

Tobacco FACTS

Health Benefits of Quitting Smoking...

Within 20 minutes:

- Blood pressure and heart rate decrease.

Within 12 hours:

- Carbon monoxide in blood decreases to normal levels.

Within 2 weeks to 3 months:

- Heart attack risk begins to drop.
- Lung function is improving

Within 1 to 9 months:

- Coughing and shortness of breath decreases.

Within 1 year:

- Added risk of coronary heart risk is half that of a person who smokes.

Within 5-15 years:

- Stroke risk is reduced to that of a non-smoker.

**2004, The health consequences of smoking: a report of the Surgeon General, Dept. of Health and Human Services, CDC

Tips To Help You Quit...

- Get rid of all cigarettes and ashtrays in your home, car and/or workplace
- Ask your family, friends and coworkers for support
- Breathe in deeply when you feel an urge to smoke
- Keep yourself busy with other hobbies
- Make a list of reasons why you want to quit
- Reward yourself once you quit (movie, trip, new outfit, etc.)

City of Long Beach Department of Health & Human Services Tobacco Education Program



Tel: (562) 570-7950
Fax: (562) 570-8124

http://www.longbeach.gov/health/health_promotion/tobacco_education_program.asp



Your way to wellness...

Stop Smoking Self-Help Referral Guide

City of Long Beach
Department of Health &
Human Services
Tobacco Education Program
3820 Cherry Avenue
Long Beach, CA 90807
(562) 570-7950



Made Possible by funding from the Department of Health & Human Services through the Los Angeles County Department of Public Health

Smoking Cessation/Stop Smoking Resources

The Long Beach Tobacco Education Program does not currently offer classes, but we urge you to use these resources:

California Smokers' Help Line
Free Telephone Counseling Services

1-800-NO-BUTTS
(1-800-662-8887)

1-800-456-6386 (Spanish)

1-800-400-0866 (Chinese)

1-800-556-5564 (Korean)

1-800-933-4TDD (Hearing Impaired)

1-800-844-CHEW (Chewer's Helpline)



(If you are pregnant, please let the helpline know when you call for special assistance.)

Nicotine Replacement Therapy

If you have public or private health insurance you may be able to get products to help you quit smoking:

1. Talk to your doctor and explain that you want help quitting smoking.
2. Call California Smokers' Helpline: 1-800-NO-BUTTS. You will receive a certificate once you complete the telephone counseling.
3. Take the Helpline certificate and your doctor's prescription to your pharmacist to receive **free** products to help you quit smoking.

Nicotine Anonymous Meetings

For Telephone Information Regarding Meetings Call: **1-800-642-0666**

All Saints Episcopal Church

346 Termino Avenue
Long Beach, CA 90803
(562) 427-8595
Monday 6:00-7:30 pm

Intercity Fellowship

5881 Cherry Avenue
Long Beach, CA 90805
(562) 428-0443
Saturday 9:00 am

Flossie Lewis Center

351 E. 6th Street
Long Beach, CA 90802
(562) 435-7350
Sunday 6:00 pm

*Please call to confirm the location and meeting times for the Nicotine Anonymous Meetings listed above.

Now is the time to stop smoking and enjoy life!

Websites That Can Help You Quit

1-800-NO-BUTTS
www.nobutts.org

BecomeANEX
www.becomeanex.org

TobaccoFreeCA
www.tobaccofreeca.com

QUITNET
www.quitnet.com

NicotineAnonymous
www.nicotineanonymous.org
www.scina.org (Southern CA)

AmericanLungAssociation
www.lungusa.org/stop-smoking

AmericanCancerSociety
www.cancer.org

WhatWorkstoQuit?
www.whatworkstoquit.tobacco-cessation.org

