Additional Resources

Ohio Department of Health

Townhall II
330-678-3006

Centers for Disease Control and Prevention
http://www.cdc.gov/tobacco/

University Health Services
(KSU students, faculty and staff)
330-672-8267

Kent City Health Department Services:

- Vital Statistics—birth and death records
- Child Immunizations
- Environmental Health:

Public Inspections—restaurants, housing, schools, water, body art facilities, etc.

Pest Control—mosquitoes, rodents etc.

Waste Management—trash and recycling regulations

Public Health Nuisances & Animal Bite Investigations

Please visit kentpublichealth.org

Tips to Quit

A guide to help you achieve a tobacco-free lifestyle

Kent City Health Department
201-G E. Erie Street
(Kent Central Gateway- 2nd Floor)
Kent, Ohio 44240

Phone: 330-678-8109
Fax: 330-678-2082

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Why do you smoke?

- **Nicotine is a drug.** It makes you feel good, making you want more of it. This is where addiction to smoking comes from.
- **Tobacco ads trick you.** The tobacco industry promotes their products in an appealing way that attracts young customers. They make cigarettes seem glamorous and fashionable.
- **Nicotine tricks you.** Smokers often claim that cigarettes make them feel relaxed and less stressed. However, nicotine itself does not relax you because it is a stimulant. Feeding your craving is what makes you feel relaxed.
- **Smoking is social.** Often, smokers enjoy smoking with their friends and family as a shared activity or to start conversations with new people.
- **Smoking hides insecurities.** Many smokers believe smoking makes them look cool and confident. Some also feel that smoking helps them control their weight.
- **It gives you something to do.** Smoking is often just something to do when you’re bored or lonely.

From cancer to heart disease to premature wrinkles, there are a million ways that smoking destroys your body. According to the American Cancer Society, within just **20 minutes** of quitting, your blood pressure and heart rate decreases. After just 2-3 months, your lungs will even begin to regain normal function. **Start now because it’s worth it!**

Health Hazards

- **Brain** – Stroke
- **Mouth and pharynx** – Cancer
- **Lungs** – Cancer, emphysema, bronchitis
- **Heart** – Coronary artery disease
- **Oesophagus & Stomach** – Cancer, peptic ulcer
- **Pancreas** – Cancer
- **Bladder** – Cancer
- **Uterus & Ovaries** – Infertility, spontaneous abortion, retarded fetal growth, early menopause, cervical cancer
- **Testes** – Reduced fertility
- **Peripheral arteries** – Peripheral vascular disease
- **Bone** – Osteoporosis

Getting Help

- Call the Ohio Tobacco Quit Line at 800-QUIT-NOW.
- Try nicotine replacement therapy (NRT) with a nicotine patch, gum, nasal spray, inhaler, or lozenge*. These give you a steady dosage of nicotine throughout the day, which helps you cope with nicotine withdrawal symptoms.
- Ask your doctor about using a prescription drug to help you quit. Sometimes you can use NRT with these drugs. Confirm your plan to quit with your physician.
- **The Plan**
  - Set a quit date and make a list of the reasons why you are doing so. Put the list in a place where you can look at it often.
  - Get rid of all tobacco-related supplies, such as ashtrays and lighters.
  - Request support from your loved ones.
  - Avoid situations where tobacco use is likely to occur.
  - Treat yourself! Being tobacco-free is an accomplishment so take a vacation, go shopping, or just use your time to relax.