



Breathe Easy

Doctors Direct Healthcare
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You Can Quit Smoking

When you smoke you harm nearly every organ of the body. Smoking causes many diseases and reduces the health of smokers in general. The up side is that when you quit smoking the body starts repairs on itself immediately. The long term benefits include reducing risks for diseases caused by smoking and improving health in general.

Some diseases and conditions smoking causes:

- abdominal aortic aneurysm
- acute myeloid leukemia
- cancer of the bladder, cervix, esophagus, kidney, larynx, lung, mouth, pancreas, stomach, and throat

- Cataracts
- coronary heart and cardiovascular diseases
- periodontitis
- pneumonia and chronic lung diseases
- reproductive effects and sudden infant death syndrome

Nicotine Dependence

Most smokers are addicted to nicotine. Smokeless tobacco, that you dip or chew can also lead to nicotine dependence. Nicotine dependence is the most common form of chemical dependence in the United States.

Surprisingly research suggests that nicotine is as ad-

dictive as heroin, cocaine, or alcohol.

Withdrawal symptoms include irritability, anxiety, difficulty concentrating, insomnia, restlessness, and increased appetite.

It is difficult to quit using tobacco and may require multiple attempts.

There are FDA-approved medications available that can reduce the withdrawal symptoms that may occur with a quit attempt; for more information, call **1-800-QUIT-NOW** or speak with your health care provider.

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FAST FACTS

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Increase Your Chance of Success

- There are proven treatments that can increase your chances for success.
- Nicotine is a very addictive drug, and people usually make several tries before they successfully quit.
- Each time you try to quit, you can learn what works for you and what situations are problematic.
- Using proven cessation treatments, such as FDA-approved medications and/or individual, group or phone counseling, can double your chance of success.
- 1-800-QUIT-NOW or visit www.smokefree.gov.

Thinking about quitting is the first step.

Take the next step.

