



# Resources to Quit Smoking

Prepared by the Glen Rock Board of Health

If you are a smoker, chances are you have tried to quit smoking in the past. Most smokers try to quit smoking seven times before they are successful. It is never too late to get benefits from giving up cigarettes. However, the sooner you stop, the greater the benefits and the sooner you will feel the improvement to your health. Stopping is likely to expand your life span, help you breathe easier, improve your circulation, increase your senses of smell and taste, and save you money. In addition to the many respiratory illnesses smoking causes and exacerbates, smoking harms your heart, bones, eyes, aggravates diabetes, and increases your chances of getting several types of cancer. It also causes wrinkling of the skin and may cause erectile dysfunction.

Second hand smoke harms your family and friends. It can cause and/or contribute to their lung and heart problems. Babies younger than one who are exposed to cigarette smoke are more likely to die of Sudden Infant Death Syndrome. Asthma, lung problems, and ear infections are more common among children exposed to second hand smoke. Quitting smoking helps to protect your loved ones.

Nicotine is addictive, dangerous to developing fetuses, and may harm brain development of teens and those in their young twenties. Some people may feel withdrawal symptoms when they try to stop smoking. However, there are many options to help you. It is probably best to start by discussing these with your doctor. TobaccoFreeNJ offers free phone counseling to help guide you. If you are a senior, SmokeFree60+ offers mobile apps and text messaging to help you quit. Nicotine replacement products are available to help you get through withdrawal symptoms. Over the counter products include gums, patches, and lozenges. In some cases, your physician may prescribe medications to reduce withdrawal symptoms.

Many people are under the impression that smoking cigars or pipes is safer than smoking cigarettes. Both involve smoking tobacco. Cigars use tobacco leaves to wrap tobacco, rather than paper, and lack any filters. Pipes contain tobacco in a bowl at the end of a stem to a mouthpiece. They may or may not have filters. Both smoking methods have the same health risks as cigarettes.

E-cigarettes are fairly new and not all of the risks have been studied. They also use nicotine and are therefore addictive. In addition, the aerosols contain carcinogens, various organic compounds, heavy metals, and ultrafine particles that can penetrate your lungs. Flavorings may also contain dangerous compounds such as diacetyl which is linked to lung disease. Some e-cigarettes that have been marked to be nicotine free have been found to contain nicotine. Their batteries have also been the cause of fires and explosions.

Below are links and phone numbers to the resources mentioned above. They can help you be more successful in your attempt to improve the health of yourself and those around you. Good luck!

Call the NJ Quitline at 1-866-NJ STOPS (1-866-657-8677) to speak to a confidential, multilingual, quit counselor.

<https://www.tobaccofreenj.com/quit-smoking>

<https://60plus.smokefree.gov/tools-tips-60plus/mobile-tools>

