Changes Your Body Goes Through When You Quit Tobacco

20 minutes after your last cigarette or smokeless tobacco use:
- Blood pressure and pulse rate drops to normal
- Body temperature of hands and feet begin to increase to normal

After 2 Hours:
- Nicotine begins to leave the system

After 10 Hours:
- Carbon monoxide level in blood drops to normal

After 48 Hours:
- All nicotine by-products have left the body
- Nerve endings begin to regrow, resulting in the enhancement of smell and taste
- Chance of heart attack decreases

After 72 Hours:
- Bronchial tubes relax, making breathing easier and increasing lung capacity

After 1-2 Weeks:
- Most physical withdrawal symptoms have disappeared

After 2 Weeks to 3 Months:
- Circulation improves
- Walking becomes easier
- Lung function increases up to 30%

After 1 to 9 Months:
- Coughing, sinus congestion, fatigue and shortness of breath decrease
- Cilia regrow and regain their normal function, including infection reduction
- Body’s overall energy level increases

After 5 Years:
- Lung cancer death rate for average, one-pack-a-day smoker decreases from 137 per 100,000 people to 72 per 100,000

After 10 Years:
- Lung cancer death rate drops to 12 deaths per 1,000,000 - nearly the same rate as nonsmokers
- Precancerous cells are replaced
- Chance of developing other cancers decrease
  - including cancers of the mouth, larynx, esophagus, bladder, kidney and pancreas

BENEFITS ARE LOST WHEN YOU SMOKE JUST ONE CIGARETTE OR TAKE ONE DIP!
Call (402) 280-5287 and Commit to Quit today!

Commit to Quit has helped hundreds of people just like you learn about their tobacco use patterns and discover how to quit for good.

Now is the time for you to Commit to Quit!

For more information about COMMIT TO QUIT or to schedule an appointment, call (402) 280-5287.

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How Commit to Quit Works

During your first visit, you will:

- meet with a trained Tobacco Treatment Specialist
- discuss your tobacco use history and reasons for wanting to change
- work with the specialist to develop a personalized plan designed to help you quit tobacco use.

The type of treatment you will receive is determined by your individual needs. Treatment options include:

**Diagnostic Tobacco Treatment Assessment**

**Individual Counseling**

**Group Counseling**

**Diagnostic Tobacco Treatment Assessment**

An individual assessment by a tobacco treatment specialist is used to develop a personalized tobacco treatment plan. This assessment is the starting point for all other programs and is required for entrance into individual or group sessions. This private meeting addresses reasons for tobacco use, incentives for stopping, the latest quit methods and other issues. An assessment is beneficial for anyone who currently uses tobacco products, especially those interested in quitting or curious about new technologies and techniques.

**Individual Counseling**

Many patients are counseled individually for one or more sessions following their initial assessment. These one-on-one meetings benefit people who have set a stop date within 30 days of their assessment, have tried group sessions before or have other health issues. Individual counseling sessions can vary in length and frequency depending on each patient's needs. While most private insurance plans do not cover tobacco treatment, Medicare has recently included treatment assessment and individual counseling as covered services.

**Group Counseling: Commit To Quit**

The Commit to Quit group counseling program is ideal for those who find it easier to quit with group support. Many find the group dynamic invaluable in helping them meet their goals. Each session meets weekly for seven consecutive weeks; classes are lead by a Tobacco Treatment Specialist. The first half of each session is a lecture format devoted to helping patients understand critical issues related to smoking cessation. The second half focuses on group discussion. All participants set a quit day during the fifth week of the session. Group counseling is ideal for those who want to stop tobacco use but have not established a quit day. These groups are also perfect for couples who choose to quit tobacco use together. Commit to Quit is also offered to businesses and other groups. The cost for one seven-week Commit to Quit session is just $75 per person.

**Ready to Quit? Call (402) 280-5287 today!**