

Smoking Cessation



With the New Year, lots of folks make resolutions to do things to increase their health, such as to quit smoking. Smoking is the #1 leading cause of preventable deaths in the United States.

Nicotine in tobacco products is VERY addictive! It only takes 7 seconds after a single puff from a cigarette for the chemical to enter your lungs, then blood stream, then enter the pleasure center of your brain, triggering the feeling of “I needed that” or “That feels good!” That is why so many folks feel the need to “light up” at their first opportunity.

Smoking is like any other bad habit or addiction known to man, such as overeating, alcohol, gambling, etc. We know we must stop & have been told by a Health Care Provider to stop because it is not good for us, but in a weak moment we give in & are back to our old ways. The first step is that YOU must be the one to decide that it is time to quit. YOU must be the one in control, not the addiction. YOU have to be INTERNALLY motivated, meaning, you won't be successful at quitting until YOU are serious about wanting to do it.

Here's Help! Again, smoking is a tough habit to kick, so there are many resources out there to support your efforts at quitting.



- Tell your family, friends, and people you work with that you are going to quit. Ask for their support.
- Talk to your health care provider worker. They can help you quit.
- Call 1-800-QUIT NOW (784-8669) to be connected to the State-wide quit-line. It's free. They will set up a quit plan with you.
- More info at www.bethemajority.com
- Also, the HealthPark offers Cooper Clayton classes, which is a 12 week support group that has been a successful ally for those who are ready to quit.

Wishing you good health!