



Ready To Quit!

READY TO QUIT? *Did You Know?*



- Approximately 430,000 Americans die due to tobacco use related diseases.
- 3,900 Kansans now die every year from diseases caused by tobacco use.
- 54,000 Kansas youth now under 18 will die prematurely from tobacco use.
- The state currently spends \$196 million annually in direct Medicaid costs for the state of Kansas because of tobacco use (2004)

- Tell your family, friends and co-workers about your quit day.
- Anticipate and plan for the challenges you will face while quitting.
- Talk to your doctor about getting cessation medication for quitting.

WHERE TO FIND SUPPORT



The Kansas toll-free Tobacco Quitline links callers with trained counselors. These specialists help plan a quit method that fits each person's unique pattern of tobacco use. Convenience and privacy are the cornerstones of the Kansas toll-free Quitline.

EASY STEPTS FOR QUITTING



- Think about why you want to quit.
- Keep track of when and why you smoke.
- Know your triggers and meet them head on.
- Set up a quit date.

SMOKING CESSATION

Planning to Quit Smoking?



The Reno County Health Department is offering smoking cessation classes.

First Session – January 2007

January 9th to January 30th

Second Session – May 2007

May 8th to May 29th

Third Session – September 2007

September 4th to September 25th

Each Session is 7 classes from 5:30 p.m. to 7:00 p.m. Meetings will be on Tuesdays and Thursdays for 4 weeks

For more information please contact Jose Cintron, Health Educator at 620-694-2900 ext. 269 or joselin.cintron@renogov.org

HOW QUITTING WILL BENEFIT YOUR FAMILY



Did You Know?

- There is no safe amount of secondhand smoke. Breathing even a little secondhand smoke can be dangerous. ¹
- Breathing secondhand smoke is a known cause of sudden infant death syndrome (SIDS). Children are also more likely to have lung problems, ear infections, and severe asthma from being around smoke. ¹
- Secondhand smoke causes heart disease and lung cancer. ¹
- Eliminating smoking breaks will allow you to spend more quality time with your family.

1. The Health Consequences of Involuntary Exposure to Tobacco Smoke (Secondhand smoke) A Report of the Surgeon General

When Smokers Quit

20 Minutes After Quitting

- Blood pressure drops to a level close to that before the last cigarette
- Temperature of hands and feet increases to normal.

24 Hours After Quitting

- Chance of heart attack decreases.

1 to 9 Months After Quitting

- Coughing, sinus congestion, fatigue, and shortness of breath decrease.

1 Year After Quitting

- Excess risk of coronary heart disease is half that of a smoker.

5 Years After Quitting

- Stroke risk is reduced to that of a nonsmoker five to 15 years after quitting.

10 Years After Quitting

- Lung cancer death rate is about half that of a continuing smoker.
- Risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decrease.