

QUIT SMOKING

or Using **TOBACCO**

To quit smoking or using tobacco, you must rid your body of nicotine and overcome physical and emotional addiction. The process isn't easy— but it is possible. The experts of The Ohio State University Wexner Medical Center are here to help!

What are the health benefits if I stop smoking?

There are many benefits to stopping smoking, many of which start right away and improve the longer you go without smoking.

- Within **20 minutes**, your heart rate and blood pressure drops.
- After **8 hours**, the oxygen levels in your blood return to normal.
- Within **3 months**, your circulation and lung function improves.
- Within **9 months**, you will cough less and breathe easier.
- After **1 year**, your risk of heart disease is cut in half.
- After **5 years**, your risk of having a stroke will be the same as a nonsmoker's. Your risk of cervical cancer and stroke return to normal.
- By **10 years** you will have decreased your risk of developing cancer.

Ohio State Nicotine and Tobacco Cessation Clinic

The Ohio State Nicotine and Tobacco Cessation Clinic is dedicated to helping people battle nicotine addiction. You will meet with a pharmacist for a one-on-one assessment, counseling and treatment, if you choose. Patients will also receive support and resources throughout their effort to stop smoking.

To enroll call 614-293-QUIT (7848).

The Positive **BENEFITS** of Quitting

YOU'LL SAVE MONEY:

The average cost of a pack of cigarettes: **\$5.67**

That's:

\$40 per week



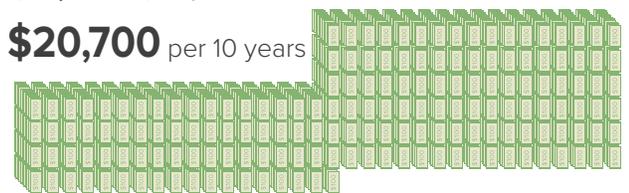
\$172 per month



\$2,070 per year



\$20,700 per 10 years



ENERGY LEVELS INCREASE:

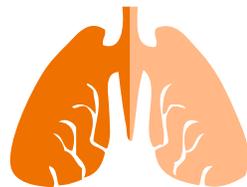
An increased amount of oxygen in the bloodstream means you'll have more energy.



REDUCED HEALTH RISKS:

After one year, the risk of a heart attack is **cut in half**.

After 10 years, the risk of lung cancer is **cut in half**.



FOOD TASTES BETTER:

Without the smoke to get in the way of your taste buds and sense of smell, food will taste more delicious than ever!



How can I stop smoking?

While it's hard to stop smoking, there are many ways you can try to do it. Below are some of the best options available to cut the habit.

Go cold turkey

Most smokers quit cold turkey (meaning they stop all at once). Some people also quit by cutting back slowly over the course of days, weeks and months.

Try over-the-counter medicines

Nicotine replacement therapy may make quitting easier. You can get some aids without a prescription, such as the nicotine patch, gum and lozenges. The patch is placed on your skin and provides a steady supply of nicotine. Nicotine gum and lozenges give temporary bursts of low levels of nicotine. Both methods reduce the craving for cigarettes. It's best to use these options under a doctor's care.

Try prescription medicines

After reviewing your smoking patterns and past attempts to quit, your primary care provider may offer a prescription medicine, such as bupropion, varenicline, a nicotine inhaler or nasal spray. Each has benefits and side effects. Please review these options with your provider to choose the right product for you.

Get support

Support programs can be a big help, especially for heavy smokers. These groups offer ways to change behavior and peer support. Here are some support programs you can use:

- American Lung Association (1-800-586-4872)
- BeTobaccoFree.gov Smoking Quit Line (1-877-448-7848)
- Ohio Tobacco Quit Line (1-800-QUIT-NOW or 1-800-784-8669)
- Quit for Life program from the American Cancer Society (1-800-227-2345)

Keep trying

Most smokers make many attempts to quit before they are successful. It's important not to give up! Find a support system you can turn to or a nonsmoker who can offer praise and encouragement. The main thing is to stick with it and keep trying!

The best method is the method that works best for you. Please speak to your doctor to learn more about quitting smoking and tobacco use.

The Negative IMPACT of Smoking



SMOKERS DIE EARLIER THAN NONSMOKERS:

13.2 years for men
14.5 years for women

DEATHS CAUSED BY SECONDHAND SMOKE EACH YEAR:

Lung Cancer

Heart Disease

3,000 **46,000**



Smoking is the leading cause of preventable death in the United States making up about

443,000 DEATHS, OR **1** IN EVERY **5** DEATHS, EACH YEAR.

