



Still smoking...

Why Quit at Your Age?

A critical issue alert, *CDC Urges Older Adults to Improve Health, Increase Longevity, through Smoking Cessation*, addresses the impact of smoking on older adults and the importance of quitting regardless of age. Quitting tobacco use is important to improve a person's health at any age, but it is especially important for older adults. Almost 70% of smoking-related deaths occur among people who are age 65 and older. For every person who dies of a smoking-attributable disease, CDC estimates there are 20 more people suffering with a least one serious illness from smoking, primarily emphysema, chronic bronchitis, and heart disease.

The U.S. Surgeon General has long said that smoking is especially harmful for older adults. Smoking cessation has immediate and long-term benefits, even for people who have smoked most of their lives. In addition, older

adults who quit smoking can reduce second-hand smoke dangers for their spouses, grandchildren, friends, and neighbors. But how? Nicotine replacement therapy? Prescription medication? Behavioral therapy? Anti-depressants? Acupuncture? Hypnosis? The typical excuses older adults give for continuing to use tobacco can be countered by new research, statistics, and evidence-based cessation techniques. There also are new medications and counseling programs (such as telephone quitlines operated in all states) to help adults quit. Older smokers who try to quit are almost twice as likely to succeed as younger adults.

The complete article, *CDC Urges Older Adults to Improve Health, Increase Longevity, through Smoking Cessation* can be found at www.njfoundationforaging.org. For more information, please visit www.nj.quitnet.com or call 1-866-NJSTOPS.



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