

Lung Cancer Awareness Month



GREAT AMERICAN SMOKE OUT

<http://www.cancer.gov/cancertopics/types/lung>

<http://www.cancer.gov>

<http://www.cancer.gov/espanol>

http://www.preventionpartners.com/events/great_american_smokeout.cfm

LiveHelp at <http://www.cancer.gov/help> Information specialists provide live, online assistance

Smoking damages nearly every organ in the human body, is linked to at least 10 different cancers, and accounts for some 30% of all cancer deaths. And it costs billions of dollars each year. Yet one in four Americans still light up. If you or someone you love uses tobacco, here's what you need to know about how tobacco kills, and how to get the help you need to quit.

If you don't smoke,
DON'T START!
If you do, **QUIT!**



Helping A Smoker Quit: Do's and Don'ts General hints for friends and family

Do respect that the quitter is in charge. This is their lifestyle change and their challenge, not yours.

Do ask the person whether he or she wants you ask regularly how he or she is doing. Let the person know that it's OK to talk to you whenever he or she needs to hear encouraging words.

Do help the quitter get what she or he needs, such as hard candy to suck on, straws to chew on, and fresh veggies cut up and kept in the refrigerator.

Do spend time doing things with the quitter to keep his or her mind off smoking -- go to the movies, take a walk to get past a craving (what many call a "nicotine fit"), or take a bike ride together.

Do try to see it from the smoker's point of view -- a smoker's habit may feel like an old friend that has always been there when times were tough. It's hard to give that up.

Do help the quitter with a few chores, some child care, cooking -- whatever will help lighten the stress of quitting.

Do celebrate along the way. Quitting smoking is a BIG DEAL!

Don't judge, nag, preach, or scold. This may make the smoker feel worse about him or herself. You don't want your loved one to turn to a cigarette to soothe hurt feelings.

Don't take the quitter's grumpiness personally during his or her nicotine withdrawal. The symptoms usually pass in about 2 weeks.

Don't offer advice. Just ask how you can help with the plan or program they are using.

Two major health effects of cigarette smoking are emphysema and cancer.

Cigarette smoke discolors teeth. It can lead to gum disease and loss of teeth. Tar and nicotine build up on the teeth and tongue can lead to "bad breath."

Smoking can lead to cancer of the mouth, throat, pancreas, cervix, kidney and bladder, and lung cancer

- 8% of middle school students in the USA currently smoke

Spit Tobacco Warning Signs

- Lumps inside the lips, jaw, or neck area
- Difficulty swallowing
- Color changes on the inside of the lips
- White, smooth, or scaly patches inside the mouth
- A sore or red spot on the gums, lips, tongue or inside the mouth that just won't go away for weeks.