



MedStar Health



Resources for reducing dependence on tobacco.

# Want to quit smoking or stay quit?

We have many ways that can help you!

### 1. Talking with your provider:

Your provider can prescribe nicotine replacement and other medications that help with nicotine cravings.

### 2. MedStar Health cessation counseling program:

Free group cessation counseling delivered *in-person and virtually* by MedStar tobacco treatment specialists. To register for the next available class, **call 855-218-2435**.

### 3. Maryland, Virginia, and D.C. tobacco quitlines:

**1-800-784-8669**. Call for free counseling and receive nicotine patches and/or lozenges. Live counselors 24/7.

### 4. Text messaging:

**smokefree.gov/smokefreetxt**

Sign up for text message reminders and encouragement.

### 5. Interactive app and website:

**quitSTART-Quit Smoking App** and

**BecomeAnEx.org** are two resources that allow you to track your quitting and cravings on your smartphone and offer encouragement through the quitting process.

## The immediate and long-term benefits of quitting:

### After quitting for:

#### 20 minutes

An individual's heart and blood pressure decrease.

#### 2-3 weeks

Circulation and lung functionality improve.

#### 1 year

The risk of coronary disease and heart attack is reduced.

#### 10 years

The risk of mortality from lung cancer is 50% less likely compared with a current smoker's risk. Pancreas and larynx cancer risks are also decreased.

#### 12 hours

The body's carbon monoxide levels return to healthy levels.

#### 1-9 months

Lungs continue to improve and heal, reducing coughing and shortness of breath.

#### 5 years

The risk of mouth, throat, esophagus and bladder cancer are decreased by half. The risk of cervical cancer and stroke decline to that of a nonsmoker.

#### 15 years

The risk of coronary disease equates to that of a nonsmoker's.