



Ready to Quit Smoking?

It's never too late to quit. Let us help by showing you how to do so successfully.

Did you know?

Your body starts to change as soon as you stop. You will see instant health benefits within the first 20 minutes. The health benefits of being smoke-free for one year or more continues to provide overall health benefits.

Time Smoke-Free	Health Benefits / Results
20 minutes	<ul style="list-style-type: none"> Your blood pressure drops to normal. Your pulse will slow down to normal.
8 - 24 hours	<ul style="list-style-type: none"> The carbon-monoxide level in your blood decreases and the oxygen levels in your blood increases. Your chance of having a heart attack decreases.
48 - 72 hours	<ul style="list-style-type: none"> Damaged nerve endings start to re-grow. Sense of smell and taste begin to improve.
1 year	<ul style="list-style-type: none"> Your risk of heart disease decreases by 50%.
5 years	<ul style="list-style-type: none"> Your risk of stroke goes back down to the level of a non-smoker. Your risk of cancer in the mouth, throat, esophagus, and bladder decreases by 50%.
10 years	<ul style="list-style-type: none"> Your risk of lung cancer is cut by half.
15 years	<ul style="list-style-type: none"> The risk of heart disease returns to the level of a non-smoker.

Techniques to Help with Quitting: The 4 D's

1. Drink Water

Drink a glass of water whenever you feel the cravings.

2. Do Something Else

Have a bag full of alternatives to keep you busy, such as books, crossword puzzles, and a journal.

3. Delay

Set a time limit before you decide to smoke to allow the cravings to pass.

4. Deep Breathing

Take deep breaths and then slowly exhale for 10 minutes.



Continued on reverse →



Quitting Aids can help you quit smoking successfully!

Quitting cold turkey is often difficult. Luckily, there is help! Studies have shown that people who use quitting aids tend to stop smoking for longer periods of time more often than smokers who didn't use an aid. Please talk with your physician about using smoking cessation aids and which one may be the best one for you to use.

Some quitting aids are available "over-the-counter" (OTC) and do not require a doctor's prescription. These include some nicotine replacement products which can help to reduce cravings and withdrawal symptoms:



Nicotine Patch

Worn on the body and releases a controlled dose of nicotine.



Nicotine Gum

By chewing, it supplies a controlled dose of nicotine through the lining of the mouth.



Nicotine Lozenge

A nicotine candy that supplies a controlled dose of nicotine through the mouth.

Some nicotine replacement products do require a doctor's prescription. These are:



Nicotine Inhaler

Releases nicotine vapor when smoked.



Nicotine Nasal Spray

A pump to supply a controlled dose of nicotine through the nose.

Non-nicotine oral medications also require a doctor's prescription, but they do not supply the body with nicotine. However, these aids have shown to improve success rates of quitting:



Chantix (Varenciline)

Helps to reduce the craving for smoking.



Zyban (Bupropion)

Helps to cut down the withdrawal symptoms.



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