

ARE YOU A FORMER SMOKER?

The reason for being approached for this screening program is your previous smoking history. Regardless of the screening result, it is imperative for your future life that you do not return to using cigarettes. In addition to the lungs, smoke damages all body organs, including the eyes, blood vessels and heart, digestive tract, nervous and hormonal systems, metabolism (including sugar and fat metabolism), and more.

Relapse, i.e., returning to smoking, is unfortunately both easy and common, even after years.

There are two reasons for this: (1) smoking is a return to a familiar behavior you repeated daily for decades, so it is easy to automatically reach for a cigarette in certain (maybe stressful) situations, and (2) smoking causes the nicotine receptors in the brain to multiply. Nicotine receptors are the sites in the brain where the nicotine in cigarettes binds to produce the calming or soothing effects. Receptor multiplication is what makes cigarettes addictive. Unfortunately, you cannot "erase" or eliminate these additional receptors. When you quit smoking, you put them to sleep, but after the first relapse cigarette (which you might not even enjoy), these



receptors "wake up," the cravings return, and it is only a matter of time before you return to regular smoking.

Enjoy your non-smoking time and be happy that you are no longer a smoker.

Now that you have stopped, we hope you will not need any help continuing smoking-free, but if you ever need help, please get in touch with your doctor for assistance.

EVERY CIGARETTE HARMS