

Ready to Quit?



Quit the Smoking Habit with Excela Health

- Stroke risk is reduced to that of a person who has never smoked five to 15 years after quitting.
- Cancers of the mouth, throat and esophagus risks are halved five years after quitting.
- Cancer of the larynx risk is reduced after quitting.
- Coronary heart disease risk is cut by half one year after quitting and is nearly the same as someone who has never smoked 15 years after quitting.
- Chronic obstructive pulmonary disease risk of death is reduced after quitting.
- Lung cancer risk drops by as much as half 10 years after quitting.
- Ulcer risk drops after quitting.
- Bladder cancer risk is halved a few years after quitting.
- Peripheral artery disease goes down after quitting.
- Cervical cancer risk is reduced a few years after quitting.
- Low birthweight baby risk drops to normal after quitting before pregnancy or during first trimester.

Source: Centers for Disease Control and Prevention

Ready to Quit?



1-877-PA-HEALTH

*Courtesy of Westmoreland Drug and
Alcohol Commission, Inc.,
a member of Tobacco Free SWPA*

Excela Health

Get Help to Kick the Habit

Everyone knows that tobacco use is bad for you, but like any drug, kicking the habit isn't easy. Many things have been shown to help, including behavior changes and support. Studies indicate that joining a tobacco cessation class can double your chances of success.

Our *Ready to Quit? Quit Smart!* Program is comprehensive and based on the latest research in tobacco cessation. This methodology, combined with our hope for a smoke-free future, gives you a supportive, professional and caring atmosphere to develop your own individualized coping plan.

Key Features

- Seven weekly small-group meetings with a tobacco cessation specialist
- Orientation
- Preparation
- Quit day
- Stress management
- Benefits of quitting
- Relapse prevention
- Maintaining the quit
- Individualized personal coping plan
- *Stay Smart!* telephonic tobacco cessation support group for those who have completed the program

The use of nicotine replacement therapy or other medications to assist tobacco cessation is strongly recommended to enhance the success of this program, but it is not mandatory. Rebates for tobacco cessation pharmacotherapy will be explained in class.

If you are interested in obtaining the name of an Excelsa Health physician, call 1-877-771-1234.

Program Start Dates

New programs begin about every six weeks. Please call the Excelsa Health Call Center, toll-free, to find out the start dates and locations of upcoming programs.

1-877-771-1234

Locations

Classes are held at Frick, Latrobe and Westmoreland hospitals and sites throughout the service area. Please call for dates and times.

Registration

For more information on our *Ready to Quit? Quit Smart!* Tobacco Cessation program or to register, call the Excelsa Health Call Center, toll-free, **1-877-771-1234**, or go online to www.excelahealth.org.

Support

Excelsa Health offers a *StaySmart!* telephonic tobacco cessation support group option facilitated by a trained tobacco cessation specialist. It is an easy, convenient option to get the support you need to become and remain tobacco free. Simply dial in to the support session at 724-689-1891 the fourth Tuesday of each month between the hours of 6:30 and 7:30 p.m.