

How can I stop using tobacco?

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

- Make up your mind that you want to stop.
- Focus on your reasons for stopping.
- Tell friends and family.
- Talk to your healthcare provider.
- Consider using nicotine patches and/or other therapies.
- Set a quit date.
- Be sure not to use any tobacco after your quit date.
- Avoiding tobacco in the first two weeks improves your chances of staying tobacco-free for good.
- If you slip and use, stop again right away.
- Remember, it takes most people several tries before they stop for good.

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
4201 Tudor Centre Drive, Suite 105
Anchorage, AK 99508

For more information or to order materials contact ANTHC at (907) 729-1301
Check out our website: www.anthc.org



wtpn
Women's Tobacco Prevention Network

Sources: www.cdc.gov/tobacco
(Lainier, Ersham, Sandidge 2002) • (CDC 1989)

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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.

Women and Tobacco Use



Patient Education



Tobacco use and cancer ...

Tobacco use increases cancers of the:

- bladder
 - pancreas
 - liver
 - lung
 - colon and rectum
 - kidney
 - cervix
- Ninety percent of lung cancer cases in all people, including Alaska Native women, are from smoking cigarettes.

Tobacco use and your heart ...

- Women who use tobacco have an increased risk for stroke and heart disease.
- Stopping tobacco use reduces risk for heart disease at any age.
- 10-15 years after stopping tobacco use, the risk for stroke is that of someone who has never used.



Tobacco use and menopause ...

Women who use tobacco:

- Have menopause at a younger age.
- Have more severe menopause symptoms.
- Have lower postmenopausal bone density.
- Age prematurely.

Stopping tobacco use is hard, but do not give up. It's the best thing you can do for your health and the health of your family.

Tobacco use and your reproductive system ...

Women who use tobacco have:

- A harder time getting pregnant.
- Increased risk of miscarriage.
- Increased risk of problems during pregnancy.
- Risk of premature birth.
- Increased risk of low-birth weight.
- Increased risk of having a baby still-born.
- Increased risk of having a baby who suffers Sudden Infant Death Syndrome (SIDS).

For more information on how to stop using tobacco contact your nicotine dependence treatment program or ask your health care provider.