



Ex•hale



*Smoking
Cessation
Counseling*

Upper Sandusky, Ohio

Medical Care Close to Home

Wyandot Memorial
Hospital is . . .

- Certified by the United States Department of Health and Human Services
- Registered and Licensed by the Ohio Department of Health

*Caring for the Health
of Our Community*



419-294-4991

**885 N. Sandusky Avenue
Upper Sandusky, OH 43351
www.wyandotmemorial.org**

For more help:

Wyandot Memorial Hospital

One-on-One Counseling
Beth Riedlinger, RRT, CTTS
Respiratory & Tobacco
Treatment Therapist
419-294-4991, ext. 2160

American Lung Association

1-800-LUNG-USA (586-4872)
*Press option 2
for smoking cessation
information and assistance*

www.lungusa.org

Ohio Tobacco Quit Line

1-800-QUIT-NOW
1-800-784-8669
*Free smoking cessation services for
pregnant women, uninsured persons
and Medicaid participants*

Would you like to be a non-smoker?

YOU CAN!

By knowing the 3 key aspects of quitting, you can prepare yourself to break the toughest habit of your life

1. **Addiction** – Nicotine is very addictive. It first creates an awake and alert feeling, while later producing a calming, relaxed effect. Smokers then become dependent on this nicotine pleasure.
2. **Habitual behavior** – A large majority of smokers are “habitual smokers.” They pair smoking with other behaviors, like their morning coffee or after meals.
3. **Psychological** – People view their cigarettes as their friend, best buddy and trusted companion. Because of this, many feel that they cannot make it though the day without one.

GET READY!

Making a plan to quit is the first step to being smoke-free.

- Talk with a counselor or healthcare provider first
- Consult friends and family members who have quit before you
- Inform co-workers, friends and family members of your intentions to quit, and ask for support during this time

GET SET!

- ✓ Choose a quit date
- ✓ Throw out all cigarettes, lighters, matches and ashtrays
- ✓ Thoroughly clean your home, vehicle and any other locations where you have smoked
- ✓ Post “No Smoking” signs



QUIT!

Remember, the first few days will be the worst

- ★ Be prepared for the cravings and withdrawal symptoms. Have a plan.
- ★ Recognize that cravings are good – it means that your body is getting rid of the nicotine.
- ★ Remember withdrawal symptoms usually only last 2 weeks



STAY SMOKE-FREE!

Keep saying “NO!” to tobacco