

DO YOU WANT TO QUIT SMOKING?



The cigarette is a tobacco product. It contains nicotine and a mixture of 7,000 chemicals of which at least 250 are harmful and 70 can cause cancer. These chemicals are harmful to both smokers and those around them.

TYPES OF CANCER LINKED TO THE USE OF CIGARETTE:

- Lung and bronchi
- Larynx
- Mouth
- Esophagus
- Throat
- Trachea
- Kidney
- Bladder
- Pancreas
- Stomach
- Cervix
- Leukemia

RISK TO THE HEALTH:

- **Damage to the circulatory system:** high cholesterol, high blood pressure, heart attacks
- **Respiratory diseases:** asthma, Chronic Obstructive Pulmonary Disease (COPD), emphysema
- **Oral health problems:** periodontitis, yellow teeth, bad smell
- **Skin problems:** uneven skin pigmentation, wrinkles, ulcers
- **Chronic conditions:** uneven skin pigmentation, wrinkles, ulcers
- **Vision problems:** cataract, blindness
- **Affects the immune system**
- **Effects on the reproductive system of men and women**

HEALTH EFFECTS OF SECONDHAND SMOKE

ADULT	CHILDREN
Respiratory problems	Developmental and learning problems
Cancer associated with cigarette use	Respiratory problems
Cardiovascular diseases	Allergies
Strokes	Asthma
Effects on the reproductive system of men and women	Bronchitis

SECONDHAND SMOKE

It is the combination of the of smoke from the burning cigarette and the smoke exhaled by the smoker. When you are near a person who is smoking, you inhale the same dangerous chemicals.

THIRDHAND SMOKE

The thirdhand smoke can stick to clothing, hair, skin, carpet, toys, car seats, and other surfaces. This type of smoke lingers on uncleaned surfaces for days, weeks, or months. You don't have to smoke or be near a smoker to be harmed by this type of smoke.

WHERE CAN I GET HELP?

- Talk to your primary care physician
- Health Department Smoking Cessation Line,

¡Déjalo Ya! 1-877-335-2567

BENEFITS OF QUITTING SMOKING

- Lower heart rate and blood pressure
- Decreases the concentration of carbon monoxide in the blood
- Improves circulation
- Improves lung function
- Improves taste and smell
- Lowers the risk of cancer, heart disease, stroke, and other chronic diseases
- Lower risk of erectile dysfunction
- Healthier teeth, gums, and skin
- Less chance of blood clots in the legs that can travel to the lungs
- Reduces the risk of asthma attacks
- Delays the appearance of wrinkles



For guidance and assistance, call the
PSM Beneficiary Service
1-866-600-4753 / 1-844-726-3345 TTY (hearing impaired)
This call is free of charge.

www.MenonitaVital.com



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Reference:
· <https://www.cdc.gov/tobacco/index.htm>