

Smoking – Tobacco Cessation

Did you know...

that when you stop smoking, your body begins to repair itself immediately???

Quitting never looked so good

Make your body...

Smoke-free mornings

Save big bucks

Ready to quit? We can help!

Breathe Better

Improve your health

Call or Click to Quit
1-866-NY-QUITS (1-866-697-8487)
Your personal online quit plan
www.nysmokefree.com

Within 20 minutes

Blood Pressure returns to normal.
Heartbeat stabilizes.

Within 8 hours

Oxygen level in your blood increases.
Mucus begins to clear out of your lungs making breathing easier.

Within 48 hours

Sense of smell and taste improve.
Chances of heart attack decrease.

Within 3 months

Circulation improves.
Immune system improves.
Possible savings of over \$400.

Within 9 months

Sinus congestion, wheezing, shortness of breath and phlegm production decreases.
Lung Function improves.

1 year

Risk of dying from a heart attack is cut in half.
A Savings of over \$1,600 (for pack-a-day smoker @ \$4.50/pack).

5 years

Stroke risk is reduced to the same level as a non-smoker.

10 years

Check out these additional resources! (Note: Some may have costs associated with them)

- ✚ NYS Quit Line – see poster above
- ✚ American Cancer Society
<http://www.cancer.org/Healthy/StayAwayfromTobacco/GuidetoQuittingSmoking/index>
- ✚ American Lung Association: <http://www.lungusa.org/stop-smoking/>
- ✚ Excellus: <https://www.excellusbcbs.com/wps/portal/xl>
- ✚ MVP: <http://www.healthwise.net/mvp/Content/StdDocument.aspx?DOCHWID=te7959>
- ✚ EAP: www.theEAP.com

Hospital-based services:

- ✚ Thompson Health: 1-585-396-6111 (Cost Associated)