TOBACCO USE & MAJOR CAUSES OF DEATH IN NEBRASKA

Exploring how tobacco contributes to heart disease, cancer, and respiratory illness

DID YOU KNOW?

Tobacco use remains the leading preventable cause of disease and death in the United States.[1]

Cigarette smoke contains more than **7,000 chemicals**, including nicotine and carcinogens.[1]

It harms nearly **every organ** and increases the risk of heart disease, cancer, and lung disease- **leading causes of death in Nebraska.**[2]

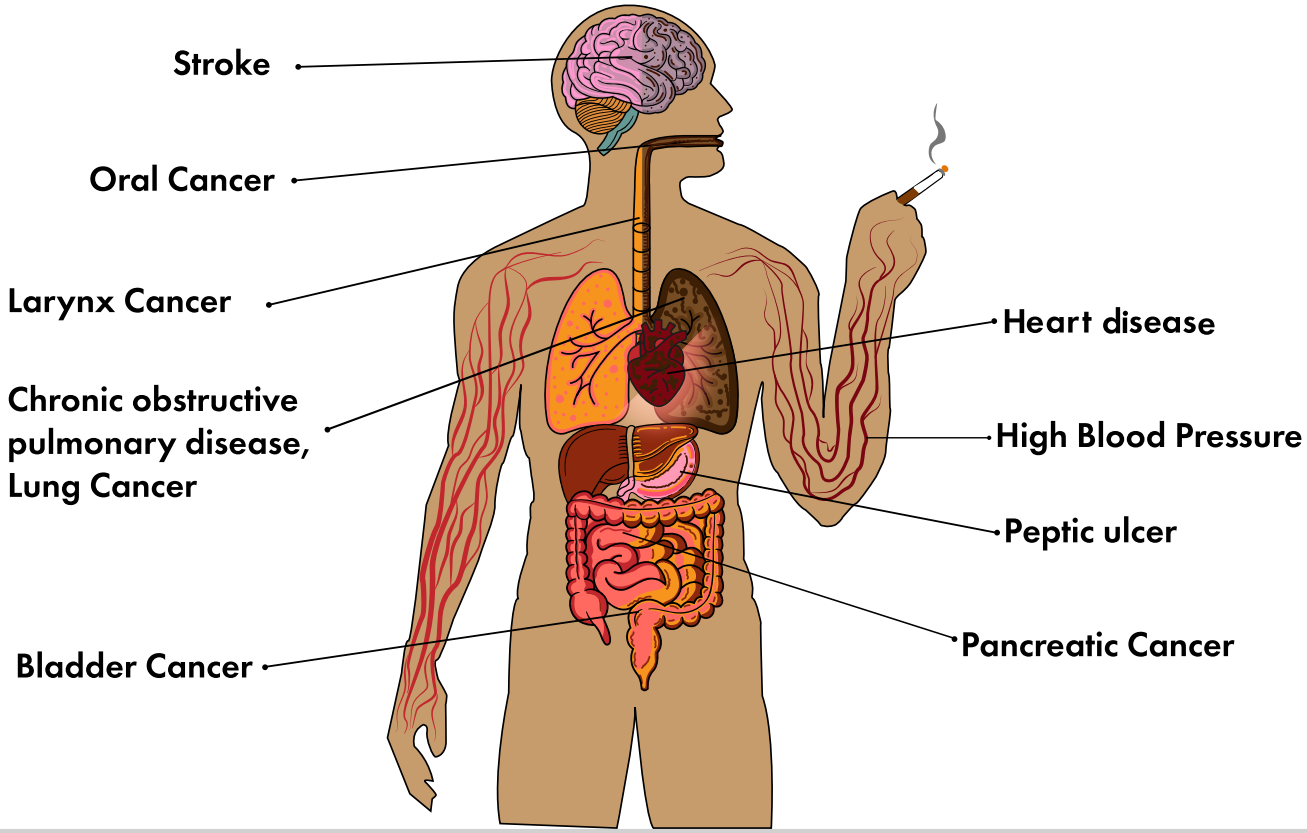
Over **2,500 Nebraskans** die each year from smoking attributable causes.[3]

No level of secondhand smoke is safe. It can trigger inflammatory and respiratory effects within **an hour** and can last at least 3 hours.[4]

Secondhand smoke increases the risk of sudden infant death syndrome, asthma, respiratory and ear infections in **infants and children.** [5]

Quitting tobacco lowers the risk of developing these diseases at **any age.**[2]

ADVERSE EFFECTS OF SMOKING



Ready to Quit? Free Help is Available

It's Never Too Late to Quit Tobacco. Take the first step toward a healthier future.

