



## RESOURCE GUIDE



**Southern Ohio  
Medical Center**

*Very* Good things are happening here



**Public Health**  
Prevent. Promote. Protect.



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## About the Guide

Whether you smoke or use chewing tobacco, the dangers are endless and can cause substantial impacts on your life.

Many benefits can occur to help prevent those effects on your health. This guide will offer foundations to prevent chronic disease and the ramifications that our community endures from tobacco use. This resource guide will be a guide to help Pike County to continue to stay tobacco free.



## Collaborative Community Partnerships Responsible

OSU Extension Office

Ohio University

CAC-Community Action Committee

Scioto Paint Valley Mental Health

Adena-Pike Medical Center

Southern Ohio Medical Center

Valley View Health Center

Ohio Department of Health

Kroger Pharmacy

**PIKE COUNTY GENERAL  
HEALTH DISTRICT 740-947-7721**

# Quitting Benefits Why Quit?



- Lowered risk for lung cancer
- Reduced risk for heart disease, stroke, and peripheral vascular disease
- Reduced rate of heart disease of 1 to 2 years quitting
- Reduced respiratory symptoms, such as coughing, wheezing, and shortness of breath
- Reduced risk for infertility in women of childbearing age
- 1 in 5 adults have some form of mental health condition and 36% of these people smoke cigarettes
- In 20 minutes of quitting your heart rate and blood pressure drop
- 2-5 years your risk of cancer of mouth, throat, esophagus, bladder cut in half as well as stroke risk
- Smokers who quit before age 40 reduce their chance of dying early by 2/3

## Second-Hand Smoke Facts

### Negative Health Effects



Secondhand smoke is the combination of smoke from the burning end of the cigarette and the smoke breathed out by smokers. Secondhand smoke is dangerous.

There is no safe amount of secondhand smoke. Even a short time in a smoky room causes your blood platelets to stick together and will damage the lining of your blood vessels, which can result in a heart attack. Some of the health consequences of secondhand smoke are listed below.

#### Secondhand smoke causes the following in adults:

- Heart disease
- Frequent asthma attacks
- Respiratory infections

#### Secondhand smoke causes the following in children:

- Ear infections
- Frequent asthma attacks
- Respiratory infections



## Toxic Second Hand Smoke Chemicals

Secondhand smoke is smoke from burning tobacco products. Tobacco smoke contains more than 7,000 chemicals. Listed below are toxic, poison gases, or cancer causing chemicals that can be found in second hand smoke.

### **FORMALDEHYDE**

This is used for embalming dead bodies

### **BENZENE**

This is found in gasoline

### **POLONIUM-210**

This is radioactive material

### **VINYL CHLORIDE**

This is used to make pipes

### **CARBON MONOXIDE**

This is found in car exhaust

### **HYDROGEN CYANIDE**

This is used in chemical weapons

### **BUTANE**

This is used in lighter fluid

### **AMMONIA**

This is used in household cleaners

### **TOLUENE**

This is found in paint thinners

### **CADMIUM**

This is used in making batteries

### **LEAD**

This was once used in paint

### **ARSENIC**

This is used in pesticides



## Other Negative Health Effects of Smoking

- Smoking causes about 90% of all lung cancer deaths.
- Smoking causes about 80% of all deaths from chronic obstructive pulmonary disease.
- Cigarette smoking causes more than 480,000 deaths each year in the United States.
- Smokers are 12 to 13 times more likely to die from COPD than nonsmokers.
- Smoking is a cause of rheumatoid arthritis and increase your risk of cataracts.
- Smoking affects the teeth and gums and can cause tooth loss.
- Most exposure to secondhand smoke occurs in homes and workplaces.
- People with lower income and lower education are less likely to be covered by smoke free laws in worksites, restaurants, and bars.
- Smoking leads to weight gain and decreased lung capacity to burn calorie intake thus leading to obesity.

# E-Cigarettes



## Negative Health Effects

E-cigarettes include a diverse group of devices that allow users to inhale an aerosol with different flavors. E-cigarette use among U.S. youth and young adults is now a major public health issue. E-cigarette use has increased considerably in recent years, growing as astounding 900% among high school students in 2011 to 2015.

- E-cigarette use is higher in males than females.
- Instead of quitting, many e-cigarette users are continuing to use conventional cigarettes.
- Diacetyl is a chemical used in e-cigarettes and can cause obliterative bronchiolitis, also known as popcorn lung.
- The FDA does not regulate e-cigarettes or ingredients that are being disclosed in them which can cause more negative health effects.

# Smokeless Tobacco Facts



## Negative Health Effects

Smokeless tobacco is not burned and appeals to the younger youth because it comes in flavors such as cinnamon, berry, vanilla, and apple. They also appeal to the younger youth because the can be hid from view. Types of smokeless tobacco are chewing tobacco, snuff, and dissolvable. Listed below are facts about smokeless tobacco.

- Smokeless tobacco can lead to nicotine addiction.
- Most smokeless tobacco is highly addictive and more likely to become a cigarette smoker.
- Associated with diseases of the mouth.
- Can cause nicotine poisoning in children.
- Increase the risk of death from heart disease and stroke.
- Smokeless tobacco during pregnancy increase the risk of early delivery and stillbirth.
- Highest smokeless tobacco was Wyoming
- Lowest smokeless tobacco usage was in Connecticut and Maryland.

# ► Local Resources

## Quitting and Support Information

### OHIO QUIT LINE

This is for smokers on Medicaid, pregnant smokers, and those without health insurance. Assistance for some insurance companies and employer-based participation may exist.

