

UNDERSTANDING SMOKING AND E-CIGS

Waterbury
HEALTH

FACTS



On average,
SMOKERS
DIE
10 YEARS
EARLIER
than nonsmokers.*

Cigarette smoking
causes more than
480,000 DEATHS
per year in the U.S.*

*www.cdc.gov/tobacco/data_statistics/fact_sheets/fast_facts/index.html

(Includes deaths from second-hand smoke)



1 e-cigarette
contains as much
NICOTINE
as a pack of regular
cigarettes.

*www.cdc.gov/tobacco/basic_information/e-cigarettes/factsheet/index.html

TREATMENT OPTIONS



PROFESSIONAL GUIDANCE & MEDICATION

Are more effective when used together.

www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm

The American Lung Association
has been helping people
**QUIT SMOKING FOR
OVER 35 YEARS**
through their Freedom From Smoking®
program. This program has helped
hundreds
of thousands quit smoking **for good.**

www.lung.org/stop-smoking/join-freedom-from-smoking/

FREEDOM FROM SMOKING®
is ranked one of the
MOST EFFECTIVE
smoking cessation programs
in the United States.



Medication Options:
**NICOTINE PATCHES AND/OR
NON-NICOTINE
PRESCRIPTIONS**