Nebraska Tobacco Quitline
1-800-QUIT-NOW (784-8669) | 1-855-DÉJELO-YA (335-3569)
Visit: QuitNow.ne.gov

- Free Coaching
- Nicotine Replacement Therapy (NRT)
- Text Message support

NEBRASKA TOBACCO QUITLINE

Learn More: *How the Quitline Can Help You?*
https://www.youtube.com/watch?v=VVw76y54dyQ

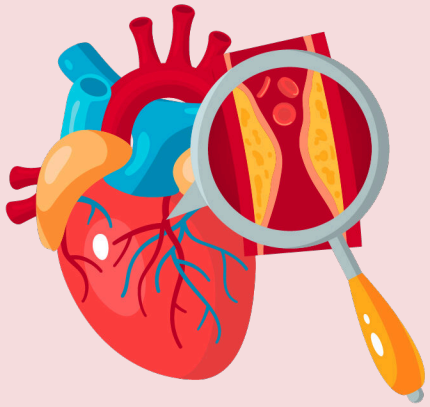
Healthy Living Programs, visit: https://dhhs.ne.gov/Pages/Living-Well.aspx

HEART DISEASE & TOBACCO USE IN NEBRASKA

Every Puff Takes a Toll on Your Heart

Tobacco use is a major cause of heart disease.[1]

Smoking increases the risk of **coronary heart disease by 2 to 4 times** compared to not smoking.[1]
Heart disease includes several types of heart conditions. In the United States, the most common type of heart disease is **coronary heart disease *(CHD)***. CHD is caused by **plaque buildup** in the arteries that block blood supply to the heart.[2]



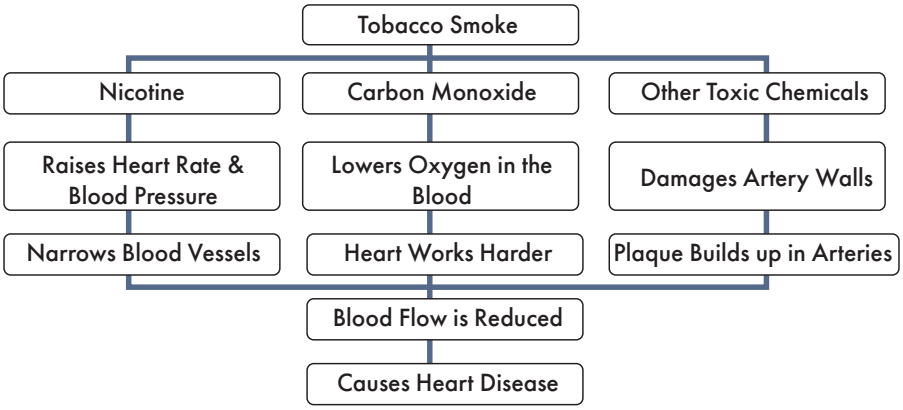
CORONARY ARTERY DISEASE

SYMPTOMS: [3]

- Heart attack
- Chest pain
- Weakness, light-headedness, nausea, or cold sweat
- Pain or discomfort in the arms or shoulder
- Shortness of breath

Secondhand smoke can increase heart disease risk for **people who don't smoke.**[4]

How Tobacco Smoke Affects Your Heart [4]



Heart disease is Nebraska's **#1** cause of death.[5]

2024 Nebraska adult current smoking rate: **12.2%**[6]

About **1 in every 4** deaths is due to heart disease in Nebraska.[5]

QUIT SMOKING TODAY: LET YOUR HEART RECOVER

BENEFITS OF QUITTING[1]

Quitting smoking lowers heart disease risk- no matter your age or smoking history.

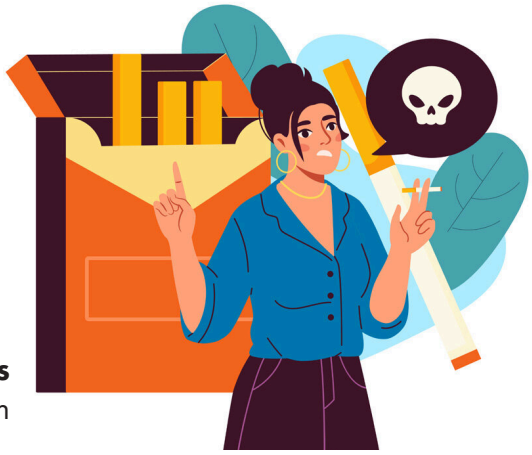
- **1 to 2 years** after quitting, risk of heart attack drops sharply.
- **3 to 6 years** after quitting, risk of coronary heart disease drops by 50%**.**
- **5 to 10 years** after quitting, risk of stroke decreases.
- **15 years after quitting**, risk of coronary heart disease drops close to non-smoker level.

Need help quitting? Visit the resources on page 1.

CANCER & TOBACCO USE IN NEBRASKA

Cancer doesn't have to be a part of your future - avoid tobacco today

Tobacco can **cause cancer** almost **anywhere in your body**. No form of tobacco is safe.[3]



Different types of tobacco use cause different cancers.

