

# BODY AND SOUL:

## MEADE COUNTY CATHOLIC HEALTH MINISTRY

### Saying Goodbye to Tobacco—You Can Do It!

Was your New Year's Resolution to give up tobacco? Have you tried to quit before and been unsuccessful? This month's newsletter brings you lots of good tips to make 2010 your year to say goodbye to tobacco for good!

All cigarettes cause damage to the body, and even a small amount of smoke is dangerous to the smoker and those around them. Cigarette smoke contains over 4,000 chemicals, over 40 of which are known to cause cancer. More than 400,000 deaths in the U.S. each year are attributed to smoking-related illnesses.

If smoking is so dangerous, why do people continue to smoke? The answer is nicotine. Nicotine is the drug found in tobacco smoke and it is highly addictive—some say as addictive as heroin or cocaine. Nicotine is a stimulant, and it affects the chemistry of the brain and the central nervous system.

Many diseases have been linked to exposure to cigarette smoke. The big three are lung cancer, emphysema, and heart disease. Other cancers such as cancers of the mouth, larynx, esophagus, and bladder are also common. About one in five Americans die each year from cardiovascular disease caused by smoking—cigarette smoking is the biggest risk factor for sudden cardiac death.

(cont. pg. 2)



### Ways to Stay Motivated

Once you have made the decision to quit, a few things will help you be successful:

- \* Pick a quit date and write it on your calendar.
- \* Get rid of all cigarettes and smoking paraphernalia such as lighters and ashtrays.
- \* Change your routines to avoid "habit" cigarettes.
- \* Ban smoking in your home and car.
- \* Create a reward jar for the money you will save from not buying cigarettes.
- \* Keep a survival pack with other things to put in your mouth (sugar-free gum, candy, toothpicks)
- \* Find an alternate activity when the urge to smoke is strong
- \* Create a support group of family and friends
- \* GOOD LUCK!!

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Great Reasons to NOT Smoke:

- \* Smoking turns your teeth yellow and gives you bad breath.
- \* Smoking prematurely ages your face.
- \* Smoking causes your hair and clothes to smell bad.
- \* Smoking weakens your bones.
- \* Smoking makes allergies worse.
- \* Smoking can lead to ulcers and heartburn.

Check it out!

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Have a great idea for a future newsletter? Let us know! We will feature a different health topic each month.

### Psalm 91:15

All who call upon me I will answer, I will be with them in distress;  
I will deliver them and give them honor.

Due to the damage caused by cigarette smoke, smokers do not have the lung function of non-smokers. This inability for the lungs to move oxygen as they should can lead to conditions such as chronic bronchitis and emphysema. This combination can become COPD (chronic obstructive pulmonary disease)—a disease that slowly destroys a person’s ability to breathe.

While these conditions may seem like long-term effects of smoking, several short-term effects are also seen. Smokers often suffer from shortness of breath, a nagging cough, or tiring easily during activity. Smoking also affects the sense of smell and taste.

The good news is that when you stop smoking, the body can begin to repair itself. In fact, within 20 minutes of your last cigarette, blood pressure begins to improve. Within a day, carbon monoxide levels return to normal and your risk of heart attack decreases. Within 3 months, lung function can improve up to 30%. After 10 years, your lung cancer risk is half that of a smoker, and after 15 years your risk of heart disease is that of a non-smoker. Isn’t your health worth a try to kick cigarettes to the curb?

Written by Melissa D. Phillips, Community Health Educator



## What are my options?

There are four major ways to quit smoking.

- \* Cold Turkey—choosing a day and giving up cigarettes entirely
- \* Gradual Decrease—smoking less each day and until you are entirely off cigarettes
- \* Nicotine Replacement—products such as patches, gum and lozenges that gradually replace nicotine until you are nicotine-free
- \* Prescription Medication—drugs prescribed by your doctor which alter the way nicotine affects the brain.

Talk with your doctor about which method would work best for your lifestyle. Remember, stay positive and motivated! Your health and that of your family is worth all the hard work!

### From the Catechism of the Catholic Church

The Holy Spirit is the living water “welling up to eternal life” in the heart that prays. It is he who teaches us to accept it at its source: Christ.

Indeed in the Christian life there are several wellsprings where Christ awaits us to enable us to drink of the Holy Spirit.

## Kid’s Corner



Not only is tobacco bad for your body, but it’s expensive too! Did you know that if a person spends \$4.50 every day for a pack of cigarettes, in a year they will have spent \$1600.00 on smoking!

Do you know what else you could have bought with that money...

- \* 120 music CD’s
- \* 100 large pizzas
- 30 pairs of jeans
- 200 movie tickets
- Tickets to 40 concerts
- 1600 soft drinks

What would you buy with \$1600?