

Let Go of Tobacco

IT PAYS TO QUIT!



HOWARD COUNTY
GENERAL HOSPITAL | JOHNS
HOPKINS
MEDICINE

Smoking Cessation could be the most important advice you receive here at HCGH!

If you don't smoke, please share this information with someone who does.

Did you know:

You can improve your health within
8 hours of quitting?

- Even if you take one cigarette from each pack and throw it away – you will be closer to your goal of being smoke-free? (Gradually throw out more and continue the progress.)
- You can focus on the positives of being smoke-free: improved heart health, breathing easier, more energy, improved sense of wellbeing.
- Your physician can assist you in developing your plan of treatment to support you in your goal.
- There are many community resources to support you in your successful achievement of being smoke-free. Some of them are listed here.

Web Resources:

Web Resources:

- HCGH
- Howard County Health Department
- American Cancer Society

www.hcgh.org
www.hchealth.org
www.cancer.org

Community Resources

Freedom From Smoking Program

An 8 session program HCGH Wellness Center. Fee \$60. 410-740-7601.

Nicotine Anonymous Support Group

Sundays, 5:30 pm, HCGH Wellness Center. Call 410-964-2180.
Wednesdays, 6:30 pm, Serenity Center. 410-884-6088.

Asian-American Anti-Smoking Foundation

Information in Chinese, Korean, and Vietnamese. Call 410-290-6675.

Tobacco Cessation Programs

Tobacco cessation programs, acupuncture, behavioral counseling, and nutritional advice for quitting. 410-290-6675.

Howard Community College Students
410-772-4984.

Howard County Health Department
8 week program with medical support.
410-313-6268.