

“Quitting smoking is the most important thing you can do to protect your health and loved ones.”

Tobacco is the single greatest cause of disease and premature death in America today. It is responsible for more than 430,000 deaths each year. Nearly 25% of American adults currently smoke, and 3,000 children and adolescents become regular users of tobacco every day.

The societal costs of tobacco-related death and disease approach \$100 billion each year.

**NICOTINE:
A POWERFUL ADDICTION**

If you have tried to quit smoking, you know how hard it can be. It is hard because nicotine is a very addictive drug.

***QUITTING TAKES HARD WORK AND A LOT OF EFFORT, BUT—
YOU CAN
QUIT SMOKING!***

**Sign Up for
Quit Smoking Now...
Win Against Tobacco**



**For a schedule of the next class in your area or for more information contact:
Gillian Eagle RN CDE
Smoking cessation specialist**

**CHFM
706 SW 4th Ave
Gainesville
FL
32601**



This program sponsored by the Florida AHEC Network and the Florida Department of Health



Phone 352 392-4541 ext 239

**Want to be
Tobacco Free?**

Attend our six weekly classes:



FREE CLASSES

CHFM Sponsored

Take this free brochure to learn more about these classes.

Facts We Know

The U.S. Public Health Service Clinical Practice Guideline for Treating Tobacco Use and Dependency states that at least 70% of smokers want to quit smoking and 46% try to quit on their own but fail without the benefit of highly effective treatments or pharmacotherapy.

1. Tobacco dependency is a chronic condition.
2. Tobacco kills more Americans than AIDS, alcohol, car accidents, fires, illegal drugs, murders and suicides combined.
3. Effective treatment for tobacco dependence exists and should be offered to all tobacco users.
4. Three types of counseling are especially effective—problem solving, social support as part of treatment, and social support outside of treatment.
5. Pharmacotherapy/Nicotine Replacement Therapy (NRT) is effective and at least one type of them should be used.
6. Tobacco dependence treatment is both clinically effective and cost-effective relative to other medical and disease prevention interventions.



Reasons for Quitting

- A. You will live better and live longer.
- B. Quitting will lower your chance of having a heart attack, stroke, or cancer.
- C. If you are pregnant, quitting smoking will improve your chances of having a healthy baby.
- D. The people around you, especially your children, will be healthier and less likely to use tobacco.
- E. You will have extra money to spend on things other than tobacco.

Rewards for Quitting

- ▶ Improved health
- ▶ Food will taste better
- ▶ Improved sense of smell
- ▶ Feel better physically
- ▶ Save Money
- ▶ Set a good example for children
- ▶ Can stop worrying about quitting
- ▶ Home, car, clothing, breath will smell better



The Program Outline

Week 1—Getting Started

Quit Smoking in the House?
Negative Effects of Smoking
Cigarettes are Toxic to Your Health
What Triggers You to Smoke?
Barriers to quitting/Reasons for You to Quit
How Much Carbon Monoxide is in Your Blood?

Week 2—Understanding Your Addiction

Quit Smoking in the Car?
Nicotine Replacement Therapy (NRT)
Coping with Withdrawal
H A L T/The 4 D's to Quitting
Stress Management

Week 3—Preparing for Quit Day

What to Do Instead of Smoking
Benefits of Quitting/Rewarding Yourself
Preparing for Quit Day

Week 4—QUIT DAY

How Much Will You Save?
Nutrition and Exercise

Week 5—Life After Quitting

Avoiding Triggers
Quit for Life Line Information
Relapse Prevention

Week 6—Congratulations

Recap last 5 weeks
Presentation of Certificates

