

**If you quit smoking today,
you'll feel a difference after:**

20 minutes

- ▼ Blood pressure drops to a level close to that before you had your last cigarette.
- ▼ The temperature of your hands and feet increases to normal.

8 hours

- ▼ Carbon monoxide level in your blood drops to normal.

24 hours

- ▼ Chance of a heart attack decreases.

2 weeks to 3 months

- ▼ Circulation improves.
- ▼ Lung function increases up to 30%.

1 to 9 months

- ▼ Coughing, sinus congestion, and shortness of breath decrease.
- ▼ Cilia regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce infection.

1 year

- ▼ Your chance of having a heart attack is cut in half.

5 years

- ▼ Stroke risk is reduced to that of a nonsmoker between five and 15 years after quitting.

10 years

- ▼ Your risk of dying from lung cancer is about half that of a continuing smoker.
- ▼ Risks of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decrease.

15 years

- ▼ Your risk of coronary heart disease is equal to that of a nonsmoker.

Notes

- 1 Approximately 7.5% of the US population is gay or lesbian (Laumann, Edward O., John H. Gagnon, Robert T. Michael, and Stuart Michaels. 1994. *The Social Organization of Sexuality: Sexual Practices in the United States*. Chicago, IL: Chicago: University of Chicago Press.) and 400,000 deaths per year in the US are due to tobacco use (American Cancer Society, Atlanta, Georgia).
- 2 Stall RD, Greenwood GL, Acree M, Paul J, Coates TJ. Cigarette Smoking Among Gay and Bisexual Men, *Am J Public Health* 89, no. 12 (1999): 151-60; and Valanis, B.G., Bowen, D.J., Bassfort, T., Whitlock, E., Charney, P., Carter, R.A., Sexual orientation and health, comparisons in the women's health initiative sample, *Archives of Family Medicine*, 9(9):843-53, 2000 Sept-Oct.
- 3 Ryan, H.; Wortley, P.M.; Easton, A.; Pederson, L.; Greenwood, G. Smoking among lesbians, gays, and bisexuals: a review of the literature. *American Journal of Preventive Medicine*. August 2001: Volume 21, Issue 2, pp.142-149.
- 4 Nieman RB, Fleming J, Coker RJ, Harris JR, Mitchell DM. "The Effect of Cigarette Smoking on the Development of AIDS in HIV-1-seropositive Individuals," *AIDS* 7, no. 5 (1993): 705-710.
- 5 Diaz PT, King ER, Wewers MD, Gadek JE, Neal D, Drake J, Clanton TL, "HIV Infection Increases Susceptibility to Smoking-induced Emphysema," *Chest* 117, (May 2000): 285S.
- 6 More information about the Gay American Smokeout is available at www.gaysmokeout.net.

Mission Statement

The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service.

1.800.ACS.2345
www.cancer.org

Hope.Progress.Answers.®



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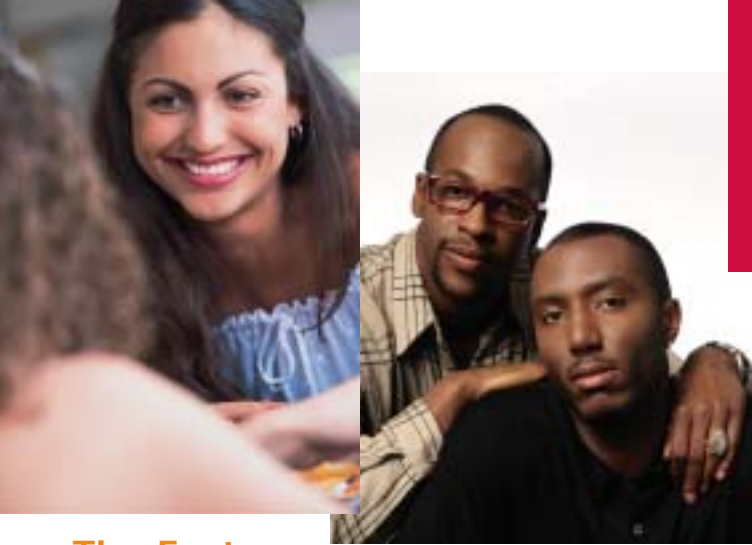
Tobacco and the GLBT Community



*Share this with
someone you care about.*



Know the facts that preserve family and community health.



The Facts

Tobacco use kills at least 30,000 gay and lesbian people each year in the United States.¹

Tobacco is the single most preventable cause of death and disease in the nation. In the United States alone, tobacco kills more people each year than alcohol, car accidents, suicide, AIDS, murder, illegal drugs, and fire – combined.



Research shows that tobacco use among gays and lesbians is significantly higher than in the general population.²



Why the Difference?

Cigarettes have become a part of gay, lesbian, bisexual, and transgender (GLBT) culture. Youth, who often feel like outsiders, smoke to fit in – and get hooked by highly addictive nicotine. GLBT meeting places are often smoke-filled, and unfortunately, tobacco has become a conversation-starter.

The tobacco industry knows why people use tobacco. They exploit individuals and communities by studying and aggressively marketing to them. The GLBT community has not gone unnoticed by this industry and is being targeted in three ways:

Direct advertising: Ads in national magazines for GLBT audiences

Indirect advertising: Ads in mainstream magazines with high GLBT readership, at times with same-sex undertones

Sponsorships: Money for events and organizations that support GLBT issues

The industry focuses advertising and sponsorships on themes important to the GLBT community: liberation, individualism, social success, and acceptance.



Who Is Affected and How?

GLBT youth: 59% use tobacco, compared to 35% of non-GLBT teens.³

HIV-positive community: Smoking accelerates the onset of AIDS among people with HIV,⁴ and HIV accelerates smoking-induced emphysema.⁵

The whole GLBT community: As individuals, the lives of people we love are claimed by tobacco. As a community, everyone is affected by second-hand smoke. As organizations, many accept money from tobacco industry sponsorships, undermining the ability to speak out.

The Best Defense

Don't start. Instead of continuing the smoking cycle, end it. Find other ways to express yourself.

Quit. Join the Gay American Smokeout⁶, a quit day that coincides with the American Cancer Society's Great American Smokeout[®], and "take your last drag." It takes the average smoker five to seven tries before stopping successfully, and free help is often available – so don't give up! Ask your health care provider for help, or call your American Cancer Society for tips and resources that can double your chances of quitting successfully.

Protect yourself. Secondhand smoke is toxic. Don't tolerate it! Speak up and advocate for smoke-free bars, restaurants, clubs, and workplaces.

Take a stand. Join the American Cancer Society Action NetworkSM to speak out for increased tobacco taxes, smoke-free public places, and insurance coverage for quit-smoking medications.