

health  chats

THE TRUTH ABOUT

**TOBACCO**



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# Today's Topics

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Dangers of tobacco

02

How tobacco affects  
people around you

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Smoking cessation  
strategies

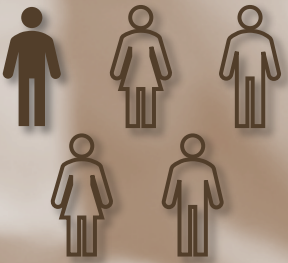
05

UnitedAg resources





# Dangers of Tobacco



**1 in 5  
deaths in  
the US**



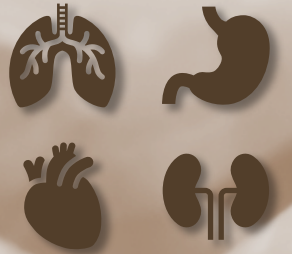
**7,000+  
chemicals**



**100s of toxic  
chemicals,  
some  
radioactive**



**70+  
carcinogens**



**Damage to  
almost  
every organ**

# How Tobacco Affects Those Around Us

- Pregnancy
- Secondhand smoke
- Children, elderly, people with chronic conditions
- Families in your housing complex





# Myth Busters



cigars and smokeless tobacco aren't as dangerous as cigarettes



e-cigarettes are safe



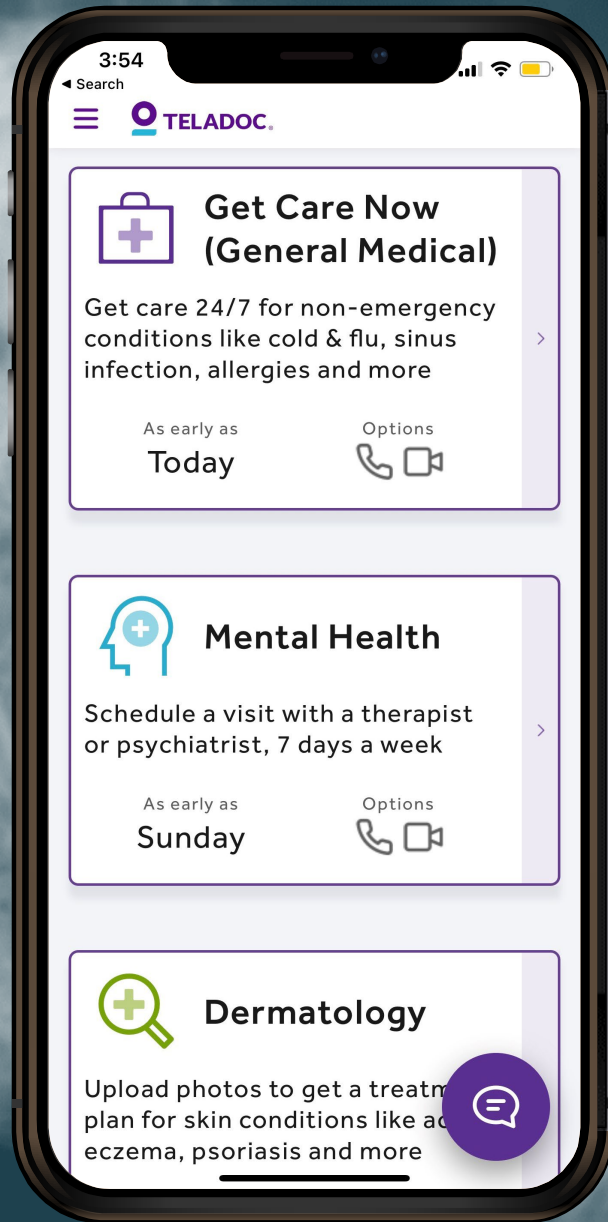
it's OK to have a cigarette occasionally



# Smoking Cessation Strategies

- Design a plan: [smokefree.gov/plan](https://smokefree.gov/plan)
- Get support
  - Personalized text-based programs: [smokefree.gov/text](https://smokefree.gov/text)
  - Free coaching: [800-QUIT-NOW](https://www.800quitnow.org)
  - Mental health support
- Medications
  - Nicotine replacement therapy: OTC patches, gum, lozenges
  - Prescription medications: [Chantix](#), [Zyban](#)
- Talk to your doctor about starting medications, additional resources, screenings





# Resources

**UnitedAg Health & Wellness Centers**

Lifestyle coaching program

*[unitedag.org/wellnesscenters](http://unitedag.org/wellnesscenters) | 877.877.7981*

**Teladoc**

*[teladoc.com](http://teladoc.com)*