

November is Tobacco Cessation Awareness Month



According to the Centers for Disease Control, tobacco use is the leading cause of preventable death in the United States.

Every year more than 480,000 Americans die from tobacco use and exposure to secondhand smoke. Almost 40 million US adults still smoke cigarettes and about 4.7 million middle and high school students use at least one tobacco product, including e-cigarettes.

Resources

Under the County's health plans, tobacco cessation is covered under preventive services at no cost to you. Coverage includes:

- 4 sessions of group or individual counseling with a network provider
- 90-days supply of FDA-approved smoking cessation medications

You are allowed 2 quit attempts per year at no charge. If you require benefits beyond this, applicable copays and deductibles will apply.

1-800-NO-BUTTS

The California Smokers' Helpline is a free statewide quit smoking service. They offer self-help materials, referral to local programs, and one-on-one telephone counseling to quit smoking. www.nobutts.org

On-Site Classes

The County's Tobacco Prevention Team is offering classes on tobacco cessation and education about adolescent tobacco use including e-cigarettes and vaping. There will be an interactive component as well with visuals and a question and answer period.

There is no charge for the class and space is limited. To register, please login to PeopleSoft and search by Course Name "Tobacco."

Date	Location	Room	Class Time
Nov. 7	10th St. Place	Basement Training Room	9:30-11:00 a.m.
Nov. 7	CSA	Large Training Room	1:30-3:00 p.m.
Nov. 8	County Center III	Room 2	1:30-3:00 p.m.

Health Benefits of Quitting Smoking

Within minutes of quitting smoking, your body begins to recover.

20 minutes after quitting your heart rate and blood pressure drop

12 hours after quitting the carbon monoxide level in your blood drops to normal

2 weeks to 3 months after quitting circulation improves and your lung function increases

1 to 9 months after quitting coughing and shortness of breath decrease

1 year after quitting your heart attack risk drops dramatically

5 years after quitting your risk of cancers of the mouth, throat, esophagus and bladder is cut in half

10 years after quitting your risk of dying from lung cancer is about half that of a person who is still smoking and your risk of cancer of the larynx and pancreas decreases

15 years after quitting your risk of coronary heart disease is the same as a nonsmoker

Source: American Cancer Society. (2016) Benefits of quitting smoking over time. Retrieved on September 26, 2018.

TIPS!

The American Lung Association offers these 8 tips for becoming smokefree.



- 1. Eliminate triggers** – Get rid of everything smoke related or that reminds you of smoking
- 2. Give it time** – The first 7-10 days will be the hardest, but over time, the cravings will lessen
- 3. Slip-ups are OK** – If you have a lapse, it doesn't mean you've failed, learn from it and keep trying
- 4. Wait it out** – Cravings last 3-5 minutes, distract yourself during that time
- 5. Plan for situations that make you want to smoke** – Avoid them or have a plan for when they occur
- 6. Rework your routine** – Change up your daily routine so you're busy during those trigger times when cravings hit
- 7. Be patient with yourself** – No blame, no guilt, just learn from your mistakes if you have slip-ups
- 8. Keep trying** – Every smoker can quit!