



Beech Brook
HELPING CHILDREN & FAMILIES THRIVE

Quitting Smoking is a Journey



There are benefits of quitting smoking.

- **20 minutes after quitting**
 - Your heart rate drops to a normal level
- **12 hours after quitting**
 - The carbon monoxide level in the blood drops to a normal level
- **2 weeks to 3 months after quitting**
 - Your risk of heart attack begins to drop
 - Your lung function begins to improve
- **5 to 15 years after quitting**
 - Your risk of having a stroke is reduced to that of a non-smoker
- **10 years after quitting**
 - Your risk of dying from lung cancer is about half that of a smoker's
 - Your risk of cancers of the mouth, throat, esophagus, bladder, kidney or pancreas decreases
- **15 years after quitting**
 - Your risk of coronary heart disease is the same as that of a non-smoker



The Three-Link Chain to Addiction Must be Broken

Three-Link Chain of Addiction

- **Physical:** Smokers are physically hooked to the chemical nicotine
- **Mental:** Tobacco users typically have cigarette the same time every day
- **Social:** Smoking plays a huge role in society (i.e. ice breakers, forming friendship groups, fitting in)

It's important to have the right tools in order to be successful!



Nicotine Replacement Therapy

- Over the counter
 - Nicotine Gum
 - Nicotine Lozenge
 - Nicotine Patch
- Prescription Only
 - Nicotine Inhaler
 - Nicotine Nasal Spray
 - Zyban, Wellbutrin, Chantix

Identify your Motivations

People quit for many reasons. What are yours?

Triggers and Temptations

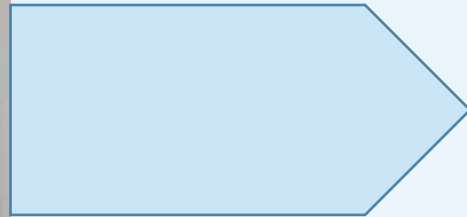
- List the things that trigger your need to smoke.
- Identify what you will do instead of smoking.

I use tobacco when I	I'll try this instead.
<ul style="list-style-type: none">• Drink coffee	<ul style="list-style-type: none">• Switch to tea or juice• Drink coffee in a place where smoking isn't allowed

Reference

- The American Lung Association - www.lung.org

The
journey
starts
here...



It's going to be hard
but hard is not
impossible. *~unknown*