

# 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

Commit to a smoke-free life. Where there is a will, there is a way!



## 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.

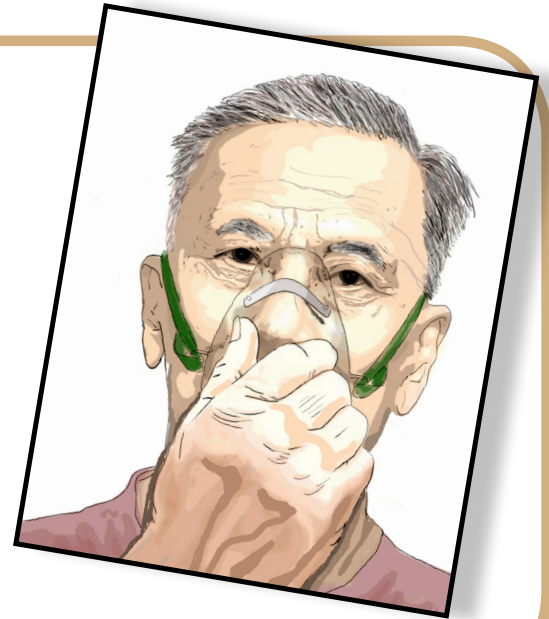




## Tran's Story: How I Quit Smoking

**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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