



Muhlenberg College

Tobacco Awareness



Quitting smoking reduces your chances of getting cancer, heart disease, a stroke, emphysema, and other serious diseases. Quitting also lowers the risk of heart disease and lung cancer in nonsmokers exposed to your secondhand smoke.

Although there are benefits to quitting at any age, it's important to quit as soon as possible so your body can begin to heal from the damage caused by smoking. For instance, 12 hours after you quit smoking the carbon monoxide level in your blood drops to normal. Carbon monoxide is harmful because it deprives your heart, brain, and other vital organs of oxygen.

Are e-cigarettes less harmful than regular cigarettes?

While it's true that e-cigarette aerosol generally contains fewer toxic chemicals than the deadly mix of 7,000 chemicals in smoke from regular cigarettes, it does not mean that e-cigarettes are safe. E-cigarette vapor can contain harmful substances, including nicotine, heavy metals like lead, volatile organic compounds, and cancer-causing agents. E-cigarettes have recently been linked to thousands of cases of serious lung injury some resulting in death.

Help to Quit Smoking

Talk to your doctor about resources, strategies and nicotine replacement therapy. Utilize counseling and technology resources.

Call the Tobacco Quit Line

1-800-QUIT-NOW
Trained coaches in every state



National Cancer Institute (NCI) LiveHelp Service

Trained counselors provide free information and support for quitting in English and Spanish



877-44U-QUIT
877-448-7848

Quit With a Free App

Download QUITGUIDE

- ✦ Track cravings by time and location
- ✦ Identify triggers and strategies to help you deal with them
- ✦ Cope with stress and bad moods
- ✦ Monitor your progress

Sources: 1. <https://www.fda.gov/consumers/consumer-updates/want-quit-smoking-fda-approved-products-can-help> 2. https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/Electronic-Cigarettes-Infographic-p.pdf 3. <https://www.heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco/is-vaping-safer-than-smoking> 4. <https://smokefree.gov/everytrycounts/>

Treatment Disclaimer: This poster is for education purposes, not for use in the treatment of medical conditions. It is based on skilled medical opinion as of the date of publication. However, medical science advances and changes rapidly. Furthermore, diagnosis and treatment are often complex and involve more than one disease process or medical issue to determine proper care. If you believe you may have a medical condition described in the poster, consult your doctor.