

# PREPARE TO QUIT

1.

Set a date.

2.

Tell family and friends you plan to quit.

3.

Anticipate and plan for challenges.

4.

Remove cigarettes and other tobacco from your home, car and work.

5.

Talk to your doctor or pharmacist about quit options.

6.

Manage your cravings. Identify smoking triggers.

7.

Managing withdrawal symptoms. Learn about quit smoking medications.

8.

Get one-on-one support.

## SMOKELESS TOBACCO FACTS

- Smokeless tobacco contains nicotine and can become addictive.
- Smokeless tobacco contains at least 28 cancer causing chemicals such as benzopyrene and formaldehyde.
- Formaldehyde is a chemical used to preserve dead bodies.
- Smokeless tobacco contains 3,000 other chemicals such as acetone (paint stripper), ammonia (toilet bowl cleaner), and cadmium (battery acid).

# What Happens If You QUIT SMOKING *Right Now?*

*It takes just **20 Minutes** to begin to experience the benefits.*

**20 Minutes**

Heart rate and blood pressure drop back to normal levels.

**24 Hours**

The level of carbon monoxide in the blood drops to normal.

**2 Weeks**

Circulation and lung function improve.

**1-9 Weeks**

Coughing and breathing problems begin to disappear.

**1 Year**

Risk of heart disease reduced by 50%.

**5 Years**

Risk of contracting mouth, throat, esophagus and bladder cancer drops 50%. Risk of cervical cancer and stroke drop.

**10 Years**

Risk of dying from lung cancer drops 50%.

**UNIONTOWN HOSPITAL**  
*Making A Healthy Difference in the Lives We Touch*

