

Did you know?



Eagles Care
for **Clean Air**

FGCU IS A SMOKE-FREE AND TOBACCO-FREE CAMPUS

BEGINNING SUMMER 2016

LEARN MORE AT: www.fgcu.edu/cleanair

It's a great time to quit!

**Already living smoke-free
and tobacco-free?
You're ahead of the game.**

**Thinking of quitting?
There are so many benefits
waiting for you!**



What do you **SAVE** by choosing to live

smoke-free and tobacco-free?

MONEY

Choosing to live smoke-free and tobacco-free means you are **saving money—\$3,037** to be exact. On average, a pack of cigarettes costs about **\$8.32** and a 30-ml bottle of e-liquid is **\$6.49**. If you choose to quit smoking, your savings would be estimated to **\$58.24 weekly, \$249.60 monthly, and \$3,036.80 a year** for a pack-a-day. If you choose to quit vaping, your savings would be estimated to **\$4.06 weekly, \$16.22 monthly, and \$195 a year**. Smoke more than one pack per day or vape more than 30 ml? You can simply multiply your possible savings accordingly.

Statistic from TobaccoFreeFlorida.com and vapingcheap.com





What do you **SAVE** by choosing to live

smoke-free and tobacco-free?

7000 CHEMICALS

Choosing to live smoke-free and tobacco-free means you are **protecting the environment** from **7,000 toxic chemicals**. Besides being a superhero for the environment, you are also **saving your body** from being impacted by these thousands of toxins. In addition, because of the damage second-hand smoke can cause, you are also **saving everyone around you** from the negative effects of 7,000 chemicals in the air we all share.

Statistic from Center for Disease Control and Prevention





What do you SAVE by choosing to live
smoke-free and tobacco-free?
About A Decade

Breathe easy and live longer! Choosing to live smoke-free and tobacco-free means your life expectancy is increased by **about a decade**. Life for non-smokers is **more than ten percent longer** than smokers. Smoking and/or using tobacco products cause most cases of chronic lung disease. In addition, tobacco is the leading cause of **preventable illness and death**.

Statistic from everydayhealth.com



What do you **SAVE** by choosing to live

smoke-free and tobacco-free?

Sexual Performance

Choosing to live smoke-free and tobacco-free means your **sexual performance** is not negatively impacted by smoke and tobacco. The toxic chemicals in cigarette smoke can damage blood vessels leading to **erectile dysfunction**. Non-smokers, especially men, have an **increased desire or satisfaction**. Besides sexual satisfaction, non-smokers have an **increased ability to conceive** than smokers.

Statistic from National Male Medical Clinics



What do you **SAVE** by choosing to live

smoke-free and tobacco-free?

The Hype

Choosing to live smoke-free and tobacco-free means you are exempting yourself from **the hype** that vaping, hookah, and tobacco companies are marketing to the public. **Vaping, smoking hookah** and other rolled tobacco products are **just as dangerous as cigarettes**. In fact, smoking an hour of hookah is equivalent to smoking 100 cigarettes. Although vaping has fewer chemicals than regular cigarettes, they contain the **same toxins**, such as formaldehyde. Also, vaping contains **higher levels of metals** than cigarettes.

