Don't Be A
“Butt”Head
Effects of Tobacco Use

Immediate Health Risks....

**Immune System**
The tar and chemicals in tobacco suppresses your immune system leading to more frequent cold/sickness.

**Increased Stress Levels**
Relaxation smokers experience while smoking is actually a return to the unstressed state that non-smokers experience all the time.

**Increased Phlegm/Persistent Cough**
Smoke kills the cilia in your lungs responsible for clearing mucus. Without the cilia, more phlegm collects and coughing is the only way to clear the phlegm.

**Physical Activity**
Smoke reduces the amount of oxygen that reaches muscles and tissues during exercise hindering performance.

**Sleep Disturbance**
Withdrawal from nicotine leads to difficulty falling asleep, sleep disturbances (waking up), a shorter sleep durations.

**Vasoconstriction**
Smoking constricts blood vessels leading to sexual dysfunction & decreased energy levels.

Chronic Health Risks....

**Heart Disease**
Smokers are 2-4x more likely to develop heart disease

**Stroke**
2x higher risk of stroke

**Lung Cancer**
Men are 23x more likely to develop lung cancer if they smoke. Women are 13x more likely.

**Other Cancers**
Smoking and Smokeless tobacco increases the risk of cancer of the mouth, lips, nose, sinus, larynx, pharynx, esophagus, stomach, pancreas, kidney, bladder, & cervix.
Smoking Isn’t Sexy

Tobacco Use Causes and/or Increases...

- Under-eye circles
- Stained teeth
- Premature skin wrinkling
- Yellowing of fingers
- Thinner hair

AND
Takes away your natural glow!

Carbon Monoxide in tobacco smoke displaces oxygen which reduces blood flow leaving skin dry and discolored

75% of adults ages 18-24 wouldn’t date a smoker*
*UK Department of Health Survey, 2013

58% of profiles on match.com absolutely wouldn’t date a smoker*
*Match.com, 2013
Quitting Timeline

- **20 minutes after quitting**: Heart rate and blood pressure return to normal.
- **8-12 hours**: CO levels drop. Oxygen levels return to normal.
- **48 hours**: ability to taste and smell improve.
- **2 weeks – 3 months**: Circulation improves, activity is easier, lung function increases 30%.
- **1 year**: Risk of heart disease is half of that of a smoker.
- **10 years**: Lung cancer death rate is similar to nonsmoker, precancerous cells replaced.
- **2 hours**: Circulation improves. Withdrawal symptoms begin.
- **24 hours**: Heart attack risk declines.
- **2 weeks – 3 months**: Circulation improves, activity is easier, lung function increases 30%.
- **1-9 months**: Coughing, sinus congestion, fatigue, shortness of breath decrease, cilia regrow in lunges, energy increases.
- **5 years**: Lung cancer death rate is half of a smoker, stroke risk is same as nonsmoker, risk of cancers of mouth, throat are half of a smoker.
- **15 years**: Risk of heart disease is same as nonsmoker.
- **3-7 days**: Nicotine leaves body, withdrawal symptoms subside.
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Want to quit?
You’re not alone! 69% of smokers want to quit...

- Don’t use **ANY** tobacco/nicotine – using any product with tobacco or nicotine, including e-cigarettes, perpetuates addiction.
- Write down **why you want to quit** and review it often.
- Know that it is **NOT easy and takes effort**.
- Get **help** if you want it (1-800-QUIT-NOW, Tobacco Cessation courses).

Sign up for a free **Smoking Cessation Course**
at the Office of Health and Wellness Education
- 1 hour a week for 6 weeks
  - Receive **FREE nicotine replacements** (patch, gum)
  - Discuss strategies for quitting

Email wellness@fau.edu for info
Quitting can be tough! Here are some tips to get you through some of the recovery symptoms

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Strategy</th>
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<tbody>
<tr>
<td>Hunger / Oral Fixation</td>
<td>Drink more water, keep healthy snacks, bite on straws and toothpicks, chew gum.</td>
</tr>
<tr>
<td>Constipation</td>
<td>Drink water and eat foods high in fiber</td>
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<tr>
<td>Dizziness</td>
<td>Practice deep breathing exercises</td>
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<tr>
<td>Insomnia</td>
<td>Relaxation techniques, herbal teas, consult a doctor if persistent</td>
</tr>
<tr>
<td>Irritability</td>
<td>Exercise, treat yourself to something special with the money you’re saving, warn friends and family .... it’s only temporary ;)</td>
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Owls Care
Your tobacco use doesn’t only affect you...

...It affects your fellow owls

**Secondhand Smoke** is the gas and fine particles from burning tobacco indirectly inhaled by others (and also the smoker).

**Thirdhand Smoke** is the chemicals that linger on surfaces (including clothing, vehicles, furniture, hair) long after smoking and is toxic to humans and animals.

There is **NO SAFE** amount of exposure to Secondhand OR Thirdhand Smoke!

If you smoke, cut down on SHS and THS by using designated smoking areas only.