

Tobacco Cessation Services

The first step toward becoming tobacco-free or supporting someone else in quitting is to learn about resources that can help throughout the process.

Approximately two-thirds of Cornell students who use tobacco have thought about quitting. Some have tried to quit "cold turkey" and been successful, but others have found that a combination of medical assistance and the right cessation tools were helpful.

Gannett has plenty of tools that can help you, or a friend, leave tobacco behind. Our slogan, "Turn someday into today!" is meant to encourage members of the Cornell community to take advantage of the tobacco cessation services.



Here are several options to help you select the choices that will work best for you

Gannett Services

Gannett's tobacco cessation services can help you find what methods will work best for you. Some of the options available include:

- **Free Quit Kits:** Those preparing to quit can receive a free quit-kit during their medical visit or from Gannett's Pharmacy.
- **Nicotine Replacement Therapies:** Purchase nicotine replacement products (gum or patch) at Gannett's Pharmacy to relieve withdrawal symptoms when trying to quit.
- **Clinical Visit:** Make an appointment with one of Gannett's primary care providers to review your tobacco use; learn about new cessation tools that can improve your chance for success; and receive support to create a quit plan that may include medications. Call 255-5155 to make an appointment.
- **Nurse Consultation:** During your next Gannett visit, talk with a nurse about your tobacco use and learn more about the cessation support offered by the NYS Quitline and NYS Quitsite.
- **NYS Quitline:** Call 1-866-NY-QUITS or 1-866-697-8487. This phone service has tobacco cessation specialists who provide help with quit plans and information about local cessation programs. The quitline also provides informational taped messages (available 24hours/7day per week). The quitline offers a free starter kit of Nicotine Patches, Gum or Lozenges for eligible NYS smokers. Specialist support is available Monday - Friday from 9am-9pm, Saturday and Sunday 9am-1pm.
- **NYS Quitsite:** www.ny.smokefree.com The New York State Smokers' website provides information and tools for quitting, facts about tobacco, educational links, and resources for professionals helping others with tobacco cessation.

The Benefits of Quitting during the First Year

After quitting for:

20 minutes:

- Blood pressure drops
- Heart rate drops
- Body temperature of hands and feet increase

8 hours:

- Carbon monoxide level in the blood drops
- Oxygen level in blood increases

24 hours:

- Chance of heart attack decreases

48 hours:

- Nerve endings start to re-grow
- Ability to smell and taste is enhanced

72 hours...

- Bronchial tubes relax, making breathing easier
- Overall energy level increases
- Coughing, congestion, fatigue, shortness of breath decrease

2 to 3 weeks:

- Body is better able to fight infection.
- Circulation improves
- Walking becomes easier
- Lung function increases up to 30 percent

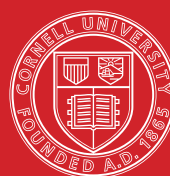
1 to 9 Months:

- Coughing, sinus congestion, fatigue, and shortness of breathe decrease
- Cilia re-grow in lungs, increasing their ability to handle mucous, clean the lungs, and reduce infection

- Body's overall energy level increases

1 Year

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



Online Resources for Tobacco Cessation

- **Quitnet:** www.quitnet.com QuitNet is a smoking cessation help site owned by Axia Health Management that operates in association with the Boston University School of Public Health. It allows you to design your own quit program by reviewing a quit guide, get expert support on-line or receive support from ex-smokers and others in the process of quitting.
- **Tobacco Free U:** www.tobaccofreeu.org This site is sponsored by Bacchus and Gamma and offers students facts and figures about tobacco; information on creating campus policy; review of the health implications of second-hand smoke; assistance with quitting tobacco, tips on how to help a friend quit, along with educational materials and support for those planning programs or advocacy activities.
- **NYS Smoke Free:** www.nysmokefree.com New York State Smokers' website provides information and tools for quitting:
- **How 2 Quit:** www.cdc.gov/tobacco/how2quit.htm Centers for Disease Control and Prevention provide information on how to quit smoking.
- **American Lung Association:** www.lungusa.org The American Lung Association's "Freedom from Smoking" web site offers an online cessation program that includes seven modules with lessons that take you through a process of quitting. Also included is a message board, written resources and supportive information.

Still need motivation? Consider this:

You probably know that cigarette smoking is the leading preventable cause of disease and death in the United States (Dr. David Satcher, U.S. Surgeon General), and that "smoking harms nearly every organ of the body, causing many diseases and reducing the health of smokers in general" (Dr. Richard H. Camona, U.S. Surgeon General). But did you know research has found smoking as few as 1 to 4 cigarettes a day can have serious health consequences, including an increased risk of heart

disease and a higher risk of dying at an earlier age (K.Bjartveit, A. Tverda, "Health Consequences of Smoking 1-4 Cigarettes Per Day.")

As time goes on, researchers are learning much more about the specific health effects of tobacco on users, and non-users alike. Below are some additional tobacco facts that may help motivate you (or a friend) to kick the tobacco habit or stay tobacco-free.

- "Smokeless tobacco use is associated with cardiovascular dysfunction, oral cancer, and periodontal disease." M.E. Hill, J.S. Harrell, L.K. McCormick
- College students who smoke have higher rates of respiratory infections, asthma, as well as a higher incidence of bacterial meningitis, especially freshman living in residence halls. Halperin, 2002
- More than 440,000 people die of tobacco-related illnesses in the U.S. every year. Centers for Disease Control, 2003
- "Of the 15 million college students in the US, it is estimated that 1.7 million will die of tobacco-related illnesses, most prematurely." Halperin, 2002
- Nicotine in cigarettes, cigars, pipes, smokeless tobacco, bidis, and clove cigarettes is addictive.
- Research shows that there is no minimum number of cigarettes smoked or number of days used per week necessary to become addicted to smoking. Joseph R DiFranza MD
- Smoking is a factor in coronary heart disease, stroke and chronic emphysema; and has a causal relationship with breast, uterine, cervical, bladder, kidney, pancreatic, stomach, rectal, and oral cancers. Surgeon General, 2004
- Women who smoke are at increased risk of stroke, reduced fertility, miscarriage, and having low-birth weight babies.
- For non-smokers living with someone who smokes inside their residence, the second-hand smoke they inhale gives them a 30% higher risk of death from heart disease.

Fall and Spring Semester Hours:

Monday-Friday	8:30 am-5:00 pm
Saturday	10:00 am-4:00pm
Sunday	building closed

Check the web for hours during breaks, winter and summer sessions: www.gannett.cornell.edu

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