



You Can Quit • We Can Help

Protect Your Family

Breathing secondhand smoke is dangerous for your child: more than 300,000 children suffer each year from infections caused by tobacco smoke, including bronchitis, pneumonia, and ear infections. Smoking around others also increases their risk for heart attack and death. By not smoking, you help protect your family, friends, and coworkers.

People who quit do it for their own personal reasons:

- I want to spend more time with my family
- I want to be a better role model
- I want to spend my money on something else

Why will you quit?



You Can Quit Now

Participants will receive **FREE**:

- Support from an experienced quit coach
- A personalized quit plan and self-help materials
- The latest information about medications
- Multilingual services
- Text messaging, email, and web support
- Specialized support for pregnant or postpartum women

Participants who use Quit Now Kentucky are more likely to succeed than those who try to quit on their own.



Department for Public Health
Tobacco Prevention and Cessation Program
502-564-9358 • <http://chfs.ky.gov>



**KENTUCKY
TOBACCO
PREVENTION
& CESSATION
PROGRAM**

U.S. Department of Health and Human Services. A Report of the Surgeon General: *How Tobacco Smoke Causes Disease: What it Means to You*. CDC, OSH 2010.



1-800-QUIT-NOW
1-855-DÉJELO-YA

www.QuitNowKentucky.org



TOBACCO CESSATION FEATURING:

- Free Coaching Support
- Multilingual Services
- Pregnancy/Postpartum Protocols



Phone



Web



Text

For more information:
www.QuitNowKentucky.org



Health Effects of Smoking

Tobacco smoke is a toxic mix of more than 7,000 chemicals. Many are poisons. About 70 can cause cancer. When these chemicals get into your body's tissues, they cause damage. Your body must fight to heal the damage each time you smoke. Over time, the damage can lead to various chronic diseases.

Addiction

Nicotine is powerfully addictive. Addiction to nicotine changes the chemical balance in your brain. This keeps people smoking even when they want to quit.

Smokers who quit go through withdrawal. The first few days are the most uncomfortable. The physical symptoms of nicotine addiction end about 3 weeks after you quit smoking.

You may still feel the urge to smoke when you wake up, drink coffee, or are out with friends. It takes longer to break these patterns. But you can beat the mental addiction, too.

But you can beat addiction to nicotine. More than half of all adults who ever smoke have successfully quit. So can you.



Smoking and Cancer

Smoking can cause cancer almost anywhere in your body. Every cigarette increases the risk of cancer.

Within 5 years of quitting, your chance of cancer of the mouth, throat, esophagus, and bladder is cut in half.

If nobody smoked, 1 out of every 3 cancer deaths in the United States would not happen.

Smoking and Diabetes

Smoking makes diabetes harder to control. Smokers with diabetes have higher risks for serious complications, including heart and kidney disease, amputation, blindness, and nerve damage that may cause numbness, pain, weakness, or poor coordination.

The health benefits for people with diabetes who stop smoking begin immediately. Diabetics who quit smoking have better control over their blood sugar levels.



Smoking and Cardiovascular Disease

Cells that line your body's blood vessels react to the poisons in tobacco smoke almost immediately. Your heart rate and blood pressure go up. Your blood vessels thicken and grow narrower.

Your risk for a heart attack drops sharply just 1 year after you quit smoking. After 2 to 5 years, your chance of stroke could fall to about the same as a nonsmoker's.



Smoking and Respiratory Disease

Every cigarette you smoke damages your breathing. Years of smoking can damage your lungs so much that they no longer exchange air, resulting in chronic obstructive pulmonary disease (COPD).

Pneumonia and respiratory problems are far more common in smokers. For people with asthma, even breathing someone else's smoke can trigger a severe attack. If you quit smoking, you will breathe better. You will cough less than people who continue to smoke. You'll be surprised how much easier it is to be active.

Even after the age of 65, quitting tobacco can add years to your life. You will breathe better and feel better.



Smoking and Pregnancy

Smoking harms reproduction and reduces a woman's chance of getting pregnant. Pregnant women who smoke are more likely to have babies who die from sudden infant death syndrome, or SIDS.

Tobacco smoke damages the tissues of an unborn baby's growing brain and lungs. One in every five babies born to mothers who smoke has low birth weight. Low birth weight is a leading cause of infant death.

Call 1-800-QUIT-NOW for free advice and support. Experienced counselors will help you make a quit plan that works for you.