

Tobacco Cessation

Cigarette smoking is just one type of tobacco use. But tobacco is a dangerous substance in all of its forms including pipes, cigars, dip, or even hookahs. Quitting tobacco will go a long way to improving your health.

BENEFITS OF QUITTING TOBACCO

(<http://www.nlm.nih.gov/medlineplus/ency/article/007532.htm>)



PERSONAL BENEFITS OF QUITTING

- Breath, clothes, and hair will smell better
- Sense of smell will return. Food will taste better
- Fingers and fingernails will slowly appear less yellow
- Stained teeth may slowly become whiter
- Children will be less likely to start smoking themselves
- Finding an apartment or hotel room may become easier
- Getting a job may become easier
- Friends may be more willing to be in your car or home
- Finding a date may become easier. Many people do not like to be around smoke or smokers.
- Save money. If you smoke a pack a day, you spend around \$1,800 a year on cigarettes.

HEALTH BENEFITS OF QUITTING

Some health benefits begin almost immediately. Every week, month and year without tobacco further improves your health.

- Within 20 minutes of quitting: Your blood pressure and pulse rate drop to normal and the temperature of your hands and feet increases to normal.
- Within 8 hours of quitting: Your blood carbon monoxide levels drop and your blood oxygen levels increase to normal levels.
- Within 24 hours of quitting: Your risk of a sudden heart attack goes down.
- Within 48 hours of quitting: Your nerve endings begin to regrow. Your senses of smell and taste begin to return to normal.
- Within 2 weeks to 3 months of quitting: Your circulation improves. Walking becomes easier. Your lungs work better. Wounds heal more quickly.
- Within 1 to 9 months of quitting: You have more energy. Smoking-related symptoms, such as coughing, nasal congestion, fatigue, and shortness of breath improve. You will have fewer illnesses, colds, and asthma attacks. You will gradually no longer be short of breath with everyday activities.
- Within 1 year of quitting: Your risk of coronary heart disease is half that of someone still using tobacco.
- Within 5 years of quitting: Your chances of developing lung cancer drop by nearly 50% compared to people who smoke one pack a day. Your risk of mouth cancer is half that of a tobacco user.
- Within 10 years of quitting: Your risk of cancer goes down. Your risk of stroke and lung cancer are now similar to that of someone who never smoked.

Like any addiction, quitting tobacco is difficult, especially if you do it alone. There are a lot of ways to quit smoking and many resources to help you. Talk to your doctor about nicotine replacement therapy and smoking cessation medications.

If you join smoking cessation programs, you have a much better chance of success. Such programs are offered by hospitals, health departments, community centers, and work sites.

RESOURCES FOR QUITTING TOBACCO USE

Akron-area support groups:

Nicotine Anonymous uses a 12-step support group approach to controlling your tobacco use. Call for meeting locations. 330-673-6784

American Lung Association Freedom from Smoking program. 330-861-7179 Website: www.smoke-freecommunity.org

OPEN M

941 Princeton Street

Akron, OH 44311 330-434-0110 <http://www.openm-ministry.org>

Summit County Tobacco Prevention Coalition offers free Quit Smoking classes taught by Certified Tobacco Treatment Specialists. 330-344-2462

Live Healthy Summit County has links to local hospitals which offer help to quit tobacco. LiveHealthySummit.com

Akron-Summit County Public Library resources:

Seidman, Daniel F. *Smoke-free in 30 days: the pain-free, permanent way to quit.*

616.865 Se458s

Kicking butts: quit smoking and take charge of your health.

613.85 K46A 2010

Herrick, Charles. *100 questions & answers about how to quit smoking.* 616.865 H566on

Other Resources:

Ohio Tobacco Quit Line offers free or low-cost programs to quit smoking to the uninsured, pregnant women, Medicaid recipients, and insured members of the Ohio Tobacco Collaborative.

<http://www.healthyohioprogram.org/en/healthylife/tobc2/cessation/quit.aspx> or <http://bit.ly/QHukxY>

National Institute for Dental and Craniofacial Research guide for quitting smokeless tobacco use:

<http://www.nidcr.nih.gov/OralHealth/Topics/SmokelessTobacco/SmokelessTobaccoAGuideforQuitting.htm> or <http://1.usa.gov/cw8DdN>

U.S. Centers for Disease Control and Prevention fact sheet on hookahs: http://www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/hookahs/ or <http://1.usa.gov/4ddKVC>



**Akron-Summit County
Public Library**

330-643-9075

Science & Technology Division
60 S. High Street, Akron, OH 44326
www.akronlibrary.org



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