

Quitting Improves Health!

- Blood pressure starts to drop. Circulation improves causing your hands and feet temperature returns to normal.
- Carbon monoxide levels in your blood drops to normal. More oxygen reaches your body and major organs.
- Overall circulation improves and your lung function improves up to 30%.
- Coughing, sinus congestion, fatigue, and shortness of breath decrease; cilia (tiny hair like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce infection.
- 1 year after quitting: The excess risk of coronary heart disease is half that of tobacco users.
- 5 years after quitting: Your stroke risk is reduced to that of nontobacco users.
- 10 years after quitting: The lung cancer death rate is about half that of continuing smoker's.
- The risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decrease.
- 15 years after quitting: The risk of coronary heart disease is equal to that of someone who has never used tobacco.

Exercise Will Improve Your Chances of Quitting

Just **10 minutes** of moderate intensity exercise can reduce your desire to smoke or dip. *Move more, smoke less!*

Exercise can diminish nicotine withdrawal symptoms and help you avoid relapse. Exercise can also reduce the intensity of withdrawal symptoms.

BOREDOM, STRESS, AND ANXIETY are common withdrawal symptoms and can cause cravings, but one recent study found that a group of tobacco users who exercised had better moods and fewer tobacco cravings than a group who did not exercise! *How about that???*

Choose Foods That Can Help You Quit

Take advantage of an improved appetite by **doubling up on fruits, vegetables and drinking lots of water.**

Carry a bottle of **juice or water** with you, especially when you know you'll be tempted to smoke.

Have an apple, grapes or other low fat substitute at those times you were used to lighting up.

Keep cut-up vegetables, such as celery or carrots, on hand. Grab a piece of cheese to curb the urge to smoke. Commit to your plan & **you don't need to gain weight !!!!**



Tobacco Cessation Program



Resources to help you quit and stay quit... for good!

Naval Hospital

Health Promotion & Wellness

Bldg. 4

(910) 451-3712



Why Quit?

People quit tobacco every day for different reasons. Here are just a few good reasons:

- Breathe easier & cough less
- More energy, strength and stamina
- Better rest and sleep
- Fewer illnesses - colds, flu
- Improved circulation
- Save money
- Protect loved ones
- Be in control of your own life
- Smell & Taste improve
- Feel better about yourself
- Cheaper life & health insurance
- Improves cholesterol levels
- Greatly reduce chances of heart disease, stroke, high blood pressure, and cancers



Remember why you want to quit. What is important to you? **Write it down, post it in a visible place, and remind yourself often.**

More physically fit. Cause & Effect

More time. 1 pack/day = 90 lost minutes/day

More money. Save Thousands in 1 year for a 1 pack a day smoker !

Set a good example for your family.

Live longer and healthier. Really :-)

Stick with it. Withdrawal symptoms and cravings will pass if you resist the urge to use tobacco. Cravings **last about 3 minutes**. You can help yourself by changing your thoughts, do something different. Call a friend, drink some water, take a walk.

Remind yourself why you want to quit and the benefits from doing so.

Prepare for challenges. Practice what you'll say and do when someone offers you a cigarette or dip or invites you to join them.

Online and telephone support is available when you need it most:

QUIT TOBACCO.
make everyone proud!

www.ucanquit2.org

\$6.03 is the average cost of a pack of cigarettes in NC.

1 pack a day (\$5.51)

X 1 year

\$2,200.95 a year !!!



www.ucanquit2.org



LOCATE SUPPORT

A magnifying glass with a wooden handle is positioned over a globe, focusing on a specific location. The globe is blue and white, representing the Earth.

Quitting smoking or chewing tobacco isn't easy. But, there are programs all over the Nation that can help you quit and stay quit.



Talk with your medical provider and/or dentist about the best ways to quit and if tobacco cessation medications are right for you.

Do I have to attend a group program?

Follow up appointments can be scheduled one on one or as a group. Studies show that groups offer the best support for most people; however we will work with you to provide support that is convenient and respectful of your schedule and personal preferences.

Classes are conducted in four(4) consecutive sessions offered one day a week during the day and/or night . You will be asked to come by Bldg4 to complete a short tobacco questionnaire. This questionnaire will give the educators insight on your nicotine addiction. This program is also offered at MCAS New River.

You can call and schedule an appointment with a Naval Hospital tobacco cessation educator. **Call 910-451-3712 for an appointment .** Together you will develop a quit plan which will include either individual or group support as you go through the quitting process.

Train2QUIT

The interactive support system that prepares tobacco users to quit for good.