

## The Benefits of Quitting

IT IS TO YOUR BENEFIT TO QUIT TOBACCO USE. BUT DO YOU KNOW SOME OF THE REASONS WHY?

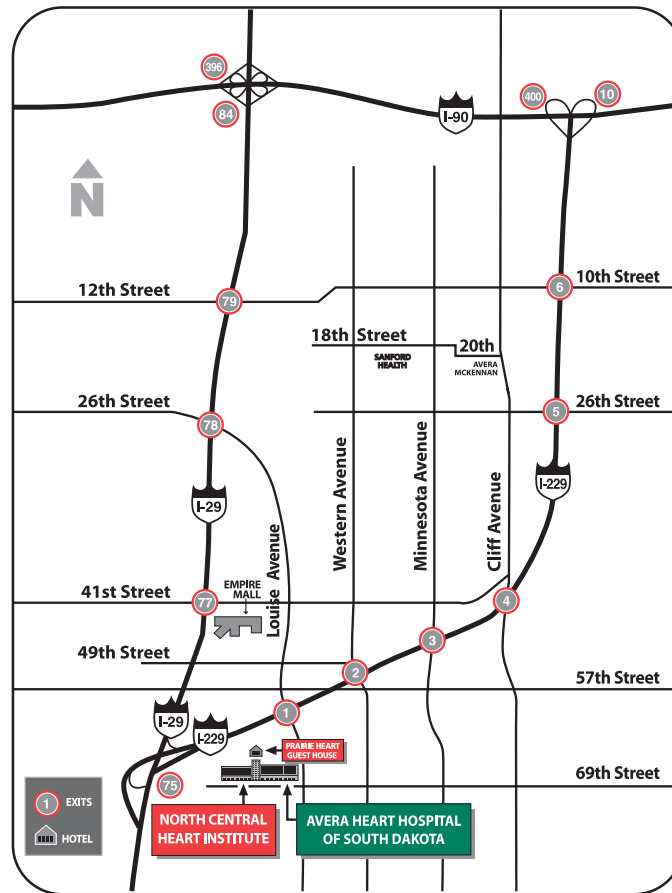


### TOBACCO USE

- Is strongly linked to Peripheral Vascular Disease (decreased blood supply to the arms and legs) and respiratory disease
- Weakens the immune system - increasing the chance of colds and flu
- Impairs the ability to heal cuts and wounds
- Increases heart rate and blood pressure
- Raises the chance of heart attack, stroke and aneurysm

In addition, smoking disrupts the normal function of the lining of arteries, and smokeless tobacco can lead to cancer of the mouth, throat and voice box, bleeding gums and stomach ulcers.

The good news is that quitting at any age can help to minimize the effects of tobacco. Quitting tobacco requires personal commitment, self-discipline and patience.



From I-229 take the Louise Avenue exit and travel south to 69th Street. Turn right on 69th Street and go west 1/2 mile.

