

NOVEMBER 2019

THE GREAT AMERICAN SMOKEOUT

Believe you can and you're halfway there. – Theodore Roosevelt



Quit Smoking

Who:

- The American Cancer Society hosts this event every year.
- It has been held for over 40 years.

What:

- It is an event that challenges people to stop smoking and commit to a smoke free, healthier life.
- Use this date to make a plan, set a quit date, or as your quit date!

When:

- The event takes place the third Thursday of November.
- This year the event is November 21, 2019!

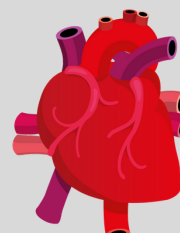
SMOKING CAN CAUSE:



Lung Diseases
& Cancer



Stroke



Heart Disease



High Blood
Pressure



Coughing



Osteoporosis



Loss of smell
& taste

Smoking is the single largest preventable cause of death and illness.



BENEFITS OF QUITTING:

After 20 minutes

Heart rate and blood pressure go back to normal.

After 12 hours

Carbon Monoxide levels in the blood drop down to normal.

After 1-9 months

Smoker's Cough and shortness of breath begin to go away.

After 2 weeks

Circulation and lung function improves.

After 1 year

Heart disease risk is half that of a smoker.

OPTIONS TO HELP YOU QUIT SMOKING:

1. Nicotine Replacement Therapy (OTC - over the counter)
 - a. Nicotine gum
 - b. Nicotine lozenges
 - c. Nicotine patches
2. Prescription Options to speak with your doctor about
 - a. Nicotrol inhaler
 - b. Nicotine nasal spray
 - c. Chantix (Varenicline)
 - d. Zyban (Bupropion)
3. Other Options
 - a. "Cold Turkey" -stop completely, all at once with no nicotine replacement or medications
 - b. Gradual Withdrawal - slowly decrease the number of cigarettes smoked each day

A STATEMENT ABOUT E-CIGARETTES:

E-cigarettes are **not** an FDA approved smoking cessation aid. The American Cancer Society strongly **discourages** their use.

5 D'S TO DEAL WITH CRAVINGS:

1. **Delay**: hold off on giving in to the craving; they usually go away in 5-10 minutes
2. **Distract** yourself to keep your mind off smoking
3. **Drink** water!!
4. **Deep** breathing can help you relax and release tension
5. **Discuss** with someone how you are feeling



References:

<https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html>

https://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm