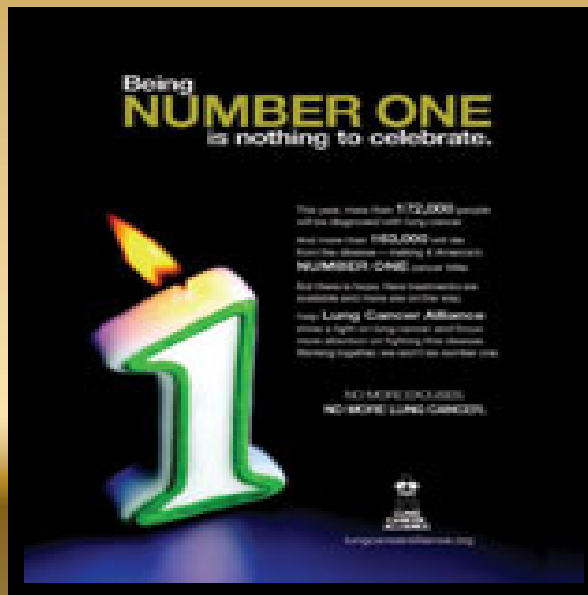


Lung Cancer



Are you a number 1 sports fan?

1 in 3 sports fans smoke

5 out of 6 smoke during games

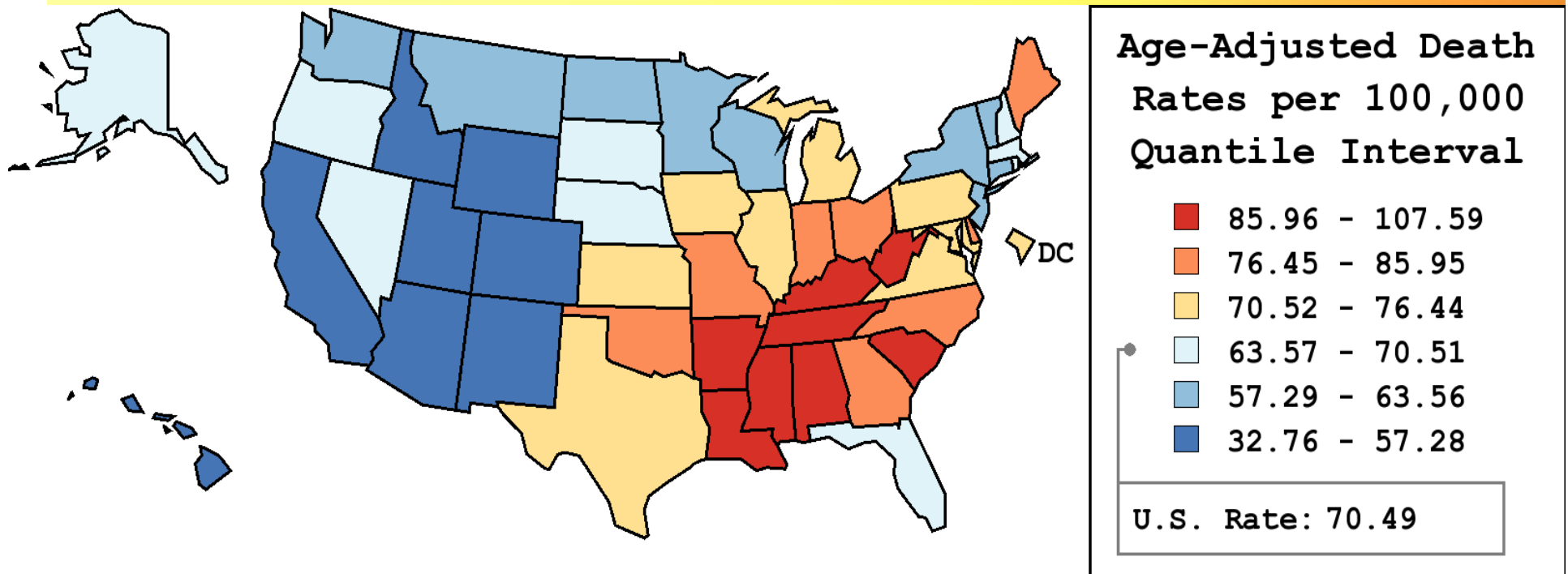
60% of sports fans are exposed to secondhand smoke while watching sporting events



Being number 1

Number 1 in:

More people die with lung cancer than any other cancer. This is one red zone not to be in!



Number of cases of Lung Cancer

Louisiana 3,650 new cases of lung cancer

2,700 deaths from lung cancer

United States: 219,440 new cases of lung cancer

159,390 deaths from lung cancer



Number 1 risk factors

1. Smoking
2. Secondhand smoke
3. Radon
4. Asbestos
5. Certain metals
6. Air pollution
7. History Tuberculosis
8. Genetic susceptibility



Number 1 signs and symptoms

1. Persistent cough
2. Sputum streaked with blood
3. Chest pain
4. Voice changes
5. Recurrent pneumonia or bronchitis



We are cheering for you

The reason to cheer is because when you stop smoking:

20 minutes after quitting: Your heart rate and blood pressure drops

12 hours after quitting: The carbon monoxide level in your blood drops to normal.

2 weeks to 3 months after quitting: Your circulation improves and your lung function increases.

1 to 9 months after quitting: Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.



We are cheering for you

The reason to cheer is because when you stop smoking:

1 year after quitting: The excess risk of coronary heart disease is half that of a smoker's

5 years after quitting: Your stroke risk is reduced to that of a non-smoker 5 to 15 years after quitting.

10 years after quitting: The lung cancer death rate is about half that of a person who continues smoking. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decrease, too.

15 years after quitting: The risk of coronary heart disease is the same as a non-smoker's.



Fight, Fight, Fight

Many people who quit smoking are surprised by how good they feel!

They feel in charge

- They don't need to smoke
- They don't have to find places to smoke
- They don't have to worry about their smoke bothering others

They smell good

- Their hair, clothes, and breath don't smell like smoke
- Their cars, homes, and kids don't smell like smoke
- They can better smell food and other good smells

They feel more relaxed

- They don't have to make sure they always have cigarettes
- They have more money
- They are not as worried about their health

They look and feel better

- They feel good about being able to quit
- Their skin looks healthier
- They have more energy when they walk, play with their kids, or do something active

Defense for a plan of attack:

1. Using Your Support Program
2. Keep Busy
3. Stay Away from What Tempts You
4. Ask your health care provider
5. Call Chabert's smoking cessation program at
(985) 873-2499

