

MAKE THIS YOUR TIME TO QUIT

- Talk to your primary care provider.
- Check with your employer to see if you are eligible for worksite nicotine replacement therapy programs.
- Call 1-800-QuitNow (784-8669) to see if you may be a candidate to receive free nicotine replacement therapy.
- Establish a support system of friends and family.
- Set a Quit Date.
- Know that the first 72 hours are the most difficult.
- Be prepared for withdrawal symptoms, including: the urge to smoke, insomnia, restlessness, anxiety, irritability, frustration, anger, difficulty concentrating, sad or depressed mood, increased appetite, decreased heart rate, headache, mouth ulcers, nausea, constipation, or diarrhea.
- A craving lasts six minutes... Consider taking a walk or doing other activities to fight through it.
- Habits change after one month.
- Save the money you used to spend on cigarettes for a reward!

Free Resources to Help You Quit Smoking Today:

1-800-QUIT NOW (784-8669)

www.quitnow.net

<http://ohio.QuitLogix.org>

www.becomeanex.org

www.killthecan.org

www.smokefree.gov

www.cancer.org



QUIT SMOKING FOR BETTER HEALTH

ADENA REGIONAL MEDICAL CENTER
272 HOSPITAL ROAD
CHILLICOTHE, OHIO 45601



WWW.ADENA.ORG





According to the American Lung Association, cigarette smoking is the number one cause of preventable disease and death worldwide. Smoking causes cancer, heart disease, stroke, lung disease, and adverse pregnancy outcomes. Smoking-related disease claims more than 443,000 American lives each year, and costs the U.S. more than \$193 billion in lost productivity and direct health care costs.

QUIT SMOKING FOR BETTER HEALTH:

Tobacco dependence is a chronic disease that often requires multiple attempts to quit. Research shows only five percent of those who try to quit “cold turkey” are successful. However, effective treatments do exist, and they can significantly increase your quit success.

Smoking cessation medications with counseling has been shown to double the success rate in those attempting to quit. Currently, seven medications are FDA-approved and shown to increase long-term smoking abstinence rates. Speak to your primary care physician about these options, and ways to help you quit smoking for good.

QUIT SMOKING TO SAVE MONEY:

Some say they can't afford the medications and products to help them quit smoking. When compared to the cost of cigarettes, after a three-month smoking cessation program, you will actually save money, compared to what you would have paid for cigarettes in one year.

Following is the estimated three-month cost of several effective smoking cessation treatments, and the resulting cost savings over one year, as provided by to the American Cancer Society:

1 pack a day (@\$6/pack) = \$2,191.50 /year

- Generic patches for 3 months = \$156
Cost savings for the year = \$2,035.50
- Inhaler for 3 months = \$741
Cost savings for the year = \$1,450.50
- Nasal Spray for 3 months = \$768
Cost savings for the year = \$1,423.50
- Chantix for 3 months = \$669
Cost savings for the year = \$1,522.50

2 packs a day (@ \$6/pack) = \$4,383/year

- Generic patches for 3 months = \$156
Cost savings for the year = \$4,227
- Inhaler for 3 months = \$741
Cost savings for the year = \$3,642
- Nasal Spray for 3 months = \$768
Cost savings for the year = \$3,615
- Chantix for 3 months = \$669
Cost savings for the year = \$3,714

THE IMMEDIATE BENEFITS OF BECOMING A NON-SMOKER:

You will immediately notice many positive changes in your body and your environment. Including: breath smells better; food tastes better; sense of smell improves; less “windy” from normal activities; teeth get whiter; clothes and hair smell better; and yellowing of fingers and nails disappears.

THE HEALTH BENEFITS OF BECOMING A NON-SMOKER:

20 minutes after quitting: Your heart rate and blood pressure drop.

12 hours after quitting: The carbon monoxide level in your blood drops to normal.

2 weeks to 3 months after quitting: Your circulation improves and your lung function increases.

1 to 9 months after quitting: Coughing and shortness of breath decrease; 1 year after quitting: You cut your risk of coronary heart disease to half that of a non-smoker.

5 years after quitting: Risk of mouth, throat, esophagus and bladder cancer cut in half. Stroke risk can fall to that of a nonsmoker after 2-5 years.

10 years after quitting: The risk of dying from lung cancer is about half that of a person who is still smoking.

15 years after quitting: The risk of coronary heart disease is that of a nonsmoker.