

Quit Smoking...Got Side Effects

Smoking cessation

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Smoking cessation, usually called quitting smoking or stopping smoking, is the process of discontinuing tobacco smoking. Tobacco smoke contains nicotine, which is addictive and can cause dependence. As a result, nicotine withdrawal often makes the process of quitting difficult.

Smoking is the leading cause of preventable death and a global public health concern. Tobacco use leads most commonly to diseases affecting the heart and lungs, with smoking being a major risk factor for heart attacks, strokes, chronic obstructive pulmonary disease (COPD), idiopathic pulmonary fibrosis (IPF), emphysema, and various types and subtypes of cancers (particularly lung cancer, cancers of the oropharynx, larynx, and mouth, esophageal and pancreatic cancer). Smoking cessation significantly reduces the risk of dying from smoking-related diseases. The risk of heart attack in a smoker decreases by 50% after one year of cessation. Similarly, the risk of lung cancer decreases by 50% in 10 years of cessation

From 2001 to 2010, about 70% of smokers in the United States expressed a desire to quit smoking, and 50% reported having attempted to do so in the past year. Many strategies can be used for smoking cessation, including abruptly quitting without assistance ("cold turkey"), cutting down then quitting, behavioral counseling, and medications such as bupropion, cytisine, nicotine replacement therapy, or varenicline. In recent years, especially in Canada and the United Kingdom, many smokers have switched to using electronic cigarettes to quit smoking tobacco. However, a 2022 study found that 20% of smokers who tried to use e-cigarettes to quit smoking succeeded but 66% of them ended as dual users of cigarettes and vape products one year out.

Most smokers who try to quit do so without assistance. However, only 3–6% of quit attempts without assistance are successful long-term. Behavioral counseling and medications each increase the rate of successfully quitting smoking, and a combination of behavioral counseling with a medication such as bupropion is more effective than either intervention alone. A meta-analysis from 2018, conducted on 61 randomized controlled trials, showed that among people who quit smoking with a cessation medication and some behavioral help, approximately 20% were still nonsmokers a year later, as compared to 12% who did not take medication.

In nicotine-dependent smokers, quitting smoking can lead to nicotine withdrawal symptoms such as nicotine cravings, anxiety, irritability, depression, and weight gain. Professional smoking cessation support methods generally attempt to address nicotine withdrawal symptoms to help the person break free of nicotine addiction.

Tobacco packaging warning messages

concerning their health effects. They have been implemented in an effort to enhance the public's awareness about the harmful effects of smoking. In general, warnings

Tobacco package warning messages or Tobacco packages product warnings messages are warning messages that appear on the packaging of cigarettes and other tobacco products concerning their health effects. They have been implemented in an effort to enhance the public's awareness about the harmful effects of smoking. In general, warnings used in different countries try to emphasize the same messages. Warnings for some countries are listed below. Such warnings have been required in tobacco advertising for many years, with the

earliest mandatory warning labels implemented in the United States in 1966. Implementing tobacco warning labels has been strongly opposed by the tobacco industry, most notably in Australia, following the implementation of plain packaging laws.

The WHO Framework Convention on Tobacco Control, adopted in 2003, requires such warning messages to promote awareness against smoking.

The effectiveness of tobacco warning labels has been studied extensively over the past 50 years, and research shows that they are generally effective in changing smoking attitudes and behaviors. A 2009 science review determined that there is "clear evidence that tobacco package health warnings increase consumers' knowledge about the health consequences of tobacco use". The warning messages "contribute to changing consumers' attitudes towards tobacco use as well as changing consumers' behavior".

Despite the demonstrated benefits of warning labels, the efficacy of fear-based messaging in reducing smoking behaviors has been subject to criticism. A 2007 meta-analysis demonstrated that messages emphasizing the severity of threat may be less effective at changing behaviors than messages focusing on susceptibility to threat, suggesting that extremely graphic warning labels are no more effective than labels that simply state the negative consequences of a behavior. Additionally, the study found that warning labels may not be effective among smokers who are not confident that they can quit, leading the authors to recommend exploring other methods of behavior modification.

In many countries, a variety of warnings with graphic, disturbing images of tobacco-related harms (including hematuria and diabetes) are placed prominently on cigarette packages.

Electronic cigarette

There are varied reasons for e-cigarette use. Most users are trying to quit smoking,[obsolete source]but a large proportion of use is recreational or as

An electronic cigarette (e-cigarette), or vape, is a device that simulates tobacco smoking. It consists of an atomizer, a power source such as a battery, and a container such as a cartridge or tank. Instead of smoke, the user inhales vapor, often called "vaping".

The atomizer is a heating element that vaporizes a liquid solution called e-liquid that cools into an aerosol of tiny droplets, vapor and air. The vapor mainly comprises propylene glycol and/or glycerin, usually with nicotine and flavoring. Its exact composition varies, and depends on matters such as user behavior. E-cigarettes are activated by taking a puff or pressing a button. Some look like traditional cigarettes, and most kinds are reusable.

Vaping is less harmful than smoking, but still has health risks. Vaping affects asthma and chronic obstructive pulmonary disease. Nicotine is highly addictive. Limited evidence indicates that e-cigarettes are less addictive than smoking, with slower nicotine absorption rates.

E-cigarettes containing nicotine are more effective than nicotine replacement therapy (NRT) for smoking cessation, but have not been subject to the same rigorous testing that most nicotine replacement therapy products have.

Menthol cigarette

effective in increasing quit attempts and quitting among pre-ban menthol smokers. In October 2014, Serbia drafted anti-smoking laws including the ban of

A menthol cigarette is a cigarette infused with the compound menthol which imparts a “minty” flavor to the smoke. Menthol also decreases irritant sensations from nicotine by desensitizing receptors, making smoking

feel less harsh compared to regular cigarettes. Some studies have suggested that they are more addictive. Menthol cigarettes are just as hard to quit and are just as harmful as regular cigarettes.

Menthol cigarettes have been banned in several countries, including Australia, Canada, Ethiopia, all member states of the European Union, Moldova, Turkey, the United Kingdom, and some areas of the United States, including California, the District of Columbia, and Massachusetts.

History of nicotine marketing

quitting, by offering unwilling smokers an alternative to quitting, and implying that using the alternate product would reduce the hazards of smoking

The history of nicotine marketing stretches back centuries. Nicotine marketing has continually developed new techniques in response to historical circumstances, societal and technological change, and regulation. Counter marketing has also changed, in both message and commonness, over the decades, often in response to pro-nicotine marketing.

Regulation of nicotine marketing

packs, explaining reasons not to smoke and different methods of quitting smoking. Anti-smoking groups, particularly cancer charities, along with many government

As nicotine is highly addictive, marketing nicotine-containing products is regulated in most jurisdictions. Regulations include bans and regulation of certain types of advertising, and requirements for counter-advertising of facts generally not included in ads (generally, information about health effects, including addiction). Regulation is circumvented using less-regulated media, such as Facebook, less-regulated nicotine delivery products, such as e-cigarettes, and less-regulated ad types, such as industry ads which claim to discourage nicotine addiction but seem, according to independent studies, to promote teen nicotine use.

Brittany Murphy

the week and began smoking it avidly, passing time in the bathroom until it was yummy time for her again." She had tried to quit her addiction and was

Brittany Anne Murphy-Monjack (née Bertolotti; November 10, 1977 – December 20, 2009), better known as Brittany Murphy, was an American actress and singer, famous for playing Tai Frasier in the teen film *Clueless* (1995), Alex Latourno in *8 Mile* (2002), Daisy Randone in *Girl, Interrupted* (1999), Molly Gunn in *Uptown Girls* (2003), Sarah in *Just Married* (2003) and Gloria in *Happy Feet* (2006). She was also known for her equal mastery of the comedy and drama genres.

Born in Atlanta, her parents Angelo Bertolotti and Sharon Murphy divorced when she was two years old. She moved to Los Angeles as a teenager and began her acting career at thirteen. Her breakthrough role was Tai Frasier in *Clueless* (1995), followed by supporting roles in independent films such as *Freeway* (1996) and *Bongwater* (1998). She made her theatrical debut in a Broadway production of Arthur Miller's *A View from the Bridge* in 1997, before starring as Daisy Randone in *Girl, Interrupted* (1999) and Lisa Swenson in *Drop Dead Gorgeous* (1999).

