

"POTTY TALK"



NOVEMBER 20th --- Great American Smokeout 2003!

The American Cancer Society's Great American Smokeout is 27 years old this year.

This Thursday, November 20th, 2003, challenge yourself, friends and family members to "**KICK THE NIC**" for the day or better yet **FOREVER!!** Join the thousands of people everyday who quit smoking successfully.

YOU CAN DO IT!

Health Consequences of Smoking



Short Term

- Bad Breath.
- Smelly hair & clothes
- Yellow & brown stains on teeth
- Lost athletic ability
- Addiction to nicotine
- Elevated heart rate
- Chronic cough
- Increased occurrences of asthma and bronchitis

Long Term

- Prematurely wrinkled skin
- Reproductive Damage (abnormal sperm counts, menstrual disorders)
- Miscarriages/premature & undersized babies
- Permanent gum and tooth loss
- Weakened immune system
- Heart Disease & High Blood Pressure
- Cancer (lung, mouth, throat, bladder, kidney)
- Birth Defects
- Lung Disease/Emphysema
- DEATH

Enough Excuses!!!

STOP PUTTING IT OFF!!!!

Common Reasons People Procrastinate In Quitting

Fear of failing-- Many smokers try several times before they successfully quit smoking. Each time you try to quit you can learn what works and doesn't work for you. Keep trying, most people who try to quit eventually do!! Get support!

Fear of gaining weight-- Only 1/3 of smokers who quit gain weight, and the average gain is only 5-7 pounds. Exercising regularly and avoiding high-calories foods will help you avoid weight gain. Exercise is very important because it also reduces stress, which promotes an anti-smoking attitude. Exercise must be aerobic in nature to work effectively.

Fear of withdrawal-- Nicotine is an addictive chemical which can cause some symptoms of withdrawal. However, these symptoms usually subside in the first few weeks after quitting. It can help to think of this time period as a transition time when your body and emotions are returning to normal. It will pass!

Fear of not being able to cope without cigarettes-- Smoking is a negative stress management technique. You can learn new ways to relax such as walking, deep breathing, yoga, getting a massage, etc. Seek help from a professional if you need it.

Startling Statistics

→ Today, about **26% of men and 22% of women in the U.S. are smokers.**

→ **1/3 to 1/2 of young people who try cigarettes go on to be daily smokers.**

→ In a study of high school seniors, only **5% of those who smoked believed they would still be smoking two years after graduation. In fact, 75% were still smoking eight years later.**

→ It takes an **average of 5 attempts** for an adult to successfully quit smoking.

→ Nicotine addiction is "the most widespread example of drug dependence in our country" according to the U.S. Public Health Service

→ **Someone dies from smoking every 72 seconds.**

→ Tobacco use remains the single most preventable cause of death in the United States. **More than 400,000 Americans die each year from tobacco-related disease.**

→ Smoking causes **more deaths** than alcohol, AIDS, illegal drugs, car crashes, fires, murders, and suicides **COMBINED!!!**

→ The federal Office on Smoking and Health estimates that **3,000 young people begin smoking every day.**

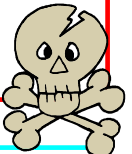
→ The tobacco industry spends **\$700,000 per hour on tobacco advertising.** Most of it is directly marketed to youth under the age of 18.

→ A 1991 study showed that **91% of 6 year olds could match Joe Camel to his product (cigarettes), and that Joe Camel was recognized by as many preschoolers as Mickey Mouse.**

Sources:

www.intheknowzone.com

www.quit-smoking.net/greatamericansmokeout.html



How To Quit- 11 Important Steps

- (1) Decide Right Now to Believe that You CAN Quit Smoking
- (2) Create a "Quit Plan"
- (3) Take Action
- (4) Prepare Yourself Mentally
- (5) Get Help and Support from Family and Friends
- (6) Get Help From Your Doctor
- (7) Visualize Your Way to Quit Smoking Success
- (8) Know Your Triggers
- (9) Exercise
- (10) Find a Quit Buddy
- (11) Don't Give Up



Where Can I Go to Get Help?

The American Lung Association has a **FREE online smoking cessation program "FREEDOM FROM SMOKING"**. Sign up online at: www.lungusa.org/ffs/index.html

On Campus:

Wellness Center: 554-4409

Counseling Center: 554-4172

Cowell Health Center: 554-4501

Online Resources:

www.cancer.org

www.tobaccofacts.org

www2.lungusa.org/

www.intheknowzone.com

www.tobacco.org/



Potty Talk" is brought to you by the S.C.U. Student Health Advisory Board (SHAB) and the Peer Health Education Program. If you want to learn more about these programs or want some further information about the topics discussed here, please contact:

Jeanne Zeamba, Psy.D.

Health Educator

554-4409 or Jzeamba@scu.edu