

**WHEN YOU QUIT SMOKING,  
IT HELPS YOU HEAL FASTER**

Your hospital visit is a great time for you to quit.

**WHY SHOULD YOU QUIT NOW?**

Smoking may slow your recovery from surgery and illness. It may also slow bone and wound healing. All United States hospitals are smoke-free. You will be told NOT to smoke during your hospital stay – now is the time to quit.

**HOW DO YOU QUIT IN THE HOSPITAL?**

Talk to your doctor or other hospital staff about a plan for quitting. Ask for help right away. Your doctor may give you medicine to help you handle withdrawal while in the hospital and beyond.

**HELPFUL HINTS TO STAY SMOKE-FREE**

- Ask your friends and family for support.
- Continue your quit plan after your hospital stay.
- Make sure you leave the hospital with the right medicines and prescriptions.
- If you slip and smoke, don't give up! Set a new date to get back on track.

**CALIFORNIA SMOKERS' HELPLINE**

Telephone counseling sessions to help you quit: 1-800-662-8887

**READY TO QUIT?**

If you are ready, a Helpline counselor can set up a plan to quit smoking that is right for you. An intake counselor will answer your first call and send you a packet of helpful information. The program provides information on arranging counseling sessions. A cessation counselor will return your call within 48 hours.

**MEDI-CAL?**

The Helpline program can provide you with the Certificate of Enrollment necessary to receive nicotine patches, nicotine gum or Zyban. You will need to take the certificate, along with a prescription from your doctor, to the pharmacy.

**TEEN SMOKER?**

The Helpline has services for teens too! Just identify yourself as a teen to receive help by mail or over the telephone.

**CHEWING TOBACCO?**

There is a Helpline for chew tobacco users.

**CHEWER'S HOTLINE**

1-800-844-CHEW (1-800-844-2439)

Español:

1-800-45-NO FUME (1-800-456-6386)



2410 Fletcher Avenue | Santa Barbara, CA 93105  
Phone: 805-879-8500 | Fax: 805-879-8575

**PHONE HOURS:**

Monday – Friday | 7:00 am – 5:00 pm

[cottageadvancedimaging.com](http://cottageadvancedimaging.com)



Breathe  
WELL

GET THE HELP YOU NEED TO QUIT SMOKING



## PROGRAMS

For telephone counseling, call the California Smokers' Helpline:

**1-800-662-8887**

**FOR CURRENT CLASSES AND SCHEDULE, CALL THE TOBACCO PREVENTION SETTLEMENT PROGRAM:**

805-681-5407

*Para más información en español llame al 805-681-5407*

Online resources include:

[www.sbcphd.org/tobacco](http://www.sbcphd.org/tobacco)

[www.tobaccofreeca.com](http://www.tobaccofreeca.com)

**FOR INFORMATION ON COTTAGE HEALTH'S SMOKING CESSATION PROGRAM, CALL:**

1-855-CHS-WELL

Or visit the website: [cottagehealth.org](http://cottagehealth.org)  
*(Classes and Events)*

## ALTERNATIVE TREATMENTS

### IN SANTA BARBARA

Community Centered Acupuncture Clinic  
1900 State Street, Suite C  
805-687-7328

### IN SANTA MARIA

Acupuncture Center of Santa Maria  
225 E. Mill Street  
805-922-4490

## What happens when you stop smoking

### WITHIN 20 MINUTES

Blood pressure, pulse and temperature of hands and feet return to normal.

### WITHIN 8 HOURS

Carbon monoxide level in blood drops to normal. Oxygen level in blood increases to normal.

### WITHIN 24 HOURS

Chance of heart attack decreases.

### WITHIN 48 HOURS

Sense of taste and smell start to return to normal.

### WITHIN 2 WEEKS TO 3 MONTHS

Circulation improves. Lung function increases up to 30%.

### WITHIN 1 TO 9 MONTHS

Coughing, sinus congestion, fatigue and shortness of breath decrease.  
Energy level increases.

### WITHIN 1 YEAR

Risk of coronary disease drops to half of that of a smoker.

### WITHIN 5 YEARS

Death rate due to lung cancer decreases by almost one half. Risk of stroke is reduced to that of a non-smoker within 5–15 years

### WITHIN 10 YEARS

Chance of lung cancer death is similar to that of a non-smoker. Less risk of cancer of mouth, throat, bladder, kidney and pancreas.

### WITHIN 15 YEARS

Risk of coronary heart disease is that of a non-smoker.

## MEDICATIONS

The following products can help you quit, especially if you join a class or use self-help material simultaneously.

Nicotine replacement can minimize or eliminate withdrawal symptoms commonly experienced when quitting smoking or chewing. The quitter is better able to resist using tobacco when he or she might crave cigarettes or chewing tobacco.

**VARENICLINE (CHANTIX)\*** This prescription medicine is designed to help break the physical addiction to nicotine. It activates dopamine release and blocks nicotine from attaching to receptors in the brain.

**NICOTINE CHEWING GUM\*/ LOZENGE** The gum or lozenges are available over the counter in 2-mg or 4-mg strengths. The nicotine is absorbed by the membranes in the mouth and prevents withdrawal symptoms.

**NICOTINE PATCH\*** Patches are available over the counter in 7-mg, 14-mg and 21-mg strengths. Dosage depends on the number of cigarettes smoked per day. Gradual weaning is recommended to reduce nicotine withdrawal effects. Do not smoke or chew while using nicotine replacement products.

**BUPROPION (WELLBUTRIN, ZYBAN)\*** Bupropion is a prescription medicine that helps reduce withdrawal symptoms and the urge to smoke. It acts on the brain to modify neurotransmitters involved in nicotine addiction and withdrawal.

*\*Side effects have been reported by a small percentage of users, so be sure to read and understand all package instructions.*