

NATIONAL RESOURCES

U.S. Department of Health
and Human Services
www.BeTobaccoFree.gov
www.CDC.gov/tobacco

American Cancer Society
Toll-free hotline:
1-800-ACS-2345
www.Cancer.org

American Lung Association
Toll-free hotline:
1-800-LUNGUSA
www.LungUSA.org

National Cancer Institute
Toll-free hotline:
1-877-44U-QUIT
www.SmokeFree.gov
www.Women.SmokeFree.gov
www.Teen.SmokeFree.gov

National Network of Tobacco
Cessation Quit lines
Toll free hotline:
1-800-QUITNOW
www.NAQuitLine.org



BETTER & BETTER
"The Compass Way"

CONTACT US:

Call your nurse directly with any
questions or concerns



844.853.8937
compasshealthnetwork.org



SMOKING
CESSATION



WHY SHOULD I QUIT?

There is evidence that smoking harms nearly every organ of the body and is related to years of lost life.

Health risks related to smoking includes cancer, lung disease, heart attack, or a stroke. Smoking increases risks to pregnant women and babies. Secondhand smoke also contributes to health risks. According to the Center for Disease Control, there are approximately 41,000 deaths among nonsmoking adults and 400 infant deaths each year from exposures to second hand smoke.

STAYING STRONG

Withdrawal from nicotine has an emotional and physical impact on your body. Nicotine replacement and other medicines are available to help with many of your withdrawal symptoms. If you need some assistance, please speak with your practitioner.



TIPS TO HELP YOU QUIT

MAKE THE DECISION TO QUIT: *Stopping smoking is a personal decision that only you can make.*

PICK A QUIT DAY & MAKE A PLAN:

1. Plan on a support system. Share your quit day with your family and friends.
2. Get rid of all the cigarettes.
3. Purchase some oral substitutes such as fresh fruit, sugarless gum, coffee stirrers or straws,
4. Discuss a plan with your health care
5. provider asks for medications for withdrawal symptoms if needed.
6. Practice saying, "No thank you, I don't smoke."
7. Set up a support system. This could be a group program or a friend or family member.
8. Access the National Resources for additional information.

STAYING TOBACCO FREE

- Avoid Temptation
- Change Habits
- Chew gum or suck on hard candy
- Find an activity to use your hands
- Practice deep breathing exercises



MISSOURI TOBACCO
QUITLINE
1.800.QUIT.NOW (784.8669)