

Your Health Matters

BE A QUITTER!

If you feel attached to your cigarettes, just wait until you have an oxygen tank.

Becky was diagnosed with COPD when she was only 45 years old. She has emphysema, chronic bronchitis and a collapsed lung. Now she's chained to an oxygen tank 24/7. All because she smoked.

If you are ready to quit smoking, picking a "quit day" is a very important step. By not smoking on your quit day, you will be taking the first step toward lowering your risk of cancer and restoring your health.

Cigarettes contain nearly 7,000 chemicals that spread poison throughout your body. E-cigarettes, cigars, pipes and hookahs are not safe alternatives. There is no "safe" way to smoke tobacco.

Quitting smoking benefits your health immediately, and for a lifetime. As soon as you stop smoking, your body begins to heal.

Your heart rate and blood pressure begin to return to normal.

Your blood circulation and lung function improve.

Your risk for COPD, heart disease, stroke, and certain cancers goes down.

To have the best chance of quitting smoking and not starting again, write down your plan. Decide what it will take for you to quit, what your options are, and where you can get support. Using medications or counseling can double or even triple your chances of quitting for good! Make a free call today to 1-800-QUIT-NOW to learn about your options. You can also download the QuitGuide app and helpful booklets from smokefree.gov.

You can quit smoking! Choose your quit day and write down your plan. Do it for your body. Do it for yourself!

Bye bye, tobacco!

The Montgomery County Health Department loves taking care of your family, and works every day to protect, promote and improve health in our community. To learn more, call 573-564-2495 or visit us online at www.montgomerycountyhealth.org or on Facebook or Twitter @healthymoco. ■



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