

FACTS WE Know

The U.S. Public Health Service Clinical Practice Guideline for Treating Tobacco Use and Dependency states that at least 70% of smokers want to quit smoking and 46% try to quit on their own but fail without the benefit of highly effective treatments or pharmacotherapy.

1. Tobacco dependency is a chronic condition.
2. Tobacco kills more Americans than AIDS, alcohol, car accidents, fires, illegal drugs, murders, and suicides combined.
3. Effective treatments for tobacco dependence exist and should be offered to all tobacco users.
4. Counseling is effective. Three types of counseling are especially effective—problem solving, social support as part of treatment, and social support of treatment.
5. Pharmacotherapy/Nicotine Replacement Therapy (NRT) is effective and at least one type should be used.
6. Tobacco dependence treatment is both clinically effective and cost-effective relative to other medical and disease prevention interventions.

4D's: AVOIDING THE PITFALLS

Things you can do to avoid falling back into the habit



DEEP Breathe



DELAY

One minute, one hour, one day at a time



DO Something else



DRINK Water

TO SIGN UP FOR A TOBACCO CESSATION GROUP CONTACT:

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Living Smoke-Free

The Benefits of Quitting



USF Area Health Education
Center Program





REASONS FOR Quitting

1. You will **live better** and live longer.
2. Quitting will **lower your risk** of having a heart attack, stroke, or cancer.
3. If you are pregnant, quitting smoking will improve your chances of having a **healthy baby**.
4. The **people around you**, especially your children, will be healthier and less likely to use tobacco.
5. You will have **extra money** to spend on things other than tobacco.
6. You will have **fewer wrinkles**.
7. You are **ready!**



Immediately

Air around you no longer dangerous to children and other adults.

20 minutes

- Blood pressure returns to normal
- Pulse rate returns to normal
- Temperature in hands and feet increases to normal

8 hours

- Carbon monoxide level in blood returns to normal
- Oxygen level in blood increases to normal

48 hours

- Nerve endings start regrowing
- Ability to smell and taste is enhanced

2-12 weeks

- Circulation improves
- Breathing improves
- Walking becomes easier

1-9 months

- Coughing and sinus congestion decreases
- Shortness of breath decreases
- Overall energy increases
- Lungs increase ability to self-clean and reduce infection

1 year

- Risk of coronary heart disease is half that of a smoker

5 years

- Stroke risk reduced to that of a nonsmoker

10 years

- Cancer of throat, lung, and mouth are cut by fifty percent
- Life expectancy comparable to a nonsmoker

15 years

- Mortality rates same as a person who never smoked

DID YOU KNOW?

Tobacco is the single greatest cause of disease and premature death in America today. It is responsible for more than 430,000 deaths each year. Nearly 20% of adult Americans currently smoke, and 3,000 children and adolescents become regular users of tobacco every day. The societal costs of tobacco-related death and disease approach 100 billion dollars each year.