

Top 10 Reasons to Quit Smoking:

- 1 I will reduce my chances of having a heart attack or stroke.
- 2 I will reduce my chances of getting lung cancer, emphysema and lung disease.
- 3 I will have better smelling clothes, breath, hair, home and car.
- 4 I will be able to do activities without running out of breath.
- 5 I will have fewer wrinkles.
- 6 I will be free of my morning cough.
- 7 I will reduce the number of coughs, colds and earaches my child will have.
- 8 I will have more energy to pursue physical activities I enjoy.
- 9 I will treat myself to new things I enjoy with the money I save from not buying cigarettes.
- 10 I will have more control over my life.



Expecting Success

Visit www.UniversityHealthSystem.com to learn more about classes and programs available to help you on your journey to quit smoking. You can also take advantage of University Health System's various programs and departments. To learn more, call one of the numbers below.

Health Education/ Disease Prevention

(210) 358-7355

Diabetes Education

(210) 358-7100

Safety/Injury Prevention

(210) 358-4295

Helping patients stop smoking is an important part of *Expecting Success: Excellence in Cardiac Care*. Funded by the Robert Wood Johnson Foundation, *Expecting Success* is a national program that aims to reduce racial and ethnic gaps in how patients receive care for heart problems. University Health System is one of just ten U.S. hospitals selected to participate in this program and serve as a model for the nation. Our goal to ensure excellent care is provided to all patients regardless of the color of their skin or the language they speak.



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Learn to Quit Smoking



We can teach you how.



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Quitting

Giving up smoking is a very personal experience. If you've tried to quit before, no one has to tell you how hard it is. But every day, people show it can be done. In 2007, an estimated 47 million adults (age 18+) were former smokers.¹

University Health System has several classes available to help you on your journey. To schedule an appointment, or for more information, call the Health Education Department at (210) 358-7355. The locations available for Tobacco Cessation are:

- University Family Health Center – Southwest
- University Family Health Center – Southeast
- University Family Health Center – North
- University Health Center – Downtown

1 Centers for Disease Control and Prevention. Cigarette Smoking Among Adults—United States, 2007. *Morbidity and Mortality Weekly Report* [serial online]. 2008;57(45):1221–1226. [accessed 2009 Feb 06].

Preparing to Quit

When you take on any challenge, a tried and tested plan can be your road to success. According to the U.S. Public Health Service, studies show that the five steps listed below can help you quit and stay smoke-free. For the best results, use all five:

- 1 Get ready
- 2 Get support and encouragement
- 3 Learn new skills and behaviors
- 4 Get medication and use properly
- 5 Be prepared for a relapse or difficult situations

There is no one way to quit smoking. Knowing that, a good way to start is to get as much information as you can to decide on a plan that's right for you.

Find Support and Encouragement

One way to have more success in quitting is not to do it alone. Research shows your odds are better if you get help from others close to you.

- Ask doctors, nurses and medical professionals for help. If no one is available to help you, try a telephone quit line or web site to help you stop smoking.
- If you know people who smoke, ask them to not smoke near you and to keep cigarettes away from you. If you know people that have stopped smoking, ask them for tips.
- Talk to your family and friends about why you want to stop smoking. Make a list of the good parts of not smoking and tell your family and friends. Have each person write notes of positive support to you and place them in the places that remind you of smoking.



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27	28

When You Quit

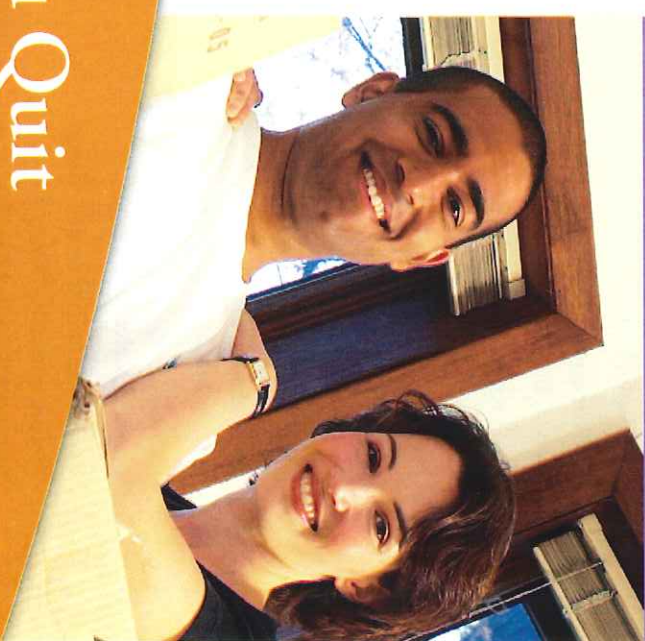
You'll notice that minutes after you quit smoking, your body will begin to change. These changes will begin almost immediately.

- 20 Minutes after quitting**
- Blood pressure drops
 - Hands and feet warm up to normal temperature

- 8 to 24 Hours after quitting**
- Carbon monoxide levels in the blood drop to normal
 - Heart attack risk decreases

- 2 Weeks to 3 Months after quitting**
- Circulation improves
 - Lungs work up to 30% better

- 1 Year after quitting**
- Excess risk of heart disease is half that of a smoker's



If you are a Carelink member, call our Health Education department at (210) 358-7355 for an appointment or for more information about the Tobacco Cessation Program. During each of your four office visits, our health educators will teach you how to help increase your rate of success.