



On-Site Insights

Leading your company and your employees to a life well lived



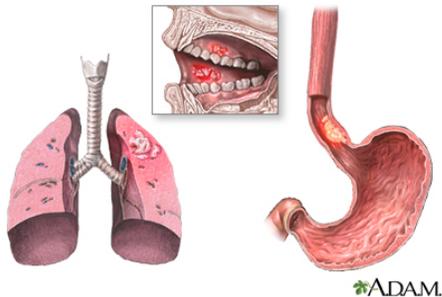
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SMOKING: Why Quit?

The health reasons:

- Lungs start repairing immediately
- Risk of heart attacks and stroke go down
- Decrease in blood pressure
- Cancer risks decline
- Cataract risks decline
- Milder colds

Tobacco use is associated with increased risk of cancers of the lung, mouth and esophagus



Personal reasons:

- Food tastes better
- Can smell things - Flowers, savory food, pine trees, and alerting odors like smoke, gas fumes
- Fewer wrinkles
- Healthier hair
- Less coughing and breathe easier
- Clothes smell better
- Sleep better – less snoring!
- More money to spend
- Less stress: cigarette breaks, worry about health risks and effects on others
- Staining of teeth and fingernails decrease

For Loved Ones:

- Healthier kids: fewer asthma, cold symptoms, long-term risks
- More time and more energy to spend
- Better example to kids – takes a lot of strength to quit
- Eliminates risks of second-hand smoke to others in home
- Better smelling environment
- Be around longer in life to share in special times



E-mail us at: mjgill@onsitesolutionspt.com for more information or to discuss our injury prevention programs.

- Prevention and wellness
- On-site physical therapy
- Ergonomics
- Functional job analysis and pre-employment screen

How To Quit:

Motivations: if you don't have a particular one in mind, perhaps you can aim for a special event in the next year, because if reaching it can be done smoke-free the celebration will be done with people who will support you to continue! Consider: weddings, birth of a baby, a graduation, a vacation, or even schedule yourself to run a race! (Exercise is known to reduce the urge to smoke)

Write Your Way to Quitting: start with a "Dear John" letter – seriously! It's the end of a relationship. And journal your frustrations, pride, obstacles, emotions, and each day that you succeed.

Water: Drinking water can help keep your hands and mouth busy, and keep the pounds off. Hydration can also help counteract nicotine withdrawal headaches. But also consider: listening to a fountain, taking a dive, and just gazing over a river or lake are all good ways to take the stress off.

Don't Go it Alone: choose someone who will hold you accountable and encourage you.

There are many gums, nasal sprays and patches that are proven effective. Some people are turning to electronic cigarettes, but be aware that no long term research has been done yet on e-cigs.



Plus:

- Vaping companies claim they are safe because the ingredients are safe to eat – but inhaling is different.
- They still have nicotine, which is addictive
- The FDA has found cancer-causing chemicals in 1/2 the e-cigs tested in one recent study
- Ingredients don't need to be listed, and they're not regulated, so you've no idea what you're smoking
- One impurity found in testing was diethylene glycol, a toxic ingredient found in antifreeze
- Smoking them doesn't necessarily lead to quitting: 80% of high schoolers surveyed used tobacco and e-cigarettes at the same time.

We don't know what the long term effects are.

Resources for Quitting: the Centers for Disease Control have multiple resources listed:

http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/resources/ including the American Heart, Cancer, and Lung Associations websites.