

Quit Smoking, Live Better

Each year nearly 17,000 people in Illinois die from smoking. Smoking is the most preventable cause of illness and death. If you smoke, quit now!

Smoking can cause illnesses like **Emphysema**, heart disease and many types of cancers. It can make asthma worse, shorten your life by 10 years and it is expensive.

Why do people smoke if it is so bad? **Addiction**. Nicotine in tobacco and THC in marijuana is like any other addictive drug. Once you start using nicotine or THC, your body will constantly crave it to feel normal.

What you may not know is that you are poisoning yourself with every puff. The lungs begin to break down and will not be able to fight common illnesses (see lung pictures).

Your lungs are not the only things to suffer. The heart is also put under stress to work harder. This leads to a rise in blood pressure.

Smoking Causes:

Immediate effects of smoking

- Yellowed teeth and bad breath
- Bad skin and wrinkles
- Foul smelling hair, clothes, vehicle and home
- Decreased aerobic activity
- Complications with pregnancy
- Increased risk of illness and slower healing time

Long term effects

- Bones lose strength: osteoporosis
- Inactivity due to weakness and shortness of breath
- Fertility problems and complications during pregnancy
- Heart disease: heart failure, heart attack and stroke
- Emphysema and other breathing problems
- Cancer: lung, throat, stomach, bladder
- **DEATH!!!**

Healthy Lungs:
Moist and Pink



Effects From Smoking:
Black with Emphysema



Family Health Network has all the basic resources to help you quit smoking. Even if you rarely smoke or have smoked for many years, quitting now will help you live better.

FACT: 1 Marijuana joint is the same as smoking 20 cigarettes

- 1) Talk with your primary care doctor if you need help. Your doctor may recommend and prescribe a medication to help you quit smoking.

HFS will pay for many medications to help you quit smoking.

- 2) Call the Illinois Tobacco Quitline (Quitline) for free support while quitting at:
1-866-QUIT-YES (1-866-784-8937) Hours M-F 7:00am-9:00pm