

Smoking Cessation

Every 72 seconds, someone dies from smoking. An estimated 25.9 million men, 22.8 million women and 4.1 million teenagers ages 12 through 17 are smokers in the United States. Tobacco smoking is the most common cause of preventable disease and death. Approximately 75% of coronary heart disease cases are due to cigarette smoking. Eliminating smoking can greatly reduce the occurrence and risks of coronary heart disease and other cardiovascular disease. Quitting smoking will decrease an individual's risk of developing chronic lung disease, stroke, as well as cancer of the lungs, larynx, esophagus, mouth and bladder. Tobacco smoke contains more than 40 chemicals that, besides being a carcinogenic to humans and animals, are air pollutants. Smoking is also a very expensive habit. On average smokers generally spend nearly \$30.24 per week, or about \$1,600 per year. Individuals who quit smoking enjoy many health benefits. These benefits include decrease in frequency of respiratory problems, increase in age of life expectancy, reducing risk of cancer, heart attack and other cardiovascular disease. There are many resources available to help eliminate this toxic habit. Suffolk County residents can take advantage of the free smoking cessation classes offered by the Suffolk County Department of Health Services. Other options to quit smoking include nicotine patches, gums and sprays, hypnosis and prescription medications which only should be taken if advised by a health care provider.