



Wellness by the Month

MEN AND TOBACCO

If you are considering quitting smoking, or are trying to quit, the hazardous health effects of smoking are undoubtedly familiar to you.

WHY SHOULD YOU QUIT?

Smoking is the number one cause of cancer deaths for men. Current male smokers that are over thirty-five years of age are almost ten times more likely to die of lung disease and twenty-two times more likely to die from lung cancer than non-smoking males.

Compared to nonsmokers, men who smoke are about 23 times more likely to develop lung cancer. Smoking causes about 90% of lung cancer deaths in men.

Men with prostate cancer who also smoke have higher death rates than men with the disease who are nonsmokers.

Every cigarette a man smokes reduces his life by 11 minutes says a study in the British Medical Journal, and every year a man smokes a pack a day, he shortens his life by almost two months.

Smoking decreases physical fitness and vitality so that smokers tend to be physiologically eight years older than their chronological age.

Smoking also leads to a lowered sperm count, abnormal sperm shape and impaired sperm mobility. Just as cigarettes can damage the heart, every cigarette smoked reduces the volume of blood to the penis, and in many cases this damage cannot be reversed.

WHERE CAN YOU GET HELP?

If you would like to stop smoking, **HAP** can offer the **Smoking Cessation Program (SIP)**. **SIP** is a six month, telephone based program which provides individuals with guidance and support throughout the quitting process. Experienced counselors help you create a quit plan that fits your lifestyle and unique needs. Nicotine replacement medications such as the patch or gum, (Zyban, and Chantix) are also used. For more information, call **SIP** at (313) 874-1885 or 1-888-427-7587.