

Great American Smokeout[®] 2009

Thursday, November 19, 2009 is the date set for the *American Cancer Society's* **Great American Smokeout[®]**. You are invited to participate in this event, which encourages smokers to quit for a day in the hope that they may quit for good. It's never too late to quit! For more information on the Great American Smokeout[®], visit the *American Cancer Society's* Web site at www.cancer.org.

Quitting Tobacco—It's Never Easy

Quitting tobacco is never easy. However, quitting tobacco has not only physical, but also emotional and financial benefits! And you're worth it! The Tobacco-Free QC Coalition offers the following tips to help you to quit successfully:

- Have a plan.
- Get rid of ALL tobacco and ashtrays in your home and car.
- Ask your family, friends and coworkers for support. You cannot do it alone!
- Breathe in deeply when you feel the urge to use tobacco.
- Drink lots of water.
- Stay in non-smoking areas.
- Keep yourself busy.
- Reward yourself often!



Benefits of Quitting

20 Minutes	Blood pressure and pulse rate drop to normal; body temperature of hands and feet increases to normal.
8 Hours	In the blood, carbon monoxide drops to normal and oxygen increases to normal.
24 Hours	Chance of heart attack decreases.
48 Hours	Nerve endings start regrowing and ability to smell and taste is enhanced.
2 Weeks-3 Months	Circulation improves, walking is easier and lung function efficiency increases.
1-9 Months	Coughing, sinus congestion, fatigue and shortness of breath decrease.
1 Year	Excess risk of coronary heart disease is half that of a smoker.
5 Years	Lung cancer death rate (1 pack/day smoker) decreases by almost half. Stroke risk is reduced to that of a nonsmoker after 5-15 years. Risk of cancer of mouth, throat and esophagus is half that of a smoker's.
10 Years	Lung cancer death rate is similar to nonsmoker's, precancerous cells are replaced, risk of cancer of bladder, kidney and pancreas decreases.
15 Years	Risk of coronary heart disease is that of a nonsmoker.

Quitline Iowa

Ready to quit smoking? Help is here. In the state of Iowa, a free telephone service called Quitline Iowa is available to assist tobacco users in quitting tobacco. Quitline Iowa was created to provide tobacco users with the following tools to help them quit successfully: trained coaches, Nicotine Replacement Therapy products (NRTs) such as nicotine gum, patches or lozenges, and other types of individual support. The trained coaches help callers to set a quit date and create a quit plan.

Accessing Quitline Iowa is as easy as dialing the toll-free number, **1-800-QUIT-NOW**. Help is available 7-days a week to those who are ready to quit.

Locally, quitting services can be found at:

- *Genesis Pulmonary Rehab:* (563) 421-1769
- *Trinity MyNurse:* (309) 779-2000



Quit Now.
Quit For Good.

If you're ready to quit,
CALL NOW!

Keys to Quitting

Keep the Home and Car SMOKE-FREE!



Not ready to quit smoking yet? Help protect those around you by pledging to keep your home and your car free from smoke. The home and car are areas where children and families are often exposed to secondhand smoke. The following tips can help you stay smoke-free in these areas:

Ways to Avoid Smoking in the CAR:

- Keep your hands busy with a pencil or paper clip.
- Put something else in your mouth, like sugar-free gum.
- Keep your mind busy by listening to music or books on tape when in the car.

Ways to Avoid Smoking in the HOME:

- Have a special smoking area outside of the home and away from your family.
- Keep busy. Work on projects in your home to keep your mind off of smoking.
- Consider quitting!

Make a pledge to keep your home and car smoke-free to keep your children, family and friends healthy!

Two weeks before quitting:

- Set a quit date and stick to it-not even a single puff or pinch!
- Make a list of all the reasons you want to quit.
- Only smoke outside until your quit date. This will make your home smell better.
- Think about past quit attempts. What worked and what did not?

One week before quitting:

- Plan how to avoid your smoking "triggers."
- Cut down on the number of cigarettes you smoke each day.
- Make a list of people you can turn to when cravings hit hard.
- Decide how you will celebrate your first week without cigarettes.
- Stock up on sugarless gum and other health snacks to help you deal with cravings.
- The night before you quit, throw out all cigarettes. Put away ashtrays.

Your first week smoke-free:

- Drink lots of water.
- Wash your clothes to get rid of the smell of smoke.
- Try deep breathing and meditation to help you get through cravings.
- Keep busy.
- Exercise.

Get Support and Encouragement:

- Tell your family, friends and coworkers you are quitting.
- Talk to your doctor or other health care provider.
- Get group, individual, or telephone counseling.

Learn New Skills and Behaviors:

- When you first try to quit, change your routine.
- Reduce stress.
- Distract yourself from urges to use tobacco products.
- Plan something enjoyable to do everyday.

Get Therapy and Use It Correctly:

- Talk to your health care provider about which therapy will work best for you.
- Available therapies include: nicotine gum, nicotine lozenges, nicotine patch, bupropion SR, nicotine inhaler, nicotine nasal spray, alternative therapies (hypnosis, acupuncture)

Be Prepared for Relapse or Difficult Situations:

- When you first try to quit, change your routine.
- Avoid alcohol and caffeine.
- Try to avoid cigarette smoke.
- Improve your mood in ways other than using tobacco.
- Eat a healthy diet and stay active.
- If you are not successful-try again.

For more information, contact the **Tobacco-Free QC:**



600 W. 4th Street, Davenport, Iowa 52801
Phone: (563) 326-8618
www.tobaccofreeqc.com



The TFQC is an
affiliate project
of the Quad City
Health Initiative