

<u>MEDICAL CONDITION</u>	<u>SUGGESTED SOLUTIONS</u>	<u>DISEASE MANAGEMENT/ SCREENING GUIDELINES IN THE UNITED STATES</u>	<u>STATISTICS / RISK REDUCTION</u>
Smoking Cessation:	<p>If you do smoke, it is best for your heart, lungs, and other organ systems if you quit soon. Ask your doctor for any help that you may need.</p> <p>The last time I smoked was on _____</p>	<p>Avoid Environmental Tobacco Smoke.</p> <p>(www.guidelines.gov)</p>	<p>In the 20th century there were approximately 100 million deaths globally from tobacco-associated diseases.</p> <p>There could be approximately 60% reduction in the number of cancer deaths over several years with smoking cessation.</p> <p>(http://www.who.int/mediacentre/news/releases/2003/pr27/en/print.html)</p> <p>It is estimated that there are 1 billion individuals who smoke, worldwide. That results in 3 million smoking related deaths, yearly.</p> <p>(PENN STATE Population Research Institute, http://www.pop.psu.edu/searchable/press/nov2098.htm) (last modified 9/10/07)</p> <p>However, the WHO report on the Global Tobacco Epidemic, 2008 reported 5.4 million smoking related deaths yearly.</p> <p>(http://www.jointogether.org/news/headlines/inthenews/2008/billion-smoking-deaths-by.html)</p> <p>According to the Centers for Disease Control and Prevention (CDC), there were 44.5 million smokers in the United States in 2006.</p> <p>That leads to 438,000 deaths yearly in the United States from diseases related to cigarette smoking.</p> <p>(http://www.cancer.org/docroot/PED/content/PED_10_2X_Cigarette_Smoking.asp?sitearea=PED&viewmode=print&)</p>