

Hazard: Environmental Tobacco Smoke

Identity of Hazard(s): Smoking harms nearly every organ of the body, causing many diseases and affecting the health of smokers in general.¹

Primary Health Outcome(s): Lung cancer, respiratory disease¹

Health Alert! The adverse health effects from cigarette smoking account for more than 440,000 deaths, or nearly one of every five deaths, each year in the United States. More deaths are caused each year by tobacco use than by human immunodeficiency virus (HIV), illegal drug use, alcohol use, motor vehicle injuries, suicides, and murders combined.¹

Gain Control: Actions You Can Take¹

- Don't smoke any cigarettes. Each cigarette you smoke damages your lungs, your blood vessels, and cells throughout your body. Even occasional smoking is harmful.
 - Write down why you want to quit. Do you want to be around for your loved ones? Have better health? Set a good example for your children? Protect your family from breathing other people's smoke? Really wanting to quit smoking is very important to how much success you will have in quitting.
 - Know that it will take commitment and effort to quit smoking. Nearly all smokers have some feelings of nicotine withdrawal when they try to quit. Nicotine is addictive. Knowing this will help you deal with withdrawal symptoms that can occur, such as bad moods and really wanting to smoke. There are many ways smokers quit, including using nicotine replacement products (gum and patches) or FDA-approved, non-nicotine cessation medications. Take quitting one day at a time, even one minute at a time—whatever you need to succeed.
 - Get help if you want it. Smokers can receive free resources and assistance to help them quit by calling the 1-800-QUIT-NOW quitline (1-800-784-8669) Your health care providers are also a good source for help and support.
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Local Resources for Detroit Residents:

- Many Medicaid programs cover the nicotine patch and nicotine gum. Call (888) 367-6557
- The Michigan Medicaid Assistance Program: (800) 803-7174
- For people aged 60 or older, your local Aging office can help you find services. To find your local office, call (517) 886-1305
- The Michigan Tobacco Quitline offers free telephone coaching to help quit smoking. Callers without insurance may qualify for free nicotine patches. Call 1-800-QUIT-NOW (1-800-784-8669).

¹http://www.cdc.gov/tobacco/basic_information/index.htm