

INFORMATION ON HOW TO QUIT

To get free information on how to quit smoking call any of the toll-free numbers:

Agency for Healthcare Research and Quality - **800-352-9295**

Centers for Disease Control and Prevention - **800-CDC-1311**

National Cancer Institute - **800-4-CANCER**

Or visit the following websites:

www.surgeongeneral.gov/tobacco

www.arkansas.gov/ha/smoking

www.cancer.org/quitobacco

www.everydaychoices.org

LOCAL STOP SMOKING PROGRAMS

Stop Smoking Course (Veterans' Administration Medical Patients only)

VA Medical Center

1100 N. College, Fayetteville, AR (479) 444-5048

Quit Now

The Community Clinic at St. Francis House

614 East Emma Ave., Springdale, AR (479) 751-7417

Stop Smoking (University of Arkansas students, faculty and staff only)

University Health Center

600 Razorback Road, Fayetteville, AR (479) 575-2817

One-on-one counseling and medications are available. Cost may vary.

Be Tobacco Free

Jones Center for Families

610 East Emma Ave., Springdale, AR (479) 756-8090

This is a free 4-session course that uses the "Fresh Start" curriculum from the American Cancer Society. New classes begin every month and special classes can be scheduled (on or off site). There is no fee but medications are not covered.

Stamp Out Smoking – Quitline

1-866-NOW-QUIT (1-866-669-7848)

This is a phone counseling program to assist you in quitting smoking. This program will not conflict with other local programs and may provide extra support. All calls are toll-free. Hours of operation: 7 a.m. – 7 p.m. Monday – Friday and 10 a.m.– 4 p.m. Saturday. Closed on Sunday and holidays



SMOKING CESSATION

Information on how to quit smoking provided by



YOU CAN QUIT

You can quit smoking. Start with 3 important steps.

1st step: Decide to quit

2nd step: Make an appointment with a doctor or contact a smoking cessation hotline

3rd step: Set a "Quit Day"

THE 5-DAY PLAY

Here is a 5-day plan to get ready.

Quit Day minus 5

List reasons for quitting and tell your friends and family about your plans.

Stop buying cartons of cigarettes.

Quit Day minus 4

Pay attention to when and why you smoke. Think of new ways to relax or things to hold in your hand instead of a cigarette.

Quit Day minus 3

Think of whom to reach out to when you need help and how much money you will be saving by quitting.

Quit Day minus 2

Buy nicotine patches/gum or get a prescription for aids. Clean your clothes to get rid of the smoke smell.

Quit Day minus 1

Think of rewards for yourself after you quit. At the end of the day, throw away all cigarettes, lighters and matches. Have your teeth cleaned.

Quit Day

Keep very busy. Remind friends and family that this is your quit day and ask them to support you.

Quit Day plus 1

Congratulate yourself. Keep busy, change up your routine. Add walking, increase your water intake, take deep breaths. Snack on healthy things like carrots, sugarless gum or air-popped popcorn.

CHANGES WHEN SMOKERS QUIT

Immediately

Air around you is no longer dangerous to others

20 minutes

Your blood pressure and pulse rates drop to normal and temperature in your hands and feet increases to normal

8 hours

Carbon monoxide level in blood drops to normal and oxygen level in blood increases to normal

48 hours

Nerve endings start regrowing and your ability to smell and taste is enhanced

2-12 weeks

Your circulation and breathing improves and walking becomes much easier

1-9 months

Coughing, sinus congestion and shortness of breath decreases while overall energy and lung capacity increases

1 year

The excess risk of coronary heart disease is half that of a smoker

5 years

Stroke risk, risk of cancer of the mouth, throat and esophagus is half that of a smoker

10 years

Precancerous cells are replaced and risk of smoking related cancers decrease

15 years

Risk of coronary heart disease is comparable to that of a non-smoker