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.

“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 Makuakane-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

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)

“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)
"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."
—Rosalie Dela Cruz (with keiki), Waialua, Oahu

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 moopuna can never say, “It’s OK to smoke because my futu does!” That’s because I quit 12 years ago and I have been smoke-free ever since.
—Lorna “Kau’i” Hayes, Kaumakapili, Moloka‘i

"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 (therealmessage.net) helps young people like me, stand up and defend our generation from Big Tobacco Influence."
—Rose Anne Navota (Age 18), REAL Member, Laupōhoehoe, 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; Nī‘ihau  Ho‘ola Lāhui Hawai‘i
(808) 240-0100

O‘ahu  Ke Ola Mamo
(808) 845-3388

Moloka‘i  Nā Pu‘uωai
(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

WHY YOU SHOULD QUIT SMOKING

“Smoking is NOT a Hawaiian Tradition”

The attitude of kanaka maoli towards health relies 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 Blaisdel

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