



Reasons to Quit...

- *20 minutes after quitting:* your heart rate drops.
- *12 hours after quitting:* carbon monoxide in your blood drops to normal.
- *2 weeks to 3 months after quitting:* your heart attack risk begins to drop; 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 smokers.
- *5 years after quitting:* your stroke risk is reduced to that of a non-smokers 5-15 years after quitting
- *10 years after quitting:* your lung cancer death rate is about half that of a smokers; your risk of cancers of the mouth, throat, esophagus, bladder, kidney and pancreas decreases.
- *15 years after quitting:* your risk of coronary heart disease is back to that of a non-smokers.

“ Giving up smoking is the easiest thing in the world. I know because I’ve done it thousands of times. ”

– Mark Twain



The “**Freedom from Smoking**” program utilizes a wide variety of dedicated staff to provide a multidisciplinary approach.

- Freedom from Smoking Facilitators
- Physicians and Nurse Practitioners
- Nurses
- Respiratory Therapists
- Certified Health Coaches
- Physical Therapists
- Dietitians/Nutritionists



SMOKING CESSATION

If you are ready to **QUIT**, we are here to **HELP!**



Decatur County
Memorial Hospital
The Quality Care You Want. Close By.

(812) 663-1173
720 N. Lincoln Street | Greensburg, Indiana
www.dcmh.net

Did You Know?

- 1 Tobacco use remains the leading cause of preventable death and disease in the U.S., killing close to half a million people each year.
- 2 Every 8 seconds someone dies from nicotine related death.
- 3 Second hand smoke causes 41,000 deaths per year.
- 4 There are over 4000 chemicals in cigarette smoke and over 400 are known to cause cancer.



- 5 On average, each employee who smokes will cost their employer \$5800 per year.
- 6 Cigarette smoking is responsible for more than 480,000 deaths per year in the U.S.
- 7 On average, smokers die 10 years earlier than nonsmokers.
- 8 Smokers in the U.S. cause nearly \$170 billion in direct medical care for adults.
- 9 Smokers cause more than \$156 billion in lost productivity due to premature death and exposure to secondhand smoke.
- 10 Nearly 7 in 10 (68.9%) adult cigarette smokers want to stop smoking.

For more information, please contact the
DCMH Wellness Coordinator at
(812) 663-1173
or email janine.walter@dcmh.net

We Can Help!

Decatur County Memorial Hospital offers the American Lung Association “**Freedom from Smoking**” program to help you quit the habit.

- Studies show that smokers and nicotine users assisted by a health care provider have a greater chance of quitting.
- The “Freedom from Smoking” program is an on-site 8 week program where up to 15 participants meet in a face-to-face group setting.
- “Freedom from Smoking” programs are held throughout the country and are led by an American Lung Association certified facilitator.
- The program features a step-by-step plan for quitting smoking and transitioning to a nicotine free lifestyle.
- Each session is designed to help nicotine users gain control over their behavior, and because no single nicotine cessation plan is effective for all nicotine users, the program has a variety of evidence-based techniques for individuals to combine into their own quit plan.
- The clinic format encourages participants to work on the process and problems of quitting, individually and as part of a group.

Class Information

- To register, contact the DCMH Wellness Coordinator at (812) 663-1173 or email janine.walter@dcmh.net.
- Cost for the 8 week program is \$100.
- Classes are held once a week for 8 weeks at Decatur County Memorial Hospital.