

If you could HEAL yourself, would you?

SFCCN is here to help smokers do just that with



20 mins after you quit smoking, your blood pressure lowers



In 8 hours your blood oxygen levels return to normal



In 3 months your lung function increases by 30%



In 1 year your risk of heart attack is cut in half



In 5 years your risk of dying from mouth, throat, esophagus, and bladder cancer is cut in half

SFCCN: CREATING A HEALTHY COMMUNITY ONE PERSON AT A TIME

Smoking Cessation

We all know smoking “is bad for us”. People who smoke are not choosing to smoke because they want to put their health at risk. People smoke because they have a habit that causes a strong addiction. Your body actually craves nicotine after you have started a pattern of smoking. But, that’s not the only thing that smokers have to fight when trying to quit. Usually, the hardest part of quitting is breaking the habit of picking up a cigarette during certain daily activities¹.

A common example is when someone smokes as soon as they wake up. Other habits could be smoking when you do things like: drink your daily cup of coffee, drive in your car, or drink alcohol². Times of stress and boredom are times when people also feel the urge to smoke.

Have you ever tried to quit smoking? The Center for Disease Control and Prevention says that 7 out of 10 adult cigarette smokers want to quit.

As a member of SFCCN you can join a **FREE** smoking cessation program called **IQuit with AHEC**. This program gives you 6 weeks of specific training to help give you the tools and support you need to quit. Tobacco Cessation Specialists personally walk you through the program step by step, to help you create your own quit plan. The education is given in a group setting, which helps to give you additional peer support. As you will learn, having support is a key factor in quitting for good.

By participating in IQUIT with AHEC you are also eligible for **FREE** nicotine replacement therapy (nicotine patches or gum). For those of you who have tried to stop smoking with nicotine replacement therapy in the past, you know how expensive it can be.

At South Florida Community Care Network, we believe **You Can Quit** and we want to help you in any way we can. By working together to help you stop smoking we can continue to create a healthy community one person at a time.

Ask yourself: *In 1 month after quitting my _____ would improve.*

This information is available for free in other languages. Please contact our customer service number at 1-866-899-4828 / TTY/TDD 1-800-424-0328 Monday through Friday from 8:00am to 7:00pm ET.

Esta información está disponible gratis en otras lenguas. Por favor contacte a nuestro departamento de servicio al cliente al 1-866-554-2673 TTY/TDD 1-800-424-0328 de Lunes a Viernes desde las 8:00am a 7:00pm ET

Content source: U.S. ^{1&2} Tobacco Free Florida <http://www.tobaccofreeflorida.com/healthcare-provider/>
Centers for Disease Control and Prevention www.cdc.gov and www.ahectobacco.com
Always consult your physician before making any changes to your lifestyle or healthcare routine.

Enrollee Newsletter






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IN THIS ISSUE: SMOKING CESSATION





Topics include:

-  Addictions, Withdrawal and Medications that help
-  Planning for the quit date
-  Dealing with triggers
-  Overcoming cravings
-  Relapse prevention

DID YOU KNOW



Just because there is no smoke doesn't mean it's healthy...other forms of Tobacco include:

-  Smokeless Tobacco (Vaping)
-  Chewing Tobacco (Dipping)

These also can cause addiction and serious health effects.