

GOOD REASONS TO STOP SMOKING

Twice the risk of heart disease correlate current symptoms with:

Six times the risk of emphysema
Upper Respiratory Infections, Cough
Ten times the risk of lung cancer
Sore Throats
5 - 8 years shorter life span
Dyspnea
Cost of Cigarettes
Ulcers
Cost of Sick Time

Angina
Bad Breath
Claudication
Less Convenient
Osteoporosis
Socially Unacceptable
Esophagitis
Wrinkles
Gum Disease

For All Smokers:

Money saved by stopping
Decreased Risk of Heart Disease
Feel Better
Improved Ability to Exercise
May live long enough to enjoy Retirement, Grandchildren, etc.
May be able to work more

QUITTING HELPS YOU HEAL FASTER

Your Hospital Visit is a great time to quit smoking

WHY SHOULD I QUIT NOW?

Smoking may slow your recovery from surgery and illness. It may also slow bone and wound healing. All hospitals in the United State are smoke free. You will be told not to smoke during your hospital stay - NOW is a great time to quit.

HOW DO I QUIT IN THE HOSPITAL?

Talk to your doctor or other hospital staff about a plan for quitting. Ask for help right away. Your doctor may give you medicine to help you handle withdrawal while in the hospital and beyond.

HELPFUL HINTS TO STAY QUIT

Ask your friends and family for support. Continue your "Quit Plan" after your hospital stay. Make sure you leave the hospital with the right medicines or prescriptions. If you "slip" and smoke, don't give up. Set a new date and get back on track. For help in quitting smoking, refer to the **SMOKING CESSATION RESOURCE LIST**.

WHAT WILL IT TAKE FOR YOU TO QUIT SMOKING?

Many smokers have quit smoking because of the benefits of being smoke-free. Some waited until they had symptoms like a cough or breathing problems. And others waited until they were told they had cancer or a heart problem.

WHAT WILL IT TAKE FOR YOU TO STOP SMOKING?

SMOKING CESSATION REFERRALS

- American Cancer society 1-800-227-2345
Long Beach Cancer Society www.cancer.org (310) 937-2605
Redondo Beach Cancer Society (310) 348-0356
- National Cancer Institute's Smoking Quit Line 1-877-44U-QUIT
American Heart Association of Greater Los Angeles www.amhrt.org 1-800-432-7852
- American Lung Association of Los Angeles County www.lungusa.org (323) 935-5864
- Nicorette and Nicoderm Website www.niconews.com
- LCM-San Pedro Pulmonary Rehabilitation Services (310) 832-3311
1300 West 7th Street, San Pedro Kris Brust ext 6268
* Education, exercise and emotional support for those with breathing problems and their families *
- LCM-Torrance Pulmonary Rehabilitation Services (310) 937-1979
* Education, exercise and emotional support for those with breathing problems and their families * Jackie Tosolini & Betsy Barnes
- National Cancer Institute/Center for Disease Control
* Downloadable pamphlets and information specifically designed for those who want to quit, young smokers, smokers over the age of 50, African American Smokers, those who have recently quit and need support * <http://SmokeFree.gov>
- Office of Smoking and Health/Center for Disease Control www.cdc.gov/tobacco
Information on Nicotine patches and gum <http://SmokeFree.gov>
- The QuitNet <http://quitnet.org>
- Long Beach Tobacco Education Program (562) 570-8508

CALIFORNIA SMOKER'S HELPLINE

* offers individual counseling along with educational material and information on behavior modification *

English	1-800-NO-BUTTS
Spanish	1-800-45-NO-FUME
Korean	1-800-838-8917
Vietnamese	1-800-778-8440
Chinese	1-800-556-5564
Hearing Impaired	1-800-933-4TDD
Tobacco Chewers	1-800-844-CHEW

Nicotine Anonymous Meetings Mondays, 7pm
LCM-Torrance Center for Health Education

For a more complete listing of NICOTINE ANONYMOUS support group meetings, call 1-800-BUTTS. There are meetings all over Southern California.



Little Company of Mary - Torrance
4101 Torrance Blvd
Torrance, CA 90503

Little Company of Mary - San Pedro
1300 W. Seventh Street
San Pedro, CA 90732