

Stop Smoking

Why Stop Smoking?

Because . . .

Cigarette smoking is the leading preventable cause of death. Smoking leads to heart disease, circulatory disease (blocked arteries in the legs, strokes, erectile dysfunction), and lung disease (emphysema, chronic bronchitis, pulmonary disease, and cancer). In fact, almost 90% of all lung cancer is related to smoking.



Because . . .

Second hand smoke harms non-smokers. People exposed to second hand smoke are more likely to suffer from emphysema, chronic bronchitis, pulmonary disease, and cancer.



Because . . .

When you stop smoking, your circulation improves, your lungs begin to clear, breathing becomes easier, your sense of taste and smell improve, and your blood pressure may return to normal. As your circulation improves, your lower back pain may also diminish because your tissues are getting more oxygen than when you were smoking.

You may want to try the following to help you **Stop Smoking**:

- Prescribed medications for quitting
- Acupuncture
- Herbal remedies/nutrition supplements
- Nicotine gum/nicotine patches
- Smokeless cigarettes
- American Lung Association smoking cessation program (www.lungusa.org)



Acupuncture for smoking cessation and addiction



Ask your healthcare provider what stop smoking treatment is best for you. Together, develop a treatment plan to stop smoking and to enjoy optimal health.