



Fact Sheet

Be a quitter!

We usually say “Hang in there! Don’t be a quitter.” But when it comes to smoking – it’s a different story. When you are ready to be a quitter, pick “quit day”. By not smoking on your quit day, you will take a very important first step toward lowering your risk of cancer and restoring your health.

Cigarettes contain nearly 7,000 chemicals that spread poison throughout your body. E-cigarettes, cigars, pipes and hookahs are not safe alternatives. There is no “safe” way to smoke tobacco.

Quitting smoking benefits your health immediately, and for a lifetime.

As soon as you stop smoking, your body begins to heal.

- ✓ Your heart rate and blood pressure begin to return to normal.
- ✓ Your blood circulation and lung function improve.
- ✓ Your risk for COPD, heart disease, stroke, and certain cancers goes down.

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To have the best chance of quitting smoking and not starting again, write down your plan. Decide what it will take for you to quit, what your options are, and where you can get support. Using medications or counseling can double or even triple your chances of quitting for good! Make a free call today to 1-800-QUIT-NOW to learn about your options. You can also visit smokefree.gov to download helpful booklets and the QuitGuide app.

Be a quitter! Choose your quit day and write down your plan. Do it for your body. Do it for yourself!

Learn more about how to quit smoking and the other programs and services offered at the Phelps/Maries County Health Department. Caring for your family, caring for our community, caring for YOU!



Public Health
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