

NEPHROLOGY ASSOCIATES OF MICHIGAN

SMOKING and HEALTH HAZZARDS OF TOBACCO USE

Let's look at the facts:

- ❖ Smoking is the most common cause of preventable disease and death in the world. Over 393,000 American lives are lost each year to smoking
- ❖ **Smoking is harmful to your kidneys and causes worsening of kidney disease.**
- ❖ Smoking damages every organ in the body and known to cause heart disease, strokes, lung cancer and chronic obstructive lung disease, including bronchitis, and emphysema.
- ❖ According to the 2006 Surgeon General's Report: Second hand smoke is associated with heart attacks and early death of children and adults.

Quitting smoking is one of the most important things you can do to lengthen and improve your quality of life in addition to **delaying the progression of kidney disease**. If you do smoke, think about quitting now,

There are many programs and medications available to help people quit such as:

1. Individual, group or telephone counseling.
2. Medications approved by the U.S. Food and Drug Administration to help with smoking cessation such as:
 - Nicotine Replacement Therapy (patches, nasal spray, gum)
 - Wellbutrin (prescription required)
 - Chantix (prescription required)

People who use both medications and counseling have higher success rates.

3. Contact the American Lung Association for information on smoking cessation programs and strategies. Phone # (1-800-586-4872)
www.info@lungusa.org
4. Check out the Trinity Health web site for helpful information on quitting smoking. www.trinity-health.org

If at first you don't succeed, DON'T GIVE UP. Some people make several attempts to quit smoking before they REACH Permanent SUCCESS.

Remember to view each attempt as a success, and just one step closer to stopping smoking forever.