

Your Urologist Wants You to Quit

You already know that smoking is bad – really bad – for your health. The tobacco in cigarettes, cigars, smokeless tobacco, and hookahs contains thousands of chemicals. It's this toxic mix of chemicals that causes the serious, sometimes deadly, health problems like lung disease and cancer.

Smoking is a leading cause of several cancers, including bladder cancer. **People who smoke are at least 3 times as likely to get bladder cancer.*** Smoking causes about half of all bladder cancers. The risk is greater because the chemicals in tobacco smoke can end up in your urine.

Smoking can also cause:

- Bad breath
- Chronic bronchitis
- Chronic obstructive pulmonary disease (COPD)
- Diabetes
- Emphysema
- Heart disease
- Severe gum disease
- Stroke

So, all of your doctors, including those from The Urology Group, want you to quit.



The Truth About E-Cigarettes and Vaping

Somehow e-cigarettes and vaping got the reputation as being safe. Unfortunately, that isn't the case. E-cigarette aerosol is NOT harmless water vapor. E-cigarettes and vaping involve nicotine (extracted from tobacco), flavorings and other chemicals to create an aerosol that you inhale. Some of these chemicals are known to cause:

- Asthma
- Cancer
- Disruption to brain development
- Increased blood pressure
- Lung scarring (popcorn lung)
- Narrowing of your arteries

**American Cancer Society*

02-7100

Quitting is possible!
See 9 steps you can take TODAY on the other side.

9 Steps to Quitting – For Good

Why is quitting so hard?

Blame it on the nicotine. It's a chemical found in cigarettes, cigars, smokeless tobacco, hookah tobacco and most e-cigarettes. **It's highly addictive.** So, if you've been unable to quit, it's the nicotine that's making it so hard.

Nine tips to help you quit for good.

1. Set goals, like two fewer cigarettes each day.
2. Set a quit date. Make sure it's not too far away.
3. Go to **smokefree.gov** for lots of free resources to help you quit, like social media support, texting, and phone services or apps.
4. Ironically, nicotine can help you quit. Nicotine skin patches, gum, and lozenges deliver small amounts of nicotine to your brain. **When used properly, they can double your chances of quitting for good.** Or ask your doctor about prescription nicotine that comes in a nasal spray/inhaler, or about non-nicotine medications.
5. Let friends and family know your plans for quitting. Ask for their support and to hold you accountable.
6. List the reasons you want to quit. Review the list often.
7. Avoid situations where you normally smoke or vape. Replace them with other activities.
8. Exercise. It distracts you and helps you feel good.
9. Try relaxation techniques like yoga, meditation, deep or rhythmic breathing.

Be healthier. Be a quitter.

Each year more than half of adult smokers try to quit.* It isn't easy, and it takes time, but 3 in 5 are eventually successful.*

To improve your overall health, get started now. **Within four years of quitting your risk of stroke will drop to that of lifetime nonsmokers.** Quitting reduces your risk of a premature death.

* U.S. Department of Health & Human Services



Know that everyone at The Urology Group Central Indiana is on your side. We're cheering for you!