


Tobacco Independence:


Freedom from a
deadly addiction





Know the Facts


Smoking and Substance Abuse


 **Tobacco use causes more deaths each year than does alcohol, heroin, cocaine, HIV, homicides, suicides, fires and accidents combined.** (*Centers for Disease Control and Prevention – Annual Smoking-Attributable Mortality, Years of Potential Life Lost, and Productivity Losses-United States, 1997-2001*)


 **An 11-year study showed that 51 percent of deaths of addiction treatment patients were due to tobacco-related diseases.** (*Hurt RD, Offord KP Croghan IT et al. Mortality following inpatient addictions treatment. JAMA 1996;275:1097-1103*)


 **Nicotine is an addictive drug, which when inhaled in cigarette smoke reaches the brain faster than drugs that enter the body intravenously. Smokers not only become physically addicted to nicotine; they also link smoking with many social activities, making smoking a difficult habit to break.** (*National Institute of Drug Abuse. Research Report on Nicotine: Addiction, August 2001*)

 **Tobacco negatively impacts recovery rates from other substances.** (*Elizabeth Stuyt, MD, in The American Journal on Addictions*)


 **Cravings for nicotine increase cravings for other drugs.** (*Taylor et al, 2000*)


 **There are no adverse effects of currently treating alcoholism and nicotine dependence at the same time.** (*Hurt, et al., 1994*)

 **Nicotine replacement products can help relieve withdrawal symptoms people experience when they quit smoking. Nicotine patches, nicotine gum and nicotine lozenges are available over-the-counter, and a nicotine nasal spray and inhaler, as well as a non-nicotine pill, are currently available by prescription.** (*Centers for Disease Control and Prevention. Treating Tobacco Use and Dependence: A Clinical Practice Guideline. 2000*)

 **Smoking cessation interventions provided during addiction treatment were associated with a 25 percent increased likelihood of long-term abstinence from alcohol and illicit drugs.** (*Prochaska et al., Journal of Consulting and Clinical Psychology, 2004*)

 **Smoking cessation reduces the risk of relapse.** (*Sobell, et al., 1995*)

 **Smokers who abuse opiates or cocaine have a harder time with abstinence than non-smokers.** (*Frosch et al., 2000*)

 **Regardless of age, patients treated for drug addiction will live longer if they quit. People who stopped smoking at age 35 gain an estimated 6.1 to 8.5 years of life. Those who quit at 65 live 1.4 to 3.7 years longer than if they had not quit.** (*Taylor DHJ, Hasselblad V, Henley SJ, Thun MJ, Sloan FA, Benefits of smoking cessation for longevity. Am J of Public Health. 2002;92;990-996*)

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