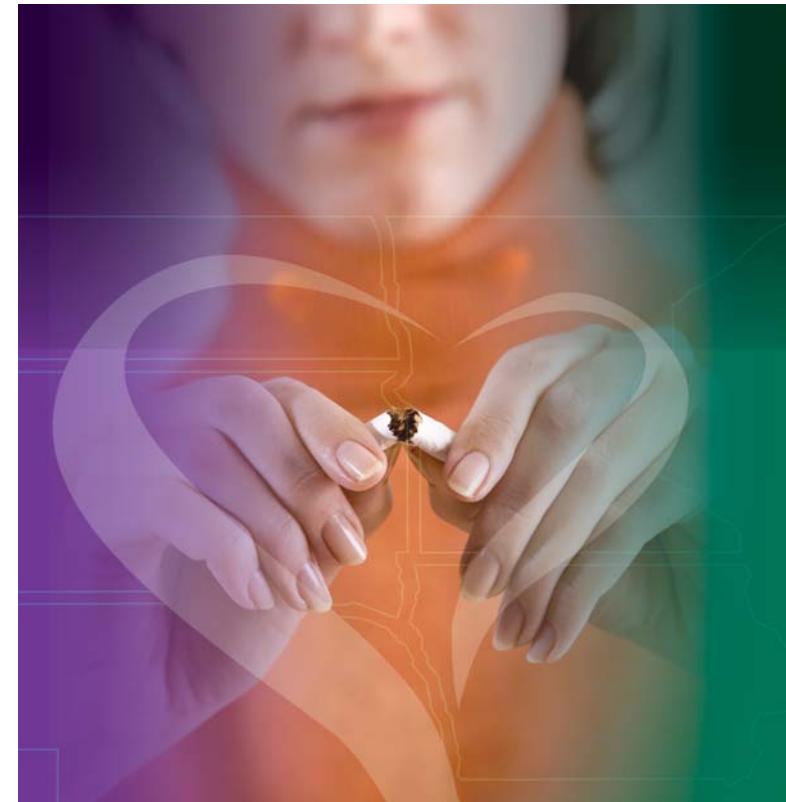
Please call us for information and answers to your questions about our services, procedures and location.

We invite you to call us at **(605) 977-7000** or visit our website at [www.SouthDakotaHeart.com](http://www.SouthDakotaHeart.com)

**Avera**   
Heart Hospital  
of South Dakota

*Look no further.*

**QUIT FOR GOOD**  
TOBACCO FREE  
FOR A HEALTHIER FUTURE



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**Tobacco has been described as “the most important individual health risk in this country.” It is responsible for more than 430,000 deaths each year – 50 deaths per hour.**

## DID YOU KNOW?

Research has shown higher success rates with one-on-one coaching or counseling. Quit For Good seeks to help people quit and stay off of tobacco products through a combination of support and education. Medication options are also discussed.

### Support

- One-on-one counseling helps increase success when quitting tobacco.
- Coaching helps the person start the quitting process.
- Sessions help zero in on personal obstacles that may be encountered.
- Coaching addresses both the physical addiction and psychological addiction.

### Education

- The benefits of quitting tobacco will be outlined to help motivate the desire to quit.
- Participants learn what to expect as their body goes through physical withdrawal and how to navigate through the symptoms.
- Coping skills are outlined and matched to your personality.

The nicotine in tobacco is a powerful, highly addictive drug that makes quitting difficult. Thankfully, with coaching, educational tools and a personal commitment, a person can successfully quit.

Quit For Good is a one-on-one coaching program designed to help you stop all tobacco products through guidance, education, support and medication options.

### Quit For Good is a tobacco-free clinic that includes:

- Six one-on-one sessions customized to accommodate your schedule
- Spirometry (breathing) test
- Carbon Monoxide breath test
- Educational materials and tools
- Coaching with a respiratory therapist

Total cost for six sessions is \$100.

**FOR MORE INFORMATION ON HOW YOU CAN STOP USING TOBACCO PRODUCTS THROUGH THE QUIT FOR GOOD PROGRAM, CALL DEB MURRAY AT (605) 977-7000.**



- The rate of lung cancer death in women is higher than the rate of breast cancer death.
- 70% of tobacco users want to quit.
- There’s no safe way to smoke. There’s no safe amount to smoke. There’s no safe cigarette.
- Smokeless tobacco is not a safe alternative to cigarette smoking. In fact, it has more nicotine than cigarettes.
- Medical costs for tobacco-related diseases add up to more than \$50 billion a year.
- Oral cancer is one of the most difficult cancers to treat.
- When you quit tobacco, you raise the likelihood that your children will never start.
- Tobacco companies need over 1,000 new tobacco users each day to replace those who have died from tobacco products.
- Smoking is the most common cause of COPD, accounting for 9 out of 10 COPD-related deaths.
- If you refer to the monetary impact of increased respiratory illness, time off from work, health care costs and health care premiums, the cost of a pack of cigarettes is nearly \$40.

*Centers for Disease Control and Prevention and American Lung Association*