Why Should I Stop Smoking?

1. Smoking is a DEADLY addiction, and people who quit smoking live longer than those who continue.
2. Smoking increases the risk of lung cancer, heart disease, strokes, chronic lung & respiratory disease.
3. 40% of men and 28% of women die prematurely due to the use of tobacco.
4. I can save $3.50 per day and $105.00 per month (for those who smoke 1pack/day).
5. I want to get rid of this awful cough and sore throat.
6. I really don't want to smoke, but I've been doing it for so long, that I don't know how to stop.
7. Cigarettes, pipes and cigars increase the risk of dying of esophagus cancer two to 9 times.
8. People encountering passive smoke have increased risks of respiratory illness, infections, and impaired blood circulation.
9. Smoking during pregnancy doubles the risk of my baby dying of SIDS (Crib Death).

ITPC
INDIANA TOBACCO PREVENTION AND CESSATION

The Indiana Government Center and State Personnel Department, in collaboration with Indiana Tobacco Prevention and Cessation (ITPC), the Marion County Health Department and others around the State of Indiana are offering Smoking Cessation classes to employees to help them QUIT smoking.

www.WhiteLies.tv

Ready to QUIT!

317-221-2084

When Smokers Quit…

WITHIN 20 MINUTES…
of smoking that last cigarette, the body begins a series of changes that continues for years.

8 HOURS AFTER QUITTING…
Carbon Monoxide level in blood drops to normal.

24 HOURS AFTER QUITTING…
chance of heart attack decreases.

2 WEEKS TO 3 MONTHS…
circulation improves and lung function improves 30%.

1 TO 9 MONTHS…
coughing, sinus congestion, fatigue, and shortness of breath decrease.

1 YEAR AFTER QUITTING…
excess risk of coronary heart disease is half that of a smoker.

5 YEARS AFTER QUITTING…
stroke risk is reduced to that of a nonsmoker 5 to 15 years after quitting.

10 YEARS AFTER QUITTING…
lung cancer death rate is about half that of a continuing smoker.

15 YEARS AFTER QUITTING…
risk of coronary heart disease is that of a nonsmoker.

2008 Smoking Cessation Program

CLASS DATES:

January 7, IGCS - Foyer 3 East
January 14, IGCS - Foyer 3 East
January 21, IGCS – Foyer 3 East
January 28, IGCS – Foyer 3 East

This meeting is located on the 3rd Floor East Wing. **Directions:** Take the east central elevators to the 3rd floor, turn left off elevator and straight ahead is Foyer Room 3E.

CLASS TIMES:

11:00 am – 12:15

CLASS LOCATIONS:

Indiana Government Center South (IGCS)
402 West Washington Street
Indianapolis, IN 46204

Other sites will be added as needed,
Minimum number of 5 participants per class,
maximum number of 15.

Call Lisa Smith to register
317-221-2084

Class size is limited so early registration is important

Support the Quitter By…

- Learn about nicotine addiction and the quitting process.
- Remind the quitter that her craving will pass in a few minutes whether she smokes or not.
- Remind her of the four D's: Distract, Drink, Delay, Deep breathing.
- Encourage the quitter to try counseling or a support group.
- Keep cigarette substitutes handy. Some ex-smokers like to fiddle with plastic straws, chew gum, or crunch on carrots.
- Don't become a member of the "cigarette police", sniffing around to see if the quitter has slipped.
- Reward the quitter's efforts. Celebrate her quit date on a weekly, then monthly basis.
- Don't give up on the quitter if she lights up. Congratulate her for surviving even a short time without smoking. Encourage her to quit again. Talk about what triggered the relapse and help her try to avoid the trigger.

Call 317-221-2084 for more information & to register for classes.