

Health Bulletin: You Can Quit Smoking



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#2 in a series of Health Bulletins on issues of pressing interest to all New Yorkers



"He's a quitter and that makes me smile."

**EVERYBODY
LOVES
A QUITTER.**

If you smoke,
get help to quit.

- Quitting smoking is the single most important thing you can do to prolong your life and protect those around you.
- It's never too late to quit, no matter how long you've smoked. Quitting at *any* age will improve your health.
- Nicotine replacement products, such as the patch or gum, and medication such as Zyban (bupropion), can *double* your chance of success.
- Most New Yorkers who ever smoked have already quit, and most who continue to smoke *want* to quit.

The Benefits of Quitting Start Right Away

You rapidly lower your risk of heart disease and stroke, and steadily reduce your risk of lung cancer.

- In 24 hours:**
 - Your chance of heart attack drops.
- In 2 days:**
 - Your ability to smell and taste improve.
- In 2 to 3 weeks:**
 - Your circulation gets better.
 - You can walk more easily.
 - Your lung function improves.
- In 1 month:**
 - Your cough, sinus congestion, fatigue, and shortness of breath decrease.
 - Your lungs start to repair themselves, reducing the chance of infection.
- In 1 year:**
 - Your risk of heart disease is cut in half.
- In 5 years:**
 - Your risk of cancer of mouth, throat, and esophagus drops by about half.
 - Your risk of stroke and heart disease is reduced to that of non-smokers (about 5 to 15 years after quitting).
- In 10 years:**
 - Your chance of dying of lung cancer is about the same as non-smokers.

How to Quit Smoking

- 1. Get ready.**
Write down your reasons for quitting. Look at the list often.
- 2. Consider using a nicotine replacement product,** such as the patch or gum, and medication such as Zyban.
 - These products can greatly relieve withdrawal symptoms, and *double* your chance of quitting.
 - Your doctor can help you find the right combination for *you*.
- 3. Get a quitting buddy** — either another smoker who wants to quit, or a non-smoker you can talk to.
- 4. Pick a quit date.** Prepare for it by throwing out ashtrays and lighters. When the day comes, get rid of all your cigarettes.
- 5. Establish a smoke-free home.** It will help you avoid smoking urges.
- 6. Avoid anything that triggers cravings,** including alcohol, caffeine, and stress. It also helps to stay away from smokers for awhile.
- 7. Drink lots of water, and exercise** to relieve stress, raise your spirits, and improve your health. A 30-minute, brisk walk at least 4 days a week is enough for many people.
- 8. Stay away from the first cigarette.** The craving will pass. All it takes is *one* to get many people smoking again.

Available in Spanish and Chinese: call 311 or visit nyc.gov/health
 Disponible en español: llame al 311 o visite nyc.gov/health
 需要中文服務 - 可電 311 或造訪網址 nyc.gov/health



More Information and Help to Quit

Getting help *greatly* increases your chance of success.

The Health and Hospitals Corporation's quit smoking clinics offer free or low-cost counseling and other services at convenient locations throughout New York City. Call 311 for information.

Bronx

Segundo Ruiz Belvis Diagnostic & Treatment Center
545 East 142nd Street
(718) 579-4934

Jacobi Medical Center
1400 Pelham Parkway South
(718) 918-3784

Lincoln Medical and Mental Health Center
234 East 149th Street
(718) 579-4934 or 579-4912

Morrisania Diagnostic & Treatment Center
1228 Gerard Avenue
(718) 579-4934

North Central Bronx Hospital
3424 Kossuth Avenue
(718) 519-2425

Brooklyn

Coney Island Hospital
2601 Ocean Parkway
(718) 616-5039

Kings County Hospital Center
451 Clarkson Avenue
(718) 245-2782 or 245-2783

Woodhull Medical and Mental Health Center
760 Broadway
(718) 630-3256 (English)
(718) 630-3258 (Español)

Queens

Elmhurst Hospital Center
79-01 Broadway, Elmhurst
(718) 334-2550

Queens Hospital Center
82-68 164th Street, Jamaica
(718) 883-4208

Call 311 or visit nyc.gov/health

Manhattan

Bellevue Hospital Center
462 First Avenue (@ 27th Street)
(212) 562-4748

Gouverneur Health Care Services
227 Madison Street
(212) 238-7471

Harlem Hospital Center
506 Lenox Avenue
(212) 939-8467 or 939-8222

Metropolitan Hospital Center
1901 First Avenue (@ 97th Street)
(212) 423-7211



*"My mom's a quitter.
That's so cool."*

311 for Non-Emergency NYC Services
Telephone Interpretation in 170 Languages

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Health & Mental Hygiene News

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