

Tobacco cessation counseling focused on problem solving and behavioral change, in combination with nicotine replacement therapy, appears to be the most effective and successful strategy to quit smoking.

“Tobacco dependence is a chronic disease that often requires repeated intervention and multiple attempts to quit. Effective treatments exist, however, that can significantly increase rates of long-term abstinence.”

Treating Tobacco Use and Dependence:  
2008 Update Clinical Practice Guidelines  
U.S. Department of Health &  
Human Services



For more information or to schedule an appointment, call Essy Moverman, RRT, RCP, TTS at (603) 924-4699 ext. 4291.

Group classes are available.

Financial Assistance is available for all Wellness Center programs. Call (603) 924-1717 for more information on financial assistance.



**Monadnock**  
COMMUNITY HOSPITAL

452 Old Street Road | Peterborough, NH 03458  
MonadnockHospital.org

a member of GraniteOne Health

# Quit to be Fit

Tobacco Cessation Program



**Bond Wellness Center**

at Monadnock Community Hospital

## It's never too late to quit!

Even after years of heavy smoking, the body retains an amazing ability to heal damage caused by cigarettes.

**20 minutes after quitting**  
your heart rate drops.

**12 hours after quitting**  
carbon monoxide levels in your body drop to normal.

**2 weeks to 3 months after quitting**  
your lung function and heart attack risk begin to improve.

**1 to 9 months after quitting**  
your coughing and shortness of breath decrease.

**5 years after quitting**  
your risk of stroke is reduced to that of a non-smoker's (5 to 15 years after quitting).

**10 years after quitting**  
your lung cancer death rate is about half that of a smoker's. Your risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decrease.

**15 years after quitting**  
your risk of coronary heart disease is back to that of a non-smoker's.

**However, even one cigarette a day can prevent the healing described above.**

## Quit to be Fit

is a unique approach designed to help those who are addicted to tobacco become smoke-free.

### Individual sessions with a Tobacco Treatment Specialist\* provide:

- A focused evaluation.
- Treatment strategies based on what will work for you.
- A plan of action.
- Support and follow-up.

### Individual sessions with a Wellness Coach\*\* offer:

- Clarity, motivation, and direction to achieve better health.
- Strategies for behavior change.
- An exercise regimen.
- A fitness evaluation.
- Access to a personal trainer.

\* Physician referral required. Most insurance plans cover tobacco counseling.

\*\* Services are self-pay.

## Remember...

### Stay positive

When you wake up, promise yourself you won't smoke.

### Picture success

Plan ahead and think of how you'll deal with stressful situations without lighting up.

### Take a breather

Relaxation exercises help relieve urges to smoke. Remember, these urges are temporary!

### Work out

Exercise helps relieve tension and reduces the urge to smoke.

## Make a plan to improve your overall health.

