

SMOKING

Dangers of smoking

Nearly 1 out of every 5 deaths each year in the United States is related to cigarette smoking. Besides becoming a life long addict to cigarettes, smoking has many other health risks:

- Lung disease
- Cancer of the mouth and lungs
- Heart disease and stroke
- Infertility

The longer you smoke, the greater these risks become.

How to resist smoking

- Brush your teeth or go for a walk if you feel the urge to smoke.
- Substitute a different activity for smoking, such as listening to music, exercising, reading, or cooking.
- Go to places where smoking is not allowed.
- If you are at a party, stick with non-smokers so you won't be tempted to smoke.
- Avoid behaviors connected to smoking, such as drinking and gambling.

Reasons to quit smoking

- Saves money – the cost of cigarettes can add up
- Fresher breath
- Clean smelling hair and clothes
- Whiter teeth – no more tobacco stained teeth
- Fewer wrinkles
- Reduces risk of heart disease, stroke, lung problems and cancer
- Spares others from breathing in second hand smoke



Where to get help if you want to quit smoking

- Asian Smokers' Quitline (Chinese)
http://www.asiansmokersquitline.org/content/chinese-content.html?_ga=1.192330794.1696650395.1488830962
1-800-838-8917
- National Cancer Institute
<https://www.smokefree.gov/>
1-800-QUIT-NOW (1-800-784-8669)