

A Tobacco Cessation Resource Guide For You



Chippewa County

Benefits of Quitting Smoking

Within 20 minutes of smoking that last cigarette, the body begins a series of changes that continue for years.

20 minutes

- Blood Pressure drops to normal
- Pulse rate drops to normal
- Body temperature of hands and feet increase to normal

8 Hours

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

24 Hours

- Chance of heart attack decreases

2 Weeks to 3 Months

- Circulation improves
- Walking becomes easier
- Lung function increases up to 30%

1 to 9 Months

- Coughing, sinus congestion, fatigue, shortness of breath decrease
- Cilia regain normal function in lungs, increasing ability to handle mucus, clean the lungs, reduce infection

- Body's overall energy increases

1 Year

- Excess risk of coronary heart disease is half that of a smoker

5 Years

- Lung cancer death rate for the average smoker (1 pack per day) decreases by almost half
- Stroke rate is reduced to that of a nonsmoker 5-15 years after quitting

- Risk of cancer of the mouth and esophagus is half that of a smoker

10 Years

- Lung cancer death rate similar to that of a non-smoker

- Precancerous cells are replaced

- Risk of cancer of the mouth, throat, kidney, bladder, and pancreas decreases

15 Years

- Risk of coronary heart disease is that of a non-smoker



IF YOU SMOKE AROUND YOUR CHILDREN, THEY CAN INHALE THE EQUIVALENT OF 102 PACKS OF CIGARETTES BY AGE 5.

Secondhand Smoke - It's Nothing To Kid About.

www.epa.gov/smokefree

www.mismokefreeapartment.org

Spit Tobacco

Check for Early Warning Signs. See your doctor or dentist **right away** if you have:

- **A sore that bleeds easily and doesn't heal**
- **A lump or thickening anywhere in your mouth or neck**
- **Soreness or swelling that doesn't go away**
- **A red or white patch that doesn't go away**
- **Trouble chewing, swallowing, or moving your tongue or jaw**



Once you're hooked, it's hard to keep the lid on this addiction.

Thinking About Quitting?

Quitting Smoking Pays Dividends



Number of Packs a Day

	1	1 1/2	2	2 1/2	3
Day	\$6	\$9	\$12	\$15	\$18
Week	\$42	\$63	\$84	\$105	\$126
Month	\$180	\$270	\$360	\$450	\$540
1 Yr	\$2,190	\$3,285	\$4,380	\$5,475	\$6,570
10 Yrs	\$21,900	\$32,850	\$43,800	\$54,750	\$65,700
20 Yrs	\$43,800	\$65,700	\$87,600	\$109,500	\$131,400
30 Yrs	\$65,700	\$98,550	\$131,400	\$164,250	\$197,100
40 Yrs	\$87,600	\$131,400	\$175,200	\$219,000	\$262,800
50 Yrs	\$109,500	\$164,250	\$219,000	\$273,750	\$328,500

If you smoke one pack of cigarettes a day, quitting would save you over \$2,000 per year.

Additional Internet Resources

www.cdc.gov/tobacco

www.healthymichigan.com

www.nicotine-anonymous.org

www.cancer.org

www.lungusa.org

www.quitnet.org

www.smokefreefamilies.org

www.getasthmahelp.org

Michigan Tobacco Quit Line

1-800-QUIT-NOW (784-8669)

Chippewa County Tobacco Cessation Resources

www.chippewahd.com
www.smokefreeup.org
www.tobaccofreemichigan.org
www.michigan.gov/tobacco
www.healthysaulttribe.com

Agency	Address	Contact	Telephone	E-Mail	Population Eligible for Service	Cost	Program Description
Bay Mills Health Center	12124 W. Lakeshore Drive Brimley MI 49715	Receptionist	906-248-5527	N/A	General Public	Free Counseling Medication or Nicotine Replacement is self-pay or reimbursed by insurance	Programs are available in either a group setting or individual counseling. Each patient is assessed to give a more personalized approach to helping them reach their goal. Printed self-help information is provided.
LSSU Health Care Center	650 W. Easterday Avenue Sault Ste Marie MI 49783	Mary McLeod, CNP	906-635-2110	mmcleod@lssu.edu	LSSU Students, Faculty, Staff & General Public	Fee for Service - Most insurances accepted	Review health associated problems with smoking, and short term and long term effects. Review patient's current health situation and the impact smoking has on it. NRT and Zyban are also offered.
Chippewa County Health Department	508 Ashmun Street Suite 120 Sault Ste Marie MI 49783	Julie Trotter	906-635-3636	jtrotter@chippewahd.com	Clients and other interested individuals	None	Clients and other interested individuals are provided printed self-help materials and referral information.
Chippewa County Health Department Sault Health Adolescent Care Center S.H.A.C.C.	Sault Area High School Room 622	Diane Hill Karen Senkus	906-635-3839, Ext. 5802 906-253-3103	dhill@chippewahd.com ksenkus@chippewahd.com	Sault Area High School, Malcolm High School and Sault Area Middle School students	None	Tobacco education and cessation programs are available per referral by principal or teacher to SHACC eligible students. Self-help materials are available to both students and staff.
Riverside Medical Associates	560 Osborn Boulevard Sault Ste Marie MI 49783	Scheduling	906-632-1800	N/A	Youth, Adults, Pregnant Women	Fee for Service - Most insurances accepted	Individualized information/counseling, along with medication.
Sault Tribe of Chippewa Indians	2864 Ashmun Street Sault Ste Marie MI 49783	Colleen Commons, Health Education Supervisor	906-632-5210	cccommons@saulttribe.net	Sault Tribe members, youth through adult, Sault Tribe employees, and patients eligible for care from Sault Tribe Health Services	No cost for eligible tribal participants. For other participants, insurance may be billed and co-payment and/or out of pocket costs may apply	Individual counseling for youth and adults choosing to break their dependence on nicotine. Includes cessation medications, problem solving, printed materials and support. Traditional medicine services are also available.
Superior Family Medical Associates	550 Osborn Boulevard Sault Ste Marie MI 49783	Jaak Pahn, MD	906-632-0370	N/A	General Public All Ages	Fee for Service - Most insurances accepted	Individualized information/counseling, along with medication.
War Memorial Hospital	500 Osborn Boulevard Sault Ste Marie MI 49783	Scott Bartz, P.A.	906-253-1039	eastom98@yahoo.com	War Memorial Hospital employees and employee spouses	Cost of medication. If employee or family member remains tobacco free for 6 months, then the cost of medication is reimbursed	Through Occupational Health at War Memorial Hospital, medication and counseling is offered.

Many area healthcare providers offer tobacco cessation services. Please talk with your healthcare provider at your next visit.