

71% OF HAMPSHIRE STUDENTS DON'T SMOKE* BUTT OUT AND BE PART OF THE MOVEMENT



Physiological Effects of Quitting Smoking

- 20 minutes: heart rate slows.
- 12 hours: carbon monoxide in blood returns to normal level.
- 2 weeks to 3 months: lung functions improve: risk of heart attacks declines.
- 1 to 9 months: coughing and shortness of breath reduces.
- + 1 year: risk of a heart attack = 1/2 that of a smoker's.
- 5 to 15 years: risk of stroke is the same as someone who does not smoke.
- +10 years: risk of lung cancer = 1/2 that of a smoker's.
- +15 years: risk of a heart attack = non-smoker's.



Tips to Help You Quit or Reduce the Amount You Smoke

- Write down your reasons for quitting
- Commit to a quit/reduction date
- Create a plan to deal with cravings and triggers
- Find a quit buddy, or someone who will support your efforts to not smoke
- Acknowledge and reward yourself for not smoking

*In the spring 2011 National College Health Assessment, 71% of Hampshire students reported they had not smoked tobacco within the last 30 days.

Support Resources

Health Services

x5458 can help you cut back or quit

- Individualized smoking cessation counseling
- Prescription quitting aids
- Over-the-counter nicotine replacement quitting aids
- Acupuncture

Online Tobacco Cessation Support

- www.becomeanex.com
- www.quitnet.com
- www.trytostop.org
- lungusa.org
- http://www.tobacco-facts.info/cost_to_society.htm (calculator to estimate costs)

12-step meeting

- nicotine-anonymous.org

