



## 抽烟可以导致：

- 癌症
- 肺部疾病
- 损伤血管
- 血栓和中风
- 视力问题

## 戒烟的好处：

- 降低血压和心跳率，加强血液循环，少咳嗽
- 降低心血管疾病，肺部疾病，和癌症的风险
- 预期寿命可以加上十年
- 周围的人不会吸到二手烟，能够保护家人和朋友



## 戒烟的方式

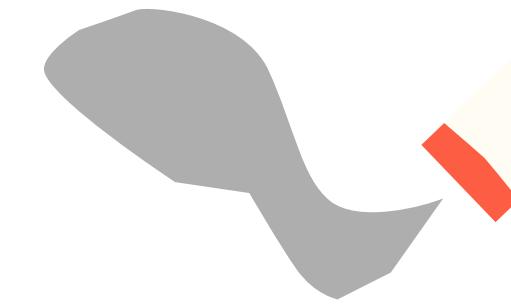
- 尼古丁替代品和处方药可以缓解戒烟症状，比如维持注意的困难以及忧郁症
- 运动，听音，和朋友交流，找新的爱好
- 如果戒烟不顺利，不必气馁，再试一次



在美国，

# 抽烟

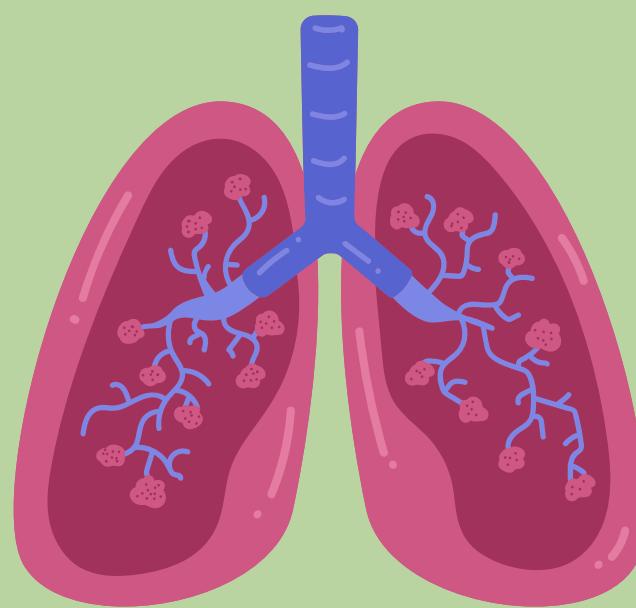
占据人群死因的五分之一！



请注意癌症的早期疾状！

这可以包括：

- 身体任何部分有增稠或肿起来
- 体重不明的增加或减少
- 无法康复的疮
- 无法康复的咳嗽或喉咙不舒服
- 吞的时候有困难
- 吃饱后不舒服
- 大小便习惯不正常
- 不正常的渗血或排出
- 感觉很疲倦或体弱



为了避免或早期察觉出跟抽烟有关的疾病，请和医生安排癌症筛查！



## 资料

Courage to Quit: 一对一或群组方式的戒烟设施

Illinois Tobacco Quitline: 一个通过电话免费的心理辅导设施，专门帮你戒烟，找当地服务，和提供免费尼古丁贴片，口香糖和润喉糖。给 1-866-784-8937 打通电话。



## Smoking can cause:

- Cancers
- Lung diseases
- Blood clots and strokes
- Vision problems

## TIPS FOR QUITTING

- Nicotine replacement and prescription pills
- Exercise, listen to music, connect with friends, try new hobbies
- Don't get discouraged. Keep trying!



## RESOURCES

Courage to Quit: Programs to stop smoking

Illinois Tobacco Quitline: A free telephone counseling service to help you quit smoking, Call 1-866-784-8937

# SMOKING

## causes 1/5 deaths in the US

## BENEFITS OF QUITTING

- Lower heart rate and blood pressure, better circulation, less coughing and wheezing
- Reduces risks of cardiovascular diseases, lung diseases, and cancer
- Add as much as 10 years to life expectancy
- Protects family members, friends, and others around you who inhale smoke



## EARLY SYMPTOMS OF CANCER:

- A lump on the body
- Unexplained weight change
- Unusual bleeding or discharge
- Feeling weak or tired
- Persistent hoarseness or a cough
- Changes in bowel or bladder habits
- A hard time swallowing or discomfort after eating



Talk to your doctor about getting screened for cancer!