

## Smoking Facts

- Smoking causes lung cancer, the leading cause of cancer deaths for Hawaiians
- Each year approximately 100 Hawaiians die from lung cancer
- Cigarettes are responsible for 1 in every 5 deaths in the USA
- Second hand smoke from cigarettes is harmful, especially to infants and children
- Children exposed to smokers have more colds, ear infections and asthma

## E Ho'opau (Let's Quit)



### Get Ready

- Set a quit date
- Talk to doctor about options to quit
- Throw away cigarettes and ashtrays

### Get Support

- Talk to family
- Talk to friends

### Change Your Routine

- Keep busy to distract yourself from urges
- Participate in healthy activities
- Eat a healthy diet
- Drink lots of water, at least 8 cups a day
- Avoid alcoholic beverages
- Go to places where people don't smoke— theatre, library, mall, museum or church

### Expect Mood Changes

- Your body has to re-adjust from the nicotine addiction

### Keep Trying!

- It normally takes 4-7 tries before a smoker finally quits

## Hear from Hawaiian nā kauka (doctors)



“Unfortunately, as an oncologist I see the results of smoking and it’s one of the hardest things about my job because the cure rate for lung cancer is very low. It’s not easy to quit smoking, but it’s a lot easier than dealing with lung cancer. Today, there are agencies and programs that will help.”

—Dr. Clayton Chong,  
Native Hawaiian Oncologist

“My dad and brother both smoked when I was in med school. I showed them the black lungs of a smoker from my med lab and told them their lungs probably looked the same. I also told them that if they quit smoking, their lungs would return to normal. The next day they both quit. I make it a point to tell all my patients who smoke to set a quit date.”

—Dr. Dee-Ann Carpenter,  
Native Hawaiian Primary Care Physician



“For some reason, more Native Hawaiians continue to smoke, when many more of Hawai'i's people have stopped. What concerns me is how many of our Native Hawaiian girls and women are addicted to tobacco. Tobacco smoke mucks up our genes and can cause asthma and lung cancer, decrease the power of our best medicines, and add to the cycle of addiction to smoking and other drugs. I ask our Hawaiian mothers, mothers-to-be, daughters, and sisters—for the sake of our keiki, our people and the genes that we want to build a healthy nation, don't smoke and don't breathe other people's smoke.”

—Dr. Elizabeth Tam,  
Native Hawaiian Pulmonologist  
(Lung Physician)

“One of my 'ohana smoked, even through her pregnancy. All of her children have asthma. Back then you never thought having small babies or sick babies could be a result of smoking.”

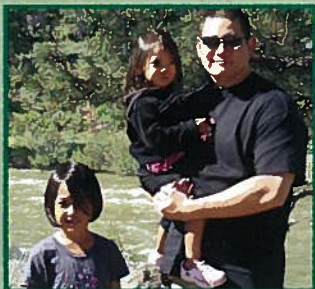
—Teresa Makuakāne-Drechsel  
Hawai'i



“If not for yourself, quit for your 'ohana. Several years ago, I was faced with that decision and quitting for my keiki made it the most rewarding choice I have ever made. Decide today, be smoke-free tomorrow. I've never regretted it!”

—Amber Cavaco  
Nānākuli, O'ahu





"I decided to quit smoking, cold turkey, because I just wasn't feeling good. I haven't smoked for over 10 years and I feel great! I wished my mom had quit with me. Maybe she wouldn't have died of lung cancer."

— Raoul Dela Cruz (with keiki),  
Wahiawā, O'ahu

"I was a smoker since I was 15 years old. It took me 4 tries before I finally quit. It wasn't easy at the beginning but with the support and love from family and friends made it all possible. Now, my mo'opuna can never say, 'It's OK to smoke because my Tutu does!' That's because I quit 10 years ago and I have been smoke-free ever since."

—Lorna "Kaui" Reyes,  
Kaunakakai, Moloka'i



REAL members at the Capitol

"A lot of people don't realize that tobacco companies target youth with very smart and well-designed marketing. Also most people don't realize that young girls are the largest growing group of new tobacco users. Our youth group REAL works against the big tobacco industry because they are the source of this problem. The REAL movement (therealmessgae.net) helps young people, like me, stand up and defend our generation from Big Tobacco influence."

—Rose Anne Navaita (Age 18),  
REAL Member  
Laupāhoehoe, Hawai'i

# HAWAII TOBACCO **QUIT** LINE

## 1-800 **QUIT** NOW

1-800-784-8669

FREE NICOTINE PATCHES OR GUM AND  
FREE COACHING, REGARDLESS OF INSURANCE.

**If you do not have a doctor or health care provider,  
call the Native Hawaiian Health Care System on your island:**

Kaua'i, Ni'ihau	Ho'ōla Lāhui Hawai'i (808) 240-0100
O'ahu	Ke Ola Mamo (808) 845-3388
Moloka'i	Nā Pu'uwai (808) 560-3653
Lāna'i	Ke Ola Hou O Lāna'i (808) 565-7204
Maui	Hui No Ke Ola Pono (808) 244-4647
Hawai'i	Hui Mālama Ola Nā 'Ōiwi (808) 969-9220



*Imi Hale*  
Native Hawaiian Cancer Network  
A Program of Papa Ola Lokahi  
www.imihale.org



NCI COMMUNITY  
CANCER CENTERS  
PROGRAM  
Quality Cancer Care  
at Home, in Hawaii

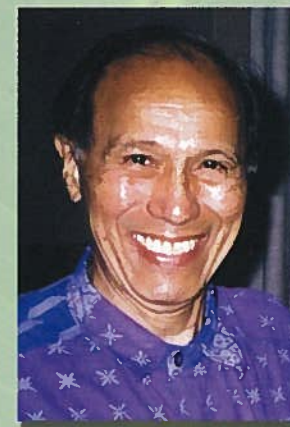


This publication is supported in part by Cooperative Agreement (DP09-90103CONT11) from the Centers for Disease Control and Prevention (CDC) Office on Smoking and Health, Local support provided by the Department of Health Tobacco Prevention & Program funded under the CDC Cooperative Agreement.

\*Imi Hale is supported by the NCI Center to Reduce Cancer Health Disparities (U54CA153459).

# WHY YOU SHOULD QUIT SMOKING

**"Smoking is NOT a Hawaiian Tradition"**



The attitude of kanaka maoli towards health relied on lōkahi (oneness), pono (maintaining harmony) in relation to all things, and abiding the kapu (sacred restrictions) that fostered self-discipline, responsibility in personal hygiene, health promotion, illness prevention, public sanitation and respect for the sacredness of nature. Kanaka maoli did not consume harmful chemicals, such as tobacco and alcohol.

- Dr. R. Kekuni Blaisdell

**Hear from Hawaiian nā kauka (doctors)  
and Hawaiians who have quit smoking.**