

You Have a Choice...Choose Raleigh Radiology



Where to get help and support when trying to quit:

There are many resources available to you during your journey to becoming smoke free. We have listed a few helpful resources for you here but you can also check online to find others in your area.

Centers for Disease Control and Prevention Office on Smoking and Health

Free quit support line: 1-800-784-8669
(1-800-QUIT-NOW)
TTY: 1-800-332-8615
Website: www.cdc.gov/tobacco

Nicotine Anonymous (NicA)

Telephone: 1-877-879-6422 (1-877-TRY-NICA)
Website: www.nicotine-anonymous.org

QuitNet

Website: www.quitnet.com

National Cancer Institute

Free tobacco line: 1-877-448-7848 (1-877-44U-QUIT)
(also in Spanish)
Website: www.smokefree.gov

American Heart Association

Telephone: 1-800-242-8721 (1-800-AHA-USA-1)
Website: www.americanheart.org

Environmental Protection Agency (EPA)

Telephone: 1-866-SMOKE-FREE
Website: www.epa.gov/smokefree

American Lung Association

Telephone: 1-800-548-8252
Website: www.lungusa.org

American Cancer Society

Telephone: **1-800-227-2345**
Website: www.cancer.org

Information contained in this brochure has been supplied by Raleigh Radiology from the American Cancer Society and the American Lung Association.



Raleigh Radiology Lung Screening Locations:

Raleigh Radiology Blue Ridge
919-781-1437

Raleigh Radiology Cedarhurst
919-877-5400

Raleigh Radiology Cary
919-781-1437

Raleigh Radiology Brier Creek
919-877-5400

For more information on CT Lung Screenings, visit www.raleighrad.com



Raleigh Radiology has pledged to put our patient's safety, health, and welfare first by optimizing imaging examinations to use only the radiation necessary to produce diagnostic quality images. At Raleigh Radiology, we image wisely. To find out more, visit www.imagewisely.org/PLedge.aspx

Smoking Cessation

READY, SET...QUIT SMOKING



Clearly The Choice

Each year smoking causes about 480,000 deaths in the US alone. Smoking also causes many diseases that can steal your quality of life long before death.

How does smoking affect your health?

Health concerns usually top the list of reasons people give for quitting. This is a very real concern: smoking harms nearly every organ of the body.

Cancer: everyone knows that smoking can eventually lead to lung cancer, but it can also lead to many other cancers as well. Mouth, nose, sinus, lip, larynx, throat, esophagus, bladder, liver, kidney, cervix, colon, ovary, pancreas, cervix, stomach, rectum, and myeloid leukemia can all be caused by smoking.

Lung Disease: Chronic obstructive pulmonary diseases make it difficult to breathe, cause chronic disability and illness and get worse over time. Long term smokers have the highest risks of developing severe COPD.

Heart attack, strokes, and blood vessel diseases: Smokers are twice as likely to die from heart attacks as non-smokers. Smoking also affects the walls of blood vessel that carry blood to the brain (carotid arteries) and your legs and arms (peripheral vascular disease). Weakened vessels can lead to stroke or sudden death.

Blindness and other problems: smoking increases the risk of becoming blind with age. It promotes cataracts, which cloud the lens of the eye. It also causes premature wrinkling of the skin, bad breath, gum disease, tooth loss and yellowing of teeth and fingernails.

Special risk to women and babies: A woman who smokes increases her risk of a tubal pregnancy which can't be saved and is threatening to her life. Miscarriage and low birth weight are also increased due to smoking. Babies can also be affected by a mother's smoking in that they may have learning and physical problems.

Non-Health related reasons to quit: To name a few, cost associated with smoking, social acceptance, health of others around you, and setting an example for children.

Smokers often say, "Don't tell me why to quit, tell me how." There's no one right way to quit, but there are some requirements for quitting with success. These 4 factors are key:

STEP 1: Making the decision to QUIT!

Three million people in the US quit smoking every year. You can be one of them! Just decide you want to QUIT smoking more than you want to keep smoking. Go for it!

NO MORE SMOKING!



STEP 2: Set a QUIT date & make a plan

Choosing a quit date gives a definitive start to your plan. Once you have chosen a date, mark your calendar, announce to family, friends and co-workers. Also, don't forget to make a plan. What will you do if you start to feel bad? Who will you call if you need to talk? Being prepared for what may come next can improve your chances of quitting for good!

TODAY IS THE DAY!



STEP 3: Deal with withdrawal

Withdrawal is one of the hardest part on your quit journey. The symptoms can present themselves early on and last for a few weeks. Symptoms include coughing, trouble concentrating, feeling nervous, mild sore throat, headache, trouble going to the bathroom and trouble sleeping. After two weeks, most of these symptoms should go away. Stay strong and get support if you need it.

TOUGH BUT WORTH IT!



STEP 4: Stay tobacco free

Quitting doesn't happen the day you stop smoking. It's something you do every day so just worry about today. If you slip and smoke, give yourself a break and go back to being an ex-smoker as soon as you can. You have made the important decision to quit, now just take it one day at a time.

NO THANK YOU!



If at anytime you need support during your journey to quit smoking, there are many resources available to you. See the where to get help section in this brochure or visit the American Cancer Society's Guide to Quit Smoking online at www.cancer.org/healthy/stayawayfromtobacco/guidetoquitsmoking