

Additional Resources

Ohio Department of Health
<http://www.odh.ohio.gov/default.aspx>

Townhall II
330-678-3006

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

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

City of Kent Health Department Services:

- **Vital Statistics**— birth and death records
- **Emergency Preparedness**
- **Public Inspections**— restaurants, housing, schools, water, etc.
- **Pest Control**—rodents, mosquitoes, etc.
- **Waste Management**—garbage and recycling regulations
- **Animal Bite Inspections**
- **Child, Adult, and Travel Immunizations**

Please visit kentpublichealth.org for more information!



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Tips to Quit

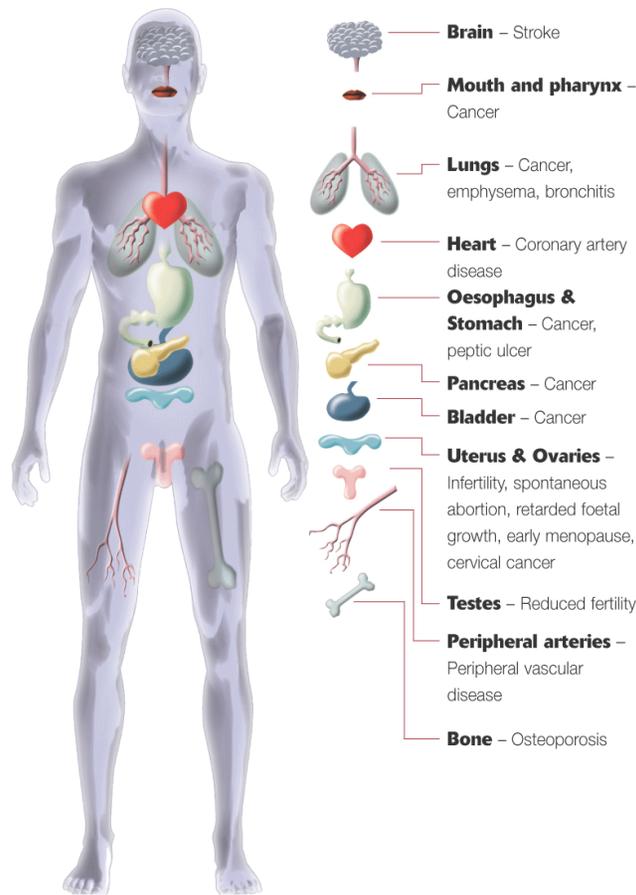
A guide to help you
achieve a tobacco-free
lifestyle



Why do you smoke?

- **Nicotine is a drug.** It makes you feel good, causing you to 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 this is not true; 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.

Health Hazards



From cancer to heart disease to premature wrinkles, there are a million ways that smoking destroys your body. Did you know that within just **20 minutes** of quitting your blood pressure and heart rate decreases? How about that in just **a few months** your lungs begin to regain normal function? **Start now because it's worth it!**

Getting Help

- Call the Ohio Tobacco Quit Line at 1-800-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.
*Please note that e-cigarettes containing nicotine have not been approved by the FDA.
- 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 (lighters, ashtrays, etc.).
- Request support from your loved ones.
- Avoid situations where tobacco use is likely to occur.