Quit Smoking Now!

Smoking Cessation Resources

1. Free Smoking Cessation Classes
   Walter Thompson, MPH, CHES
   Health Education Consultant
   CHOICES
   352-334-7900 Ext. 3421
   Walter_JThompson@doh.state.fl.us
2. Quit Smoking Now
   Smokefree.gov
3. Suwannee River AHEC
   Srahec.org
4. The Quit Line
   1-877-U-CAN-NOW
   (1-877-822-6669)
   floridaquitline.com
5. Freedom from Smoking Online
   American Lung Association
   www.ffsonline.org

Pediatric Pulmonary Centers

Pediatric Pulmonary Division
SHANDS Hospital
1600 SW Archer Road,
Room D2-15, Box 100296
Gainesville, FL 32610-0296
Telephone: (352) 273-8380
FAX: (352) 392-4450
http://www.peds.ufl.edu/divisions/pulmonary/

Smoking around People with Cystic Fibrosis

Smoking is Deadly!

- Tobacco use causes more deaths each year than HIV, car accidents, murders and illicit drugs combined!
- Smoking causes 443,000 deaths each year, that is **1 in every 5 deaths** is a result of smoking.
- Adults who smoke lower their life expectancy by 14 years.

Source: Centers for Disease Control and Prevention.

Secondhand Smoke

Smoking can, not only be harmful to your health but also to the health of those around you.

49,400 people die each year due to secondhand smoke exposure!

People with Cystic Fibrosis already have diminished lung capacity and smoking near them can be deadly.

Source: Cystic Fibrosis Foundation

How does secondhand smoke affect a person with CF?

1. Exposing people with Cystic Fibrosis to tobacco smoke has been proven to significantly decrease lung function.
2. Smoke increases coughing and increases lung disease.

Source: JAMA, Jan 30, 2008,Volume 299, No.4