

UNC Tobacco Treatment Program: Strategies and Resources for Becoming and Staying Tobacco Free

Strategies: Pick a few things from the list below to do instead. (Feel free to add your own.)

<input type="checkbox"/> Go for a walk	<input type="checkbox"/> Drink a glass of water
<input type="checkbox"/> Squeeze a hard rubber ball	<input type="checkbox"/> Remind myself of why I quit
<input type="checkbox"/> Call a friend	<input type="checkbox"/> Suck on mints or lollipops
<input type="checkbox"/> Write a letter	<input type="checkbox"/> Leave stressful situation, if possible
<input type="checkbox"/> Breathe deeply	<input type="checkbox"/> Do relaxation exercises
<input type="checkbox"/> Chew gum	<input type="checkbox"/> Meditate
<input type="checkbox"/> Eat a healthy snack	<input type="checkbox"/> Exercise
<input type="checkbox"/> Pray	<input type="checkbox"/> Sing
<input type="checkbox"/> Munch on carrot or celery sticks	<input type="checkbox"/> Laugh
<input type="checkbox"/> Work on a hobby	<input type="checkbox"/> Hug a friend/family member
<input type="checkbox"/> Work on a puzzle or game	<input type="checkbox"/> Suck on a cinnamon stick
<input type="checkbox"/> Calculate how much money I will save by not using tobacco	<input type="checkbox"/> Chew on a toothpick, straw. Sunflower seeds
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Resources

The North Carolina Quitline: Call 1-800-QUIT-NOW (1-800-784-8669).

The NC Quitline is a free hotline for support in quitting smoking. Trained counselors are available 24/7, 365 days per year. Services are available in both English and Spanish as well as other languages.

Web Resources

Free online support programs can help you track your progress and share experiences with others who are quitting. These are examples:

- www.becomeanex.org
- www.smokefree.gov
- www.trytostop.org

UNC Tobacco Treatment Program: offers comprehensive in-person tobacco treatment counseling at UNC Family Medicine building (590 Manning Dr., Chapel Hill NC 27599).

Open to everyone. Free parking. Call 984-974-0210 to schedule an appointment.

UNC Tobacco Treatment Team: (984) 974-4976

Physical Improvements Following Cessation

SHORT-TERM

- **20 Minutes after a smoker quits:**
 - Blood pressure drops to a level close to that before the last cigarette.
 - Temperature of hands and feet increases to normal.
- **8 hours after a smoker quits:**
 - Carbon monoxide level in blood drops to normal.
- **24 hours after a smoker quits:**
 - Chance of heart attack decreases.
- **2 weeks to 3 months after a smoker quits:**
 - Circulation improves.
 - Lung function increases by up to 30%.
- **1 to 9 months after a smoker quits:**
 - Coughing, sinus congestion, fatigue, and shortness of breath decrease.
 - Cilia regain normal function in the lungs, increasing ability to handle mucus, clean the lungs, and reduce infection.



LONG-TERM

- **1 year after a smoker quits:**
 - Excess risk of coronary heart disease is half that of a smoker's.
- **5 years after a smoker quits:**
 - Stroke risk is reduced to that of a non-smoker's (5-15 years after quitting).
- **10 years after a smoker quits:**
 - Lung cancer death rate is about half that of a continuing smoker's.
 - Risk of cancer of the mouth, throat, esophagus, bladder, kidneys, and pancreas decreases.
- **15 years after a smoker quits:**
 - Risk for coronary heart disease is that of a non-smoker's.