# Smoking & Influenza

*Persons that smoke are more likely to suffer from the flu than nonsmokers!*

**There IS a connection…**

- Research shows an increase in influenza (flu) infections among smokers compared to nonsmokers.
- Influenza cases are often more severe in smokers, and there is a higher mortality rate for smokers than nonsmokers from influenza.
- Smoking is causally related to chronic coughing and wheezing, bronchitis and emphysema in adults.
- Smokers contract upper and lower respiratory tract infections more frequently than nonsmokers.
- Inhaling secondhand smoke also makes lungs more susceptible to respiratory infections and illness.
- Children and infants exposed to secondhand smoke in the home have dramatically higher levels of respiratory symptoms, respiratory tract infections, and slower lung development.

Quitting smoking is one of the BEST preventive measures against H1N1 flu, not only for you but for anyone – children, family members, roommates– that may live with you.

Smoking cessation is essential in preventing influenza, along with maintaining good personal hygiene and a healthy lifestyle.

By making the decision to quit for good, you will reduce your risk of contracting influenza and improve your overall health as smoking harms nearly every organ of the body.

## You can quit!

Counseling by trained professionals will increase your chances of quitting successfully.

Use of nicotine replacement products (nicotine gum, patches, or lozenges) and certain other medications also increase the odds for success. A trained quit coach or other health professional can help you determine whether or not the use of these products is right for you.

For FREE help from a trained Quit Coach, Call **1-800-Quit-Now** today!

**Tobacco Prevention and Cessation Commission~ www.in.gov/isdh/tpc ~ 317.234.1787**
**www.QuitNowIndiana.com ~ www.indianaquitline.net**

1-800-QUIT NOW
Indiana's Tobacco Quitline

## Smoking identified as a risk factor for epidemic A(h1n1) influenza over 25 years ago!

- An outbreak of A(H1N1) influenza was studied in an Israeli military unit of 336 healthy young men in 1982 to determine the relation of cigarette smoking to the incidence of influenza. Half of the men were smokers.
- 68.5% of smokers had influenza, as compared with 47% of nonsmokers. Influenza was also more severe in the smokers; 51% of the smokers lost work days or required bed rest, or both, as compared with 30% of the nonsmokers.
- A quarter of all severe illness from influenza in the overall study population was attributable to smoking.
- Researchers concluded that smoking is a major determinant of disease in epidemic influenza and may contribute substantially to incapacitation in outbreaks in populations that smoke heavily.

## 20 Minutes after Your Last Cigarette…

Within 20 min. after you smoke that last cigarette, your body begins a series of changes that continue for years.

**20 minutes after quitting**

Your heart rate drops

**12 hours after quitting**

Carbon monoxide level in your blood drops to normal

**2 weeks to 3 months after quitting**

Your lung function begins to improve & your heart attack risk begins to drop.

**1 to 9 months after quitting**

Your coughing and shortness of breath decrease.

**1 year after quitting**

Your added 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 nonsmoker's 5-15 years after quitting.

**10 years after quitting**

Your lung cancer death rate is about half that of a smoker's. Your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.

**15 years after quitting**

Your risk of coronary heart disease is back to that of a nonsmoker's

Sources:
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