood vessels outside your heart).
- Reduced respiratory symptoms, such as coughing, wheezing, and shortness of breath. While these symptoms may not disappear, they do not continue to progress at the same rate among people who quit compared with those who continue to smoke.
- Reduced risk for infertility in women of childbearing age. Women who stop smoking during pregnancy also reduce their risk of having a low birth weight baby.

Online Help
For information on quitting, go to the Quit Smoking Resources: https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/resources/index.htm. page on CDC’s Smoking & Tobacco Use Web site and CDC’s Tips From Former Smokers: https://www.cdc.gov/tobacco/campaign/tips/

References:


November Flu Vaccinations

DATE: November 5 (Subject to availability) thru TBD
LOCATION: Consolidated Tower (CoTo) at BAMC
HOURS: Monday thru Friday, 0730-1630 (7:30AM-4:30PM)
FOR: BAMC Staff, Active Duty, Retired & Beneficiaries

Please call the FluLine at 210.916.7FLU (210.916.7358) for updates on vaccination locations and times for all beneficiaries.