

## Smoking

Smoking hurts your body's ability to heal a wound. Each puff of a cigarette works against the treatments you receive at the wound center. One of the best things you can do to heal your wound is to quit smoking.

When you have a non-healing wound your body is working hard to heal. Your wound needs lots of oxygen and nutrients from normal blood flow to heal. Smoking affects normal blood flow by causing blood vessels to constrict, or become smaller. If the blood vessel is too small it cannot carry the needed oxygen and nutrients to the wound.

A constricted vein is like a "Road Closed" sign when you are driving. Only when your blood hits a roadblock, there is no detour to reach the

wound. If your wound does not get the blood, oxygen and nutrients it needs to heal, it can delay or stop the healing process. Even if you are getting the best wound care possible, smoking can hurt the healing process.

### KNOW BEFORE YOU SMOKE

Though small, cigarettes are packed with more than 4,000 chemicals. At least 50 of the chemicals found in cigarettes are known to cause cancer. Many more are poisonous. Before you light up your next cigarette it is important to know what you are inhaling.

The following chemicals are found in cigarettes:

- **Acetone** - found in nail polish remover
- **Acetic Acid** - an ingredient in hair dye
- **Ammonia** - a common household cleaner
- **Arsenic** - used in rat poison
- **Benzene** - found in rubber cement



- Butane - used in lighter fluid
- Cadmium - active component in battery acid
- Carbon Monoxide - released in car exhaust fumes
- Formaldehyde - embalming fluid
- Hexamine - found in barbecue lighter fluid
- Lead - used in batteries
- Naphthalene - an ingredient in moth balls
- Methanol - a main component in rocket fuel
- Nicotine - used as insecticide
- Tar - material for paving roads
- Toluene - used to manufacture paint



If you are ready to quit smoking help is available! Talk to your healthcare provider to find a plan that works for you.

American Lung Association

**1-800-LUNG-USA**

[www.QuitterInYou.org](http://www.QuitterInYou.org) (English)

[www.QuitterInYou.org/espanol](http://www.QuitterInYou.org/espanol) (Spanish)

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## WHAT HAPPENS TO YOUR BODY WHEN YOU QUIT

### In 20 Minutes

Heart rate drops to a normal level.

### In 12 Hours

The carbon monoxide level in your blood drops to normal.

### 2 Weeks to 3 Months

Your risk of having a heart attack begins to drop. Your lung function begins to improve.

### 1 to 9 Months

Coughing and shortness of breath decrease.

### 1 Year

Your added risk of coronary heart disease is half that of a smoker's.

### 5 to 15 Years

Your risk of having a stroke is reduced to that of a nonsmoker's. Your risk of getting cancer of the mouth, throat, or esophagus is half that of a smoker's.

### 10 Years

Your risk of dying from lung cancer and getting bladder cancer, cervical cancer, cancer of the larynx, kidney or pancreas decreases.

### 15 Years

Your risk of coronary heart disease is the same as that of a nonsmoker.

