

PREVENTION WEDNESDAY

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City of Baltimore Health Department

The Great American Smokeout

Did you know?



Nicotine, found in cigarettes and cigars, is an addictive drug.



One in three smokers dies early because of illnesses like emphysema, bronchitis, heart disease, stroke and lung, bladder, and kidney cancers.



Children who live in homes where people smoke on a regular basis, can suffer from asthma, respiratory infections, ear problems, and even Sudden Infant Death Syndrome.



More people in Baltimore are quitting smoking; join your friends and neighbors in choosing health!



Quitting smoking can save you over \$1300 in one year!

Prevention at your finger **TIPS:**

Tip 1: Have a primary care doctor. Call Baltimore Healthcare Access: [410-649-0500](tel:410-649-0500) or **311** for referrals or help with insurance.

Tip 2: Plan your quit day and find support. **FREE** smoking cessation classes are available throughout Baltimore City. [410-396-5007](tel:410-396-5007). The quitline offers free patches and counseling over the telephone. [1800-QUIT-NOW](tel:1800-QUIT-NOW). Start by throwing away ashtrays, cigarettes, lighters and other items that remind you of smoking.

Tip 3: Eat a balanced diet and exercise regularly. Keeping active and committing to a healthy lifestyle can reduce your cravings. Call Recreation and Parks: [410-396-7900](tel:410-396-7900).



Resources and References

Baltimore Health Care Access

<http://www.bhca.org/>

Baltimore City Health Department: Tobacco Use Prevention

<http://www.baltimorehealth.org/cessation.html>

1-800-QUIT-NOW

<http://1800quitnow.cancer.gov/>

CDC: Cancer Prevention and Control

1-800-CDC-INFO

Or call **1-800-4-CANCER** to talk with a cancer specialist

<http://www.cdc.gov/cancer>

American Cancer Society

http://www.cancer.org/docroot/subsite/greatamericans/content/Guide_to_Quitting_Smoking.asp

Recreation and Parks

<http://www.baltimorecity.gov/government/recnparks/>

American Lung Association

http://www.lungusa.org/site/c.dvLUK9O0E/b.35422/k.7D0B/Secondhand_Smoke_Fact_Sheet.htm

Maryland BRFSS

www.marylandbrfss.org