

World Smoke-Free Day
31 May 2010

Cancer Awareness Week
Fourth Week in August annually



Whether you are a smoker wanting to quit now, not interested in quitting just yet or you have a loved one who is a smoker please read the following information and feel free to pass it on to friends and family members.

Smoking is responsible for 90% of all cancer deaths and Emphysema is a disease that **WILL** affect smokers if they continue to smoke. Cigarette smoke damages the alveoli, which are responsible for absorbing oxygen. If these alveoli are damaged, it becomes much harder to breathe. To feel what it would be like to breathe with Emphysema – try this exercise:

- Take a deep breath in but don't let any air out
- Now, take another breath in ...
- Take another breath in ...
- Take one more breath in ...
- Let all the air out ...



The feeling of those last 2 breaths is how it will feel for every breath you take if you have emphysema. If someone is a smoker and quits early enough – they will not have to breathe like this, they can reduce their risk of developing emphysema and lung cancer by quitting smoking and staying smoke-free

Quitting is not easy and so it is important that you make use of all the available resources: Quitline 0800 778 778

Call if you want to quit or are just thinking about quitting.

Support loved ones in their decision to quit, it won't be easy in the beginning but everyone will benefit in the end.