

BUILT TO QUIT

Resources to help you **stop smoking and using tobacco**

Why Should I Quit?

Though quitting can be difficult and stressful, the benefits of living tobacco-free far outweigh any of the struggles you may face while trying to quit. You will experience health benefits almost immediately:

- › **20 minutes after quitting:** Your blood pressure and pulse rate drop. Your hands and feet warm up as circulation returns to normal.
- › **12 hours after quitting:** Carbon monoxide levels in your blood decrease and oxygen levels return to normal, reducing your risk of heart disease.
- › **24 hours after quitting:** Your chance of heart attack decreases.
- › **48 hours after quitting:** Nerve endings in your mouth and throat regenerate, enhancing your ability to smell and taste.
- › **Two weeks to three months after quitting:** Your circulation continues to improve. Your aerobic capacity improves so that moderate activities, such as walking, become easier.
- › **One to nine months after quitting:** Smoking-related respiratory symptoms decrease, such as coughing, sinus congestion and shortness of breath. Your energy increases as fatigue decreases. Your lungs become stronger and are better able to fend off infection.
- › **Five years after quitting:** Risk of death from lung, mouth, throat and esophageal cancers decrease by half. Your risk of stroke becomes the same as that of a nonsmoker.
- › **Ten years after quitting:** Your risk of lung cancer death decreases to roughly half that of a person who still smokes. Normal cells replace precancerous cells in your respiratory tract.

Taking control of your health by actively doing something positive for yourself will improve your healing. You will also feel better.

It is never too late to quit.



**NORTHSIDE HOSPITAL
CANCER INSTITUTE**

How Can We Help?

Northside Hospital offers a variety of smoking and tobacco cessation resources to help you quit:

› Group Classes

Built To Quit is a six-week in-person class located on the Northside Hospital campuses.

› Remote Classes

Six-week webinar class facilitated by Northside staff.

› Telephone Counseling

Referrals to the Georgia Tobacco Quit Line:
877.270.STOP

› Pharmaceutical Assistance

Nicotine replacement therapy (gum or patches), if qualified.

› Online Support

Referrals to the American Lung Association's *Freedom From Smoking*® online curriculum.

› Mobile App (for Android and iPhone devices)

quitSTART, a product of Smokefree.gov.

› Printed Materials

Information about the support services and resources available to you and your family.

Our specially trained behavioral therapists, nutritionists, respiratory therapists and community health advocates are available to provide you with tips on managing stress, avoiding weight gain and coping with withdrawal symptoms.



For more information about our smoking and tobacco cessation resources or to register for a class please contact:

404.780.7653

smokingcessation@northside.com

northside.com/smoking-and-tobacco-resources

BUILT TO BEAT CANCER



**NORTHSIDE HOSPITAL
CANCER INSTITUTE**