

Time to Quit?

**Over 1000 People
Quit Tobacco Use
for Good Every Day –
You Can Too!**

Need Help?
Many people are rooting
for your success!

**For Help; You can call this local program
for tobacco cessation:**

Genesis Pulmonary Rehab (563) 421-6991

Toll-free telephone support:

In IA: 1-800-Quit-NOW (1-800-784-8669)

In IL: 1-866-Quit-YES (1-866-784-8937)

Web support:

iowa.quitlogix.org

CONSIDER THE FOLLOWING:

- Nicotine is a powerful addiction.
- Quitting is hard, but don't give up.
- People try many times before they quit for good.
- Each time you try to quit, the more likely you will be to succeed.

GOOD REASONS FOR QUITTING:

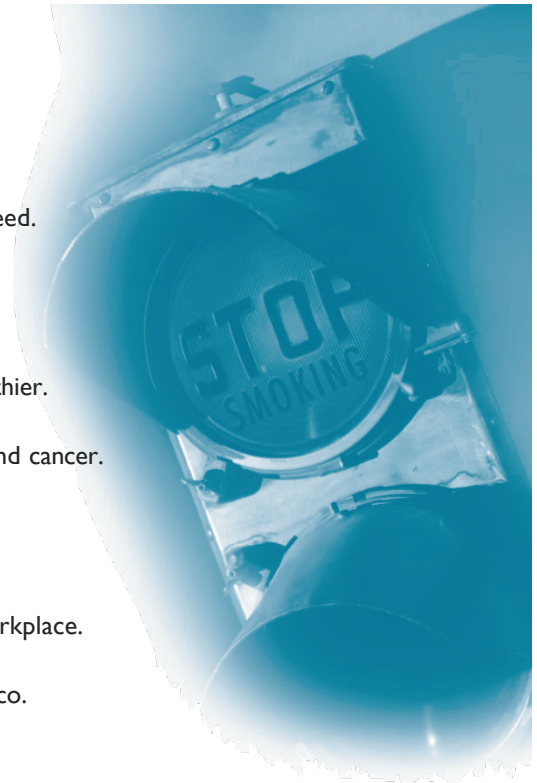
- You will live longer and healthier.
- The people you live with, especially your children, will be healthier.
- You will have more energy and breathe easier.
- You will lower your risk of heart attack, lung disease, stroke and cancer.

TIPS TO HELP YOU QUIT:

- Have a plan.
- Get rid of ALL tobacco and ashtrays in your home, car, or workplace.
- Ask your family, friends, and coworkers for support.
- Breathe deeply 10 times when you feel the urge to use tobacco.
- Stay in nonsmoking areas.
- Keep yourself busy.
- Reward yourself often

QUIT AND SAVE YOURSELF MONEY!

At 6.00 per pack, if you smoke 1 pack per day, you will save \$2,190.00 each year and \$21,900.00 in 10 years. What else can you do with this money?



www.tobaccofreeqc.org

www.facebook.com/tobaccofreeqc



1. GET READY

- Set a quit date and stick to it – not even a single puff or pinch!
- Think about past quit attempts. What worked and what did not?

2. GET SUPPORT AND ENCOURAGEMENT

- Tell your family, friends, and coworkers you are quitting.
- Talk to your doctor or other health care provider.
- Get group, individual, or telephone counseling.

3. LEARN NEW SKILLS AND BEHAVIORS

- When you first try to quit, change your routine.
- Reduce stress.
- Distract from urges to use tobacco products.
- Plan something enjoyable to do every day.

4. GET NICOTINE REPLACEMENT THERAPY

Talk with your health care provider about which therapy will work best for you:*

- Nicotine gum or lozenges – available over-the-counter.
- Nicotine patch – available over-the-counter.
- Nicotine inhaler – available by prescription.
- Oral prescription medication.

*These therapies may not be covered by your insurance company.

5. BE PREPARED FOR RELAPSE OR DIFFICULT SITUATIONS

- Limit alcohol and caffeine.
- Avoid other smokers.
- Use coping skills to deal with the urges.
- Eat a healthy diet and stay active.
- If you are not successful-try again.

When Smokers Quit.

20 Minutes	Blood pressure and pulse rate drop to normal; body temperature of hands and feet increase to normal.
8 Hours	Oxygen levels improve in the blood.
24 Hours	Chance of heart attack decreases.
48 Hours	Nerve endings start to regrow and the ability to smell and taste is enhanced.
2 Weeks – 3 Months	Circulation improves, walking is easier and lung function efficiency increases.
1-9 Months	Coughing, sinus congestion, fatigue and shortness of breath decrease.
1 Year	Excess risk of coronary heart disease is half that of a smoker.
5 Years	Lung cancer death rate (1 pack/day smoker) decreases by almost half. Stroke risk is reduced to that of a nonsmoker after 5-15 years. Risk of cancer of mouth, throat and esophagus is half that of smoker's.
10 Years	Lung cancer death rate similar to nonsmokers, precancerous cells replaced, risk of cancer of bladder, kidney and pancreas decreases.
15 years	Risk of coronary heart disease is that of a nonsmoker.

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