Enjoy Living Smoke Free

Vietnamese Aspire For Healthy Hearts

U.S. Department of Health and Human Services
National Institutes of Health
National Heart, Lung, and Blood Institute

Why Quit Smoking Now?

Smoking puts you at risk for heart disease, which is the leading cause of death for Vietnamese. Here are reasons to quit smoking now so you can give yourself and your family a healthier present and future.

Live Longer and Be Healthier

Lower your risk for:

- Heart attacks and strokes

  Non-smokers:

  - » Are 2 to 4 times less likely to develop heart disease than smokers.
  - » Are 2 times less likely to have a stroke than smokers.

  One year after you stop smoking, the risk of having a heart attack or stroke will drop by more than half.

- Cancer
  - » Quit smoking and you decrease your risk of developing these cancers: lung, bladder, kidney, larynx (voice box), pancreas, stomach, and cervix.
  - » Women who have never smoked are 12 times less likely to develop lung cancer than women who smoke.
  - » Men who have never smoked are 23 times less likely to develop lung cancer than men who smoke.
- Asthma, emphysema, and chronic bronchitis

Feel Better

- Have fewer colds, sore throats, and respiratory infections
- Breathe easier
- Have a healthy sense of smell and taste

Look and Smell Better

This includes:

- Healthier looking teeth and skin
- Not smelling like smoke
- Not having bad breath
- Healthier gums

Save Money

You will have about $210 extra in a month and about $2,555 extra in a year. Think about what you and your family can buy with these savings.

Create a Healthy Home

Quitting smoking benefits:

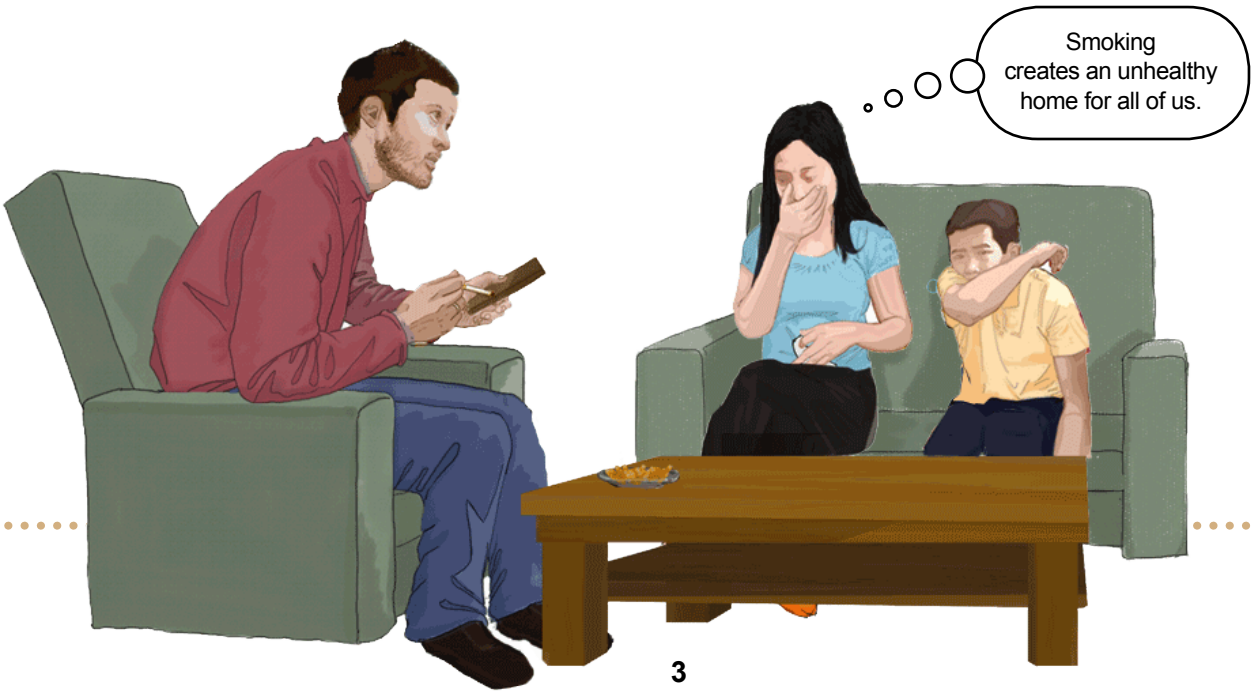
- Babies in the womb

  The baby of a non-smoker:
  - » Gets more oxygen than a baby of a smoker.
  - » Is more likely to have a healthy birth.
  - » Does not get harmful chemicals passed into its blood.
  - » Is more likely to be born at a normal birth weight.

- Infants and babies

  Infants and babies who are not around secondhand smoke are:
  - » Less likely to die from SIDS (sudden infant death syndrome).
  - » Less likely to get chest colds, ear infections, bronchitis, pneumonia, and asthma.
  - » Less likely to cry, sneeze, and cough.

- Children and adolescents
  - » When children grow up in a home with non-smokers they are more likely to not smoke.
  - » Young people who do not smoke cigarettes are less likely to try other drugs.



Tran's Story: How I Quit Smoking

This is a picture of my father. He has lung cancer from smoking for so many years. Watching him suffer is what finally made me quit smoking. I do not want to go through that.

Quitting was difficult, but now I have an easier time breathing and being active. I am also a good role model for my children!

Tips to Quit

Get Ready

- Set a quit date. Make sure you pick the date.
- Do not let people smoke in your home.
- Think about what worked and what did not the last time you tried to quit.

Get Support

- Tell your family and friends about your plans. Ask for their help.
- Join a quit smoking program.
- Sign up for text message alerts like SmokefreeTXT. You will receive encouragement, advice, and tips to help you quit for good.

Find Ways to Relax

- Plan something enjoyable to do every day.
- Find alternatives to smoking, such as walking, deep breathing, gardening, etc.

Use Quitting Aids

Talk with your doctor about using the nicotine patch, spray, or medicines to reduce your cravings.

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