
Resources to Help You

Area Health Education Centers
Barb Smith Steinhoff
Tobacco Specialist
Family Medical Center
2907 E. Joyce Blvd.
Fayetteville, Arkansas 72703
479-684-5181

Nicotine Anonymous
415-750-0328
www.nicotine-anonymous.org

Nursing Center for Tobacco Intervention
614-292-0653
www.com.ohio-state.edu/tobacco

American Cancer Society
800-ACS-2345
www.cancer.org/tobacco

American Lung Association
800-LUNG-USA
www.lungusa.com

American Public Health Association
202-789-5600
www.apha.org

SmokeFree Educational Services
212-912-096

National Federation TARGET Program
Kansas City, MO 64915-0626
816-464-5400

Mission Statement

The Pat Walker Health Center, University Health Services provides professional and comprehensive medical care, mental health care, health education, and health promotion for a diverse community of students, faculty, and staff. We, the University Health Services Staff of the Pat Walker Health Center, have a commitment to physical, mental, spiritual, social, and emotional health, the highest standards of quality, and appreciation of the value of each individual. Through these endeavors we support the educational mission of the University of Arkansas and the growth of each individual.

Pat Walker Health Center University Health Services

525 N. Garland Avenue
Fayetteville, AR 72701

(479) 575-4451
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Website: health.uark.edu



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Smoking: Now is the time to quit.



LOVE YOUR HEALTH
Tips and Reasons for Quitting

Department of Health Promotion and Education

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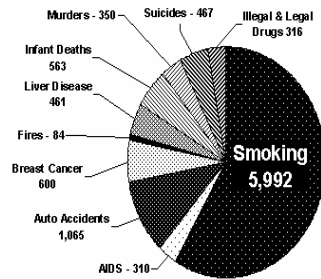
Reasons to Quit

*Smoking is responsible for 1 in every 5 deaths in the US.

*Nicotine increases blood pressure and the heart rate.

*People who smoke have a significantly higher risk of heart disease.

Select S.C. Annual Death Tolls



Sources: 1999-2001 CDC Death Statistics and U.S. 2000 Census

*The body becomes physically and psychologically dependent on nicotine.

*Smoking is less socially acceptable now than in past years.

*Secondhand smoke is a serious health hazard for nonsmokers, especially children.

*Smoking is the main cause of chronic bronchitis and emphysema.

How to Quit

Mobilize Your Mind.

Write down all the reasons that you want to quit. Commit to quit. Set a target date to quit. Care for your body. Exercise and eat right. Critique cigarette ads to understand how they try to make their brand appealing.

Smoke Fewer Cigarettes.

Collect all your cigarette butts in a clear glass jar to reinforce how disgusting smoking is.

Don't carry matches, and keep your cigarettes out of easy reach. Don't buy a new pack until you've finished the one you're smoking. (Never buy a carton!) Practice going without cigarettes. Take one day at a time.

Tell yourself you won't smoke, then don't.

Involve Someone Else.

Tell a friend you have set a target date and ask them to hold you accountable. Involve an incentive and/or punishment. Ask your spouse or a friend to quit with you.



The Time is Now

*The benefits of quitting begin almost immediately and continue to increase over time.

*It is difficult, but extremely possible to quit smoking. You owe it to your health to really consider this, work on a plan now, and implement it very soon.

* It does not matter how long you've smoked.

*The benefits of quitting begin quickly . . . and last the rest of your life.

My Personal Reasons to Quit

1. _____
2. _____
3. _____
4. _____
5. _____

