The Benefits of Quitting Smoking:

20 MINUTES AFTER QUITTING: Your blood pressure and heart rate drop.

2 WEEKS TO 3 MONTHS AFTER QUITTING:

Your circulation improves and your lung function increases. Your risk of heart attack starts to decrease.

1 YEAR AFTER QUITTING:

Your risk of heart disease is cut in half.

10 YEARS AFTER QUITTING:

Your are half as likely to die from lung cancer than a person who is still smoking. Your risk of cancer of the pancreas and kidney decreases.

12 HOURS AFTER QUITTING:

The carbon monoxide level in your blood drops to normal.

1 TO 9 MONTHS AFTER QUITTING:

Coughing and shortness of breath decreases.

2 TO 5 YEARS AFTER QUITTING:

Your risk of cancers of the mouth, throat, esophagus, and bladder is cut in half. Your stroke risk drops to that of a person who does not smoke

15 YEARS AFTER QUITTING:

Your risk of coronary heart disease is the same as someone who doesn't smoke.



How do I quit smoking?

Wanting to quit is the first step! There are many resources available for quitting smoking. *Refer to our website by scanning the QR code below for more information.*

UR Medicine Thoracic-Foregut patients have access to an internal smoking cessation program which uses a combination of counseling and/or medication management to increase your chances of successfully quitting smoking. Our program is especially focused on the reduction of smoking before surgery. We offer both in person and video visits with certified tobacco treatment specialists.

/ithin UR Medicine:	Other resources:
Thoracic Surgery Cessation Program	NYS Quitline
Center for Community Health and Prevention	National Cancer Institute
One-on-one Appointments	American Lung Association
Commit to Quit! Group sessions	The Truth Initiative: Freedom from
Wilmot Cancer Institute - Support through text messages	Nicotine Addiction

What are my treatment options?

Using both counseling and medication doubles your chances of successfully quitting smoking. If you have previously tried to quit and have been unsuccessful, it is not uncommon to need to try again and often means a change to your treatment plan is needed. Our team is here to help you find the options that work best for you.

Prescription Medications:

- Varenicline (formally sold as Chantix) works in two ways. First, it provides a mild version of nicotine's effects. This helps reduce withdrawal symptoms and cravings. Second, it stops your brain from feeling the pleasurable effects of nicotine when you smoke. This makes smoking less appealing.
- **Bupropion** (also sold as **Zyban** or **Wellbutrin**) blocks the effects of nicotine in your brain. This makes smoking feel less pleasurable, but it does not replace the effect of nicotine.
- **Nicotine nasal spray** is a nicotine replacement therapy that is sprayed into the nostril and absorbed into the nasal lining and bloodstream. This product provides nicotine without the other harmful effects of cigarettes.

Other Alternatives:

- Nicotine replacement therapy (NRT): Over the counter nicotine replacement therapies can help satisfy nicotine cravings by giving the body small amounts of nicotine. They can help make quitting easier. These options come in patches, lozenges and gum.
- Behavior therapy: Used independently or in combination with NRT or non-nicotine medication. Cessation counselors can help you learn strategies to cope with cravings, tackle behavior change, recognize triggers, and handle situations that may trigger wanting to smoke.

Scan for more information and to contact our office:



