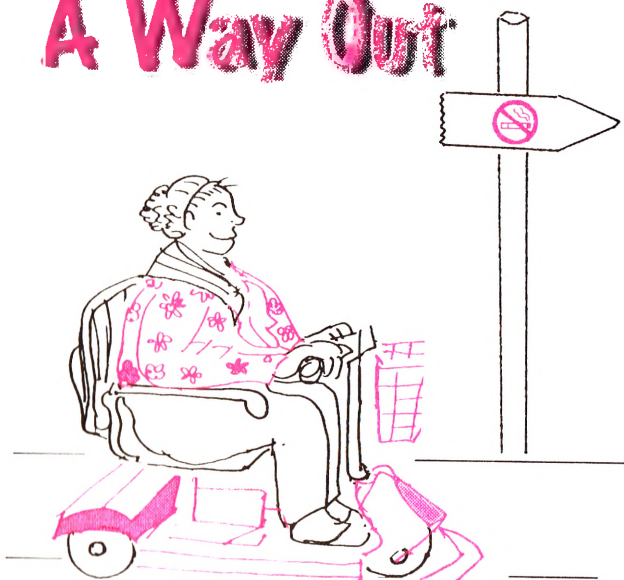


A Way Out



Women with Disabilities and Smoking

**DAWN Canada:
DisAbled Women's Network Canada**

What's in the Booklet?

- Why women with disabilities smoke
- Stages toward becoming an ex-smoker
- Weighing the good and bad things about smoking
- Ways to make quitting easier
- Staying quit

For your copy of *A Way Out*, contact DAWN Canada, 408-3637 Cambie St., Vancouver, BC V5Z 2X3, phone/fax (604) 873-1564.



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Illustrations by Catherine Hilborn

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Let us Help

Quitting smoking takes support, time and planning. Very few women just make up their mind to quit and do it.

DAWN Canada has written a booklet to help women with disabilities to quit. **A Way Out: Women with Disabilities and**

Smoking is a unique 50-page workbook that looks at why women with disabilities smoke, and offers support and helpful hints for women who want to quit. The booklet is also available on tape and on disc.



The first copy of the booklet is free to women with disabilities until March 15/97. Extra copies, plus copies to professionals, will be available for a small cost-recovery fee. After March 15, please contact DAWN Canada for information on how to get a copy.

We hope that A Way Out will help women with disabilities to make the choice to quit using tobacco—it's the single most important health choice we can make.



Smoking is the most serious health issue facing women today. Smoking has been linked to heart disease, a variety of cancers, lung disease, blood flow problems, stroke, impaired fetal development and breast cancer.

A recent survey by DAWN Canada: DisAbled Women's Network Canada found that women with disabilities are very much at risk for substance use, including tobacco. We also found that there is no information out there specifically for women with disabilities to tell us about the risks of smoking and to help us quit.

Women & Smoking

- Tobacco addiction is a serious health issue for women, but there are few or no support services to help us quit.
- High unemployment, poverty, isolation and discrimination have contributed to low



- self-esteem and stress for women with disabilities.
- Women with disabilities say that low self-esteem and stress are the major reasons they continue to use tobacco.
- For those of us who must depend on others for help in our daily lives, smoking is one of the few things that gives us a sense of control.
- Eighty-percent of women with mental health disabilities have said that they use tobacco regularly.
- Women tend to smoke less when they learn about the risks of smoking and about things that will help them quit.

Why Should We Quit?

- in just a few hours, our bodies start to heal
- we will feel better and have more energy
- we'll breathe better, our hearts slow down and our blood flow improves
- we'll feel included and free to go anywhere
- food smells and tastes better, and our clothes and hair smell great!
- no ugly yellow stains on our teeth and fingers
- we save money (up to \$2000 or more a year!)
- we and our families breathe clean air, instead of smoke
- in three years, our chances of having a heart attack is like someone who has never smoked

