

Stop Smoking and Start Living

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Introduction

You just took a drag on a cigarette. You blew the smoke through your nose and mouth. You probably cough some. You do this same procedure several times until you decide you have enough then you throw the butt on the ground and step on it, making sure it is out completely. If this is your typical scenario each day, you are not alone. About 1.3 billion people smoked a cigarette in 2008.

That is a lot of people. Of these people, did you know that 400,000 of them died of various cigarette smoking diseases like lung cancer? And this number continues to climb every year? Lung cancer is the number three killer in America, as it is responsible for one in six deaths. As of 2008,

about 35 million Americans have chronic lung disease from smoking.

According to the American Lung Association, many lung conditions have been on the rise in the last two years. Smoking cigarettes has led to an increase in healthcare costs across America. Hospitals are jammed with people coming in because of diseases they inherited from smoking.

Here are more stats about smoking you should be aware of:

- More than half of young adults get hooked on smoking before they reach the age of 16.
- About 25% of Americans, who smoke now, stopped at one time but started again.

- About 55% of all the smokers in the world smoke less than a pack of cigarettes a day.
- Close to 36% of all smokers smoke at least a pack of cigarettes a day.
- About 8% of smokers smoked more than a pack a day.
- Based on a recent poll, the average smoker smokes at least 14 cigarettes a day.
- 75 percent of smokers have made serious attempts to quit in the past, but had to make one or two serious attempts before finally quitting.
- Smoking tobacco is known to suppress the immune system, which will leave the smoker's body open to a wide

variety of ailments, sicknesses, and other problems.

- Each cigarette smoked cuts the smoker's life span down by 5 minutes and 30 seconds.
- Smoking causes 80 percent of all deaths due to chronic obstructive pulmonary disease.
- When young adults begin smoking before age 17, they face an increasing chance of developing multiple sclerosis (MS).
- Acute and chronic pancreatitis risks are higher for smokers, according to a study in the Archives of Internal Medicine.
- Cigarette smoke causes the same cellular defect as Werner's syndrome

(premature aging disease) according to a study in the American Journal of Respiratory and Critical Care Medicine.

Years ago, the Surgeon General had ordered all tobacco companies to place warning labels on cigarette packs, just to let people know the dangers of cigarette smoking. This did help to curb it somewhat. Unfortunately, the stuff that cigarettes are made from causes people to become addicted to it. In turn, smoking becomes a habit or addiction.

There have been many commercials on TV in the last year, emphasizing the need to quit smoking. Why? Because health professionals realize that smoking causes many health problems. And by quitting the habit can also lower healthcare costs.

Smoking cigarettes just doesn't affect the person doing the smoking; it also affects those around the smoker. Secondhand smoke also has damaging effects:

- Nearly half all nonsmoking Americans are routinely exposed to secondhand smoke, a US Surgeon General report found.
- Secondhand smoke exposure may lead to cognitive impairment (brain).
- About 70,000 heart disease deaths occur each year in the US as a result of exposure to secondhand smoke.
- About 3,400 lung cancer deaths are because of exposure to secondhand smoke.
- Secondhand smoke is a carcinogen containing hundreds of toxic chemicals, including formaldehyde, benzene, vinyl

chloride, ammonia and cyanide, the US Environmental Protection Agency (EPA) believes according to American Lung Association (ALA).

The list can go on and on. The fact is smoking is dangerous (I will go into this in more detail in the first chapter. What I am attempting to do in this book is to present the reasons why people like you smoke, what smoking causes, its effect on the body, and lastly how to stop the disgusting habit, but not in that order.

My main goal for this e-book is to help you learn about smoking and all the hoopla around it. My concern is that you learn all you can about smoking so you can make a conscious choice as to whether you take up the habit or not.

And for those who smoke marijuana, don't worry, there is a section dealing with that to. I also provided a section on lung cancer, colon cancer, and breast cancer. Each one of these cancers can be related to smoking, although there are other diseases that cause these cancers as well, but smoking has been shown to be the number one cause of cancer in these organs.

Above all else, keep in mind that you are not alone in this battle. There are millions of others like you who smoke but want help to stop. So stay tuned and learn, for your life will depend on it.

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