

## ***Tobacco Cessation: What You Should Know***



---

*Nebraska annually spends \$252 for every person in the state – no matter their age – on smoking-attributable medical expenditures.*

---

Did you know that lung cancer kills more women every year than breast cancer? Even though we know its effects are harmful, one of every five women in the United States still smokes. Not only does smoking cause lung diseases; it can increase your risk for other health problems including heart disease, stroke, early menopause, osteoporosis, infertility, and wrinkles!

---

### **Quit Smoking and Feel the Benefits:**

---

*You have the power to make the decision to quit and feel great!*

*20 minutes after quitting:* Your blood pressure drops back to normal.

*8 hours after quitting:* Toxic carbon monoxide gas in your blood drops to normal.

*2 days after quitting:* You can taste and smell things better.

*1-9 months after quitting:* Coughing, sinus congestion, and fatigue decrease.

*1 year after quitting:* You reduce your risk for heart disease by half.

*5-15 years after quitting:* Your risk of having a stroke is the same as someone who never smoked.

*10 years after quitting:* Your risk of lung cancer is nearly the same as someone who never smoked.

*15 years after quitting:* Your risk of heart disease is now the same as someone who never smoked

---

### **Tobacco Cessation Options:**

---

Generally, there are three treatment options, used either alone or together, that are effective in helping tobacco users to quit. They are:

- Nicotine replacement therapy – either the prescribed nicotine patch or nicotine gum, which doubles the rate of successfully quitting. [Nicotine gum has been approved for over-the-counter (OTC) use by the U.S. Food and Drug Administration (FDA). The nicotine patch was approved for OTC use by the FDA in July 1996.]
- Social support – encouragement and support from family and/or friends.
- Skills training/problem solving – practical advice and techniques from a clinician/counselor that help people adapt to life as a non-smoker.

*Please see reverse*

---

## Recommendations for People Who Want To Quit:

---

- Be committed. Make sure you're ready to work hard to quit.
- Talk with your health care provider. Discuss nicotine replacement therapy and strategies. Do everything you can to maximize the chances for success.
- Set a quit date. Don't try to "taper off."
- Build on past mistakes. If you've tried to quit before, think about what helped and what hindered.
- Enlist support. Tell your family and friends you're quitting. Create a support network you can turn to for help.
- Learn how to avoid or cope with situations and behavior that make you want to use tobacco.

---

## Additional Resources:

---

Tobacco Free Nebraska Program	<a href="http://www.hhss.ne.gov/tfn/tfnindex.htm">www.hhss.ne.gov/tfn/tfnindex.htm</a>
National Cancer Institute	<a href="http://www.nci.nih.gov">www.nci.nih.gov</a>
Healthier US.gov	<a href="http://www.healthierus.gov">www.healthierus.gov</a>

For More Information:

Nebraska Office of Women's Health  
301 Centennial Mall South, P.O. Box 94817  
Lincoln, Nebraska 68509-4817  
Phone: 1-800-532-2227 TDD: 1-800-833-7352 Fax: 402-471-0913  
[www.hhss.ne.gov/womenshealth](http://www.hhss.ne.gov/womenshealth)