Statistic from theguardian.com—e-cigarettes and www.etr.org

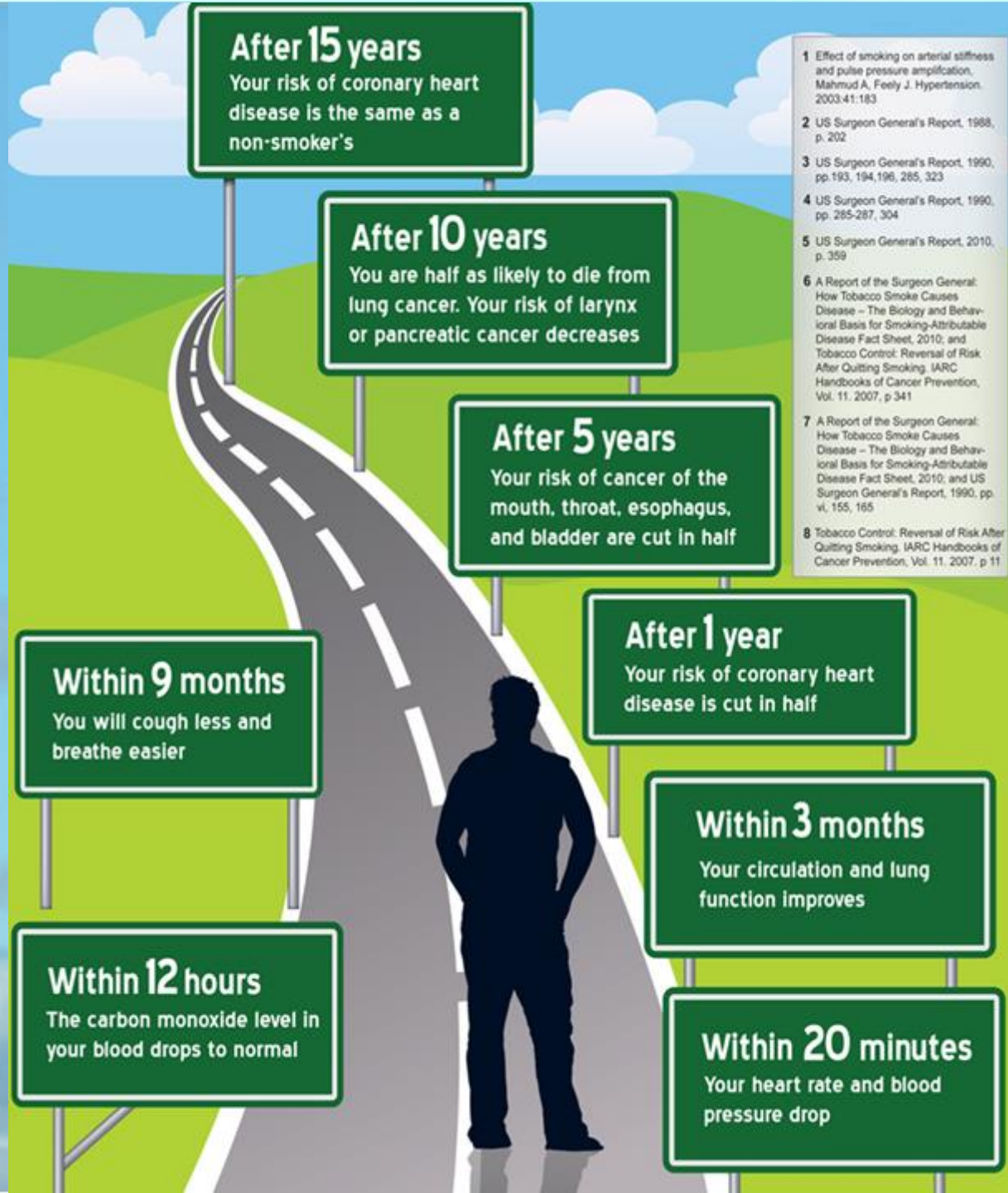


**Get on the path to
a healthier you!**

**Here's what
happens if you quit
smoking right now.**



www.BeTobaccoFree.gov



Myths vs. Facts

“Vaping, smoking hookah, and other rolled tobacco products are healthier.”



Vaping, smoking hookah, and other rolled tobacco products contain the same toxins as cigarettes, such as formaldehyde. Smoking an hour of hookah is equivalent to smoking 100 cigarettes.

“I am only a social smoker, so I will not be smoking the rest of my life.”



Research shows that 70% of social smokers turn into habitual smokers. The brain becomes sensitized to nicotine’s effect. Thus, all it takes is one cigarette to start the *addiction* process.

“My other healthy habits will make up for my smoking.”



Research shows that eating a health diet and exercising does not reduce the health risks associated with smoking.

“I have already smoked for so long; the damage is already done.”



The damage caused by smoking is cumulative, so the longer a person smokes, the greater his/her risk for life-threatening ailments. However, quitting smoking and tobacco products at any age brings many health benefits, almost immediately and over time.

Want to quit? Help is available

On-campus

**Student Health Services
(Medical Providers)
(239) 590-7966**

www.fgcu.edu/studenthealth

**Counseling & Psychological
Services (CAPS)
(239) 590-7950**

www.fgcu.edu/caps

**Prevention & Wellness
(Education and resources)
(239) 590-7685**

www.fgcu.edu/wellness

Online & Off-campus

**www.fgcu.edu/cleanair
Click "cessation resources"**

**Florida Quit Line
1-877-U-CAN-NOW (822-6669)**

**American Lung Association Help
1-800-LUNGUSA (822-6669)**

**National Cancer Institute
www.smokefree.gov**

**Florida Health
www.tobaccofreeflorida.com**

**This awesome info is brought
to you by:**



Located on the first floor of Howard Hall