



**“A friend of mine quit because I quit. He said, ‘If you can do it, I can do it!’”**

— Walter Victor, retired police officer, Hāmākua Coast

**“I quit one day at a time, some times one moment at a time.”**

— Dancette Yockman, WCC student



**“I learned to depend on myself and not on cigarettes as a friend!”**

— Linda Dudoit, retired paramedical assistant, Kaunakakai



**“I quit smoking to live longer. I quit for my health, and to be able to see my grandkids.”**

— Piliialoha and Donald Kalaiwaa, Kualapu‘u



**“My doctor, Emmett Aluli, asked me to quit for my health. His advice meant a lot to me.”**

— Donald Kalaiwaa



Dr. Emmett Aluli

**For more information contact:**

**‘Imi Hale ~ Native Hawaiian Cancer Network**

O‘ahu: (808) 597-6558

Neighbor Islands: 1-866-600-HALE (4253)

www.imihale.org

**Hawai‘i Tobacco Quit Line**

1-800-QUIT NOW (784-8669)

**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) 848-8000 ext. 223

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

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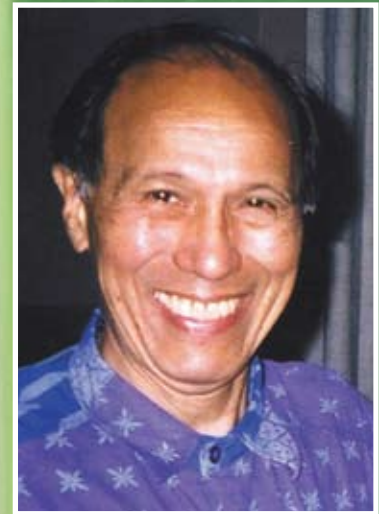
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# Why You Should Quit Smoking

## “It’s Anti-Hawaiian to Smoke.”

The attitude of kanaka maoli towards health relied on *lākahi* (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.

—R. Kekuni Blaisdell, MD



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

## Smoking causes lung cancer, the leading cause of cancer deaths for Hawaiians

- Each year approximately 100 Hawaiians die from lung cancer

## Smoking Facts

- 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 are asthmatic. Back then you never thought that having small babies or sick babies could be attributed to smoking.”***

— Teresa Makuakāne-Drechsel



***“My brother, who never smoked, has a lung disease from second hand smoke. All the night clubs he played in, luaus and party sessions. That’s sad.”***

— Robert Kamaunu III, Fort Shafter



***“I cut back one cigarette at a time, using the scripture in Matthew as my motto: All Things Are Possible For Those Who Believe.”***

— Kalani Napihaa, Community Health Worker

## E Ho‘opau (Let’s Quit)

### 1. Get Ready

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



### 2. Get Support

- Talk to family
- Talk to friends

### 3. 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

### 4. Expect Mood Changes

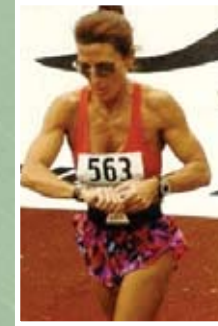
- Your body has to re-adjust from the nicotine addiction

### 5. Keep Trying!

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

## Quit Smoking to Decrease Your Chance of Getting

- Lung and Other Cancers
- Heart Attack
- Stroke



***“Smoking causes more than lung cancer. It contributes to cervical, colorectal, and oral cancer. Quitting is one of the most important things YOU can do!”***

— Jody Oyama, DrPH, Native Hawaiian Epidemiologist

***“Smokers have twice the risk of fatal heart disease, ten times the risk of lung cancer, several times the risk of many other cancers, and a 2-3 fold higher incidence of stroke and peptic ulcers.***

***When you quit smoking, at any age, it adds considerably to your life expectancy.***

***Even if you don't succeed at first, try again.”***

— Scott K. Miles, MD, Native Hawaiian and former heavy smoker, Pahala

***“I quit for myself and my family. The main thing about Hawaiian culture is love. It’s aloha ‘ole if you are doing things in a selfish way (like smoking) and not caring about others.”***

— Earl Bell and mother, Kamuela



***“I had an attitude. No one was going to tell me to quit smoking. Then one day I was rushed to the emergency room with a blood clot. When I got out of the hospital I took one puff and threw it away. Today, I exercise, watch my diet, and am happy. Smoking makes you weak (inside). You have to be strong to quit.”***

— Solomon Nihoa, Kalihi