

*Know the Risks*

# SMOKING & YOUR HEALTH



Tobacco Prevention and Cessation Program  
Arkansas Department of Health



STAMP OUT SMOKING  
ARKANSAS DEPARTMENT OF HEALTH  
1-800-QUIT-NOW



Arkansas Department of Health



*Smoking causes many health problems and life-threatening diseases. Smoking also makes other diseases worse like diabetes, arthritis, osteoporosis and asthma. The best way to help yourself and your health is to quit tobacco use. When you are ready to quit, we are here to help you.*

**Arkansas Tobacco Quitline**  
**Seven days a week**  
**7a.m.- 2a.m.**  
**1-800-QUIT-NOW**  
**1-800-784-8669**

Arkansas Department of Health  
Tobacco Prevention and Cessation Program  
4815 West Markham, Slot 3  
Little Rock, AR 72205  
501-661-2953  
[www.healthyarkansas.com](http://www.healthyarkansas.com)  
[www.stampoutsmoking.com](http://www.stampoutsmoking.com)

### Smoking and Diabetes

If you are a person living with diabetes, you can put your health at high risk by choosing to smoke.

- Your medications and insulin shots may not work as well because you smoke.
- You could develop problems such as high blood pressure, a heart attack, and stroke.
- Smoking damages blood vessels, which can increase your chance of infections.
- Some smokers living with diabetes have their toes, legs, and feet removed (amputations) because smoking decreases blood flow to many body parts.
- Smokers living with diabetes are three times more likely to die from heart disease than a nonsmoker with diabetes.

### Smoking and Cardiovascular Disease

Cardiovascular disease is the number one killer in Arkansas and the United States. Cardiovascular disease is any disease that affects your heart and blood vessels. Strokes, heart attacks, aneurysms, high blood pressure and heart failure are all forms of cardiovascular disease. When people choose to smoke with cardiovascular disease, the following may happen:



- Tobacco smoke contains high levels of carbon monoxide, which reduces the amount of oxygen to your heart.
- Nicotine in tobacco can increase your heart rate and blood pressure.
- Using tobacco products can cause extreme damage to your cardiovascular system over time.
- Smokeless tobacco is not a safe alternative to smoking. It can boost your heart rate and blood pressure and increases your risk of heart disease.

### Smoking and Cancer

Cancer is the second leading cause of death in Arkansas and the United States. More than a million people are diagnosed with cancer every year.

- According to the American Cancer Society, smoking is linked to more than 15 different cancers. Smoking causes the large majority of lung cancers which kill more men and women than any other cancer.
- Smokeless tobacco is not a safe alternative to smoking. Spit tobacco contains many of the same poisonous and cancer-causing chemicals as smoking.
- According to the Environmental Protection Agency, in the past 10 years more than 3,400 people who never smoked died of lung cancer alone due to breathing in secondhand smoke.



### Arthritis and Osteoporosis

Heredity, age, injury, and many other factors can cause arthritis. Osteoporosis is caused by bone loss as we age. Tobacco can affect both diseases. Studies have shown that tobacco use with decreased bone strength can lead to osteoporosis.

### Asthma

Asthma cannot be cured but if you have asthma, you can control how much you experience its symptoms and discomfort.



If you or a family member has asthma, cigarette smoke should not be allowed inside your home.

- Secondhand smoke can cause asthma in children who have never before experienced any symptoms.
- Exposure to secondhand smoke irritates your airway, which can trigger an asthma attack and make it more severe.
- Children suffering from asthma and living with a smoker are more likely to experience severe asthma attacks, take more medicine for their asthma and miss school more often.
- Secondhand tobacco smoke causes more than 22,700 deaths from heart disease every year. Secondhand tobacco smoke comes out of the end of burning cigarette, cigar, pipe, and some other tobacco products. Children with

parents who smoke are more likely to get ear infections, asthma, and bronchitis. Some babies even die from SIDS (Sudden Infant Death Syndrome or Crib Death). There is no safe level of secondhand smoke exposure. Do not put your life at risk, and ask smokers not to smoke when they are around you or children.

### We Can Help You Quit

If you quit smoking, you will feel better and live longer. Smoking becomes an addiction, which makes it hard to quit. Studies show you double your chances of quitting with medication and coaching. The Arkansas Tobacco Quitline helps you make a personal quit plan and provides:



- **A FREE program with personal coaching and advice**
- **FREE Unlimited Web Coach**
- **FREE calls available in more than 160 languages with a Quit Coach**
- **FREE medication, while supplies last.**

Don't risk heart disease, a stroke, high blood pressure, cardiovascular disease, or other health problems. Choose your Quit Day. Call the Arkansas Tobacco Quitline at 1-800-QUIT-NOW or 1-800-784-8669.

### Arkansas Tobacco Quitline

Talk to a Quit Coach  
Seven days a week  
7 a.m. – 2 a.m.  
1-800-QUIT-NOW  
1-800-784-8669

For more information, visit

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[www.healthyarkansas.com](http://www.healthyarkansas.com)