

PREVENTION WEDNESDAY

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City of Baltimore

Health Department

Mayor Sheila Dixon

Protect Your Health – Quit Smoking Today

Did you know?

- Cigarette smoke contains an addictive drug called nicotine, which can make quitting more difficult than breaking other habits.
- Every year, more than 400,000 Americans die from smoking-related illnesses.
- Quitting smoking reduces your risk of lung cancer, heart disease, stroke, osteoporosis, and cancers of the mouth and throat.
- Pregnant women who smoke are more likely to deliver their babies too early, which is dangerous for a baby's health.

How can I quit?

- ❖ Call 1-800-QUIT-NOW for FREE telephone counseling
- ❖ Visit www.becomeanex.org to learn how other smokers have quit
- ❖ Call the Baltimore City Health Department at 410-396-5007 to enroll in FREE smoking cessation classes.

Prevention TIPS:

Tip 1 Quit smoking today to prevent serious smoking related health risks.

Tip 2 Especially if you are pregnant, avoid smoking and secondhand smoke.

Tip 3 Ask your doctor for help to stop smoking.

**FREE Nicotine Patches
And Nicotine Gum
Will Be Available Starting March 1
for Qualified Callers to
1-800-Quit-NOW
While Supplies Last!**

Resources and References

National Institutes of Health

http://dccps.nci.nih.gov/TCRB/Smoking_Facts/facts.htm

American Cancer Society: Guide to Quitting Smoking

http://www.cancer.org/docroot/PED/content/PED_10_13X_Guide_for_Quitting_Smoking.asp

Centers for Disease Control and Prevention

<http://www.cdc.gov/tobacco/how2quit.htm>

American Lung Association

<http://www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=33484>

United States Department of Health and Human Services

<http://www.smokefree.gov>

American Legacy Foundation

<http://www.becomeanex.org>

Maryland Quitline

<http://www.smokingstopshere.com>