

How Cabell Huntington Hospital Can Help

Cabell Huntington Hospital offers the American Lung Association's class, Freedom From Smoking, which consists of eight group sessions led by experts who understand why you smoke. The program uses a positive behavior modification approach that teaches you how to become a nonsmoker.

Each session deals with a particular topic to help you understand addiction, offer strategies to help you deal with the physical and psychological recovery symptoms, discuss exercise and fitness recommendations and provide long-term strategies for maintaining a smokefree lifestyle. If you would like to try this program, or you'd like to talk to a member of the cardiopulmonary staff about quitting smoking, please call 304-526-2088 or 304-696-2935.

If you are currently a patient in Cabell Huntington Hospital, you can start on the road to ending your dependence on tobacco today! Talk to your nurse or ask your physician to write an order for a consultation with a member of the cardiopulmonary staff. You will be visited in your room by a staff member who will help motivate you and educate you about the positive change you are making.

Questions?

Please call 304-526-2088 or 304-696-2935.



Your Partners for Life

Cabell Huntington
Hospital

Cancer. Lung disease. Heart disease.

Breathing problems.

Fatigue.

Wrinkles.

You're setting a bad example.

Gum disease.

Your clothes and hair smell bad.

You have to take your breaks outside.



**There
are
many
reasons
to
quit
smoking...**

Cigarette burns.

Waste of money.

Second hand smoke.

You're no fun to kiss.

You can't taste food.

Your sense of smell is diminished.

That nagging cough.

It may affect your fertility.

Here are three great ones...

1 Your Family

Take a minute to think about all the things you do for your family – probably everything from earning money and making meals to making sure homework gets done. No matter what the situation, you're always there for them.

But the truth is if you keep smoking, you may not be there when your family needs you the most. Every year, about 400,000 people die from a smoking-related disease. They may die from lung cancer, but smoking can cause other lung diseases and cancers, too – and heart disease. Not all the smokers who die are old. Many die when they're middle-aged, and they never see their kids grow up or see their grandchildren. Go ahead – ask your family if they want you to quit.

2 Your Children

Do you really want your children to start smoking? They probably will, just because they've seen you smoking for so long. But if you tough it out and quit, they'll get the message that smoking really isn't good for you. Here's something else to think about: what do you think happens when your kids breathe in your smoke and chemicals all day?

Cigarettes are loaded with 43 chemicals that can cause cancer. And now scientists have proven that secondhand smoke is just as bad for your kids as smoking is for you. Kids who live with parents who smoke get more colds than other kids. They also have more ear infections, allergies and diseases like bronchitis and pneumonia.

3 You

Maybe you don't know all the great things that happen when you stop smoking. Some of them happen slowly, but some of them happen right away. The temperature of your hands and feet go back to normal. So does the level of oxygen in your blood. See? You're healthier already!!

You'll be able to smell and taste your food better – you'll love that! You won't smell like an ashtray anymore – everyone will love that! You'll have more overall energy, and that loud cough that shakes the walls will be history. You'll breathe a lot better. In fact, your lungs will even start to repair themselves!

Best of all, if you quit, your chances of getting the diseases smoking can cause – like lung cancer or mouth cancer – become much, much lower. So which is more important to you? Smoking? Or your family, your kids, and your health?

Text courtesy of the American Cancer Society

*More than 48 million Americans have quit smoking. So can you.
Call the smoking cessation program at 304-526-2088 or ask your doctor for help.*