

# QUIT TOBACCO AT ST. LUKE'S HOSPITAL

St. Luke's Hospital offers you expert help and support to stop smoking or chewing tobacco. With three treatment options, our experienced professionals can help you create a plan that fits your specific needs. Your plan to quit will address your dependence on nicotine. It will also help you become and remain tobacco free.

## PERSONALIZED TOBACCO TREATMENT

The tobacco treatment specialists at St. Luke's Hospital received their training from the Mayo Clinic Nicotine Dependency Center, one of the premier tobacco treatment programs in the country. In fact, our treatment specialists are the only Mayo-Clinic-trained professionals in the area.

During one-on-one sessions, you and your treatment specialist will put together a plan to help you quit tobacco use. Your initial interview will determine how many times you meet with the specialist. Your treatment will include:

- Counseling to help you understand and change your behavior
- Recommendations about medicines that can help ease your withdrawal from nicotine
- A plan to quit tobacco use – including a quit date
- A plan to help you avoid going back to tobacco use

Cost: \$52 per session

Please note: A prescription from your doctor is required. *Reimbursement by Medicare is provided. Also, check with your health insurance. Some private plans reimburse for this treatment.*

## MY PATH TO A TOBACCO-FREE FUTURE

Quitting smoking is a process. It takes time. This four-week program, created by the Mayo Clinic Nicotine Dependency Center, helps you through that process with useful information and support. New classes start the first Tuesday of each month. In a group setting, you'll:

- Learn why quitting smoking is hard to do and why it's a physical challenge.
- Understand cravings, the signs of addiction, the emotional aspects of tobacco use and how medicine can help.
- Design a personal plan to help you through the process of quitting.
- Find tips and resources to maintain your smoke-free life.

Cost: \$30

## STAYING TOBACCO FREE

For smokers at every stage of quitting, this tobacco-cessation support group meets weekly. You can attend as many meetings as you need.

Cost: Free!

*For more information about these programs, call Pulmonary Health and Rehabilitation Services at St. Luke's Hospital at 419-897-8449, ext. 8857. Or, check out our Web site at [www.stlukeshospital.com](http://www.stlukeshospital.com).*

## EFFECTS OF QUITTING SMOKING

When you quit smoking, you become healthier and stronger each day. Amazingly, your body shows signs of physical recovery almost immediately. This healing continues for years. For example, after:

20 MINUTES	<i>Your heart rate drops</i>
12 HOURS	<i>Carbon monoxide level in the blood drops to normal.</i>
2 WEEKS TO 3 MONTHS	<i>Circulation improves. Your lung function increases up to 30%.</i>
1 TO 9 MONTHS	<i>Coughing, sinus congestion, fatigue and shortness of breath decrease. Cilia regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs and reduce infection.</i>
1 YEAR	<i>Your risk of having coronary artery disease is half that of a smoker's.</i>
5 YEARS	<i>Stroke risk is reduced to that of a nonsmoker 5 to 15 years after quitting.</i>
10 YEARS	<i>Your risk of dying from lung cancer is about half that of a continuing smoker. Risks of cancer of the mouth, throat, esophagus, bladder, kidney, cervix and pancreas decrease.</i>
15 YEARS	<i>Your risk of coronary heart disease is that of a nonsmoker.</i>

Source: American Cancer Society