



How can I stop?

Here are some ways to help you stop using tobacco for good:

- Decide that you want to stop.
- Focus on your reasons for stopping.
- Tell friends and family, ask for support.
- Talk to your healthcare provider or local nicotine dependence treatment program.
- Ask your healthcare provider or counselor about nicotine replacement therapy (NRT).
- Learn what to expect when you stop.
- Set a target date for stopping.

For more information on the health effects of tobacco use and nicotine dependence treatment services available, contact your local health clinic.

Alaska Native Tribal Health Consortium
Division of Community Health Services
Office of Alaska Native Health Research
Nicotine Research and Control Program
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Anchorage, AK 99508

For more information or to order material
contact ANTHC at
(907) 729-1301

Check out our website: www.anthc.org

*Sources: www.medem.com • ACOG,
U.S. Department of Health and Human Services,
Public Health Service*

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The Alaska Native Tribal Health Consortium and Southcentral Foundation jointly own and manage the Alaska Native Medical Center under the terms of Public Law 105-83. These parent organizations have established a Joint Operating Board to ensure unified operation of health services provided by the Medical Center.

Reasons to Stop Using Tobacco



Patient Education



Tobacco use is harmful

- Tobacco increases your risk of cancer, heart disease and stroke.
- A person who uses tobacco is exposed to more than 4,000 chemicals. Many of these are known to cause cancer.
- Using tobacco sets a poor example for youth. Smoking around others shares the cancer-causing smoke with everyone in the room. Youth are more likely to get addicted to tobacco and will be sick more often if they use any kind of tobacco or are around smoke.
- Stopping tobacco use is hard, but don't give up.



- Each time you try to stop, the more likely you will be to succeed. It takes the average person 5-7 attempts at quitting before they quit tobacco for good.

Reasons for quitting

- You can live longer and live healthier.
- The people you live with, especially your children and elders, will be healthier.
- You will have more energy and breathe easier.
- You will lower your risk of heart attack, stroke and cancer.
- Quit and save yourself money. At \$4-\$8 a pack, if you smoke 1 pack a day, you will save up to \$2,880 a year. What else could you buy?

Ways your body will heal

- **20 minutes after using tobacco for the last time ...** Blood pressure, body temperature and heart rate drop to normal.
- **24 hours ...** Less chance of having a heart attack.
- **3 days ...** Breathing is easier, nicotine leaves your body, and lung capacity increases.
- **1 week ...** Circulation improves.
- **5 years ...** Risk of stroke drops to the same as if you never used tobacco.
- **10 years ...** Risk of cancer to mouth, throat, esophagus, bladder, kidneys and pancreas drops.
- **15 years ...** Risk of heart disease is the same as if you've never used tobacco.

