

Learn the Truth About Smoking

Quitting smoking will improve your health no matter how old you are or how long you have smoked.

The sooner you quit smoking, the sooner your body can start to heal. You may notice some benefits quickly, but you will see even more over time.

- In 1 hour, your heart rate and blood pressure will drop.
- In a few weeks, you will start to cough less and breathe easier.
- In 1 year, your risk of having a heart attack will fall significantly.
- In 2 to 5 years, your risk of a stroke is reduced to a level similar to a nonsmoker.
- In 10 years, your risk of lung cancer is significantly reduced.
- Over time, your risk for other conditions, including mouth, throat, and lung cancer, and diabetes, will continue to fall.
- Quitting smoking will also help you save money and protect your loved ones from secondhand smoke.

Quitting tobacco products is hard because nicotine is very addictive. But it is possible, especially when people receive support, counseling and/or appropriate medication.

- Relapse is not a failure. It takes almost everyone who tries to quit multiple attempts before being successful. Tobacco treatment medications and counseling can double your chances of success.
- For people who are not ready to quit, NRT can help relieve cravings and discomfort. Using NRT can give people more control in day-to-day activities without worrying about getting through situations where they cannot smoke.
- Most people try to quit all at once or without help, but evidence shows medication and counseling give people the best chance to become and stay tobacco-free.

There is no safe level of tobacco use or secondhand exposure.

Just one cigarette exposes your body to harmful chemicals, and the negative health effects add up across your life.

- Cigarettes contain a chemical called nicotine that is just as addictive as cocaine or heroin.

Chemicals in e-cigarettes, including nicotine content, can vary greatly.

- Also, we do know that e-cigarettes could have adverse effects on your health and may cause serious conditions, including cancer, lung injuries, even death.
- No e-cigarettes have been approved by the FDA to help people quit smoking.
- Safe options like NRT and other tobacco treatment medications are covered by most health insurance plans.

Need Help Quitting?

The Charles B. Wang Community Health Center offers FREE quit smoking services, call us today:

- (718) 661-6040 (Saturday, Sunday, Monday – Wednesday 9:00 a.m. - 5:00 p.m.)
- (929) 362-3006 ext. 3309 (Monday – Friday 9:00 a.m. - 5:00 p.m.)

For more information, please visit our website:

- <https://www.cbwchc.org//QuitSmoking.asp>



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