



Erie County  
Department of  
Health



Public Health  
Prevent. Promote. Protect.

# Smoking; Quitters Always Win

For additional support:

**1-866-NY-QUITS**

(1-866-697-8487)

**nysmokefree.com**

f t i n /nysmokefree

## How much are you paying Big Tobacco to shorten your life?

12/21/23

A pack of Marlboro is  
\$15 in Erie County  
A pack a day habit cost:  
\$105 a week  
\$453 a month  
\$5,475 a year  
\$27,375 over 5 years  
\$136,875 over 25 years

### Calculate your cost

[www.nysmokefree.com/](http://www.nysmokefree.com/)

[ToolsAndResources/SavingsCalculator](#)

The cost of smoking goes beyond \$\$\$\$. Personal/family health, romance/relationships, home and auto value, life insurance, healthy hair/skin/teeth, respect of others, image and credibility are greatly diminished by smoking.

The greatest cost might be your life.

## A Winning Strategy

Are you thinking about quitting smoking but stuck in indecision? Think about why you want to quit. List things in your life negatively impacted by your smoking. List any positive impact smoking has on your life. Study and compare. Even if you decide you are not ready to quit, hang the list where you'll see it.

Some people decide to quit and just do it; but quitting smoking is not so easy for most people. A little support, a good plan, and the right tools can increase the chance of success.

**First, choose your quit date** and announce your plan to family/friends. This holds you accountable & provides support. ([continues next column](#))

## Help is Out There

Talk to your doctor about insurance coverage and treatment options,

Call NYS Smokers Quitline and ask about a free 2-week supply of patches & gum  
1-866-NY-QUITS — 1-866-697-8487

Use a free mobile quit smoking app  
**On your smart phone, search "quitSTART App"**  
Or "Quit Now: My Quit Buddy"

## After You Stop Smoking...

In 1 week: Your sense of taste and smell improves

In 3 months: Your lung function begins to improve

In 8 hours: Excess carbon monoxide is out of your blood

In 5 years: The risk of stroke is the same as non-smokers

In 1 month: Skin appearance is likely to improve

In 5 days: Most nicotine is out of your body

In 12 months: Your risk of heart disease has halved

In 10 years: Your risk of cancer is half that of a smoker



## Quit Plan (continued)

- Start a quit plan journal. Place your reasons to quit list inside.
- Review past attempts. What did & didn't work?
- Identify/list smoking patterns & triggers. Add to your trigger list as you discover them.
- Anticipate challenges & come up with plans to beat them. List ways to successfully get through an urge to smoke; like, sing a song, do some sit-ups, or call a quit coach to talk you through the typical 5 to 10 minute urge.

**Relapse is not failure. It's an opportunity to fix a weakness the relapse revealed in your plan**

**Fix it, and try again**