

# GOOD NEWS

## FOR SMOKERS 50 AND OLDER

It's NEVER Too Late To Quit!

*Even after forty or fifty years of smoking, the body repairs much of the damage caused by smoking. Here's how you'll benefit from quitting.*

### **Right Away.**

Your circulation will improve. Your lungs may begin to repair themselves. You'll be able to breathe better and walk farther without running out of breath. You'll cough less. You'll have more energy. And you'll start to feel more in control of your life.

### **Within the first year.**

Your excess risk of heart disease caused by smoking is reduced by about half. You also lower your risks of stroke, lung disease, and lung cancer.

### **Smoking may interfere with the medicine you take.**

Many drugs don't work as well or must be taken in greater amounts if you smoke. These include drugs commonly taken for some forms of heart disease, lung diseases, pain, and diabetes, such as Inderal®, Theo-Dur®, Darvon®, and Insulin. Quitting smoking may help your medicines work better.

### **What's been slowing you down? Your age. . .or your smoking?**

If you tire easily, are short of breath, or have problems sleeping, you may be suffering from the ills of smoking, and not the effects of age. You'll feel better after you quit!

### **Protect those you love.**

Your smoking can harm those around you, too. Husbands and wives of smokers are more likely to get emphysema, lung cancer, and other lung problems. Children who spend time with smokers get sick more often with colds, flu, ear infections, allergies and lung diseases.

### **Save Money.**

If you smoke a pack of cigarettes a day, when you quit you'll be saving over \$10 a week, over \$500 each year, and over \$5,000 in 10 years.

### **Overcome your barriers.**

When you've smoked for a long time, it's normal to worry about what life will be like without cigarettes and whether you'll find new pleasures to replace smoking. Sure, it may be hard at first. But simple coping tips make a big difference. You'll soon learn to replace smoking with other activities. Take a

long-range view — ex-smokers polled six months after quitting say they feel calmer and more in control without cigarettes!

### **What if you've tried to quit before?**

You haven't failed. You're a step ahead! Research shows that it usually takes a few tries before smokers quit for good. Think of past efforts as practice you need to succeed now. Your years should give you added wisdom to quit for good.

### **Where to turn for help . . .**

- ★ *Ask your doctor* how quitting smoking will improve your health.
- ★ *Call 1-800-4-CANCER.* Talk to an expert. Get help to set up a personal quitting plan. You'll receive free materials and information about quitting programs in your area.
- ★ *Call or visit your local VA Medical Center.* The U.S. Department of Veterans Affairs (VA) is providing a variety of programs and assistance to help eligible veterans to quit. Contact the VA Medical Center in your area (check the phone book under U.S. Government), or if you're presently receiving care at a VA hospital, ask your doctor about how the VA can help you quit.
- ★ *Contact any of the organizations below* for information and advice.

**American Cancer Society**  
1599 Clifton Road, N.E.  
Atlanta, GA 30329  
1-800-ACS-2345  
(Also check phone book  
for local chapter.)

**American Heart Association**  
7320 Greenville Avenue  
Dallas, TX 75231  
214-750-5300  
(Also check for local chapter.)

**American Lung Association**  
1740 Broadway  
New York, NY 10019-4274  
(Also check for local chapter.)

**National Cancer Institute**  
9000 Rockville Pike  
Building 31, 4A-18  
Bethesda, MD 20892  
1-800-4-CANCER

**Office on Smoking and Health**  
5600 Fishers Lane  
Park Building, Rm. 1-16  
Rockville, MD 20857

**U.S. Dept. of Veterans Affairs**  
Veterans Health Services and  
Research Administration  
810 Vermont Avenue, NW  
Washington, DC 20420  
(Or contact your local  
VA Medical Center.)

**You're NEVER too old to stop smoking.  
It'll add years to your life and life to your years!**

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 **Department of Veterans Affairs**



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