

TIPS

To help you quit

- 1 **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.
- 2 **Before quitting, clean your house and car to get rid of smells from smoking.**
- 3 **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.
- 4 **Switch brands .**
 - A new brand will taste different to you.
 - Menthols and vaping are unsafe and not recommended.
- 5 **Make smoking inconvenient.**
 - Stop buying by the carton.
 - Make your pack more difficult to find.
- 6 **Know your triggers.**
 - The urge for tobacco only lasts 3 to 5 minutes.
 - Find ways to be busy when an urge strikes.
- 7 **Let friends and family know what support they can provide.**
- 8 **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.

Be Tobacco FREE



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

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
<input type="text"/>	<input type="text" value="6 min."/> x	<input type="text"/> =

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
<input type="text" value="\$"/> x	<input type="text"/>	<input type="text"/> = <input type="text" value="\$"/>

Weekly cost of cigarettes	Weeks per year	Total spent on smoking per year
<input type="text" value="\$"/> x	<input type="text" value="52"/>	<input type="text"/> = <input type="text" value="\$"/>

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