

# Smoking Cessation Services

Several studies show an increase in cigarette smoking among people exposed to the WTC disaster. Research also shows that smoking cigarettes can worsen respiratory problems.

## 10 Reasons to Quit

- 1. Live a healthier life.** Smoking causes heart disease, stroke, lung cancer and many other diseases. Your health starts improving the minute you quit.
- 2. Live a longer life.** Cigarettes really are “eating you alive.” Smokers die about 14 years sooner than non-smokers do.
- 3. Be free of addiction.** Nicotine is one of the most addictive substances known.
- 4. Improve the health of people around you.** Second-hand smoke kills. It causes cancer, heart disease and other illnesses. Children whose parents smoke are more likely to have bronchitis, asthma, ear infections and pneumonia.
- 5. Save money.** A pack a day costs more than \$3,200 a year.
- 6. Feel better.** Get rid of your cough, breathe easier and stop feeling sick all the time. Look better, too: quitters have younger-looking skin, whiter teeth and more energy.
- 7. Quality of life.** Your clothes, car and home won't stink. Food will taste better.
- 8. Have a healthy baby.** Babies of women who smoke are more likely to be sick or die, and to be born too small or too soon.
- 9. Better sexual and reproductive health.** Men who smoke can have trouble getting and keeping an erection. Women who smoke have more difficulty getting and staying pregnant.
- 10. Stop feeling like an outcast.** There are fewer and fewer places where smoking is allowed. Most smokers have already quit. You can, too.

## More Information and Help

- WTC Health Registry smoking cessation services: **888-WTC-QUIT (888-982-7848)** or **WTCHRCARES@health.nyc.gov**
- NYC smoking cessation clinics: Call **311** or visit **nyc.gov/health/smokefree**
- New York State Smokers' Quitline: **866-NY-QUITS (866-697-8487)** or **nysmokefree.com**
- National Cancer Institute Smoking Quitline: **877-44U-QUIT (877-448-7848)**
- Smokefree.gov site and quitline: **800-QUIT-NOW (800-784-8669)**
- BecomeAnEX quit smoking site: **becomeanex.org**

# Facts About Drinking

**Stress and exposure to a traumatic event like 9/11 may increase the risk for substance use, such as alcohol dependence.**

## How Much Is Too Much?

- *For men:* More than 2 drinks per day or more than 14 drinks a week.
- *For women and people 65 years of age and older:* More than 1 drink per day or more than 7 drinks a week.

## The Risks of Excessive Drinking

- Cirrhosis (scarring) of the liver
- Hepatitis
- Osteoporosis
- Hypertension
- Heart problems
- Sexual dysfunction
- Cancers of the mouth, throat, esophagus, liver, breast and colon
- Weakened immune system
- Depression, dementia and other mental disorders
- Accidents, injuries, violence and suicide

## More Information and Help

- 9/11 Treatment Referral Program: **888-WTC-7848 (888-982-7848)**
- NYC 9/11 Benefit Program: Helps cover out-of-pocket costs for 9/11-related mental health and substance use treatment: **877-737-1164**
- Call **800-LifeNet (800-543-3638)** or call **311** and ask for LifeNet for help with alcohol or other substance use problems.
- Alcoholics Anonymous: **aa.org** or **212-870-3400**
- Al-Anon and Alateen: **al-anon.org** or **888-4AL-ANON (888-425-2666)**
- National Substance Abuse Treatment Facility Locator: **<http://findtreatment.samhsa.gov>** or **800-662-HELP (800-662-4357)**
- National Institute on Alcohol Abuse and Alcoholism: **<http://www.niaaa.nih.gov>** or **310-443-3860**

## What is 1 drink?



A 12-oz. glass, bottle or can of beer or ale



An 8- or 9-oz. glass, bottle or can of malt liquor, depending on the brand



A 5-oz. glass of wine, or a 3.5-oz. glass of fortified wine



A 1.5-oz. "shot" of distilled liquor or brandy (straight or in a mixed drink)