

# DID YOU KNOW...

- Smoking cessation reduces the risk for coronary heart disease, stroke, and peripheral vascular disease. Coronary heart disease risk is substantially reduced within 1 to 2 years of quitting.
- The combination of medication and counseling is more effective for smoking cessation than either medication or counseling alone.
- Nicotine is a psychoactive drug in tobacco products that produces dependence. Most smokers are dependent on nicotine.
- Secondhand smoke is a mixture of gases and fine particles that includes more than 7,000 chemicals, including hundreds that are toxic and about 70 that can cause cancer.
- Smokeless tobacco contains carcinogens, which contribute to cancers of the oral cavity and the risk of other head and neck cancers. Smokeless tobacco use also causes a number of noncancerous oral conditions and can lead to nicotine addiction similar to that produced by cigarette smoking.
- Smoking and smokeless tobacco use are initiated and established primarily during adolescence. In fact, 88% of adult smokers who smoke daily report that they started smoking by the age of 18 years.



*What will it take for you to quit?*

Check out the back panel for a list of recommended national Smoking Cessation Programs or visit us at: [www.CompassMedical.net/quitsmoking](http://www.CompassMedical.net/quitsmoking)

## SMOKING CESSATION NATIONAL RESOURCES

### U.S. Department of Health and Human Services

[www.BeTobaccoFree.gov](http://www.BeTobaccoFree.gov)  
[www.CDC.gov/tobacco](http://www.CDC.gov/tobacco)

### American Cancer Society

Toll-free hotline: 1-800-ACS-2345  
[www.Cancer.org](http://www.Cancer.org)

### American Lung Association

Toll-free hotline: 1-800-LUNGUSA  
[www.LungUSA.org](http://www.LungUSA.org)

### National Cancer Institute

Toll-free hotline: 1-877-44U-QUIT  
[www.SmokeFree.gov](http://www.SmokeFree.gov)  
[www.Women.SmokeFree.gov](http://www.Women.SmokeFree.gov)  
[www.Teen.SmokeFree.gov](http://www.Teen.SmokeFree.gov)

### National Network of Tobacco Cessation Quit lines

Toll free hotline: 1-800-QUITNOW  
[www.NAQuitLine.org](http://www.NAQuitLine.org)

## COMPASS MEDICAL IS A



Our commitment to the health and well-being of our patients and community stands strong as Compass Medical becomes a tobacco-free organization. We continue to promote the principles of good health for all our patients and employees by supporting a tobacco-free environment.

## COMPASS CARES

# SMOKING CESSATION



Breaking Free From Smoking Addiction



[WWW.COMPASSMEDICAL.NET](http://WWW.COMPASSMEDICAL.NET)



## Take back your health and quit smoking today.

## TIPS TO HELP YOU QUIT

Quitting is hard, but you can increase your chances of success with help and support. Here are 4 key factors that will aid to your success.

### MAKE THE DECISION TO QUIT

The decision to quit smoking is one that only you can make. Others may want you to quit, but the real commitment must come from you.

### PICK A QUIT DAY AND MAKE A PLAN

Once you've decided to quit, you're ready to pick a quit date. Pick a day within the next month and start your preparations. Here are some steps to help you get ready for your Quit Day:

- Tell friends and family about your Quit Day.
- Get rid of all the cigarettes in your home, car, and at work.
- Stock up on oral substitutes — sugarless gum, carrot sticks, hard candy, coffee stirrers and straws all help.
- Discuss a plan with your PCP and know your options.
- Practice saying, "No thank you, I don't smoke."
- Set up a support system. This could be a group program or a friend or family member.

### STAY STRONG

Withdrawal from nicotine has 2 parts — the physical and the mental. Nicotine replacement and other medicines can help reduce many of your withdrawal symptoms. Smoking usually becomes linked with a lot of the things you do. Know that it will take time to "un-link" smoking from these activities.

### MAINTENANCE: STAYING TOBACCO-FREE

Use these ideas to help you stay committed to quitting

- Avoid temptation.
- Change your habits.
- Choose other things for your mouth like gum.
- Get active with your hands.
- Breathe deeply.

## HARDSHIPS OF QUITTING

Nicotine is a drug found naturally in tobacco. It's as addictive as heroin or cocaine. Over time, a person becomes physically dependent on and emotionally addicted to nicotine. This physical dependence causes unpleasant withdrawal symptoms when you try to quit.

When smokers try to cut back or quit, the lack of nicotine leads to withdrawal symptoms. Withdrawal is both physical and mental. Physically, the body reacts to the absence of nicotine. Mentally, the smoker is faced with giving up a habit, which calls for a major change in behavior. Both the physical and mental factors must be addressed for the quitting process to work.

## WHY SHOULD I QUIT?

Health concerns usually top the list of reasons people give for quitting smoking. This is a very real concern: smoking harms nearly every organ of the body.

Half of all smokers who keep smoking will end up dying from a smoking-related illness. In the United States alone, smoking is responsible for nearly 1 in 5 deaths. General health risks related to smoking include:

- Cancer
- Lung diseases
- Heart attacks, strokes, and blood vessel diseases
- Blindness and other problems
- Special risks to women and babies
- Years of life lost due to smoking
- Second hand smoke damage

## REACH NEW HEIGHTS

The adverse health effects from cigarette smoking account for more than 440,000 deaths, or nearly one of every five deaths, each year in the United States.

Don't be another statistic...get help today.

## WITH A TOBACCO-FREE LIFE.

## OVERVIEW

Smoking harms nearly every organ of the body, causing many diseases and affecting the health of smokers in general. Today, nearly 8.6 million people in the US are living with a chronic disease — caused by smoking.

It's hard to quit smoking, but you can do it. To have the best chance of quitting and staying a non-smoker, you need to know what you're up against, what your options are, and where to go for help. You'll find this information here.

If you are ready to take back your health and quit smoking, contact your PCP to discuss your options. Your healthcare provider can help you make decisions about how and when to quit.

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