Breaking the habit won’t be easy, but you should try. Some studies indicate that women may be more vulnerable to lung cancer — developing cancer earlier and with a lower level of smoke exposure than men. And they apparently have a harder time quitting — perhaps in part because women quit an average of 10 months that the month if follow.

COLD TURKEYS ARE RARE

If you’re considering a move to stop smoking, Jan and Tom are positive examples, but it’s important to realize that they are not typical. They were not heavy smokers and had been smoking for a relatively short time. “Smoking is more than a bad habit,” Welch said. “A typical smoker gets 200 to 300 doses of nicotine, a highly addictive substance, every day.” By comparison, a cocaine addict gets 5 to 15 doses and a heroin addict only 2 doses a day.

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