

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, please call Dawne Beamer at 603-924-4699 ext. 4291.

## Tobacco Cessation Program Staff

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



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# 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 the 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

This program has 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.

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



## 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.

