



Smoking Cessation Aids are Available to You!

Did you know that there are several *free* or reduced-cost Smoking Cessation aids, resources and programs available to you, your family, and your friends and coworkers? Listed below are resources that are readily available to Local 338 members and their families, along with important information on why you should quit and what the benefits are to quitting now.

10 Reasons to Quit

1. **Live a healthier life.**
2. **Live a longer life.**
3. **Be free of addiction.**
4. **Improve the health of people around you.**
5. **Save money.**
6. **Feel better.**
7. **Improve your quality of life.**
8. **Have a healthy baby.**
9. **Have better sexual and reproductive health.**
10. **Stop feeling like an outcast.**



Health Benefits of Quitting Smoking

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| In 20 minutes | <ul style="list-style-type: none">• Your heart rate drops. |
| In 12 hours | <ul style="list-style-type: none">• The carbon monoxide level in your blood drops to normal. |
| In 2 days | <ul style="list-style-type: none">• Your ability to smell and taste improve. |
| In 2 to 3 weeks | <ul style="list-style-type: none">• Your heart attack risk begins to drop.• Your circulation gets better.• You can walk more easily.• Your lung function improves. |
| In 1 month | <ul style="list-style-type: none">• Your coughing and shortness of breath decrease. |
| In 1 year | <ul style="list-style-type: none">• Your risk of heart disease is cut in half. |
| In 5 years | <ul style="list-style-type: none">• Your risk of stroke is reduced to that of a non-smoker. |
| In 10 years | <ul style="list-style-type: none">• Your risk of dying from lung cancer is about half that of a continuing smoker's.• Your risk of developing cancer of the mouth, throat, and esophagus decreases. |
| In 15 years | <ul style="list-style-type: none">• Your risk of coronary heart disease returns to the level of people who have never smoked |

Quitting is Easy with the Following Resources Available to Help You!

- **New York State** offers:
 - FREE starter kit of nicotine patches, gum, or lozenges for eligible New York State smokers.
 - Trained Quitline specialists offering help with quit plans.
 - Information about local stop smoking programs, information-taped messages and other tools and resources.
 - A toll-free number to call for FREE coaching and support: 1-866-NY-QUITS (1-866-697-8487).
 - A dedicated New York State Quit site at www.nysmokefree.com.
- The **Nassau County, NY** Department of Health offers:
 - FREE nicotine patches (nicotine replacement therapy) in collaboration with the NYS program. A toll-free number is available for further information: 1-966-697-8487.
- The **Suffolk County, NY** Department of Health offers:
 - Smoking cessation classes and nicotine replacement therapy such as patches and gum to medically eligible participants. For further information call: (631) 853-4017.
- The **North Shore-Long Island Jewish Health System Center for Tobacco Control** offers:
 - FREE six-week intensive stop-smoking classes, emphasizing behavior changes and medication use. Call (516) 466-1980 for class schedules.
 - A dedicated web site offering tips, tools, and resources at www.northshorelij.com.
- The **New Jersey** Department of Health & Senior Services offers:
 - A FREE quit-smoking support program, available online at www.nj.quitnet.com or by calling 1-866-NJSTOPS (1-866-657-8677).
- The **Pennsylvania** Department of Health offers:
 - Counseling and structured assistance programs by calling 1-800-QUIT-NOW (1-800-784-8669).
 - More information and resource links via www.dsf.health.state.pa.us/health.

Also look for these links and other health-related information on your Local 338 web site at www.local338.org!

Our mission is to better the lives of our members and all working people.