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**Smoking Cessation**

*There are benefits to quitting smoking.*



Quitting smoking can be one of the most important decisions you will make. The benefits of quitting smoking may include improving your health, saving money, and having more time to do what makes you happy by no longer having to take smoke breaks.

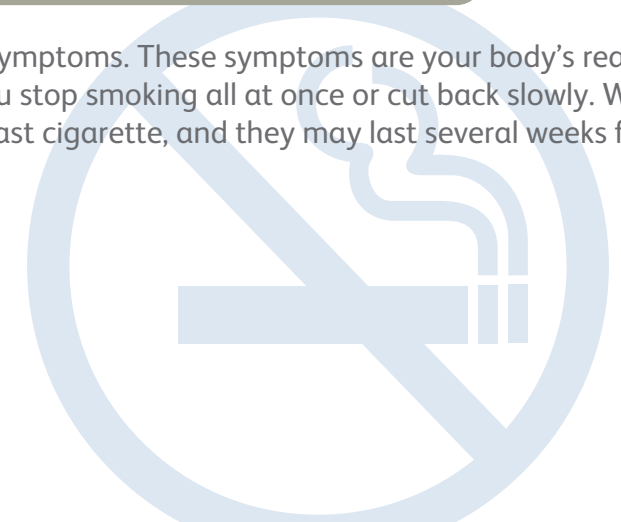
**Taking the first step means knowing when to get help. It can be hard to quit, but you can do it.**

**Know what to expect when you quit smoking.**

Quitting means coping with potential withdrawal symptoms. These symptoms are your body's reaction to no longer having nicotine. They can occur when you stop smoking all at once or cut back slowly. Withdrawal symptoms reach their peak 2 to 3 days after your last cigarette, and they may last several weeks for people trying to quit.<sup>1</sup>

**Potential Withdrawal Symptoms<sup>2</sup>:**

- Feeling depressed
- Feeling tense, restless, and anxious
- Difficulty sleeping
- Difficulty concentrating
- Changes in appetite and weight gain



**Consider your health**

*Smoking is linked to certain life-threatening illnesses, including heart disease, lung cancer, and stroke.<sup>7</sup> Smoking may also cause health-related issues that can affect your well-being, including emphysema, chronic coughing, and shortness of breath.<sup>7</sup>*

**You may experience the following smoking-related symptoms:**

- Short of breath<sup>3</sup>
- Chronic cough<sup>3</sup>
- More likely to get sick<sup>3</sup>
- Hoarseness<sup>4</sup>
- Triggers asthma<sup>5</sup>
- Increase in belly fat<sup>6</sup>

**If you're a smoker, you are at increased risk for the following conditions:**

- Cancer<sup>8</sup>
- Asthma trigger<sup>8</sup>
- COPD (chronic bronchitis/emphysema)<sup>8</sup>
- Heart disease<sup>8</sup>
- Stroke<sup>8</sup>
- Peripheral arterial disease (hardening of arteries)<sup>9</sup>
- Osteoporosis (decrease in bone density)<sup>10</sup>

The health information contained herein is provided for educational purposes only and is not intended to replace discussions with a healthcare provider. All decisions regarding patient care must be made with a healthcare provider, considering the unique characteristics of the patient.



## Quitting smoking may save you time and money.<sup>11,12</sup>

### Consider the time



If smoking a cigarette takes an estimated 6 minutes, then for a pack-a-day smoker that means approximately 2 hours per day spent smoking. At that rate, you spend about 30 days per year smoking.<sup>11</sup>

### How much time you could save.

Number of cigarettes you smoke per day?

6 minutes spent per cigarette break.

Total time you spend smoking each day?

X  
 6  
 =

What will you do with the time you save if you quit smoking?

### Consider the cost



The cost of a pack of cigarettes in Michigan is about \$6.74.<sup>12</sup> For a pack-a-day smoker, that's \$2,460.10 per year. Over 10 years, that's \$24,601.00.

### How much money you could save.

Price you typically pay for a pack of cigarettes.

Average number of packs you smoke per week.

Total amount you spend on smoking every week.

Weekly cost of \_\_\_\_\_ X 52 weeks per year = \_\_\_\_\_ or the amount you spend on smoking in a year.

X  
  
 =

What will you do with the money you save if you quit smoking?



Willing to quit smoking? Help is available.

Talk to your doctor about the option that might work best for you.

- I am willing to quit today.  I am interested in setting a future quit date.  I am willing to cut down my number of cigarettes before quitting.  I am unsure about quitting but will consider it.

There are many tools and resources available to help you quit smoking.

### Other Resources

Program	Type	Description	How to Access
Stop Smoking for Life	Group and/or Individual Counseling	Tobacco treatment counseling and medication management program	1-810-342-5370 valerie.mcleod@mcclaren.org
Quit Line	Phone	This quit line offers one-on-one counseling for smokers who are willing to quit	1-800-QUITNOW (1-800-784-8669)
Plan My Quit* Quitter's Circle <sup>®**</sup>	Websites	These websites provide resources to help support a quit attempt	www.planmyquit.com/McClaren www.quitterscircle.com
Quitter's Circle <sup>®**</sup>	Mobile Application	This application provides support to smokers during their quit journey	1. Download Quitter's Circle from App Store/Google Play 2. Enter a personal Email and create a password 3. Follow and respond to prompts 4. Enter code provided by organization McLaren

\*A Pfizer-sponsored program.

\*\*An American Lung Association-sponsored program.

<sup>†</sup>Quitter's Circle and Quitter's Circle logo are trademarks of Pfizer Inc. The American Lung Association does not endorse products, devices, or services.

### Pharmacologic Aids<sup>\*\*</sup>

Type	Regimen	How to Access
Non-nicotine pill	As prescribed by your healthcare provider	By prescription
Nicotine replacement therapy (NRT)—Nicotine gum, lozenge, patch, or inhalant	Talk with your doctor and/or healthcare team about how best to use	Available over the counter and by prescription

\*\*Medications have risks and benefits and patients should speak to their healthcare provider about which medication may be right for them.

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### Let's talk again

Please return on \_\_\_\_\_ to discuss how your quit journey is progressing.

If you need additional support in the meantime, please visit [www.planmyquit.com/McClaren](http://www.planmyquit.com/McClaren) or [www.quitterscircle.com](http://www.quitterscircle.com).

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