

## Additional Resources

Ohio Department of Health

<https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/tobacco-use-prevention-and-cessation/>

Townhall II  
330-678-3006

Centers for Disease Control  
and Prevention

<http://www.cdc.gov/tobacco/>

University Health Services  
(KSU students, faculty and staff)  
330-672-8267

## Kent City Health Department Services:

- **Vital Statistics**— birth and death records
- **Child Immunizations**
- **Environmental Health:**

**Public Inspections**— restaurants, housing, schools, water, body art facilities, etc.

**Pest Control**—mosquitoes, rodents etc.

**Waste Management**—trash and recycling regulations

**Public Health Nuisances & Animal Bite Investigations**

Please visit [kentpublichealth.org](http://kentpublichealth.org)



Kent City Health Department  
414 East Main Street  
Kent, Ohio 44240  
Phone: 330-678-8109  
Fax: 330-678-2082

## Tips to Quit

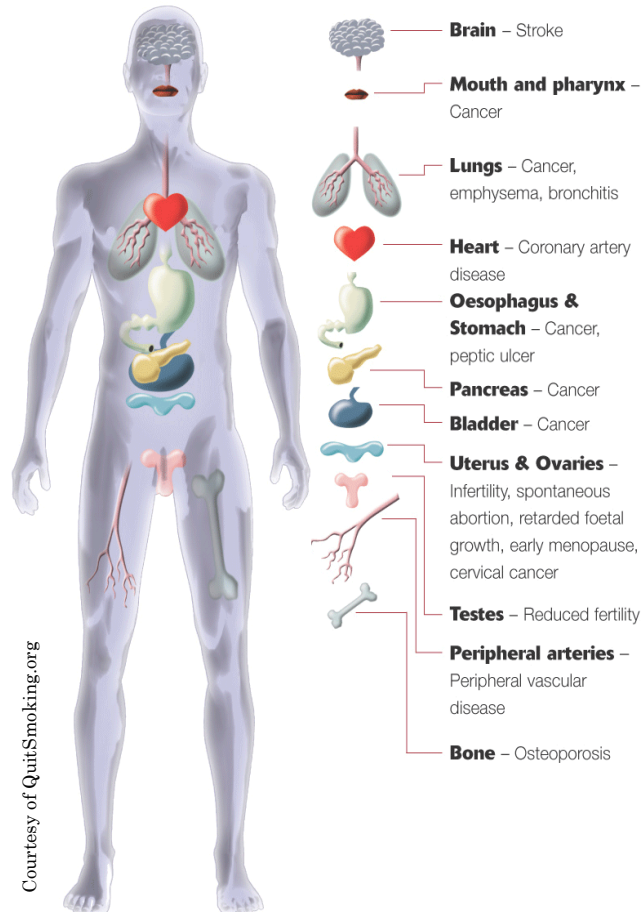
A guide to help you  
achieve a tobacco-free  
lifestyle



## Why do you smoke?

- **Nicotine is a drug.** It makes you feel good, making you want more of it. This is where addiction to smoking comes from.
- **Tobacco ads trick you.** The tobacco industry promotes their products in an appealing way that attracts young customers. They make cigarettes seem glamorous and fashionable.
- **Nicotine tricks you.** Smokers often claim that cigarettes make them feel relaxed and less stressed. However, nicotine itself does not relax you because it is a stimulant. Feeding your craving is what makes you feel relaxed.
- **Smoking is social.** Often, smokers enjoy smoking with their friends and family as a shared activity or to start conversations with new people.
- **Smoking hides insecurities.** Many smokers believe smoking makes them look cool and confident. Some also feel that smoking helps them control their weight.
- **It gives you something to do.** Smoking is often just something to do when you're bored or lonely.

## Health Hazards



From cancer to heart disease to premature wrinkles, there are a million ways that smoking destroys your body. According to the American Cancer Society, within just **20 minutes** of quitting, your blood pressure and heart rate decreases. After just 2-3 months, your lungs will even begin to regain normal function. **Start now because it's worth it!**

## Getting Help

- Call the Ohio Tobacco Quit Line at 800-QUIT-NOW.
- Try nicotine replacement therapy (NRT) with a nicotine patch, gum, nasal spray, inhaler, or lozenge\*. These give you a steady dosage of nicotine throughout the day, which helps you cope with nicotine withdrawal symptoms.  
\*Please note that e-cigarettes containing nicotine have not been approved by the FDA.
- Ask your doctor about using a prescription drug to help you quit. Sometimes you can use NRT with these drugs. Confirm your plan to quit with your physician.

## The Plan

- Set a quit date and make a list of the reasons why you are doing so. Put the list in a place where you can look at it often.
- Get rid of all tobacco-related supplies, such as ashtrays and lighters.
- Request support from your loved ones.
- Avoid situations where tobacco use is likely to occur.
- Treat yourself! Being tobacco-free is an accomplishment so take a vacation, go shopping, or just use your time to relax.