Smoking cigarettes, cigars, and pipes, can cause cancers in the lungs and airways, mouth and throat, digestive and urinary organs.[3]
Pipes and cigars can cause lip and oral cancers through direct contact even when smoke isn't inhaled.[7]

Smokeless tobacco can cause cancers in the mouth, and the digestive tract.[3]

Within **10 years of quitting**, the risk of dying from cancer **drops to less than half** that of continued smoking. After **30 years**, the risk is more than **90% lower** than that of continued smoking.[4]

Tobacco smoke inhalation or absorption → **Harmful chemicals get into the blood stream** → **Harmful chemicals go to different organs** → **DNA gets damaged** → **Cancer formation**

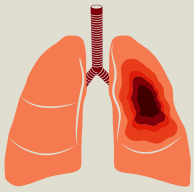
WHAT HAPPENS WHEN YOU USE TOBACCO[3]



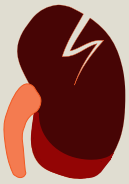
Mouth Cancer



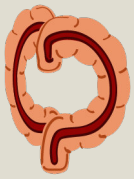
Throat Cancer



Lung Cancer



Renal Cancer



Digestive Cancer

Cancer is Nebraska's **#2** cause of death.[1]

Tobacco use causes substantial **healthcare and productivity losses.**[4]

Nearly 29% of cancer deaths in the US are attributed to smoking.[4]

QUIT SMOKING TODAY: REDUCE YOUR CANCER RISK

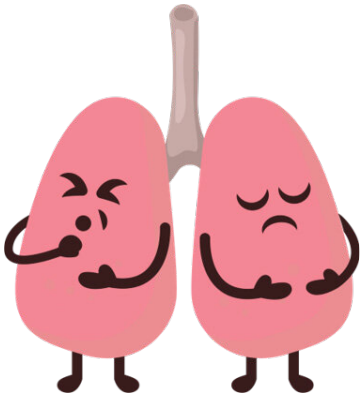
Need help quitting? Visit the resources on page 1.

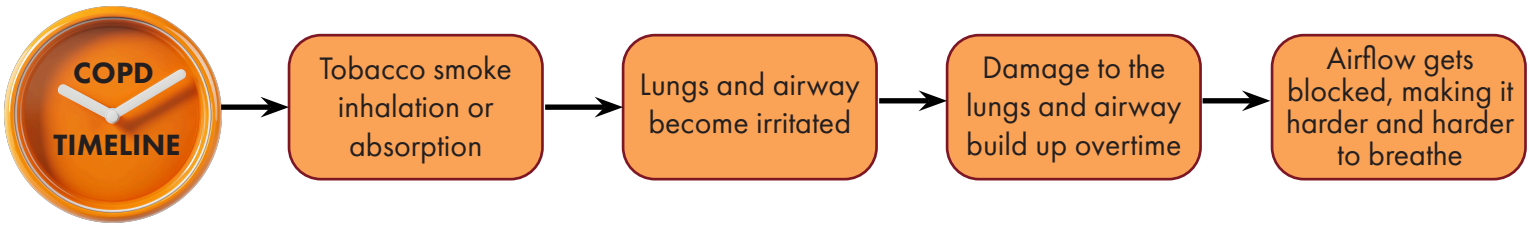
COPD, ASTHMA & TOBACCO USE IN NEBRASKA

Understanding the risk is the first step toward healthier lungs

Chronic obstructive pulmonary disease (COPD) is a group of diseases that make it harder to breathe by blocking airflow through the lungs.[1]

Smoking is the most common cause of **COPD**.1
Long term exposure to **secondhand smoke** can also lead to COPD.[1]
Smoking causes **8 out of 10 COPD - related deaths** in the United States.[2]





The best way to prevent COPD is to never start smoking.

If you do smoke, **quit**.[1]

Quitting can help **slow the progression of COPD**.[2]

Breathing in cigarette smoke can cause **coughing, wheezing, and shortness of breath**.
Quitting smoking can help make breathing easier for you and the people around you.[2]



Can e-cigarettes and vapes also make it harder to breathe?

YES



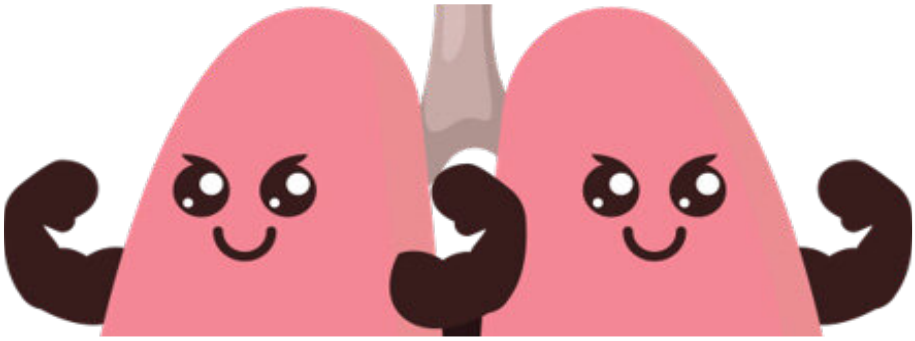
E-cigarette and vapes can make asthma attacks and developing COPD more likely.[4]

Asthma is a **chronic disease** that affects the airways that carry air to the lungs. During an **asthma attack**, it can become hard to breathe because the airways narrow, and less air can get in and out of the lungs.[3] **Smoking** or being around cigarette smoke can make asthma symptoms worse in **both children and adults**.[2] It can cause **asthma attacks**.[3]



Quit Smoking Today:
Protect Your Lungs

Need help quitting?
Visit the resources on page 1.



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