TIPS To help you quit

- 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.
 - \bullet 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!







Thinking about quitting? 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.



Bodily risks of tobacco use

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

Benefits of being tobacco free











TIME: BENEFIT:

20 minutes

Your heart rate drops

The carbon monoxide levels in your blood drops to normal

Your heart attack risk begins to drop; your lung function begins to improve

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

Risk of heart disease is back to that of a nonsmoker

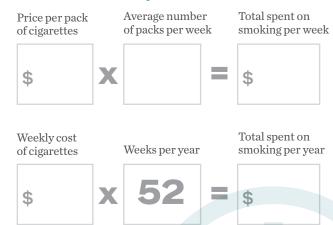
Quitting saves time and money – do the math

How Much Time Would You Save?



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

How Much Money Would You Save?



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