

## SMOKING FACTS

- There are over 4,000 chemicals in cigarette smoke. 200 of them are known to cause cancer.
- 90% of smokers want to quit but don't because of a "fear of failure."
- The carbon monoxide (CO) in cigarette *smoke* is 200 times *more* attracted to the red blood cells than the oxygen you breathe. This literally "starves" the body of oxygen and contributes to a smoker's de-conditioning, muscle fatigue, poorer tissue healing, soreness, and weakness with exertion.
- Smokers have *slower* wound, incision, & bone healing and *more* infections and pain.
- Quitting smoking ~4 weeks before surgery is best and lessens complications by ~40%! Just "cutting back" is not as helpful as quitting the habit completely.
- The average pack-per-day smoker spends ~\$1,500 - \$2000 per year on cigarettes!
- Smokers at work:
  - Are 10% less productive
  - Are absent from work 6½ days more per year than non-smokers
  - Average 8 more visits to their doctor per year than non-smokers
- Electronic cigarettes (e-cigs) are currently very popular for starting smoking cessation, since nicotine is delivered with each puff *without* the harmful smoke.