



QUESTIONS QUESTIONS & ANSWERS ANSWERS

Quit Smoking

Why You Should Quit Smoking

- Smoking can cause many health problems, including:
 - heart disease
 - breathing problems
 - stroke
 - cancer
- Pregnant women who smoke may have babies who weigh below average.
- Smoking harms both the smoker and the people near the smoker. Breathing second-hand smoke is as harmful as smoking.

Reasons to Quit Smoking Now

Some of the immediate benefits of quitting smoking include:

- Cutting the risk of getting the diseases listed above.
- Ex-smokers have fewer:
 - sick days
 - health problems
 - lung problems, such as bronchitis and pneumonia
- Food tastes and smells better.
- Your breath, hair and clothes smell better.
- Your cough will go away within weeks of quitting.
- You will save money, maybe even lots of money.

Why is it so Hard to Quit Smoking?

Smoking is an addiction. There is a habit-forming drug called nicotine in tobacco. Over time, the body and the mind grow to depend on nicotine. To quit, smokers must break both the mind and body cravings for nicotine. Quitting is harder for some people than it is for others

How Can I Quit Smoking?

Get Ready to Quit

- Set a date to quit.
- Ask a friend to help you through the hard times.
 - Make a list of the times during the day when you most often smoke. Try to change your routine so you cannot smoke at these times.
 - Try to stay away from places where you are most likely to smoke.
 - When you get the craving to smoke, put off picking up a cigarette as long as you can.
 - Switch to a brand of cigarettes you do not like.

On the Day You Quit:

- Get rid of your cigarettes.
- Put away your ash trays.
- Carry gum, hard candy or a tooth pick to keep your mouth and hands busy.
- Reward yourself at the end of the day for not smoking.
- Exercise to help with your stress.
- When you feel tense, keep busy.
- Eat regular meals.
- Put the money you did not spend on cigarettes in a jar. See it add up.
- Let others know you quit so they can help.
- If you give in and have a cigarette, don't give up. Keep trying!

What Happens When You Quit Smoking

Time Since Last Cigarette	Healing
20 minutes	Blood pressure, pulse, temperature return to normal.
8 hours	Levels of a poisonous gas (carbon monoxide) in blood drop. Oxygen levels go up to normal.
24 hours	Less chance of a heart attack.
48 hours	Able to smell and taste better.
2 weeks- 3 months	Blood flow is better. Walking is easier. Breathing is better by 30%.
1-9 months	Have more energy. Decrease in:

1 year

- coughing
- sinus problems
- feeling tired
- shortness of breath

Risk of heart disease is one-half that of a smoker.

Your Doctor Can Help

If you need more help, talk to your doctor. There are other ways to quit smoking, such as:

- patches, gums and other things that replace nicotine
- hypnosis
- acupuncture
- stop-smoking diets
- filters
- medicines

For More Information on Quitting Smoking Contact:

American Heart Association

1-800-242-1793 (call center)

1-800-242-8721

www.americanheart.org

American Lung Association

1-800-586-4872

1-212-315-8700

www.lungusa.org

Ohio Quit Line

1-800-Quit-Now

(1-800-784-8669)

St. Vincent Charity Hospital

Cardiac Rehab

1-216-363-2693

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