### 1-800-QUIT-NOW

[www.ohio.quitlogix.org](http://www.ohio.quitlogix.org)

### ADENA QUIT CLINIC AT ADENA

### PIKE MEDICAL CENTER

Offers the STAR program and other educational resources, as well as doctor assistance.

[www.adena.org](http://www.adena.org)

### VALLEYVIEW HEALTH CENTER

Smoking cessation counseling visits.

[www.valleyviewhealth.org](http://www.valleyviewhealth.org)

### KROGER PHARMACY

Comprehensive coaching visits for \$35.00, offers phone or face-to-face visits, personalized training plan.

#### In-store Consultation

### SOUTHERN OHIO MEDICAL CENTER

Smoking cessation classes-medication support (nicotine replacement therapy) available to program participants.

[www.somc.org/programs/  
communityhealth/  
tobaccoprevention](http://www.somc.org/programs/communityhealth/tobaccoprevention)

# ► Facebook Resources

## Quitting and Support Information

### SMOKEFREE WOMEN

Guided for support for women, is a support group to share stories and stay smoke free.

[www.women.smokefree.gov](http://www.women.smokefree.gov)

### LUNG FORCE

This is led by the American Lung Association to unite women of lung cancer.

[www.LUNGFORCE.org](http://www.LUNGFORCE.org)

### QUIT TOBACCO-UCANQUIT2

One-stop educational resource for all U.S. Military. Sponsored by the U.S. Department of Defense.

[www.tricare.mil/UCanQuit2](http://www.tricare.mil/UCanQuit2)

### SMOKEFREE VET

Support community for veterans to become smoke free and stay smoke free.

[www.smokefree.gov/veterans](http://www.smokefree.gov/veterans)

## **SMOKEFREE US**

Intended to help you or someone you care about quit smoking.

[www.smokefree.gov](http://www.smokefree.gov)

## **QUIT FOR LIFE PROGRAM**

Teach people how to become experts about living without tobacco.

[www.quitnow.net](http://www.quitnow.net)

# **Web Resources**

## **Quitting and Support Information**



### **BECOME AN EX**

Make a plan, track your quitting info and savings. App for iPhone  
[www.becomeanex.org](http://www.becomeanex.org)

### **KILL THE CAN**

Quit smokeless tobacco.  
[www.killthecan.org](http://www.killthecan.org)

### **NICOTINE ANONYMOUS**

Website for a local meeting near you. Similar to AA for tobacco users and quitters.

[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

### **SMOKE-FREE**

Excellent Text 2 Quit Support.  
[www.smokefree.gov](http://www.smokefree.gov)

### **AMERICAN CANCER SOCIETY**

Informational brochure on making a plan to quit smoking offer for "Set Yourself Free".

[www.cancer.org](http://www.cancer.org)

### **AMERICAN LUNG ASSOCIATION**

Information on "Freedom from Smoking" program for participants, ways to begin, support, making a plan.  
[www.lung.org](http://www.lung.org)

### **AMERICAN HEART ASSOCIATION**

Offers a stop smoking contract, tips to quit, medication information, ways to be heart healthy.  
[www.heart.org](http://www.heart.org)

### **AMERICAN ACADEMY OF FAMILY**

### **PHYSICIANS ASK AND ACT PROGRAM (AAFP)**

Information on tobacco cessation counseling and educational materials.  
[www.afp.org](http://www.afp.org)

### **QUIT.COM**

A behavioral support program based on where you are in your quit cycle and customized for you.  
[www.quit.com](http://www.quit.com)

### **MANUFACTURERS HELP**

If you are quitting smoking with a prescription such as Chantix, Zyban, Wellbutrin, the manufacturer can help with counseling and some coupons.



# Phone Apps

## Quitting and Support Information

### SMOKE FREE-QUIT SMOKING NOW

Log cravings, and money savings

Developer: David Crane

Rating: 4.8

Cost: Free

### QUIT SMOKING HYPNOSIS

Change your mindset. Stop Smoking

Hypnotherapy

Rating: 4.3

Cost: Free/Pro Version-\$3.99

### DIPQUIT: QUIT DIPPING TOBACCO

Track your amount of quit days, money savings, number of lips used.

Developer: Catrnja Dev

Rating: 4.1

Cost: Free

### SMOKERFACE-QUIT SMOKING

Take a selfie and see the effects of smoking on your own face.

Rating: 4.6

Cost: Free

### LIVESTRONG MYQUIT COACH

Log cravings, and money savings

Developer: LIVESTRONG.com

Rating: 4.4

Cost: Free

### CRAVING TO QUIT

21-day program based on a successful smoking cessation program.

Developer: Goblue International, LLC.

Rating: 4.5

Cost: 4 days Free/1 month 24.9

### UP IN SMOKE

Educational guide to how much smokers are actually finically spending.

Developer: William Lemley

Rating: 5.0

Cost: Free

### KWIT-QUIT SMOKING CIGARETTES

This uses a game technique to encourage smokers to stop smoking.

Developer: KWIT

Rating: 4.6

Cost: Free

### STOP SMOKING PERSONAL STORIES

First 3 stories are free on stop smoking personal stories.

Developer: Pitashi! Mobile Imagination

Rating: 4.6

Cost: 1 Month \$3.99/6 month \$6.99

### QUIT SMOKING NOW:STOPFOREVER

Highlight the tremendous financial savings, health benefits, and overall health improvements.

Developer: TreePie LLC

Rating: 4.7

Cost: Free

### Ditch Vape (Text 88709)

The first of its kind program to help young people quit vaping.

## References

[www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)

[www.surgeongeneral.gov](http://www.surgeongeneral.gov)

[www.smokefree.gov](http://www.smokefree.gov)

**PIKE COUNTY GENERAL  
HEALTH DISTRICT**

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\*All apps may have in-app purchases