



*“There is no day like today to quit smoking”*

**Did you know that most smokers want to quit?**

Nearly 70% of Americans who smoke want to quit and more than half of all current adult smokers tried to quit last year.\* If you have even thought of quitting but just haven't quite kicked the habit, you are not alone and we are here to help!

**So, what's the hang-up?**

Nicotine!! Nicotine is the addictive substance in tobacco that makes quitting so difficult. Nicotine hijacks the brain and ramps up the feeling of satisfaction resulting in a temporary, yet intensely satisfying “high”. Over time, the brain adapts to nicotine and develops tolerance, meaning it needs more and more nicotine to achieve the same “buzz”. Once tolerance has developed, when smokers try to cut back or quit, the lack of nicotine leads to both physiologic and emotional withdrawal symptoms such as dizziness, headaches, and irritability.

**The Good News!**

The good news is that even though quitting may not be the easiest thing you can do, it may very well be the BEST thing you can do for yourself and we can help you along the way! There are endless health and money-saving benefits to quitting smoking but we want to know what quitting means to you. One of the best ways to be successful in your quit journey is keeping sight of what is motivating you to quit!

**How Can We Support You?**

We are on your side. We want to help you achieve your personal goals and we will be there every step of the way. We can guide you through an individualized plan to help you surmount the challenges associated with quitting including withdrawal and cravings.

**We are in it for the Long Haul!**

The best part of being in a tobacco counseling program in our office is that we can continue following up with you through both your successes and challenges in your quit journey. While you are in our office for your regular 6-month cleaning and dental check-up, we can help make sure you are maintaining your goals and re-evaluate your quit plan as challenges arise.

Even if you aren't immediately ready to quit but are thinking about it for the near or distant future, we are here to answer any questions without any pressure or judgment!

**Ask us today about a FREE Tobacco Counseling Consultation with one of our doctors!!**

\*<https://smokefree.gov/sites/default/files/pdf/clear-horizons-accessible.pdf>

**DID YOU KNOW...**

- Nicotine has been shown to be as addictive as heroin or cocaine.
- Each day over 3,800 youths under 18 years of age start smoking.
- 5.3% of middle schoolers are using e-cigarettes.
- The average age of a first time smokeless tobacco user is 10.
- 36.5 million Americans aged 18 and older smoke cigarettes.
- One dip delivers 3-5 times the amount of nicotine as one cigarette.
- 80% of smokers who attempt to quit on their own return to smoking within one month.
- Smokers are 7 times more likely to have gum disease, which is the leading cause for tooth loss, than those who don't smoke.
- 16 million + Americans live with disease associated with smoking.
- Smokers can and do quit smoking. In fact, today there are more former smokers than current smokers.
- NEARLY 69% OF ADULTS WANT TO QUIT COMPLETELY.



<https://www.rdhmag.com/patient-care/article/16405792/tobacco-cessation-with-a-twist>  
[https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/cessation/quitting/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm)

**Smoking Cessation National Resources**

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| <a href="http://www.BeTobaccoFree.gov">www.BeTobaccoFree.gov</a> | <a href="http://www.Women.SmokeFree.gov">www.Women.SmokeFree.gov</a> |
| <a href="http://www.CDC.gov/tobacco">www.CDC.gov/tobacco</a>     | <a href="http://www.Teen.SmokeFree.gov">www.Teen.SmokeFree.gov</a>   |
| <a href="http://www.Cancer.org">www.Cancer.org</a>               | <a href="http://www.NAQuitLine.org">www.NAQuitLine.org</a>           |
| <a href="http://www.SmokeFree.gov">www.SmokeFree.gov</a>         | <a href="http://www.LungUSA.org">www.LungUSA.org</a>                 |

**Smoking Cessation Time-line**

- 0 seconds:** Air is free of carcinogens.
- 20 minutes:** Blood pressure and oxygen levels return to normal.
- 9 months:** Coughing decreases and lung functions improves.
- 1 year:** Risk of coronary heart disease is decreased by 50%.
- 10 years:** Life expectancy returns to non-smoker levels.