



Deciding to Quit

If you are a smoker, the best thing you can do to protect yourself and your family is to quit. It's never too late to quit, and the health benefits of quitting are immediate.⁵ Forget all the excuses and fears (weight gain, cost, friends who smoke) because the decision to quit is important to your quality of life.

Quitting is not easy, and it requires effort and a strong commitment. But you can quit, and Quit With Us, Louisiana is here to help and support you through the process.

READY TO GET STARTED?

Call the Louisiana Tobacco Quitline, 1-800-QUIT-NOW, and visit www.QuitWithUsLA.org.

References

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8. Institute of Medicine. *Secondhand Smoke Exposure and Cardiovascular Effects: Making Sense of the Evidence*. Washington: National Academy of Sciences, Institute of Medicine, 2009 [accessed 2011 Mar 11].

Quit With Us, Louisiana is a partnership of the Louisiana Department of Health and Hospitals Tobacco Control Program (LTCP) and The Louisiana Campaign for Tobacco-Free Living (TFL). The two programs coordinate their efforts in tobacco prevention and control by providing statewide coordination of existing evidence-based tobacco control initiatives, funding innovative community programs for tobacco control, offering services for people who are ready to quit and developing statewide media campaigns to help reduce the excessive burden of tobacco use on the state's resources and improve the overall health and quality of life in Louisiana.

To learn more about these programs, visit us online at:

TobaccoFreeLiving.org
LaTobaccoControl.com



This brochure was designed and produced by the Louisiana Public Health Institute's Media & Communications Division.



Smoking Cessation Trust Services

The Smoking Cessation Trust, as a result of a Louisiana class action lawsuit, can arrange for you to receive cessation assistance; including group cessation counseling, telephone quitline support, and nicotine replacement therapy medications. If you are currently a Louisiana resident, started smoking cigarettes prior to September 1, 1988, and want to quit, you can apply for Scott Class membership at www.smokefreela.org.



You can do this.

The Truth About Secondhand Smoke

For help quitting, call:
1-800-QUIT-NOW

www.quitwithusla.org



What Is Secondhand Smoke?

Secondhand smoke is the combination of smoke from the burning end of a cigarette and the smoke exhaled by smokers.¹ People can be exposed to secondhand smoke in homes, cars, the workplace, and public places, such as bars, restaurants, entertainment and recreational settings.²

Secondhand smoke contains more than 7,000 chemicals. Hundreds of the chemicals are toxic and about 70 are known to cause cancer.³



The Harmful Effects of Secondhand Smoke

Smoking is the leading cause of preventable death, killing 443,000 Americans and 6,500 Louisianans each year.^{5,6} Tobacco doesn't just kill. It leads to many chronic diseases and conditions such as cancer, heart disease, stroke and lung disease that cause long-term suffering, not only for the smoker, but for those who are exposed to secondhand smoke.⁵

Non-smokers who are exposed to secondhand smoke are 20-30 percent more likely to develop lung cancer.²

Secondhand smoke exposure causes an estimated 3,400 lung cancer deaths annually among adult nonsmokers in the United States.⁵

Secondhand smoke exposure causes acute lower respiratory infections such as bronchitis and pneumonia in infants and young children. Children who already have asthma experience more frequent and severe attacks.²

Infants of smokers are twice as likely to die from Sudden Infant Death Syndrome (SIDS).²

For nonsmokers, breathing secondhand smoke has immediate harmful effects on the cardiovascular system that can increase the risk for heart attack. People who already have heart disease are at especially high risk.^{2,8}

Tips for Protecting Yourself and Your Children from Secondhand Smoke

- Avoid going to restaurants, bars or other indoor public places that allow smoking.
- Seek out entertainment and recreational venues that are non-smoking.
- Avoid secondhand smoke by staying away from others who are smoking.
- Do not allow anyone to smoke near your child.
- Ask smokers to change clothes before holding your baby. The chemicals in smoke can linger on clothing and are also harmful (known as thirdhand smoke).
- Do not smoke or allow others to smoke in your home or car. Opening a window does not protect you or your children from smoke. **Louisiana ACT 838 prohibits smoking in a motor vehicle when children under 13 are in the vehicle.**
- Use a tobacco-free day care center.
- Teach children to stay away from secondhand smoke.

Smoking Fact:

There is no risk-free level of contact with secondhand smoke; even brief exposure can be harmful to one's health.²

Who Is Affected by Secondhand Smoke?⁴

An estimated 88 million non-smokers in the United States are exposed to secondhand smoke.

Children are at particular risk for exposure to secondhand smoke: 54% of children (aged 3-11 years) are exposed to secondhand smoke. Children of smokers are at particularly high risk because their lungs are still developing. Children whose parents smoke are more likely to develop chronic bronchitis, pneumonia, asthma, allergies, coughs and ear infections.²

While only 5.4% of adult nonsmokers in the United States live with someone who smokes inside their home, 18% of children (aged 3-11 years) live with someone who smokes inside their home.