In the 2000s, she played the patient Elisabeth Burrows in *Don't Say a Word* (2001), alongside Michael Douglas, and Alex Latourno in *8 Mile* (2002), for which she garnered critical acclaim. Her subsequent roles included *Riding in Cars with Boys* (2001), *Spun* (2002), *Just Married* (2003), *Uptown Girls* (2003), *Sin City* (2005), and *Happy Feet* (2006). She also voiced the character Luanne Platter in the animated television series *King of the Hill* (1997–2010). On *The Ramen Girl* (2008), she served as a producer in addition to acting. Her most recent film project was *Something Wicked*, a film released in April 2014 and later released on home video.

She also dabbled in music, being able to sing and play the piano and trumpet during her childhood. In the early 1990s, she was part of the band Blessed Soul, alongside actor Eric Balfour. No plans to release an album were pursued. In 2006, she featured on British DJ Paul Oakenfold's single "Faster Kill Pussycat", and that same year, she covered two songs: Queen's "Somebody to Love" and Earth, Wind & Fire's "Boogie Wonderland" for the soundtrack of the film Happy Feet.

On December 20, 2009, Murphy died under controversial circumstances at the age of 32. The coroner's verdict stated that the cause of death was pneumonia, exacerbated by anemia and addiction to several prescription medications. Five months after her death, her husband, Simon Monjack, died of the same causes as her. The Los Angeles County Department of Health Services had considered toxic mold emanating from their home as a possible cause of death; however, Los Angeles Deputy Coroner Ed Winter stated that there were "no indicators" that mold was a factor. In January 2012, the actress's father, Angelo Bertolotti, filed a petition in the Superior Court of California suggesting that the Los Angeles County Coroner's Office release hair samples from his daughter for independent testing, claiming she was poisoned. In November 2013, he claimed that a toxicology report showed that deliberate poisoning by heavy metals, including antimony and barium, was a possible cause of death.

Following her death, a series of biographical documentaries were made about her life. The Brittany Murphy Story —starring Amanda Fuller as Murphy, Sherilyn Fenn as her mother Sharon, and Eric Petersen as Monjack—aired on Lifetime on September 6, 2014. It received negative reviews from the media, who criticized Fuller's poor performance. In 2020, another documentary called Brittany Murphy: An ID Mystery aired on Investigation Discovery, where the documentary filmmakers go into more detail about her death. A year later, the streaming service HBO Max released the two-part miniseries What Happened, Brittany Murphy? (2021), which featured several people close to the actress, including Kathy Najimy, Taryn Manning, Lisa Rieffel, and director Amy Heckerling. In 2023, another streaming service called Tubi released a new documentary called Gone Before Her Time: Brittany Murphy, which also explored her personal life and death.

Howard Stern

encouraged him to learn. Stern credits the technique with helping him quit smoking, achieve his goals in radio, beat obsessive–compulsive disorder, and

Howard Allan Stern (born January 12, 1954) is an American broadcaster and media personality. He is best known for his radio show, The Howard Stern Show, which gained popularity when it was nationally syndicated on terrestrial radio from 1986 to 2005. He has broadcast on SiriusXM since 2006.

Stern landed his first radio jobs while at Boston University. From 1976 to 1982, he developed his on-air personality through morning positions at WRNW in Briarcliff Manor, New York; WCCC in Hartford, Connecticut; WWWW in Detroit, Michigan; and WWDC in Washington, D.C. He worked afternoons at WNBC in New York City from 1982 until his firing in 1985. In 1985, he began a 20-year run at WXRK in New York City; his morning show entered syndication in 1986 and aired in 60 markets and attracted 20 million listeners at its peak. In recent years, Stern's photography has been featured in Hamptons and WHIRL magazines. From 2012 to 2015, he served as a judge on America's Got Talent.

Stern has won numerous industry awards, including Billboard's Nationally Syndicated Air Personality of the Year eight consecutive times, and he is the first to have the number one morning show in New York City and Los Angeles simultaneously. He became the most fined radio host when the Federal Communications Commission issued fines totaling \$2.5 million to station owners for content it deemed indecent. Stern became one of the highest-paid radio figures after signing a five-year deal with Sirius in 2004 worth \$500 million.

