

# Be Tobacco **FREE**

## WHY QUIT NOW?

### Bodily risks of tobacco use

Tobacco products have more than **7,000** chemicals and compounds -- at least **69 cause cancer.**

- Stroke
- Blindness (macular degeneration)
- Impaired sense of smell
- Cancer (lips and mouth)
  
- Cancer (throat, larynx, pharynx, esophagus and trachea)
- Heart disease
  
- Chronic obstructive pulmonary disease (COPD)
- Asthma
- Cancer (lung and bronchus)
  
- Cancer (stomach, liver, colon and pancreas)
  
- Early menopause
- Cancer (bladder, cervix and rectum)
  
- Infertility
- Impotence

## TIPS *It's never too late!*

### Set a quit date and make a plan.

- Write it down and post it in your home, at work and in your car where you can see it.

### Before quitting, clean your house and car to get rid of smells from smoking.

### Each day, cut down on the number of cigarettes you smoke by:

- Smoking half of each cigarette.
- Postpone lighting your first cigarette by 1 hour.

### Switch brands .

- A new brand will taste different to you.
- Menthols and vaping are unsafe and not recommended.

### Make smoking inconvenient.

- Stop buying by the carton.
- Make your pack more difficult to find.

### Know your triggers.

- The urge for tobacco only lasts 3 to 5 minutes.
- Find ways to be busy when an urge strikes.

### Let friends and family know what support they can provide.

### Let us help you.

- With the help of a doctor or counseling program, 95% of smokers are able to quit. And, you can too!

# Benefits of being tobacco free



TIME:	BENEFIT:
20 minutes	Your heart rate drops
12 hours	The carbon monoxide levels in your blood drops to normal
2 weeks to 3 months	Your heart attack risk begins to drop; your lung function begins to improve
1 to 9 months	Coughing and shortness of breath decrease
1 year	Risk of heart disease is half that of a person who is a smoker
2 to 5 years	Stroke risk is reduced to that of a nonsmoker and risk of cancer of the mouth, esophagus, throat and bladder is half
10 years	Lung cancer death rate is half that of a smoker's and risk of cancers of the kidney and pancreas decrease
15 years	Risk of heart disease is back to that of a nonsmoker

# Quitting saves time and money – do the math

## How Much Time Would You Save?

Cigarettes smoked per day      Average time to smoke a cigarette      Total time spent smoking each day

$$\times 60 \text{ min.} =$$

When you quit, what will you do with the time you save?

## How Much Money Would You Save?

Price per pack of cigarettes      Average number of packs per week      Total spent on smoking per week

$$\times 52 =$$

Weekly cost of cigarettes      Weeks per year      Total spent on smoking per year

$$\times 52 =$$

When you quit, what will you do with the money you save?

## THINKING OF QUITTING? CALL 844-375-9355.

We are here to help. Contact your Atrium Health doctor about available resources. For questions, call 844-375-9355

The information contained in this brochure is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your healthcare provider.

