

Smoking Cessation



Dickinson-Iron District Health Department

“Serving the community since 1936 in Health Protection, Health Education and Disease Prevention”

SOME GREAT REASONS FOR QUITTING:

- Former smokers live longer than continuing smokers. For example, persons who quit smoking before age 50 have one-half the risk of dying in the next 15 years compared with continuing smokers.
- Quitting smoking decreases the risk of lung cancer, other cancers, heart attack, stroke, and chronic lung disease.
- Women who stop smoking before pregnancy or during the first three to four months of pregnancy reduce their risk of having a low birth weight baby to that of women who never smoked.
- The health benefits of smoking cessation far exceed any risks from the average five-pound weight gain or any adverse psychological effects that may follow quitting.

(Source: American Cancer Society)

'Kick Butts' Month

LOCAL SERVICES AVAILABLE:

Dickinson-Iron District Health Department

(906) 779-7234

www.didhd.org

Please call the health department for smoking cessation assistance and smoke-free policy development. We can assist both individuals and businesses.

Quit Plan Steps: I am ready to quit smoking

1. Choose a quit date
2. Write down your motivations: "I am quitting because..."
3. Preparation activities: "I will prepare to quit by..."
 - Getting rid of all smoking items
 - Practicing not smoking during certain hours of the day and night
 - Cutting back the number of cigarettes you smoke to ____ per ____
 - Not allowing smoking in your home
 - Learning or practicing methods of relaxation
4. Support & Resources: "I will ask for support from..."
5. Triggers & Coping Strategies: "I will cope with urges to smoke by..."
6. Reward: "I will reward myself for quitting by..."

(Information provided by the American Cancer Society)

RESOURCES:

Michigan Department of Community Health

http://www.michigan.gov/mdch/0,1607,7-132-2940_3182_22973---.00.html

1-800-480-7848

Michigan Steps Up

www.michiganstepsup.org

American Cancer Society

1-800-ACS-2345

www.cancer.org

American Lung Association

<http://www.nicotine-anonymous.org>

Quit for Life

<http://www.freeclear.com/>

Nicotine Anonymous

<http://www.nicotine-anonymous.org/>