Stern has described himself as the "King of All Media" since 1992 for his successes outside radio. He hosted and produced numerous late-night television shows, pay-per-view events, and home videos. Two of his

books, *Private Parts* (1993) and *Miss America* (1995), entered The New York Times Best Seller list at number one and sold over one million copies. The former was made into a biographical comedy film in 1997 that had Stern and his radio show staff star as themselves. It topped the American box office in its opening week and grossed \$41.2 million domestically. Stern performs on its soundtrack, which charted the Billboard 200 at number one and was certified platinum for one million copies sold. Stern's third book, *Howard Stern Comes Again*, was released in 2019.

Alcohol in association football

€60 million, with sponsorships potentially doubling or trebling that amount. Smoking in association football
Atkinson, Calum (15 December 2020). "Jermaine Pennant

Alcohol companies are sponsors of major association football teams and tournaments. Branding has been voluntarily removed from children's replica kits and banned outright in France. Alcohol cannot be consumed in parts of English football grounds with view of the pitch, or anywhere in Scottish grounds outside of corporate hospitality.

In England, football had a drinking culture, which declined from the late 1990s due to foreign managers such as Arsène Wenger and an increased focus on health and fitness. Some star footballers have suffered from alcohol abuse up to the point of death, and others have committed alcohol-related crimes such as drink driving. Conversely, other players abstain from alcohol, including for reasons of faith.

Stevie Ray Vaughan

hour. After falling into a barrel of grease, he grew tired of the job and quit to devote his life to a music career. In May 1969, after leaving the Brooklyn

Stephen Ray Vaughan (October 3, 1954 – August 27, 1990), also known abbreviated as SRV, was an American musician, best known as the guitarist and frontman of the blues rock trio Stevie Ray Vaughan and Double Trouble. Although his mainstream career spanned only seven years, he is considered one of the most influential musicians in the history of blues music, and one of the greatest guitarists of all time. He was the younger brother of guitarist Jimmie Vaughan.

Born and raised in Dallas, Vaughan began playing guitar at age seven, initially inspired by his brother Jimmie. In 1972, he dropped out of high school and moved to Austin, where he began to gain a following after playing gigs on the local club circuit. Vaughan joined forces with Tommy Shannon on bass and Chris Layton on drums as Double Trouble in 1978. The band established itself in the Austin music scene and soon became one of the most popular acts in Texas. They performed at the Montreux Jazz Festival in July 1982, where David Bowie saw Vaughan play. Bowie contacted him for a studio gig in December where he played blues guitar on the album *Let's Dance* (1983). John Hammond heard a demo album that Vaughan and Double Trouble had recorded and interested major label Epic Records in signing them to a record deal in March 1983. Within months, they achieved mainstream success for the critically acclaimed debut album *Texas Flood*. With a series of successful network television appearances and extensive concert tours, Vaughan became the leading figure in the blues revival of the 1980s.

Vaughan struggled with alcoholism and drug addiction for most of his life. He also struggled with the personal and professional pressures of fame and his marriage to Lenora "Lenny" Bailey. He successfully completed rehabilitation and began touring again with Double Trouble in November 1986. His fourth and final studio album *In Step* reached number 33 in the United States in 1989; it was one of Vaughan's most critically and commercially successful releases and included his only number-one hit, "Crossfire". He became one of the world's most popular blues performers, and he headlined Madison Square Garden in 1989 and the Beale Street Music Festival in 1990.

On August 27, 1990, Vaughan and four others were killed in a helicopter crash in East Troy, Wisconsin, after performing with Double Trouble at Alpine Valley Music Theatre. An investigation concluded that the cause of the accident was pilot error. Vaughan's music continued to achieve commercial success with several posthumous releases and has sold over 15 million albums in the United States alone. Rolling Stone has twice ranked him among the top twenty guitar players of all time. Vaughan was posthumously inducted into the Rock and Roll Hall of Fame in 2015, along with Double Trouble bandmates Chris Layton, Tommy Shannon, and Reese Wynans.

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