

You CAN Quit...We Can HELP!

Whether you are thinking about quitting, you're ready to quit, or just working to stay quit, we can help. The Community Health Worker at your local Sunset Community Health Center offers at no cost Tobacco Cessation classes and resources to help you quit smoking.

Tobacco Cessation classes includes the following sessions:

I AM READY TO QUIT:

- Session 1: Understanding How and Why
- Session 2: Mastering the First Few Days
- Session 3: Mastering Obstacles
- Session 4: Staying Quit and Enjoying it Forever

Another resource available for you at no cost includes the **Arizona Smokers Helpline (ASHLine)**. ASHLine offers free telephone and Web-based services to help people quit tobacco and provides free services in both English and Spanish. Their quit coaches are real people located right here in Arizona. Most of them are former tobacco users so they've "been there" and understand how hard it is to quit and stay quit.

GIVE UP! Stop Smoking For Life.....

People who stop smoking greatly reduce their risk for disease and premature death. Although the health benefits are greater for people who stop at earlier ages, quitting is beneficial at all ages.

Need Help To Quit Smoking?

If you are interested in obtaining help to quit smoking or in helping a family member, contact the Community Health Worker at your local Sunset Community Health Center for Tobacco Cessation Classes at any of the following numbers:



San Luis:

815 East Juan Sanchez Blvd
(928) 627-3822
Ext. 1333

Somerton

115 North Somerton Avenue
(928) 627-2051
Ext. 1216

Yuma

2060 West 24th Street
(928) 819-8999
Ext. 1016

North Yuma

675 South Avenue B
(928) 539-3140

Wellton

10425 Williams Street
(928) 785-3256
Ext. 1521

ASHLINE (Arizona Smokers' Helpline)

1-800-556-6222

References

http://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/#definition



SUNSET

COMMUNITY

HEALTH CENTER

“The Clinic You Can Trust”

www.sunsetcommunityhealthcenter.org

“Smoking is the leading preventable cause of death in the United States”

Tobacco smoke contains a deadly mix of more than 7,000 chemicals; hundreds are toxic, and about 70 can cause cancer.

Tobacco smoking increases the risk for serious health problems, numerous diseases, and death.

Smoking causes many chronic diseases, such as lung cancer and many other forms of cancer; heart disease; and respiratory diseases, including emphysema, chronic bronchitis, and pneumonia.

Each year in the United States, about 480,000 people die as a result of smoking. ***This is about one in every five deaths.***

Overall, smokers are less healthy than nonsmokers.

Smoking affects the immune system, which increases a person's risk for infections. Smoking also increases the risk for fractures, dental diseases, sexual problems, eye diseases, and peptic ulcers.

FORGET NEW YEARS!

TODAY IS THE DAY TO QUIT....

“Smokers are more likely than nonsmokers to develop heart disease, stroke, and lung cancer”

Did you know that...

- Smoking can affect men's sperm, which can reduce fertility and increase risks for birth defects and miscarriage
- The dangers of smoking during pregnancy include premature birth, birth defects and sudden infant death. Just being around cigarette smoke presents a health risk for women and their baby.
- Smoking causes more deaths each year than all of these combined: human immunodeficiency virus (HIV), illegal drug use, alcohol use, motor vehicle injuries, firearm-related incidents
- More women die from lung cancer each year than from breast cancer
- Even people who smoke fewer than five cigarettes a day can have early signs of cardiovascular disease
- Smoking can cause cancer almost anywhere in your body: bladder, cervix, colon and rectum, kidney, liver, oropharynx, pancreas, stomach, trachea, bronchus, and lung
- Smoking affects the health of your teeth and gums and can cause tooth loss
- Smoking is a cause of type 2 diabetes mellitus and can make it harder to control. The risk of developing diabetes is 30–40% higher

Quitting and Reduced Risks

20 Minutes After Quitting:

Your heart rate drops to a normal level

12 Hours After Quitting:

The carbon monoxide level in your blood drops to normal

2 Weeks to 3 Months After Quitting:

Your risk of having a heart attack begins to drop and your lung function begins to improve

1 to 9 Months After Quitting:

Your coughing and shortness of breath decrease

1 Year After Quitting:

Your added risk of coronary heart disease is half that of a smoker's

5 to 15 Years After Quitting:

Your risk of having a stroke is reduced to that of a nonsmoker's

Your risk of getting cancer of the mouth, throat, or esophagus is half that of a smoker's

10 Years After Quitting:

Your risk of dying from lung cancer is about half that of a smoker's

Your risk of getting bladder cancer is half that of a smoker's

Your risk of getting cervical cancer or cancer of the larynx, kidney or pancreas decreases

STOP SMOKING and STAY HEALTHY