

Smoking & COPD Health Effects

(Chronic Obstructive Pulmonary Disease)

Know the Facts:

- Chronic obstructive pulmonary disease (COPD) is the 3rd leading cause of death in America.
- Approximately 85-90% of COPD deaths are caused by smoking.
- Male smokers are nearly 12 times as likely to die from COPD as men who have never smoked.
- The quality of life for a person with COPD gets worse as the disease progresses. At the beginning, there is minimal shortness of breath.
- However, people with COPD will eventually need supplemental oxygen and may have to rely on mechanical respiratory assistance.
- Quitting smoking is the single most effective way of reducing the risk of developing COPD and slowing its progression.



"Tar the roads, not your lungs!"
Kyle Kiper, Tobacco Treatment Specialist
at Disability Achievement Center

Source: "What Is COPD?" - NHLBI, NIH. National Heart, Lung, and Blood Institute, 21 July

Why Join a *Quit Smoking Now* class?

- You double your chance of success with quitting
- No cost for classes
- 4 weeks of NRT provided free of charge

When you are ready to quit, we are ready to help!

Need More Information?

- Contact your local Center for Independent Living. (Contact information on reverse side.)
- Visit www.ahectobacco.com to find classes



Center	County	Address/Phone
Ability 1 st	Leon	1823 Buford Court, Tallahassee, FL 32308
Center for Independent Living of Broward	Broward	4800 N State Road 7 Bldg F suite 102, Fort Lauderdale, FL 33319
Center for Independent Living of Central Florida	Orange	720 North Denning, Dr. Winter Park, FL
Disability Achievement Center	Pinellas, Pasco	12552 Belcher Rd.S, Largo, FL 33773
Disability Resource Center	Bay	300 W. 5th Street Panama City, FL 32401
Independent Resource Center of Jacksonville	Duval	2709 Art Museum Drive, Jacksonville, FL 32207
Self Reliance Inc.	Hillsborough	8901 N. Armenia Ave, Tampa, FL 33604
Space Coast Center for Independent Living	Brevard	571 Haverty Suite W, Rockledge, FL 32955
Suncoast Center for Independent Living	Manatee, Sarasota	3281 17th Street Sarasota, FL 34235

To locate classes throughout Florida, use the statewide AHEC calendar located at

www.AHECtobacco.com

Or call us at 1-877-848-6696



Informed to Quit. Inspired to Quit.
I Quit with AHEC.