

Don't Be A



"Butt" Head

Effects of Tobacco Use

Immediate Health Risks....

Chronic 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.**

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 min
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
lungs, energy
increases

5 years

lung cancer death
rate is half of a
smoker, stroke risk
is same as non-
smoker, 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

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



Kick Butt!

Quitting can be tough! Here are some tips to get you through some of the recovery symptoms

Symptom	Strategy
Hunger / Oral Fixation	Drink more water, keep healthy snacks, bite on straws and tooth picks, chew gum.
Constipation	Drink water and eat foods high in fiber
Dizziness	Practice deep breathing exercises
Insomnia	Relaxation techniques, herbal teas, consult a doctor if persistent
Irritability	Exercise, treat yourself to something special with the money you're saving, warn friends and family it's only temporary ;)

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.



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