Myth Busters

The 2004 Surgeon General’s Report, “The Health Consequences of Smoking” reports these vital findings:

- Research indicates the causal relationship between smoking and gum disease and oral cancers.
- Smoking harms nearly every organ of the body, causing many diseases and weakening a smoker’s health in general.
- Smoking so-called “low-tar” or low-nicotine cigarettes offers no apparent health benefit.
- The following have been added to the list of diseases caused by smoking: abdominal aortic aneurysm, acute myeloid leukemia, cataract, cervical cancer, pancreatic cancer, kidney cancer, pneumonia, periodontitis, and stomach cancer.

In 2006, the Surgeon general also announced these conclusions about second-hand smoke:

- Second-hand smoke causes premature death and disease in children and in adults who do not smoke.
- The scientific evidence shows that there is no “safe” level of exposure to second-hand smoke.

Prescription Smoking Cessation products available:
- Chantix
- Nicotrol Nasal Spray
- Nicotrol Cartidge
- Zyban

Over-the-Counter Smoking Cessation products available:
(Covered only with a prescription)
- Nicotine Patches
- Nicotine Gum
- Nicotine Lozenges

Finding the strength - and the support - to quit

The following free resources offer help and information to help you break the hold of tobacco.

- Call RiseUp for 1:1 coaching 1.855.2RISEUP (1.855.274.7387)
- The Department of Health and Human Services web site: www.smokefree.gov
- The National Network of Tobacco Cessation Quitline: 1-800-QUITNOW (1-800-784-8669)
- Call 1.800.Cigna24 (1.800.244.6224) and we will be happy to answer any questions you have.
- The Center for Tobacco Independence. Call the Maine Tobacco Helpline at 1.800.207.1230