



IT'S QUITTING TIME

NorthShore University HealthSystem explores the heavy consequences of smoking and the big benefits of quitting.



THE YEARLY BILL

If you buy into this habit, here are the costs.

Pack-a-day habit in Illinois plus tax:

\$4,230

Lost productivity & direct healthcare expenses:

\$193 billion

Smoking-related deaths:

393,000

WHAT'S IN A CIGARETTE?

600+ ingredients, 70+ carcinogens & 4,000+ chemicals produced when lit:

- Acetone**
Found in nail polish remover
- Ammonia**
Found in household cleaners
- Arsenic**
Found in rat poison
- Butane**
Found in lighter fluid
- Cadmium**
Found in battery acid
- Carbon monoxide**
Found in car exhaust
- Formaldehyde**
Found in embalming fluid
- Hexamine**
Found in lighter fluid
- Lead**
Found in batteries
- Naphthalene**
Found in mothballs
- Methanol**
Found in rocket fuel
- Nicotine**
Found in insecticide
- Tar**
Found in road pavement
- Toluene**
Found in paint

SECONDHAND SMOKE

When you light up, everyone around you smokes too.

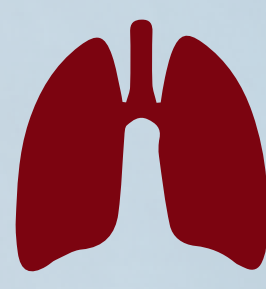
Secondhand smoke is responsible for:



A 25-30% increased risk of heart disease, contributing to **46,000** heart disease deaths.*



7,500 - 15,000 hospitalizations of children under 18 months old.

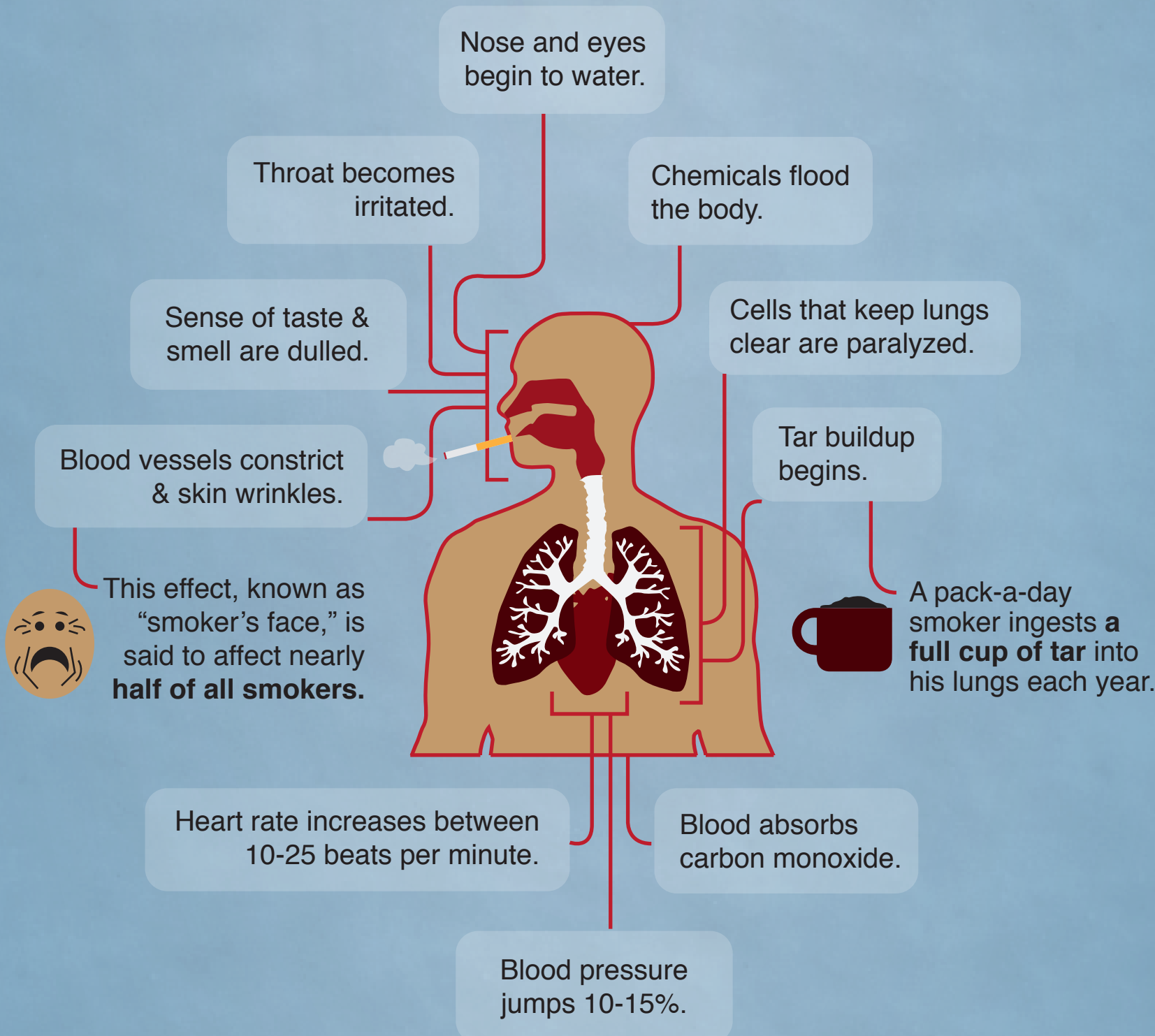


A 20-30% increased risk of lung cancer, contributing to **3,400** lung cancer deaths.*

*data for nonsmokers

THE DAMAGE YOU DO

Smoking affects the entire body. Here's what happens when you light up.



BE A QUITTER

Smoking can take 10 years off your life. Kicking the habit before 40 could give those years back.

- 20 minutes** Heart rate and blood pressure return to normal.
- 12 hours** Carbon monoxide levels in blood return to normal.
- 1 - 3 months** Circulation and lung function improve.
- 1 - 9 months** Coughing and shortness of breath decrease and cilia functionality returns to normal.
- 1 year** Risk of heart disease is cut in half.
- 5 years** Risk of mouth, throat, esophageal and bladder cancer are cut in half. Stroke risk returns to that of a nonsmoker.
- 10 years** Lung cancer mortality risk is cut in half.
- 15 years** Risk of heart disease returns to that of a nonsmoker.

SOURCES:

- www.northshore.org
- www.cancer.org
- www.lung.org
- www.usatoday.com
- www.cdc.gov
- www.theawl.com
- health.howstuffworks.com