



# THE DJJ SMOKE OUT

Wednesday, June 27, 2007

Could This Be the First Day of a Life Without Tobacco?  
Are you thinking about quitting smoking, but not sure you are ready to take the plunge?

Maybe the DJJ Smoke Out is for you.  
It is an opportunity to join with DJJ smokers in saying "no thanks" to cigarettes for 24 hours.

## 10 Overlooked Reasons to Quit Smoking

*If you need more incentive to quit smoking, here are some reasons that you may not know about.*

*You know smoking causes lung cancer, emphysema, and heart disease, but you're still lighting up. To help you get on the wagon, we've compiled a list of little known ways your life can go up in smoke if you don't kick the habit.*

*From an increased risk of blindness to a faster decline in mental function, here are 10 compelling -- and often surprising -- reasons to stick to your commitment. And so you don't have to go it alone, we've also put together a step-by-step guide on how to use WebMD Resources to get started. No butts about it!*

1. **Alzheimer's Disease: Smoking Speeds Up Mental Decline** - In the elderly years, the rate of mental decline is up to five times faster in smokers than in nonsmokers, according to a study of 9,200 men and women over age 65.
2. **Lupus: Smoking Raises Risk of Autoimmune Disease** - Smoking cigarettes raises the risk of developing lupus -- but quitting cuts that risk, an analysis of nine studies shows.
3. **SIDS: Maternal Smoking Doubles Risk** - Smoking increases the risk of sudden infant death syndrome, or SIDS, a European analysis shows.
4. **Colic: Smoking Makes Babies Irritable, Too** - Exposure to tobacco smoke may increase babies' risk of colic, according to a review of more than 30 studies on the topic.
5. **An Increased Risk of Impotence** - The study of nearly 5,000 Chinese men showed that men who smoked more than a pack a day were 60% more likely to suffer erectile dysfunction, compared with men who never smoked cigarettes.
6. **Blindness: Smoking Raises Risk of Age-Related Macular Degeneration** - Smokers are four times more likely to become blind because of age-related macular degeneration than those who have never smoked. But quitting can lower that risk, other research shows.
7. **Rheumatoid Arthritis: Genetically Vulnerable Smokers Increase Their Risk Even More** - People whose genes make them more susceptible to developing rheumatoid arthritis are even more likely to get the disease if they smoke, say Swedish researchers.
8. **Snoring: Even Living With a Smoker Raises Risk** - Smoking - or living with a smoker -- can cause snoring, according to a study of more than 15,000 men and women.
9. **Acid Reflux: Heavy Smoking Linked to Heartburn** - People who smoke for more than 20 years are 70% more likely to have acid reflux disease than nonsmokers, researchers reported in the November issue of the journal Gut.
10. **Breast Cancer: Active Smoking Plays Bigger Role Than Thought** - Other research out in 2004 shows that active smoking may play a much larger role in increasing breast cancer risk than previously thought.

And There's More ...

If those top 10 reasons weren't enough to motivate you to quit smoking, keep this in mind:

- Smoking is linked to certain colon cancers.
- Smoking may increase the risk of depression in young people,
- Some studies have linked smoking to thyroid disease.

**The Rules of the Game are Simple:**  
**Quit smoking on Wednesday, June 27<sup>th</sup>, for the 24 hours of the Smoke Out.**

*If you are able to quit for 24 hours, please email the Office of Health Services at  
Debra.Morris@djj.state.fl.us and let us know of your success! Good Luck!*