Know the Risks

Smoking & *Your* Health

Smoking affects our bodies in many ways. Smoking can create numerous health problems and life-threatening diseases. It can also make existing health issues worse. Smoking can cause or affect diabetes, cancer, cardiovascular disease, arthritis, osteoporosis and asthma.

We Can Help You Quit.

If you quit smoking, your health will greatly improve. Studies prove you're more likely to successfully quit tobacco if you are being coached. The West Virginia Tobacco Quitline provides:

- ***FREE program***
- ***FREE educational materials***
- ***Four FREE calls with a phone coach***

Don't risk developing a disease that could affect your quality of life or end it too soon. ***Quit tobacco today.***

Call the West Virginia Tobacco Quitline at 1-877-966-8784.

West Virginia TOBACCO QUITLINE 1-877-966-8784

West Virginia Osteoporosis & Arthritis Program

West Virginia Comprehensive Cancer Program — Collaborating to Conquer Cancer

West Virginia Cardiovascular Health Program

West Virginia Asthma Education and Prevention Program

West Virginia Diabetes Prevention & Control Program

West Virginia Department of Health & Human Resources

Division of Tobacco Prevention — West Virginia Department of Health and Human Resources

West Virginia Tobacco Cessation Program

Know the Risks

Smoking and Diabetes

If you are diabetic, smoking can put your health in even greater danger.

- *You could develop complications, such as high blood pressure, heart attack, stroke and hardening of the arteries and develop eye, kidney or nerve problems.*
- *A diabetic smoker is three times more likely to die from heart disease than a non-smoker with diabetes.*
- *Smoking damages blood vessels, which can increase a diabetic's risk for infections and amputations.*
- *If you quit smoking, you can help prevent and control diabetes.*

For more information visit: www. wvdiabetes.org

Smoking and Cardiovascular Disease

Cardiovascular disease is the number one killer in West Virginia and the United States. Strokes, heart attacks, aneurysms, high blood pressure and heart failure are all forms of cardiovascular disease. Although heredity can play a role in your development of cardiovascular disease, here are the facts about how smoking influences the disease.

- *Tobacco smoke contains high levels of carbon monoxide, which reduces the amount of oxygen to your heart.*
- *Nicotine in tobacco can also increase your heart rate and blood pressure.*
- *Using tobacco products can cause extreme damage to your cardiovascular system over time.*
- *Spit tobacco is not a safe alternative to smoking. It can boost your heart rate and blood pressure, increasing your risk of heart disease.*
- *Secondhand tobacco smoke carries the same dangerous chemicals that the smoker inhales. It's also estimated to cause 37,000 deaths from heart disease every year.*

For more information visit: www. wvcvh.org

We Can Help **You Quit.**

West Virginia TOBACCO QUITLINE 1-877-966-8784

Call the West Virginia Tobacco Quitline at 1-877-966-8784.

Smoking and Cancer

Cancer is the second leading cause of death in West Virginia 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.*
- *Spit 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 last decade more than 30,000 nonsmokers died of lung cancer alone due to breathing in secondhand smoke.*

For more information visit: www. wvhpcd.org/ccp

Arthritis and Osteoporosis

Heredity, age, injury, an overused joint and many other factors can cause arthritis. Osteoporosis is caused from bone loss as we age. Tobacco can affect both diseases. Studies have linked tobacco use with decreased bone strength, which can lead to osteoporosis.

For more information visit: www.wvbonenjoint.org

Asthma

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

- *If you or a family member suffers from asthma, cigarette smoke should not be permitted inside your home. If you use tobacco and suffer from asthma, you should quit.*
- *Secondhand smoke can cause asthma in children who have never before experienced any symptoms.*
- *Exposure to secondhand smoke is an irritant to the airways, which can trigger an asthma attack and make the disease's symptoms 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.*

For more information visit: www. wvasthma.org